



Irish Heritage Month **Knockout**

🔭 rish Heritage Month didn't pull any punches. Mostly good stuff all around, we saw conversation further people's understanding of commonalties between different groups. More conversation is needed, with respec for all.



We had the pleasure of being a sponsor of the 4th Annual Donnybrook 2023: Pittsburgh Boxing club vs. Drimnagh Boxing Club of Dublin.

Great matches all evening, wonderful music and pipes and food and ... all for a great cause – the Ireland Institute of Pittsburgh.

Have you ever stayed at the magnificent @PrioryInnPittsburgh - incredibly cool, old but modernized and richly preserved. and right around the corner from the tournament - highly recommended. Inside the Monk's

Inn served refreshments, and 1.1 miles away, was the Pittsburgh St Patrick's Day Parade the next morning.

We met a load of our Ancient Order of Hibernians in America Pittsburgh Brothers and were back in Cleveland for another event by 2:30 on Saturday. #BlessedBlessedBlessed. Check out the load of pictures on our *i*Irish Facebook page (www.facebook.com) iirishnewsmagazine)

So delighted to see the launch of our vastly upgraded website: www.iirish.us. All 196 issues, all interactive, have been added, so you can check out any issue from our first, in January 2007, through #196, this month's issue.

We will be compiling many of the topics into libraries as well: Speak Irish, Kid's Craic, the GAA, recipes, interviews, reviews, things of Irish significance, and so much more will also be located on the site, to be found by topic, rather than just by issue. We are working to make the website a great go-to resource for our community, well beyond what the print edition carries.

Favorite Features

One of my favorite features will be a calendar for the whole community to enter (with a password) their events, with the goal of letting everyone know what, is when, and avoid that way too often irritation of three events on the same day one week, and no events the next.

What's the Craic?

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Have you heard of the Wolf-men of Ireland?

The Wolfhound? How about The Witches of Islandmagee? See inside for many stories and activities to not miss from throughout our Ohio and Pittsburgh organizers. Plus, music and events and Taking the Fields of Glory sports, with men's. women's and youth Gaelic Football and Hurling schedules, plus how to watch for free and how to join in, are within.

With all the madness last month, we forgot to welcome two new columnists: Welcome Columbus Irish Columnist Andrew Shuman and Wise Craics Columnist Joe McDonough. They will be joined next month by new Pittsburgh Irish Columnist Kathleen Diulus.

COLUMNISTS

An Eeiit Abroad

Behind the Hedge

Cleveland Combrá

Cooking Up a Hooley

Crossword Puzzle

Éasca Péasca

Fields of Glory

Fitness Doctor

Illuminations

Madigan Muses

Pittsburgh Irish

Terry From Derry

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Kathleen Diulus

Bob Carney

Terry Boyle

Molly McHugh

Joe McDonough

That brings us to thirty-four iIrish enthusiasts working together with you to bring the very best news, events and notes, past present and future, each month to your door, Pub and gathering place, 634 locations strong. For the complete list, sorted by zip code, check out that new www.iIrish.us website. We are still hiring: two part-time hourly plus commission sales reps and many of our paid Intern positions are still open.

iIrish is made in America. We have always been green and are proudly Irish, all year long.

Nuair a stapann an ceol, an damhsa déanann an amhlaidh (When the music stops, so does the dance)

John





Easter Bunny

When I was a kid, I thought my reward for giving up candy for Lent was a big basket of goodies



delivered by the Easter Bunny for God. As I got a bit older, it occurred to me that the Easter Bunny was never talked about at church, even

on Easter. I thought it was kind of rude, that after all the Easter Bunny did overnight, that the priest nor the readings or songs ever thanked him or even mentioned him.

Then I began to wonder how the Easter Bunny became part of a day that is all about Jesus rising from the dead. Some believe the Easter Bunny can be traced back to ancient times and the goddess Eostra. She was the goddess of spring

and rebirth, and her icon, or symbol, was a rabbit. Could Easter have been named for her since it is a day to celebrate the rebirth of Jesus?

Bunnies and Eggs

If you know your animals, you know that rabbits are mammals and they do not lay eggs. They give birth to live baby rabbits. Chickens lay eggs. So why does the Easter Bunny deliver Easter eggs?

It is believed that eggs also represent rebirth and new life. Some Christians believe that eggs are a symbol of Jesus' rising from the dead and leaving the tomb. Eggs were also once forbidden to eat during Lent. In the 19th century, people in Russia began decorating the eggs with paint and even some jewels and gave them as gifts in anticipation of Easter.

Easter in America

It is believed that the tradition of the Easter Bunny and Easter baskets came to America from Germany in the 1700s. The legend from German immigrants says that the rabbit, called Osterhase,

would deliver eggs to than just eggs. Now decorated eggs, children who had chocolates and candy, and even toys been on their are delivered in brightly colored best behavior. Children

Easter in Ireland

Ireland celebrates Easter much the same way we do. One tradition in Ireland is that Easter Eggs are presented to children after dinner and can only be given to those children that have been able to keep their Lenten fast.

The eggs are usually painted different colors with very fancy designs. Lately, real eggs have been replaced with chocolate Easter eggs and probably enjoyed more by the children!

LITERATURE CORNER



The Secret Garden

would make

colorful nests

for the bunny

to lay the eggs

These

carrots for the Easter

Bunny in case he got

remind you of anyone

hungry. Does this

else? Over the years, the

bunny's delivery has included more

also leave out

children would

by Frances Hodgson Burnett In this classic story, Mary Lennox is recently orphaned and sent to live with her uncle in his mansion. She finds it full of secrets. With the help of companions, she discovers a locked secret garden and brings it back to life. For ages 8-12, 384 pages.

The Adventures of Peter Rabbit

by Beatrix Potter

Read all about Peter's adventures and mischief in this timeless classic. In the four stories included in this book, Peter learns several lessons in values, morals, and virtues. For ages 3 and up, 80 pages.

kids in the kitchen

Egg & Bacon Muffins

The method for making egg muffins is simple and stays the same whatever ingredients you put in the mix. Preheat oven to 400*F. Break eggs in a bowl and beat them with salt and pepper. Add in your or sausage (precooked), vegetables, herbs, just about anything – and give a quick stir.

Divide the egg mixture into greased muffin cups and bake in the oven until set, about ten to fifteen minutes, depending on the size of your egg muffins. Allow them to cool a bit and serve your cheesy bacon egg muffins immediately, or enjoy cold, or at room temperature.



gab in gaelic

It is better to try than to hope = Is fhearr fheuchainn na bhith san duil

(pron: iss far vue-chonn nah vith san du-ill)

Landie's Laughs

Q. Why shouldn't you tickle an easter egg? A. Because it might crack up.

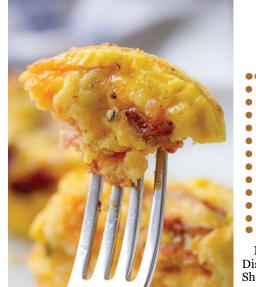
Q. What is the Easter Bunny's favorite sport?

A. Basket-Ball!

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Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She holds a BA from Hiram College and a BA+ from Ashland University. She resides in Avon Lake with her husband, Joe, and their five children. She may be reached at meganlardie126@outlook.com.

garnish – you can add cheese, bacon



We've always been green april 2023 **april** 2023

oto by Loren Nauth / Photographer

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About Our Cover:

Velcome Draoi

(pron. Dree, which

is Irish for Wizard),

and other Hounds of



Don't Pass By

🚺 orseman pass by is a strange tourism slogan by any standard. It is probably not fair to call it a slogan, but tangentially, it is just that. The phrase is the last line

the on the tombstone of W.B. Yeats.

Being the unofficial poet laureate of Ireland and Sligo native, Yeats' readers would be

drawn to his beloved County Sligo. Horseman pass by? Pass by lush, distinctive green mountains, miles of white strand beach and a lovely town center, really? Horseman slow down and stay awhile.

Despite being a piece of the rough beauty that is the Wild Atlantic Way, Sligo is not a tourist mecca. Sligo suffers from two main issues: like Donegal, it is a little off the beaten path so to speak, you wouldn't end up there by accident; the other big issue is the weather.

Honestly, I thought that the Irish weather was universally, like a dog's nose, cold and wet. However, the Irish see nuance as keenly as anyone and Sligo has a bad reputation with

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www.AhernCatering.com 726 Avon Belden Rd., Avon Lake, OH 44012 the natives too. I remember my father-in-law commenting on when he went to a boarding school there, a place called Summerhill, he used to say that "no place was more ironically named." That about sums it up, it is way soggier mountain than summer

So, we have dispensed with why it isn't a popular destination, now let's look at what everyone is missing. The geography itself is amazing. The county is blessed with a lot of beach frontage.

The name Sligo is derived from the Irish words meaning "many shells." The most famous beaches are Rosses Point and Strandhill. They are both long clean strand beaches with notoriously tricky currents.

Surfing Ireland

You want to know how to look at water before you jump in for a swim. Strandhill has become a low-key famous spot for surfing. There are several Australian-run shops there where a visitor can get a lesson or all kinds of swim gear. It says something in praise of the surf that they would leave Australia for "wet suits mandatory even in August" Sligo.

Then there are the mountains. Sligo is surrounded on three sides by mountains. Two of the most amazing mountains in Ireland are within view of each other here; the flat-topped Benbulben and the bun topped Knocknarea.

Benbulben has a strangely flat top that is attributed to Fionn mac Cumhaill, who apparently shaped a lot of geography around Ireland. What is called the bun on Knocknarea is actually a megalithic mound. It is the legendary burial spot of Queen Maeve, who is supposed to have been buried standing up, facing the North and in her combat regalia.

It is one of the easier mountain climbs since you can drive part of the way up and it is not too steep. The views from the top are a storybook picture of countryside on those mythical clear days.

Archeologists have neither confirmed nor denied that Queen Maeve is in the mountaintop cairn. There are a number of megalithic tombs in the area, and they all seem to be in a sightline with each other. Right down the hill from Knocknarea are the Carrowmore tombs. The Carrowkeel complex, another series



of tombs, is south of Knocknarea, in Castlebaldwin.

There are multiple tombs dotting the hills here. They are accessible and impressively well-preserved mini Newgrange-type of cruciform structures. One thing that always seems to be a factor with these megalithic structures is that they are high up on the hills and visible to each other. I love these spots in Ireland. These ancient historic sites are blessedly free of fees and interpretations, and they allow you to wander and wonder.

Part of Sligo is classified as a temperate rain forest. If you are thinking wet, you are correct. We already told you that part. When you get tired of the beaches and mountains, the Hazelwood forest is the place to go.

Multiple Trip Advisor reports mention that regardless of rain, you will stay relatively dry in these woods due to the foliage canopy. This area around Lough Gill is classified as a temperate rainforest biome. Lush and green and earthy, it has a magical feel to it.

The Song of Wandering Aengus

This is the place referred to by Yeats in *The Song of Wandering* Aengus, "I went out to the hazelwood because a fire was in my head." The trail through the woods would give him about an hour of walking to quench that flame.

Statistically, Sligo falls into the bottom half of the country in terms of population, county size and economics. Proximity to the North has been a blessing and a curse. It mainly affects the economy for the worse. However, there is a long

history of border hopping to get the best deals on the big-ticket items like appliances.

The town is built like many, a medieval market center with roads spiking off that area. The town has had some newer development too. We really like the Riverside area. It feels very cosmopolitan, with street cafes and arty shops.

There are theatres and artists and all kinds of things to do without the congestion of its bohemian neighbor, Galway. One of our favorites is a former butcher shop, Ouinn's, where the man himself chose to turn his knife skills to wood carving.

He is very inspired by both Maeve and Yeats and wraps his carved reliefs in butcher paper and string. That is Sligo in a nutshell, evolving, interesting and lacking pretense. The influence of W.B. Yeats is incessant, from the place name references to the building murals and his statue in the town square, nicknamed "the Wank at the Bank." Lastly, there is his humble tomb in Drumcliff cemetery.

We have made it a family habit for each traveler to say where it is that they really want to go prior to the trip. It has saved us from bad planning many times. I was surprised by the family enthusiasm for Sligo.

Don't get me wrong, I think Sligo town and Westport are the hidden treasure of the West. But it was in writing this that I really understood the appeal. All the variety of natural beauty and the ability to take advantage of it, is a newer way to experience Ireland, beyond the shops and pubs. It is not overcrowded or inaccessible, and hey, it has a rainforest! If the day is fine, horseman stop, don't pass by.

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge. Lisa can be contacted at olisao7@ icloud.com.

Please send any Akron events to my email!

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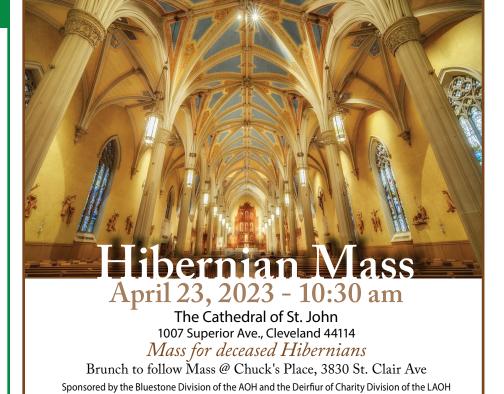


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GAA Monthly

The Midwest Division has completed the schedules for this summer's league in each code - men's football, camogie, ladies'



for both hurling and football, when Albany host Roc City. Albany and Rochester each host clubs, the Buffalo Fenians and Syracuse respectively, on May 13th in football before the remainder of the Midwest Division start their season

off with the Cleveland Memorial 7's. The seven-a-side football tournament will be at the West Side Irish American Club (Olmsted Township) on May 20th. Games will start around 9AM and will continue on two fields until the championship game at 5PM. The craic does not stop with the final whistle, as pavilion and pub will flow with *ceol* (music) agus deoch (and drink).

After Memorial Day, the Midwest will race through a busy summer of forty-two official matches (not including friendlies or games outside the division) in nine weeks before arriving at the Midwest Finals Weekend. This year's finals will be

August fifth and sixth in Cleveland, Ohio. The Midwest Finals will determine the representatives of the division at the national finals hosted in Denver from August eighteenth through the twentieth.

See our schedule tables for more details of the summer fun. With all these games, the Division is also looking for referees, should you enjoy sixty minutes of roaring abuse followed by pints, backslaps, and comradery. Reach out to your local GAA club, or to the Cleveland GAA

Next month we will also report back on the big Midwest Coaching Development meeting (get ready players), where coaches from around

the division will be joined by instructors from the USGAA and Munster County (Éire) for tactics, skills training, development, and game planning.

Cleveland News

The Cleveland GAA website is undergoing major updates for the upcoming season. Check us out at www.ClevelandGAA.com for all your GAA needs, including upcoming schedules for adults and youth, footballers and hurlers, volunteers, and supporters. Outdoor trainings are set to begin this month.

The Club hosts their combined fundraiser with the WSIA on May thirteenth. The annual Night at the Races will begin at 5PM in the WSIA main hall. For tickets and advertising opportunities, contact Cleveland GAA directly.

Go raibh míle maith agaibh

Thanks y'all, to our readers and supporters. We need your help and involvement but would most like to share the fun of Irish sport and Cleveland community with you.

D-4-	Competition	Team l	Т	Team 2	Location
<u>Date</u>	Football North	Albany Rebels	+-	Roc City Gaelic	Location
1/29/2023	Hurling	Albany Rebels (D)	-	Roc City Gaelic (C)	@ Albany
	Football North	Albany Rebels	_	Buffalo Fenians	@ Albany
/13/2023	Football North	Roc City Gaelic	+-	Syracuse Gaels	@ Syracuse
	Football South	Cincinnati GAA	+	Cleveland SPSJ	@ Cincinnati
	Hurling	Buffalo Fenians (D)*	+	Pittsburgh Pucas (D)*	@ Pittsburgh
6/3/2023	LGF	Buffalo Fenians	_	Pittsburgh Banshees	
	Football North	Buffalo Fenians		Roc City Gaelic	@ Rochester
	Football North	Albany Rebels	_	Syracuse Gaels	@ Albany
	TT1:	Albany Rebels (D)*		Roc City Gaelic (C)*	@ Albany
5/10/2023	Football South	Buffalo Na Fianna	_	Cleveland SPSJ	@ Cleveland
	Football South	Detroit Wolfe Tones	-	Pittsburgh Celtics	@ Pittsburgh
	Football North	Albany Rebels	-	Roc City Gaelic	
	TT1'	Buffalo Fenians (D)	_	Roc City Gaelic (C)	@ Rochester
/17/2023	LGF	Buffalo Fenians	-	Roc City Gaelic	
	Football North	Buffalo Fenians	_	Syracuse Gaels	@ Syracuse
	Hurling	Cleveland SPSJ 1 (D)*	v	Pittsburgh Pucas (B)*	@ Akron
	Football North	Albany Rebels	_	Buffalo Fenians	
	LGF	Buffalo Fenians	v	Roc City Gaelic	@ Buffalo
/24/2023		Cleveland SPSJ	-	Pittsburgh Banshees	@ Cleveland
	Football South	Cincinnati GAA	_	Detroit Wolfe Tones	@ Detroit
	Football South	Buffalo NaFianna	v	Pittsburgh Celtics	@ Na Fianna
	Hurling	Akron Celtic Guards (C)*	_	Cleveland SPSJ 2 (D)	@Akron
	Football North	Buffalo Fenians	$\overline{}$	Syracuse Gaels	@ Buffalo
	Football South	Cleveland SPSJ	-	Detroit Wolfe Tones	@ Cleveland
7/8/2023	Hurling	Akron Celtic Guards (C)*	-	Cleveland SPSJ 2 (D)*	
	Camogie	Cleveland St. Pats St. Jarlaths	-	Pittsburgh NaLaochra	
	LGF	Cleveland SPSJ	$\overline{}$	Roc City Gaelic	
	Football South	Buffalo Na Fianna	_	Detroit Wolfe Tones	@ Detroit
	Hurling	Akron Celtic Guards (C)*	v	Pittsburgh Pucas (D)*	@ Pittsburgh
	Football North	Roc City Gaelic	$\overline{}$	Syracuse Gaels	
7/15/2023	Hurling	Albany Rebels (D)*	v	Buffalo Fenians (D)*	@ Rochester
	Hurling	Albany Rebels (D)*	v	Cleveland SPSJ 2 (D)*	
	Hurling	Cleveland SPSJ 1 (D)*		Roc City Gaelic (C)*	
	LGF	Pittsburgh Banshees	$\overline{}$	Roc City Gaelic	7
	Hurling	Akron Celtic Guards (C)*	$\overline{}$	Roc City Gaelic (C)*	@ Buffalo
	Hurling	Albany Rebels (D)*	_	Pittsburgh Pucas (D)*	
	Hurling	Buffalo Fenians (D)*		Roc City Gaelic (C)*	
//22/2023	Hurling	Buffalo Fenians (D)*	$\overline{}$	Pittsburgh Pucas (D)	
	LGF	Buffalo Fenians	v	Cleveland SPSJ	
	Football South	Cincinnati GAA	v	Pittsburgh Celtics	@ Cincinnati
	Football North	Buffalo Fenians		Roc City Gaelic	@ Fenians
	Football South	Cleveland SPSJ		Pittsburgh Celtics	@ Pittsburgh
7/29/2023	Camogie	Pittsburgh NaLaochra	$\overline{}$	Cleveland St. Pats St. Jarlaths	
12912023	LGF	Cleveland SPSJ	v	Pittsburgh Banshees	
	Football North	Albany Rebels	v	Syracuse Gaels	@ Syracuse
8/4 & 8/5	Midwest Finals	All Clubs		All Clubs	@ Cleveland



Cleveland Matches Date Home Team Away Team Code Location M-FB 3-Jun Cincinnati Cincinnati Cleveland 10-Jur M-FB Buffalo Na Fianna WSIA Cleveland Hurling Akron Cleveland-2 Akron 24-Jur Hurling Cleveland-1 Pittsburgh B L-FB Cleveland Pittsburgh WSIA M-FB Cleveland Detroit Cleveland Pittsburgh Camogie 8-Jul **WSIA** Hurling Cleveland-2 Akron L-FB Cleveland Roc City Albany Cleveland-2 Hurling 15-Ju Roc City Cleveland-1 Hurling Roc City 22-Jul L-FB **Buffalo Fenians** Cleveland Buffalo M-FB Pittsburgh Cleveland 29-Jul Camogie Pittsburgh Cleveland Pittsburgh L-FB Pittsburgh Cleveland

Consider getting involved at any level. Fáilte (welcome) to all. The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2023 activities for Men, Women,

certificate for the Hooley Pub,

your ilrish newsmagazine.

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and Youth, or visit ClevelandGAA. com. Email: ClevelandGAA@gmail. com. •

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and emigrant of Michigan. He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA.

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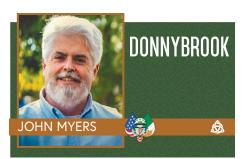
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Good Friday Agreement

pril 10th will mark the 25th anniversary of the Good



British in 1921 has the bell of history

rung so loudly on the Emerald Isle.

The Six Counties which comprise the Northern Ireland statelet were carved out of the nine counties which make up the historic Province of Ulster. The Government of the United Kingdom at that time was under the reign of King George V. of the Germanic house of Saxe-

Coburg and Gotha, later changed to The House of Windsor to distance himself from his continental royal cousins and the world war his extended family was waging. Waging with the high stakes of millions of lives of their own people. After those actions, unilaterally carving up Ireland was small potatoes compared to World War.

It took seventy-five long, painful years to begin to rectify the harm inflicted by the Government of King Charles III grandpappy. The GFA has restored a semblance of peace to the Six Counties, and the promise

of a seemingly simple request of Irish people determining the fate and future of Irish People. This was only achieved with the help of outside forces, making the horrific failures of the Northern Ireland statelet an international issue, shining the international light of justice on a cesspit fed by the quiet arrogance of the empire.

Steps towards the GFA started at many points, but a good place to start is the opening of dialogue between Sinn Fein's Gerry Adams and the moderate nationalist party, SDLP's leader, John Hume, in

1988. This was a dialogue fostered by a Redemptorist Priest, Fr. Alex Reid. While this dialogue was sporadic, communication looking for common ground was key to future achievements.

However, back across the sea in the USA, the 1992 Presidential primary campaign was in full swing. Leaders in the McBride Principles Campaign and other national Irish American groups pushed for a campaign forum sponsored by supporters of Ireland.

Democratic Primary

The New York Democratic

Primary was hitting at a key moment when Bill Clinton's campaign had been knocked by strong head winds and nobody was moving to the front of the crowded field. At the forum, candidates were asked to support the MacBride Principles Campaign and agree to send a Presidential Envoy to the North of Ireland should they be elected.

Clinton, needing a win, signed on to much of the goals of the Irish Presidential Forum. As Irish luck would have it, Clinton beat the Anglophilic George Bush and was sworn in January of 1993.

The end of the Cold War coupled

HALF PAGE

VERTICAL

4.8125" WIDE X 10" TALL

with P.M. John Major's overt efforts to help George Bush get reelected helped Clinton go against and around the will of the U.S. State Department's historic bowing and scraping to British Foreign Policy whim and fancy. Additionally, the selection of Tony Blair as the head of the British Labor Party provided two young leaders (Clinton & Blair) willing to abandon old line prejudices.

With the time being ripe as never before, Clinton started "confidence building" measures, such as granting Sinn Fein's President Gerry Adams a 48-hour visa to the United States to address the prestigious National Committee on American Foreign Policy, then under leadership of Mr. Bill Flynn, CEO of Mutual of America. The cry from The U.S. State Department and British Leadership make the howl of the Banshee's sound like a kitten's purring.

Clinton took a huge political risk that went against accepted conventions of the time. At the time, Adams and other Sinn Fein leaders were denied the right to be interviewed or appear on UK or Irish Radio and Television. The Establishment had worked hard and long to demonize Sinn Fein and other nationalist supporters, but Clinton's, which Adams later called

VERT.

2.35"w X 5"t

"pivotal," leadership helped lay the fruit of an IRA ceasefire six months later. Adams and other Sinn Fein leaders were rewarded with a longer visa later in 1994, including visits to Cleveland, Boston and Washington.

Senator Mitchell

The Senate Majority Leader, Sen. George Mitchell, was set up to be reelected from his home state of Maine and had no opposition for a return to his Senate Leadership position in 1994. He unexpectedly announced that he was retiring from the Senate, a rare politician to walk away at the height of his

Mitchell was rumored to be up for any appointment to the U.S. Supreme Court and had many lucrative opportunities to explore in the private sector. However, President Clinton had other ideas, and invited Mitchell to the Whitehouse, where he asked him to take on the position which would fulfill Clinton's campaign pledge to appoint a special Presidential envoy to Ireland.

Even with many promising

options, Mitchell was open to the challenge. Mitchell later said he did not fully know what he was walking into. This was a huge development that someone as prominent as Mitchell would accept this posting, someone the folks in Ireland and England knew would have the ear of the Leader of the Free World.

At the same time, Clinton had appointed Ms. Jean Kennedy Smith, sister of President Kennedy and Sen. Ted Kennedy, as U.S. Ambassador to Ireland, another appointment which knew the phone number to the Oval Office. Both of these high-level appointments, with close ties to the Whitehouse, greatly elevated their gravitas; the parties knew this was not just another political gesture, but that the President had a focused and high level of interest in moving matters forward in the Six Counties.

Lovalists were concerned but had some hope that Clinton's personal interest in the land where his mother, Virginia Kellev's, lovalist family was from would temper his push. This fact offered some credibility with the lovalist crowd.

After almost two years of shuttle diplomacy and an extraordinary personal contribution of Mitchell's personal time, including the birth of his new son, Mitchell was still faced with incredible intransience from the parties. While he had no formal authority to do so, Mitchell unilaterally declared that if no progress by May of 1998, he was headed home to the U.S.A.

The Plot Thickens

There were too many plot turns, too many walk outs, too many threats, too many moments of despair to mention here throughout the process. However, even during Holy Week, many of the parties thought they could not get this across the finish line. Seemingly because they did not think Sinn Fein could accept the terms of the GFA, David Trimble, the leader of the Ulster Unionist Party and Dave Ervine, a prominent member of the paramilitary Ulster Volunteer Force took a chance to support the Agreement in hopes of laving blame on SF.

But Sinn Fein did agree, as well

as the SDLP and the Alliance Party. While Trimble later paid the price by having the DUP supplant the UUP as the largest lovalist party, he did receive the Nobel Peace Prize along with the SDLP's John Hume.

The Parties hurriedly assembled and signed the Agreement on April 10th, 1998, Good Friday. A month later the referendum passed in the Republic with 94.39% and in the Six Counties with 71.39% of the vote.

Significant challenges still exist and many portions of the GFA are still not fully implemented. The Legislative Assembly has not met for well over a year, but Peace is still the song being sung. Each year that passes helps democracy take that much firmer of a root in Ireland, and we continue to look to Seamus Heaney's words for inspiration: "History says, don't hope on this side of the grave. But then, once in a lifetime the longed-for tidal wave of justice can rise up and hope and history rhyme."

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16th - Lucy Wainwright Roche. 1148 Main Avenue, Cleveland, OH 44113. musicboxcle.com

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145 Montrose West Avenue Copley, Oh 44321 (234) 466-0060

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7th - Lenten Fish Fry; 8th -Easter Egg Hunt 11:00 A-1:00 P email maryagnes@mindspring. com; 13th - Forever Young Meeting 1:00 P; 13th & 27th - Ceili Dancing 7:00-9:00 P; 20th - General Meeting 7:00 P 22nd - Steak Shoot 7:00 P, Helen 216-251-4075. Great live music and food in The Pub every Friday. WSIA Club 8559 Jennings Rd. 44138 wsia-club.org. 440-235-5868.

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Always defer to the team's WhatsApp group chat or calendar on clevelandgaa.com for updates. New players always welcome. West Side Irish American Club 8559 Jennings Road, Olmsted Township, OH 44138.

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15th - dulahan @ Sully's

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TARA HALL

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Continued on page 12

rradicional irish

Tuesdays 8-10 pm, set dancing lessons, St. Clarence Church, North Olmsted, OH, 44070

Tuesdays 8-10 pm Lessons @7:15. Sessiún Musicians, Dance Caller w/ Pittsburgh Ceili Club. Mullaney's Harp & Fiddle Strip District Pittsburgh, PA. pittsburghceiliclub@gmail.com;

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1-3. 1035 Bridge Street upstairs,

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OUT & ABOUT IIRISH AMERICA

Continued from page 11

and friends, no cover, doors 6pm, music 8pm.

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27th - AOH - Joseph T. Nalley, Sr. Div. 6 Mahoning County hosting the AOH Irish Invitational Golf Outing. 1st flight 8:30 am / 2nd Flight 1:30pm. Duck Creek Golf Course, Warren OH. \$85.00 p/ person. Hole Sponsors \$50.00 & \$100.00. Lunch Sponsors \$250.00. Subscriptions & Single tickets for (330) 550-4469, Mark Klacik.

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29th - The Low kings @Castle Shannon Fire department Memorial hall

PITTSBURGH

16th - 16-time Emmy Award winner Michael Bartley, formerly of WQED TV, joins us in the broad history of living as a secondgeneration Pittsburgh Irishmen. 2pm, followed by a traditional Irish tea social. A. J. Palumbo Hall of Science and Technology Carlow University Fifth Avenue at Craft Avenue. Free Parking across the street.pghgaelicarts@gmail.com.

PITTSBURGHGAA

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THE ANCIENT ORDER **OF HIBERNIANS/LADIES** ANCIENT ORDER OF **HIBERNIANS** Division 1

29th – Night of Irish Music

& More A.O.H Division One Fundraiser, 5pm Featuring: Mark Guiser, stand-up comic Julia McManus, The Low Kings, Irish Auction, Lottery Tree, & Basket of Cheer, Beer, Snacks & Setups Provided, B.Y.O.B.; Shop at The Irish Design Center Booth. \$25.00 in advance / \$30.00 At the Door: Rich O'Malley 412-401-3945 • pghsaintpat@verizon.net. Castle Shannon Fire Department Memorial Hall, 3600 Library Road (Rt88), Pittsburgh, PA 15234

Division 4 (North Hills) No Events sent to us. aohdiv4. org or Bob Parry (724-933-0427). **Division 21** William R. Murphy

(Garfield) No Events sent to us. Division 23 (Lawrenceville) No Events sent to us.

Division 32, Sean McBride (Carnegie) No Events sent to us.

WE GET LETTERS

Thank you for the review of the Banshees of Inisherin in the March issue of iIrish. It explained a lot that I didn't get about this finicky film in the first watch. I know I loved it but just couldn't fathom why.

The explanation of the Irish Civil War in the background alas made sense to me in understanding as to why Colm would cut off his fingers, as would happen in a battle if he lost a limb in fighting for what he believed

And poor Little Donkey? A casualty

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of war. I nearly cried in this scene.

I will go back and watch this again with a better understanding and perhaps a Guinness or two to help with processing this flick.

I truly hope it wins an Oscar for Best Picture and acting. If that dumb Everything Everywhere...wins, 1 will be baffled and confused and may ask you to review that one to help me understand why!

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On This day in IRISH history

8 April 1886 The first Home Rule Bill of Ireland Bill was introduced in the House of Commons. The Bill was rejected by 343 votes to 313.

10 April 1998 The Good Friday Agreement, also known as the Belfast Agreement, was signed between the British and Irish governments after two years of talks. Co-signatories were Tony Blair and Bertie Ahern, with US Senator George Mitchell.

12 April 1928 A historic event in aviation took place with the first transatlantic flight east to west, from Dublin to Greenly Island. Quebec, made more challenging because their course was set agains prevailing westerly winds.

14 April 1848 Thomas Francis eagher unveiled the Irish tri-colour ter to be designated the national ag of Ireland, to an audience of 2,000 in Dublin Music Hall.

15 April 1941 Approximately 180 ıftwaffe bombers flew over Belfast opping 203 tons of bombs and 800 firebomb canisters. More than 900 people were killed and 1,500

16 April 1871 John Millington Synge, key figure in the Irish Literary Theatre and playwright, notably of The Playboy of the Western World, was born in Newton Villas, Rathfarmham,

17 April 1876 Six Fenian prisoners escaped from Fremantle, Western Australia on a whaling ship called Catalpa, captained by George

18 April 1949 Thirty-three years after the Easter Rising, the Republic of reland Act came into being. This meant that the Irish state, comprising twenty-six of the thirty-two counties on the island, became known as 'the Republic of Ireland.

21 April 1916 Roger Casement was arrested after landing at Banna Strand, Co. Kerry aboard a U-boat with two other men. He was subsequently hanged for treason in Pentonville Prison, London England

24 April 1916 The Easter Rising begins. This rebellion lit the fuse that led to Sinn Fein winning a majority of the Irish seats in the 1918 election on a platform of standing by the Proclamation of the Provisional Government.

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John Quinn, **American Patron**

"... to forge a bond with the Irish all over the world as one race

and one group, so that they may stand forever together."

Twas contacted recently by Kevin Hammer, one of our readers, who wrote to alert me about a series of lectures that were being held by Heidelberg University in Tiffin



Ohio concerning an Irish American named John Quinn. I had run across the name of John Quinn previously in Irish history as a regular US correspondent with Maud Gonne, but I was not aware that he was born in Ohio and was also a patron of the arts and

literature. There was a lot more to Mr. Quinn's life than I first thought.

John Quinn was born April 14, 1870 in Tiffin, Ohio. He was the eldest of eight children of James William Quinn, a baker and Mary Quinlan. His grandparents, James Quinn, a blacksmith, and Mary (Madigan) Quinn, were both immigrants from Co. Limerick and had come to Tiffin in 1851.

When John was a year old, the Quinn family relocated to nearby Fostoria, Ohio, where James Quinn opened a prosperous bakery and grocery business. Mary Quinn was a firm believer in the value of education and saw to it that John did well in school. A year after graduating from Fostoria High School, John was appointed private secretary to US Treasury Secretary Charles W. Foster, who was newly appointed by President Benjamin Harrison. He was a former Governor of Ohio and a family friend of the Quinn's.

While working in Washington, Quinn enrolled in Georgetown *University, where he graduated* with a degree in law. He then attended Harvard University, where he received a degree in law and international relations.

In 1825, Quinn went to New York City to begin the practice law. He became one of Manhattans most prominent and successful lawyers. He opened his own practice in 1906 with offices in the building of the National Bank of Commerce, the country's second largest bank.

Knowledgeable in both literature and philosophy, Quinn became an avid collector of books and art. He began a career as an active patron of the arts during his first voyage abroad, to England and Ireland, in 1902. Touring through Ireland, he attended a Feis Ceoil (pron: fesh k'yole, i.e. Festival of Music) in Co. Galway, and there bought and commissioned paintings from John Butler Yeats and Jack Yeats (father and brother of poet William Butler Yeats).

After that trip, Quinn assumed the role of unofficial American patron and agent for the Irish cultural revival. Using vigorous promotions and nationwide lecture tours, he helped cultivate awareness in America of Irish cultural and political figures. Quinn wrote that his purpose in doing this was "... to forge a bond with the Irish all over the world as one race and one group, so that they may stand forever together."

John Quinn organized a fourmonth (1903-04) North American lecture tour for Irish poet and playwright William Butler Yeats. Yeats delivered more than fifty lectures, many at leading American universities, and earned a much needed \$3,200. Quinn also assisted Yeats and other Irish writers in legally establishing copyrights for their works in the

Douglas Hyde

Douglas Hyde was the cofounder of the Gaelic League (founded as Conradh na Gaeilge; Pron: *kon-rah nah gail-gyuh*) and the future President of Ireland. Launched in July 1893 in Ireland, the Gaelic League's mission was to preserve and revive the Irish language. In the process, the founders hoped to recover Ireland's Gaelic golden-age culture, heritage and identity.

Quinn organized an American speaking tour for Douglas Hyde and it constituted the first significant promotion in America of the Gaelic League and the Irish Language. Hyde arrived in New York on November 15, 1905 and sailed for home on June 15, 1906.

Hyde spoke in over sixty cities across America and traveled over 19,000 miles (his tour included Cleveland, Columbus, Cincinnati and Pittsburgh), all paid for by Quinn.

On Saturday, November 25, 1905, accompanied by John Quinn, Hyde made a call on Theodore Roosevelt, president of the United States. Quinn was a friend of Roosevelt and had arranged the invitation.

Roosevelt invited them to have lunch with the president and his family. Hyde and Roosevelt liked each other immediately. "Roosevelt was delightful, perfectly genial, and very gracious," Hyde wrote in his diary, "There was no formality whatsoever about him."

Amazingly, Hyde discovered that Roosevelt had a strong interest in everything related to Ireland, and an unexpectedly broad knowledge of the Irish language, folklore, and

history. Although Roosevelt was not Irish, he had been raised by Irish nanny's, who told him old stories from Irish mythology.

According to reports, Roosevelt also had some knowledge of the Irish Language, as he was taught Irish by James Jeffery Roche, an Irish-American poet, journalist and diplomat from Boston (Roche was editor of the Boston Pilot and helped put Roosevelt in to office).

San Francisco Earthquake

In San Francisco, Hyde had the most successful of his visits and collected \$1,200; however, when the earthquake of 1906 ruined the greater part of San Francisco, Hyde gave the money that had been collected there to the relief fund. The inhabitants did not forget this, and when the prosperity of the town was restored, they sent back the money to the Gaelic League.

On his return to Ireland, Hyde handed over \$50,000 to the Gaelic League (including a \$2,000 donation from the Ancient Order of Hibernians) as the proceeds of his American tour. The funds raised during the tour made a decisive contribution to the survival of the Irish language and to the Gaelic Revival in Ireland.

Quinn also sponsored the 1911 tour of the Abbey Theater and Lady Augusta Gregory in the U.S. Gregory was an Irish dramatist, folklorist and theatre manager. With William Butler Yeats and Edward Martyn, she co-founded the Irish Literary Theater and the Abbey Theater, and wrote numerous plays for both companies.

Picasso, Matisse, Cezanne, Van Gogh, Toulouse-Lautrec

Although very active in Irish culture and politics, Quinn also was a patron of artists from Europe. In the 1920s he owned the largest single collection of modern European paintings in the world. His collection included more than 2,500 pieces, including works by Picasso, Matisse, Cezanne, Van Gogh, Toulouse-Lautrec, and others.

On July 28, 1924, John Quinn died in New York City at age fifty-four, of intestinal cancer.

His funeral was held at St. Paul the Apostle Catholic church in Manhattan, and he was buried at St. Wendelin Catholic Cemetery in Fostoria, Ohio. His grave is marked by a Celtic Cross.

Unmarried and leaving no heirs, Quinn willed that his extraordinary art collection be auctioned off and dispersed among museums and collectors around the world.

The English Department of Heidelberg University, in Tiffin, Ohio, currently sponsors a John Quinn Lecture Series. This lecture series explores Quinn's involvement with and influence on modern art and literature in the early 20th century. Admission is free, but advance registration is required. For more information

regarding the series, please see the following link: https://inside. heidelberg.edu/departmentsoffices/english/john-quinn-<u>lecture-series</u>

J. Michael Finn is the Ohio State Historian for the Ancient Order of Hibernians and Division Historian for the Patrick Pearse Division in Columbus, Ohio. He is also Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on *Irish and Irish-American history:* Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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25 Years of the **Good Friday Agreement**

n April 10, 1998, the Good Friday Agreement was signed after thirty years of

conflict, known as "the Troubles." The United States had a special role in making the Good Friday Agreement a reality. Under Presiden

Bill Clinton a Special Envoy was appointed to Northern Ireland: George Mitchell.

George Mitchell had a very important role with the Northern Irish Peace Process. At the request of both the Irish and British Governments, he served as the Chair of the International Commission on Disarmament in Northern Ireland and of the Peace Negotiations.

For over two years, Mitchell worked with most of the political parties in the North of Ireland, the Irish and British Governments. As described in UK government documents: "The Agreement created a new power-sharing arrangement, including an

Executive and Assembly, and was based on a series of fundamental principles, including: the parity of esteem of both communities, the principle of consent underpinning Northern Ireland's constitutional status, the birthright of the people of Northern Ireland to identify and be accepted as British or Irish, or both, and to hold both British and Irish citizenship. The hardwon gains of the peace process have transformed the political and economic life of Northern Ireland since 1998, and the Agreement continues to serve as a framework for peace and prosperity."

The Good Friday Agreement was approved in an island-wide referendum on May 22, 1998, by the people of Northern Ireland and the Republic of Ireland. John Hume and David Trimble won the Nobel Peace Prize in 1998 for their role in the Good Friday Agreement.

To find out more about the process involved in making this historic achievement, I recommend reading George Mitchell's book "Making Peace." Jean Kennedy Smith was the United States Ambassador to Ireland during this historic period. She spearheaded an effort for Gerry Adams to receive a visa to visit the United States.

The United Kingdom and Northern Unionist were opposed to Adams receiving the visa. Kennedy enlisted support from her brother, Senator Ted Kennedy, who persuaded President Clinton to issue the visa in 1994.

The following year, the IRA declared a ceasefire. Sinn Fein was able to join the peace negotiations a few years later. During her term, Kennedy received criticism, but

also recognition as a catalyst for change.

Author Tim Pat Coogan described her as helping to "change history for the better." Leo Varadkar stated, "Her courageous and determined diplomacy helped to bring peace to our island, built bridges, opened doors to all communities, and to all those striving for peace when peace was not a certainty."

Upon receiving honorary Irish citizenship in 1998 for her efforts, she told the Washington Post: "I was fortunate to be in the right place at the right time." Today as we commemorate twentyfive years since the Good Friday Agreement was signed, America again needs to take a role. Brexit has challenged the status of this historic agreement. President Biden has appointed Joe Kennedy III as Special Envoy to Northern Ireland. Irish America is following this situation closely.

Many individuals had a role in the historic Good Friday Agreement. I will be attending a conference at Georgetown University, Women at the Helm: The Unfinished Business of Northern Ireland's Good Friday Agreement on March 16. This conference will focus on the role of women in forging and sustaining peace.

The Role of Women is often overlooked in history. This conference will bring leading women negotiators to share their personal experiences in peacekeeping. Speakers include the Hon. Hillary Rodham Clinton, 67th United States Secretary of State: Honorary Founding Chair, Georgetown Institute for Women,

A Manner of **Speaking**

During the Greater Columbus
Irish Cultural Foundation dinner back in September, the MC recalled her Irish

roots, and a saying she remembered from one of her Irish relatives. "You're a Welshman if you don't marry a Dutchman,"* she said. She bemoaned that all these years later she did not know what it meant, but she hoped someone in the audience would.

I did not know what that manner of speaking meant, and sadly, no one else did either. However, these phrases are echoes from our past and our traditions. I find them to be interesting when I but why one's arm?



come across them.

Like in *The Ouiet Man*, after buying the family property back, Sean Thornton tells Will Danaher that he didn't mean to "put him on his ear" (i.e., to shock, upset or irritate him). Danaher took great offense and may have thought this

> meant to "pin him to the mat," which is another possible meaning. When he is told this is just a way of speaking, Danaher cautions Thornton to mind his ways.

Chance Your Arm

Often times, it's the history behind these sayings that is the mos interesting. I'll go out on a limb and guess

you have not heard of someone chancing their arm, or "to chance your arm?" The obvious meaning of this phrase is to take a chance,

One explanation comes from 1492, while Columbus was sailing the ocean blue. The Butlers of Ormonde and the FitzGeralds of Kildare were fighting to see who would become Lord Deputy of Ireland, King Henry VII's representative in Ireland. The conflict raged outside the walls of Dublin ("beyond the pale" - look it up) until the Butlers took refuge at St. Patrick's Cathedral.

The FitzGeralds pursued them to the Cathedral and demanded the Butlers end the fighting and come out. The Butler feared they would be slaughtered if they agreed and took a chance on leaving the safety of the Cathedral.

But it was not the Butlers who took the chance. It was the leader of the FitzGeralds, Gerald FitzGerald, who risked his arm to make peace. He ordered a hole be cut in the door and then he extended his arm through the door to offer his hand in peace. The Butler's saw this as a show of good faith and shook hands with FitzGerald to put an end to the fighting.

Door of Reconciliation

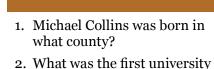
It was Gerald FitzGeralds' show of good faith, his risk of bodily harm, that led to this popular phrase. Dubliners have preserved the famous door (also known as the "Door of Reconciliation") at St. Patrick's Cathedral, where today visitors can view it and maybe even offer their own arm to someone.

Next time you think about taking a risk, think about Gerald FitzGerald, and know that there are worse things that can happen than offering your hand to someone to make peace.

*If I had to guess the meaning of this saying, Welshmen were often looked down upon and thought to be of lesser intelligence, while a "dutchman" was another term for a German. My guess is that one would be thought a fool if they did not marry someone of German qualities. •

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a. University College Dublin

in Ireland to allow female

students?

b. National University of Ireland, Galway

c. University College, Cork

- 3. What type of megalithic tombs have a giant capstone on at least two entrance stones?
- 4. The remains of what extinct elephant-like animal were found in Co. Wexford?
- 5. If boarding the ferry at Rossaveal, you would be in what county?
- 6. Who is the author of the historical novel of the 1798 Rebellion titled "The Year of the French?"
- 7. You are on the ferry traveling from Tarbert, Co. Kerry to Killimane, Co. Clare? Which body of water are you crossing?
- 8. The city of Omagh is located in what county?
- 9. Which organization was founded first, the GAA of the Gaelic League?
- 10. What word did land agent Captain Charles Cunningham Boycott give to the English language?

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5.	University			
			Flanagan	
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their advocacy in peace and justice Continued from facing page issues in the north of Ireland. The document will be released in April

during the LAOH Freedom for All Ireland Trip. The LAOH raises funds to assist groups in North Ireland to continue to work on peace and social justice issues.

Madigan Muses

During the LAOH visit to Ireland in April, members will also attend a Good Friday 25th Anniversary Conference on April 17th and 18th, jointly sponsored by the Senator George J. Mitchell Institute for Global Peace, Security and Justice, and Queen's University. The Global Irish Forum will be held in Dublin on April 19-22.

The LAOH will be well represented at this important

forum for the Irish Diaspora. I am honored to be able to attend these important events representing the largest Irish American Women's Organization. •

Marilyn Madigan is the National President of the Ladies Ancient Order of Hibernians and a Deputy Director of the United Irish Societies of Cleveland. She received a Bachelor of Science in Nursing from St. John College and retired from Nursing at University Hospitals of Cleveland.

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Sassy's Sweets



Continued on facing page

Peace and Security; and Chancellor

of Oueen's University Belfast, Leo

Varadkar, Taoiseach of Ireland:

President of Ireland and Chair of

The Elders; Monica McWilliams,

Agreement in Northern Ireland

and Co-founder of the Northern

Ireland Women's Coalition; H.E.

Dame Karen Pierce, Ambassador of

the United Kingdom to the United

States; Paul Narain, U.S. Consul

Joseph Kennedy III, U.S. Special

Economic Affairs; Michelle O'Neill,

First Minister (Elect) of Northern

Ireland and Deputy Leader of Sinn

Envoy to Northern Ireland for

Féin: Javne Brady, Head of the

Northern Ireland Civil Service;

Liz O'Donnell, Former Minister

Assembly of Northern Ireland;

Patricia O'Lvnn, Member of the

Legislative Assembly of Northern

Ireland; Emma DeSouza, Writer,

Campaigner, and next generation

Peacemaker, Northern Ireland;

Member of the Northern Ireland

Avila Kilmurray, Founding

Women's Coalition; Sandra

Peake, Director of the WAVE

Trauma Centre; and moderated

by Ambassador Melanne Verveer,

Executive Director, Georgetown

Institute for Women, Peace and

The Ladies Ancient Order of

Hibernians (LAOH) and Relatives

document to highlight women and

for Justice are also working on a

Security.

of State of Ireland; Emma Little-

Pengelly, Member of the Legislative

General in Belfast: The Hon.

H.E. Mary Robinson, Former

Signatory to the Good Friday

... and Oh So Much More Katie Gagne 440-773-4459







The Witches of **Islandmagee**

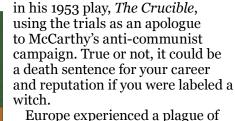
M ost of us are familiar with America's storied past when it comes to witchcraft. In early 1692 to mid 1693, over two-hundred people were accused of practicing

witchcraft in Salem, Massachusetts. Thirty were found guilty and twenty were executed for their purported crimes. Today historians

believe the accusations were the result of a combination of teenage mischief and imaginations, hysteria and the Puritans strict religious bias' and beliefs, that led to the acceptance of the accusations.

The last person to be executed was Irish born Anne (Goody) Glover, her biggest crime was not being fluent in English. Irish was her first language. Prior to her conviction. she had taken care of many in the community.

Arthur Miller resurrected the story of the Salem Witch Trials



Europe experienced a plague of witchcraft accusations and trials as well, and Ireland was no exception. Paganism and Christianity sometimes clashed. Othertimes parts of each were incorporated into one's own beliefs.

Witchcraft

There is a great song by the local Celtic rock band, Marys Lane, called, "Petronilla," that tells a romanticized version of the story of Petronilla de Meath, the maid servant of Dame Alice Kytelar, a noble woman in what is now Co. Kilkenney. After the death of Kytelar's fourth husband, she and Petronilla were accused of practicing witchcraft and of causing the deaths of their husbands. Dame Alice fled, but Petronilla was tortured and then burned at the stake on November 3, 1324, becoming one of the first recorded instances of a trial in Ireland for witchcraft.

In 1578, two more were accused of being witches in Kilkenney and executed. In 1586, The Irish Witchcraft Act was passed, defining what practicing witchcraft entailed and outlining the punishments that could be inflicted.

In 1661, a woman named Florence Newton was convicted and executed



Illustration of witches being tortured before James VI and I, from his Daemonologie (1597)

for causing demonic possession of a woman and of using witchcraft to kill her jailer. The law wasn't always used, in Co. Antrim in the year 1698, an elderly woman was strangled and burned by a mob for bewitching a nine year-old girl.

The last mass witch trial in Ireland took place in Carrickfergus, Co. Antrim. Eight women were put on trial for bewitching an eighteen-year-old girl in the village of Islandmagee.

Ann Haltridge was an elderly woman living with her son James, his wife, their two children and servants. In the month of September of 1710, Ann began complaining of mysterious pains and claimed she was being haunted by demons.

Demons

A demon boy visited Ann in December. Her story is collaborated by her servant. In February of 1711, the demon boy returned, this time stones and turf were thrown at the house and windows were broken. No one was visible during the barrage.

The Reverend Robert Sinclair

was called to investigate. He and a few of the church elders staved in the house. They witnessed bed clothes in Ann's room arranged to resemble a corpse.

Ann was too frightened to return to her room and moved to another room in the house. She becames bed-ridden and was in constant pain. She died on February 22, at noon. Rumours immediately spread that her death and haunting were caused by witches.

Four days after Ann's death, James' sister arrived to keep his wife company while James traveled to Dublin on business. Accompanying his sister was their teenage cousin, Mary Dunbar.

Mary has been described as bright and articulate, the result of her upbringing and education. During their first night in the house, they came across an apron tied up tightly with string with five unusual knots holding it together. They feared it to contain a charm or spell and were fearful to open it, all except Mary. She carefully untied the apron and found Ann's missing cap, lost for

over a week before she passed.

The next morning, Mary climbed the stairs to Ann's old room and found the bed clothes stripped from the bed and thrown about the room. She returned about an hour later, but when she approached the landing, she was struck by severe pain in her thigh and fell screaming in agony.

She was carried down the stairs, where she seemed to recover, but then became overcome with pain throughout her body. She was put in her bed and over the next nine hours suffered a series of convulsions.

During the last hour of her ordeal, she began shouting violently at some unseen being. Finally settling down, she began to swoon, repeating "so and so." When the other women in the house questioned her about it, she replied that a woman with a dirty face had come to her, along with several others.

Possessed

With Mary's education and knowledge of religion, classical literature and language, we can only imagine the effect of her story on her listeners. She convinced the others that witchcraft was to blame for her haunting and Ann's death.

On the first of March, Dunbar accused Janet Carson of her possession. Shortly after, she was "visited" by two more witches, visible only to herself, and named them. The next day, Janet Liston

and her daughter, Elizabeth Sellor, William Sellor, the husband of were brought to the house so Mary Elizabeth, visited her in the form could identify them. Reverend Sinclair and his associate tested them on their Christian faith and they were held for trial.

The mayor of Carrickfergus took over the investigation and Dunbar incriminated three other women. Mayor Clements didn't hesitate and had the woman taken into custody.

Mary's health improved immediately, but a couple of days later she relapsed and accused two others of attacking her, a woman called Mistress or Mrs. Ann and a woman with one eye. The hunt for those two resulted in the arrest of two more women

During pre-trial interviews, Mary said the witches told her they planned on bewitching other members of the Haltridge family. The mayor set a date for the trial to be held in Carrickfergus.

On March 25, Dunbar lost her ability to speak, but it returned to her upon reading the bible. Four days later, she traveled to Carrickfergus, where she was a witness. She was confronted on the way by the spectres of a man and two women, who told her they would remove her power of speech so she couldn't testify.

Even without Mary Dunbar's testimony, the eight women were tried and convicted under the Irish Witchcraft Act of 1586. Mary returned to her mother's home and continued to experience fits and seizures. She claimed that

of a spirit and stabbed her with a butcher knife. He was arrested and convicted of bewitching her.

Some forty thousand people were executed across Europe, England and Ireland for witchcraft, most of them were women. Academics from the University of Ulster teamed up to bring the Islandmagee Witchcraft Trial to light.

Dr. Andrew Sneddon, one of the leaders of the project, is an authority on the history of witchcraft and magic, said: "We have a timeless fascination with witches and witchcraft. It's easy to forget that it was a crime in most places in Europe untill the 18th century, when an accusation of witchcraft could have terrible consequences.

People are more likely to accuse

people of witchcraft in times of political, economic and religious crisis. There's a need to find an explanation in the supernatural when crisis looms and old certanties disappear, and that's as true today as it was in 18th century Ireland." ■

Bob Carney is a student of *Irish languae and history and* teaches the Speak Irish Cleveland class held every Tuesday at PJ McItyre's. He is also active in the *Irish Wolfhound and Irish dogs* organizations in and around Cleveland. Wife Mary, hounds Rían, Aisling and Draoi and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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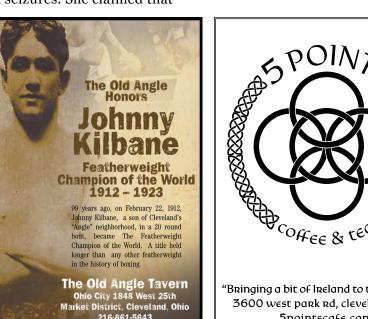


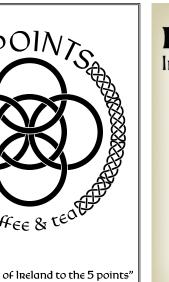


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Stillness

****/esterday, at dusk, the air hovering above Crooked Lake turned to thick white soup. Ironic considering, I was inside my father's small

kitchen cooking a

modest supper of pasta

15 YEARS

and greens. I could hear my husband and father talking, laughing, badgering one another in the other room.

Listening to soft music without words, I stood still for a moment. back turned away from the pot bubbling on the stove and gazed out of the glass door. Slyly, a brown bundle of fur emerged from

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the thick fog.

Straining to decipher the curious form of this creature, I watched the muskrat rest his chubby loins on the seawall preparing his own evening repast of lakeweed detritus and rotting November leaves.

I could not see but heard the muffled honk of geese and the flap of wing against water. In early spring, the lake is still except for the smooth trail of the neighboring swan lovers and the raucous landing of the ubiquitous Canadian geese. No longer hindered by sunset summer speed boats, the lake is free to share a peaceful dinner with hungry muskrats, hardy birds, silent humans, and curious spaniels who prefer a view of quietude.

After a long winter, we are brought back to a season of light. Oddly, I always enter spring and then summer with a sense of enthusiasm that is more dutiful than authentic. There is always so much to do in the long days of sunshine: gardens to tend, windows to clean, endless productivity. By the time the days

newsmagazine

shorten in autumn, I am ready to return to early darkness and a need for stillness.

> Stillness. Oddly, one can be still when walking, tending spring gardens, hoovering the carpets, or toiling in the workplace. Stillness is more a state of mind. All it takes is a deep breath and an awareness of that which lies not in the future or the past, but in the present. So often we fail to see the treasures that lie before us - simple gifts, like a muskrat emerging from the chilly depths of a lake or the burgeoning violet bloom of grape hyacinth beneath the last melting snow in early April.

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And so, I have always been part of this world of quietude; at times living in my head rather than in the daily bustle. Without the gift of stillness, I would not be able to live my life to the rich fullness that it deserves, caught on the neverending treadmill of existence. This is why I make time for silence and peace, observation and thought.

Even as a young adult, when the city world moved fast before my eyes on the L train in Chicago, I found myself still, observing the tangle of clotheslines and fire escapes that punctuated the landscape. As I moved with the speed of the train, my vision would fixate on gang symbols, intricate portraits of urban art spray painted on brick buildings and old tenement apartments.

Strangely beautiful, these images spoke of poverty, struggle, dominance, and community. Scores of commuters and wanderers probably looked at these images blankly, without a thought to the plight of the artist behind the work.

How is it that such work has most likely been painted over in the name of gentrification and other pieces of like art hang in the MoMa? No matter, the brief moments I spent in communion with these urban paintings have left an indelible image in my mind.

My life's journey has taken me over petrified cow pies scattered about Missouri farmland, through the dark tunnels of city streets, and blessedly along the shores of remote lakes and ocean tides. I have crosscountry skied through snow covered birch woods and dug for carrots in our garden. I cannot say that one moment of stillness is more valued than the next, as the gifts offered to me over the years resurrect in my stories, both told and written, furthering my understanding of the

Camille Souter

On March 3, 2023, the visual artist Camille Souter died. Born in Northampton.



Souter was raised in Ireland and lived there for the greater part of her life. Since 1959, she lived and worked on Achill Island. I became

United King-

dom in 1929,

fascinated with her work a few years back. The idea of the artist living in relative seclusion, looking out onto a world that cannot see her, piqued my imagination.

During Souter's early years as

Or I could, perhaps, spend all there is of after-life walking the road between Dooagh village and the beach at Keem, flexing the spirit-muscles, strengthening the spirit-bones . . . Here I have most nearly found the source of the being of Ireland, my soil, my sky, my sea, my here-ness . . . the thousand weathers I had grown familiar with, learned to hold my breath when witnessing the rare serene light shining over the bay, the sea a delicate shamrock green . . . For spirit goes on gleaning light out of the long living . . . in solstice, in moonshine, offering it back it poems . . . ("Walking the Roads" by John F. Deane)

an artist, she was known for her Abstract Expressionism, and then her Impressionistic works. She has painted fish and slaughterhouse scenes, landscapes and airplanes, rusted gates and clusters of daisies. Awarded the highest honor given to a select few of Irish artists, the Saoi (Wise One) of Aosdána, LLD, Souter saw the beauty and importance in that which is commonplace, images

that most people will never truly

The titles of her works include simple narratives which speak of her deep regard for the beautiful mystery of the everyday world: When the Mist Comes Down (1964), Achill - Up the Brae (1962), Aunt Biddu's Flower Pots (1968). In fact, the closing lines of her obituary read that Camille Souter "will be remembered for her painting, for her individual take on life, and her love of frogs, broad beans, and tulips."

Frogs and tulips, swans and geese, muskrats and mist. Stillness and breath. Inspiration and truth. •

Susan holds a Master's Degree in English from John Carroll University and a Master's Degree in Education from Baldwin-Wallace University. She may be contacted at suemangan@yahoo.

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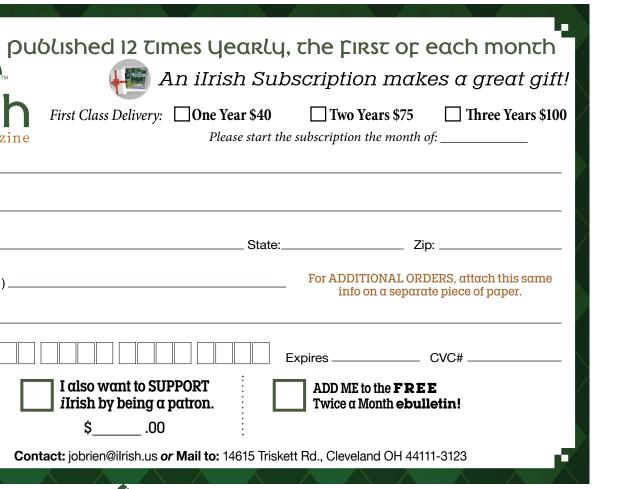
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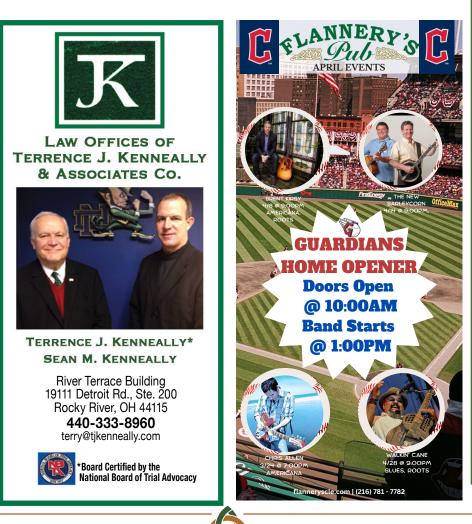
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Forgetful Doctor

Dr. Mahony tells his patient: "I have bad news and worse news,

"Oh dear," John replies. "What's the bad news?"

"You only have 24 hours to live." "That's terrible," says the patient. "How can the news

possibly be worse?" Dr Mahony replies: "I've been trying to contact you since vesterday."

Car Park

An Irishman is struggling to find a parking space.

"Lord," he prayed. "I can't stand this. If you open a space up for me I swear I'll give up the Guinness and go to mass every Sunday."

Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the Irishman says: "Never mind, I found one!"

City Workers

Two Irishmen were working in the public works department. One would dig a hole and the other would follow behind him and fill the hole in.

After a while, one amazed onlooker said: "Why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

Indicators

Two Irishmen were driving home one night when one asked the other to check if the car's indicators are working.

He promptly sticks his head out the window and says: "Yes, no, yes, no, yes, no, yes, no."

Dog Walker

Gerry Connors walked his dog through the village every day.

One day Mr. Connors is on his walk without the dog.

His pal Billy sees him and asks: "Where is your dog?"

Mr. Connors answers: "I had to have him put down."

"Was he mad?" asks Billy. "He wasn't too pleased," Mr. Connors replied.

Way to Cork

Billy stops Paddy in Dublin and asks for the quickest way to

Paddy says: "Are you on foot or in the car?"

Billy replies: "In the car." "Well, that's the quickest way," says Paddy.

Mrs. Murphy

A sobbing Mrs. Murphy approaches Fr. O'Grady after

He says: "So what's bothering vou?"

She replies: "Oh, Father, I've terrible news. My husband passed away last night."

The priest says: "Oh, Mary, that's terrible. Did he have any last requests?"

"Certainly father," she replied. "He said: "Please Mary, put down that damn gun."

Police Blotter

The Dublin Metropolitan Police have announced the discovery of an arms cache in a local suburb. which consists of 200 semiautomatic rifles with 25,000 rounds of ammunition. They also found 200 pounds of heroin and five million in forged bank notes.

This was all found in a semidetached house behind the Public Library. Local residents were stunned by the news. Community spokesman Donal O'Flaherty said, "We are all shocked; we never knew we had a library." (submitted by Gus Green/N. Olmsted)

Lost Pencil

Paddy and Murphy were working on a building-site when a large, slate tile slid off the roof and hit Murphy on the side of his head, slicing off his ear. Murphy screamed out, "My ear, my ear. Paddy I've lost my ear.'

After much shouting, screaming and frantic searching, Paddy cries out, "Murphy, I've found it. Holding up a bloody ear Paddy says, "Murphy, is this your ear?"

To which a puzzled Murphy replies, "No Paddy, mine had a pencil behind it "

Drowning Sorrows

Brenda O'Mallev is home making dinner as usual when Tim Finnegan arrives at her door.

va. Brenda."

Guinness brewery..."

"Please don't tell me."

"I must, Brenda. Your husband Seamus is dead and gone, I'm sorry."

"It was terrible, Brenda, He fell into a vat of Guinness Stout and drowned."

tell me truth, Tim. Did he at least go quickly?"

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"Brenda, may I come in?" he asks. "I've somethin' to tell va." "Of course you can come in, you're always welcome. Tim. But where's my husband?"

"That's what I'm here to be telling

There was an accident down at the

"Oh, God no!" cries Brenda.

Finally, she looks up at Tim. "How did it happen, Tim?"

"Oh my dear Jesus! But you must

"Well, Brenda... No, in fact, he got out three times to pee."

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- 18th West Side Irish American Club (WSIA) Monthly Meeting
- 19th Aer Lingus first direct flight Cleveland to Dublin takes off
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Pointing to History

n February 6, Dr. R.A. Vernon and The Word Church graciously hosted a discussion which can be viewed on YouTube. Cleveland



Safety Director Karrie Howard made statements regarding the Irish. On March 1, Eric Foster posted an opinion piece posted on Cleveland.com

This article is a response to those comments.

"The Irish flooded the safety forces."

"Flooded," meaning to arrive in overwhelming amounts or excess (Oxford Dictionary). The nearly 4.5 million Irish immigrants to America (1820 to 1930) were proportionally. compared to percentage of population, over represented in certain professions. I question if the 12.5% of the police force referenced by Eric Foster at Cleveland. com constitutes a "flooding." Nomenclature aside, the overrepresentation of the Irish was not limited to safety forces during that time period. The members of the Irish Diaspora were predominant in canal building, mining, and quarrying; in the construction industry, the linen industry, and the armed forces (including but not limited to both sides of the Civil War); on the docks and on the railroads; as laborers, public school teachers, domestic servants, Catholic priests and nuns: and in major league baseball, labor unions, politics, publicans, nursing and the legal system, to name a few.

Mr. Howard and Mr. Foster are lawyers and may know that the ubiquity of the plea bargain was a product the Boston Irish, both Irish lawyers and Irish defendants (*The* Social Origins of Plea Bargaining

by Mary Vogel). The Irish Catholics moved up, socially and economically, when new migration provided replacement menial labor.

My Uncle would say that if you have five dollars and five people, division teaches us that is a dollar each. Reality teaches us that one person keeps four dollars and pays another 75 cents to ensure the other three are fighting over a quarter. My Uncle was content most days to have a dime of that; he felt like his pockets had the mumps.

When opportunity was made available, many people worked to have that same opportunity, or better, for their children. Today, male children are 2.7 times as likely to have the same occupation as their father and two times as likely to have the same occupation as their mother. Female children are 1.8 times as likely to have the same occupation as their mothers and 1.7 are as likely to have the same occupation as their father (gss.norc.org). Those percentages were closer to 50% during the late 19th century.

"The Irish were not considered white."

This statement is accurate. I would like to submit some amplification and ontological qualification. Irish is not a race, no offence to Seumas MacManus (The Story of the Irish Race). Irish Catholics were not considered Anglo-Saxon, Protestant Irish have been able to avoid most of that bigotry.

"I am haunted by the human chimpanzees I saw along that hundred miles of horrible country... to see white chimpanzees is dreadful; if they were black one would not see it so much, but their skins, except where tanned by exposure, are as white as ours. - Cambridge historian Charles Kingsley, letter to his wife from Ireland, 1860 (Apes and Angels: The *Irishman in Victorian Caricature* by L.P. Curtis).

How the Irish Became White by Noel Ignatiev discusses this issue from a socio-cultural lens and qualifies it as such. In regards to the science of human race, "races are biologically distinct peoples with differential abilities and behaviors has long been discredited by the scientific community" Demography, p. 142 (Guo, et al. 2014).

Anthropologist Nina Jablonski's articles can be found on JSTOR, which anyone with a Cleveland Public Library card can access, https://cpl.org/journal-magazinearticles/ or her Ted Talk, ted.com/ talks/nina_jablonski_skin_color_ is an illusion?

"Racism is in the DNA of America, so there is a certain type of person who has historically applied to be police officers and we are not part of that certain type of person."

I stopped at the Union Club on East 26th and had the pleasure to sit next to a firefighter named Sully. His family name was originally O'Sullivan. He is a member of the Irish Diaspora and the African Diaspora, and he is not alone. Estimates indicate that roughly 38% of African Americans have Irish ancestry, or over 1.5 million participants in the Irish Diaspora in America have African ancestry.

"Coming to these shores under radically different circumstances, African and Irish histories in America overlap in many ways. As with America itself, the relationship between these people was shaped by slavery and its aftermath. The links between the two cultures, good and bad, would have a profound impact on America and the world in unique and lasting ways, many stories of which have gone untold. Some of the antagonistic aspects of the shared history are better known. However, the overlapping cultural influences also produced bluegrass music and tap dance, along with people like Frederick Douglass, Beyoncé, Barack and Michelle Obama, Muhammad Ali, Alicia Keus, and Patrick Francis Healeu. These are the stories we want to tell. and the shared heritage and culture we want to build on." (The African American Irish Diaspora Network, https://www.aaidnet.org)

The DNA quote is a singular statement by Mr. Howard, without qualification or pause. It makes a direct connection between the history of racism in America and the Irish police officer. That suggestion, as verbalized, and the one to one relationship, is historically without merit. The correlative reduction of a complex and multidimensional nexus is misleading and indicative of

a deficiency of historical and cultural exegesis.

The Philadelphia Nativist Riots by Kenneth Milano details the anti-immigrant, anti-Irish Catholic attacks in 1844. Irish Catholics were protesting the exclusive use and the weaponization of the King James Bible in public schools as means to convert Catholic students. St. Michael's, St. Augustine's and the Seminary of the Sisters of Charity were burned to the ground, as well as the homes of over 200 Irish residents.

The Nativist mob left German Catholic parishes unscathed. One African American man was verbally and physically attacked, and he sustained injuries. The suppression of the anti-Irish riot by militia forces contributed to the creation of the Philadelphia metropolitan police force. NYC, New Orleans, Boston and Philadelphia were all home to some of the earliest police departments in the United States and centers for Irish immigration.

New Orleans had 177 African American police officers in 1870 and three of five police board members were African American (cops.usdoj. gov). Those positions were eliminated after Reconstruction (Black Police in New Orleans During Reconstruction by Dennis Rousey). Cleveland's first African American Police officer was William Tucker, who joined the force on June 3, 1881. For a glimpse of the early history of the police and fire departments, CPL has:

https://cplorg.contentdm.oclc. org/digital/collection/p128201collo/ id/2660/ (CLE Police, 1898)

https://cplorg.contentdm.oclc. org/digital/collection/p128201collo/ id/3154/ (CLE Fire, 1897)

"They flooded, yes, Tammany Hall, they flooded."

That was the response of Mr. Howard to Pastor R.A. Vernon's question, "So, it was the Irish that flooded back then." This is when I would ask for clarification of the context. Tammany Hall was a New York political machine (loc.gov). Chicago had Hinky Dink Kenna and Bathhouse John Coughlin in the First Ward and Kansas City had the Pendergast political machine. Cleveland did not have such a

William Gleason and Martin Foran

were, like many Irish at the time, active in the Democratic Party, and both Hibernians, but there was no Irish political machine. Foran served in Congress and was a judge. Gleason was president of the committee that had the Soldiers' and Sailors' Monument built in 1894. They started the first Irish Club in Cleveland, cattycorner to the Cathedral, in the 1890s.

"I ask you, what did Director Howard say that was wrong?"

If by wrong, Eric Foster meant inexact, fragmentary and enigmatic, then at least comment enough to warrant amelioration. Mr. Foster substantiates the DNA comment by noting that the Constitution was signed by slave owners. There were forty signers and eleven owned slaves (constitutioncenter.org).

Daniel Carroll and Thomas Fitzsimmons were the only Irish Catholics to sign the Constitution. Daniel's younger brother John became the first Catholic Bishop in the United States. Daniel and his cousin Charles, the only Irish Catholic to sign the Declaration of Independence, were an active part of a wealthy, slave owning family in Maryland at a time when Catholics. and de facto most of the Irish, were barred by state statue from voting, practicing law and holding political office.

History is not devoid of anomaly nor simplistic, which might elucidate why Mr. Foster has a quote from Thomas Jefferson, not a signer of the Constitution but a slave owner, on his LinkedIn page. He supports Mr. Howard by referencing the 1978 work by Hickey and Callahan, *Irish* Americans and Their Communities of Cleveland. "Hickey and Callahan even found data."

That quote has a link that leads to the Encyclopedia of Cleveland

History. It is not a reference to a footnote or endnote or an actual source. Hickey and Callahan made a significant contribution but did not utilize citations, at all. It is not an academic work, but a bricolage of the anecdotal, the chimerical and the undocumented. Mr. Foster did not have abounding alternatives for his citations.

"Working to rebuild the culture"

"May those who love us, love us, and if they don't love us, may God turn their hearts, and if He doesn't turn their hearts, may He turn their ankles, so we will know them by their limping.

My Aunt Irene had that Irish curse hung on the wall of her lavatory. The quote is not meant to hex anyone, just ice it and elevate, then hustle and motivate. The Irish also have the saying, "A friend's eye in a good mirror."

If that is the case, then the discussion should be based on historical fact. It cannot be based on ill-informed generalizations and misguided correlations,



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including those found in Hickey and Callahan's work.

Some of these quoted statements are problematic, and those who were and are offended have the prerogative to be offended. Mr. Howard apologized and stated that he "failed to fully articulate."

I am not a politician, so I will leave the politics to those that are politicians. It is clear to me that the history mentioned needs clarification and some correction. I take responsibility as a member of the Irish community who, with his library cards, researches Cleveland history to offer some sources from above the fray, ice.

There is a need, for all folks, to have academic publications that discuss the totality of historical narratives that make Cleveland a great city, a scholastic Cultural Gardens, elevate. I will contribute my part, hustle, and it will include all the voices of the Irish Diaspora, including Sully's. That will require a few more collegial sojourns to the Union Club.

The Cleveland Ethnic Heritage Studies Series included twentyfour publications between 1975 and 1980, a great contribution. It is now time to revisit and expand those publications from an academic lens, motivate. Then we can all point to history.

Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, Education and History and a Masters in Social Science from the University of *Chicago. He is the Executive* Director of Bluestone Hibernian Charities and proprietor of McGarry Consulting. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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Irish Dogs

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mustard while watching a baseball game or grabbing one for a quick dinner or lunch or munching on one at a picnic. While a

mustard-topped hot dog is terrific just like that, it is fun to play with some fun toppings. So, what we have here is an Irish Hot Dog.

Irish Hot Dogs Ingredients

Makes 8 Hot Dogs

- 8 Beef Hot Dogs
- 8 Hot Dog Buns
- 1/4 lb of Corned Beef sliced or chopped, you can use deli or from the brisket
- ½ cup Sauerkraut
- 8 small Dill Pickles
- 1 package Shredded Hashbrowns
- red ale
- 1 teasp. Celery Salt
- 2 tablespoons Olive Oil
- Salt and Pepper to taste

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- 1 bottle Smithwick's or any
- Stadium or Ball Park Mustard
- Thousand Island Dressing

Directions

Heat olive oil in a large skillet. Add in shredded hashbrowns and cook until golden and crispy. Remove from heat and season with salt and pepper.

In a pot, place hot dogs,



Smithwick's and 1/2 cup water. Cook over medium heat until plump and fully cooked.

In a small sauce pan, heat the sauerkraut with the celery salt until just warmed through.

Chop corned beef.

Slice pickles lengthwise and then cut in half to have four pieces per pickle. Warm hot dog buns

When hot dogs are cooked – finish them on a grill or under the broiler.

Time to assemble:

Place a hot dog in each bun. Slide the pickle slices alongside the hot dog.

Top the hot dog with the sauerkraut, then the corned beef, and then then shreds of the hashbrowns.

Drizzle the Thousand Island dressing and mustard across the top. Enjoy!!

You can adjust the amounts you make very easily.

You may have some leftover ingredients that you can use in another dish.

Any of the toppings that don't agree with you or cooking methods that don't work -you can easily omit or

Katie Gagne teaches English at Trinity High School in Garfield Heights. She is also the owner of her in-home bakery Sassy's Sweets and Oh So Much More. You can contact her at (440) 773-4459 or at mkbluebows@aol.com, or find her on Facebook at @sassyssweetsandmore.

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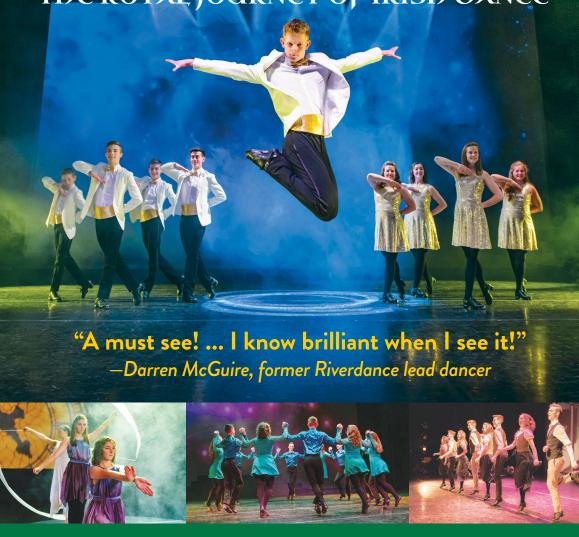


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The Wolf-Men of Ireland and The Irish Wolfhound

reland of old was inhabited by a large and fierce breed of wolf, as was much of Europe. Anyone with

> a little knowledge of the Irish Wolfhound will tell you that the wolfhound was bred to combat the wolf and protect the Irish people from their attacks and raids on

their homes and herds.

7 YEARS

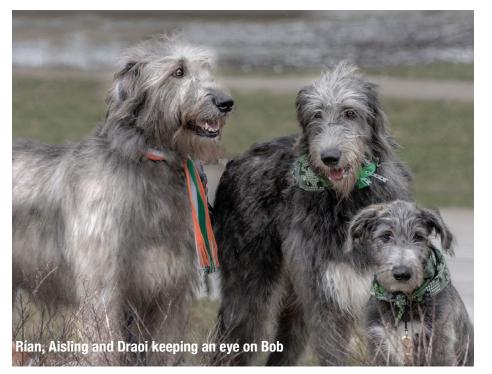
Older stories don't dispute that, but they state a different, somewhat darker reason for developing the breed. In a book written by early Christian monks, called the "Cóir Anmann" or the "Fitness of Names," there is a story about a prince named Laignech and his brother Feardach, who was the first king of

The story tells us that all of the Ossorian people were shapeshifters, able to take the form of a wolf. They would go on raids, wolfing as it was refered to, attacking their enemies and their cattle, feasting on both man and beast.

Werewolf

The wolf-men of Osraí did not change like the werewolves of Hollywood, their human bodies would lie still and go cold as if dead when they would take the form of a wolf. If something happened to their human body, they would remain a wolf till their death.

In battle, a human opponent was no match for the Ossorians, and as their reputation grew. Kings would recruit them as mercenaries to fight alongside their own men, but not always with the best results.



When the Ossorians were in their wolf form, they exibited the same, common wolf-like behavior; they could not be trusted. But the Irish Wolfhound was loval.

One story received the seal of Pope Urban III and was the first recorded tale of a werewolf by the Vatican. In the year 1182, a priest was traveling down into Meath from Ulster, and stopped to rest for the night. After dark, as his fire dimmed, he heard a voice asking him to come into the forest. Frightened, he refused and asked the speaker instead to step into the light and be identified.

Suddenly, a large, old grey, but powerful wolf stepped out of the dark and spoke to him. The wolf told him that he was of the tribe of Osraí that had been cursed by St. Natalis of Kilkenney six hundred years earlier.

Two of the tribe must live as wolves for seven years, and when their time was up, another couple would take their place. He told the priest they were almost at the end of their seventh year, and that his mate had been wounded by hunters and was near her death. He requested that the priest come with him to hear her final confession, as they were both Catholics.

The priest went with the wolf to a nearby cave where the dying shewolf lay and heard her confession just before her passing. With her final breath, she turned back into

an older woman.

The priest wrote a letter to his bishop and then to Pope Urban III, and reminded them of the writings of St. Augustine should they doubt his story. "We agree then, with Augustine, that neither demons nor wicked men can either create or really change their natures; but those whom God created can, to outward appearence, by his permission become transformed, so that they appear to be what they are not; the senses of man being deceived and laid asleep by a strange allusion, so that things are not seen as they really exist, but are strangely drawn by the power of some phantom or magical incantation to rest their eyes on unreal and fictitious forms."

Irish Mythology

Irish mythology is a wonderful way to explore the Irish language; names and places require us to use our growing skills in pronunciation. So many of these stories, scéalta (shkal-ta) begin with "Bhí rí ann fadó" (vee ree ahn fah-do) "Once upon a time there was a king." Rí (ree) is the word for king; a prince would be mac rí, (mahk ree) or son of the king.

Many others start similarly, "Bhí rí ar Éirinn" (vee ree ar air-un). "There was a king in Ireland." A keeper or teller of these traditional stories is called a seanchaí (shankee); someone who tells ghost or

supernatural stories is a taibhseoir (tav-shoo-ur); a strange or peculiar story is a scéal aduain (shkale ah-doo-in); áit aduain (aht ah-dooin) would be a strange place. Tá fiannaíocht air (taw fee-un-ocht avr) means it's an old story, mostly refering to tales of the Fianna.

There are many names for a wolf in Irish: faol (fwal), cú allta (koo ahl-ta) or wild hound is also refering to a wolf, as does faolchú (fwal-koo). Madra allta (mah-dra ahl-ta) is a wild dog, also a wolf. Mac tire (mahk tcheer) means son of the land, a common name for a wolf, believed to be derived from the legends of the Osaraí.

A conairt mic tíre (kahn-art mik tcheer) is a wolf pack, while wolf's bane is called fuath an mhadra (foo-uh ahn wah-dra). Tá sé chomh confach le mac tíre (taw shay kove kohn-fah leh mac tcheer) means "He is as fierce as a wolf." A werewolf or someone in the shape of a wolf is called a faoladh (fwaylah) or conriocht (koh-rocht). A phantom is called a támhas (tah-

Draíocht (dree-ocht) translates to magic or enchantment; draíocht briocht (dree-ocht brahcht) is a magic spell and ceo draíochta (kyo dree-ochta) is a magic mist, ceo being the word for mist or fog. To be under a spell is Beith faoi

dhraíocht (bay fwee hree-ocht), from a practioner of dán draíochta (dahn dree-ochta) druidic arts, who is called draoi (dree), meaning a wizard or sorcerer. Geasadóireacht (guess-ah-dor-ucht) means dealing in sorcery or enchantment.

Back in January, Mary and I adopted another future "werewolf hunter." Draoi is a happy Irish Wolfhound puppy and has fit in very well with Rían, Aisling and little Doolin. We hope to see you at all the upcoming festivals.

Bob Carney is a student of Irish language and history and teaches the Speak Irish class held every Tuesday at PJ McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary. hounds Rían, Aisling and Draoi, and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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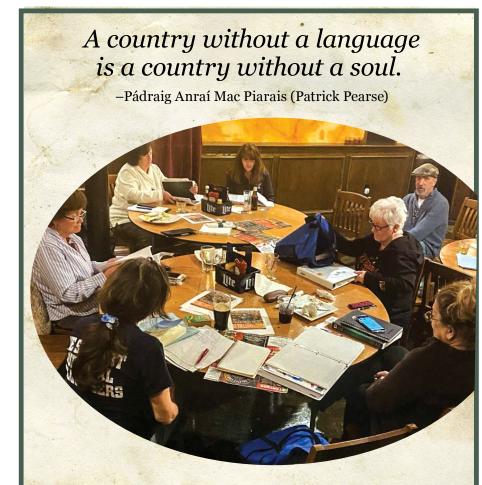
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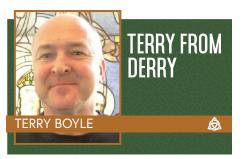
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Meditation on an Ice Flow

Getting older brings with it a Gunique form of nostalgia. With less time ahead, it's natural to look back more. It's weird sometimes how memory plays with our thoughts.

There are enough memories in my head to make any stream of consciousness an ocean. I'm quite tickled by some of the

bizarre showings from the past that can either make me cringe with embarrassment or simply laugh aloud.

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So, whenever I see those Godawful

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reality shows where the compere asks one of the exploitable candidates, 'what would you say to your younger self?' I want to shout out, 'don't fall for such a ridiculously stupid question.' Our younger selves no longer exist, they are part of the flotsam and jetsam of memory.

I wonder if it isn't this reality, accompanied by the brevity of life, that makes us grumpy old men and women. Rummaging through our memories, looking for redeemable, worthwhile events to soothe the ravages of time and avoid those times that would sink us further into turmoil, occupies our mind.

My mind is constantly sorting, and selecting items from the past that keep me afloat. But like the titanic, it's only a matter of time before the illusion of control runs aground on a cold reality. My favourite preoccupation is discovering those moments when life reveals itself to be absurd. Those delicious moments that cause us to feel the weight of existence aren't what plunge us under but keep us merrily dancing on a sinking boat.

It was sometime in the late 80s. I was living in Derry and studying English literature in Coleraine. It was

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always hard to find things to do in a small city when you're young. Even if there are lots of things you could be doing, the mindset of that particular age is incredibly hard to please.

What to Do, What to Do?

Someone suggested that I go to a meditation class. Anyone who knew me then and now would see the ridiculousness of such an idea. My own frenetic brain does not stop long enough to smell roses, coffee or any other pleasurable object.

Still, I was happy enough to give it a try. After all, I was the one who was complaining of having nothing to do.

I remember entering the meditation room. There were about twelve of us would-be-seekers of divine enlightenment. We sat in our chairs, carefully taking in our surroundings.

It was a large upstairs room in an old building. The wallpaper had been meditating on that wall so long it had faded into a yellowish nirvana of sorts.

Our meditation mentor was a Buddhist

nun. My knowledge of Buddhism at the time was scant. I had some idea that the ego was the thing that got us into trouble. Our attachment to pleasing the self was the very thing that caused us pain. Meditation could help us abandon our self-centeredness and liberate us from the pain of attachment.

As I looked around the room, my ego was in total flight mode. The door was shut closed and my way of escape too. The nun carefully avoided making any eye contact. Her ego wouldn't be sated by the adulation of her mentees. She was detaching herself from all forms of prideful ego.

The initial encouragement to concentrate on our breathing seemed harmless enough, if not boring. Our goal; to stop the manic flow of oceanic thoughts from sweeping us. Any attempt on my part to stop those glorious waves from pulling me onwards was futile. Try as I might, there was no interest on my part to find breathing a worthy object to pay attention to.

Next, we were encouraged to empty

our minds, which was tantamount to asking a hoarder to get rid of stuff. My attachment to thinking was too strong. Life on the ocean was a bit too exciting to give it up for nothingness if indeed nothingness even exists.

I sat pretending to clear out cupboards and closets full of unnecessary thoughts. Who was I deluding? Having failed the first two exercises, I was beginning to think (another failure) that I'd had better things to do than pretend I liked doing nothing.

The more I thought about my lack of contemplation, the more my breathing was becoming erratic. Just when you think that you've plugged all the holes in the boat, another leak emerges.

During the final moments

of the meditation, we were encouraged to welcome the dead. One by one, we were to imagine our dead loved ones blessing us.

Any hope of stopping this tidal wave of

despair stopping
was futile. My
dead loved
ones were
too busy
laughing their
asses off watching me

squirm in my seat to be in a blessed mood.

I am sure they were pointing their fingers at me lapping up my well-deserved karma for believing I could stem the tide of living. The realization of the futility of my efforts allowed me to cast me adrift from meditation, and take my chances.

It is a memory such as this that gives me hope. I know that whatever panacea for life I'm looking for doesn't exist. And, instead of talking to our younger selves, we should speak to our older selves.

The grumpy old men and women that we've become should be reminded that our lives are full of joys and woes. How we face or avoid those things that are a part of who we are is immaterial. In the end, if we can laugh at the absurdity of life; we can at least pretend it matters.

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Health Matters: Getting Back to Working Out Safely

by **Dr. Rachelle Metz**

A re you getting stir crazy as the weather warms up? Going outside is very appealing after hibernating indoors during a cold winter. Unfortunately, fast changes in activity can lead to injury if you're not careful.



For example, overuse injuries such as stress fractures are very common once the weather changes. Stress fractures are tiny breaks or cracks in a bone due to repetitive

force, often from overuse such as from jumping up and down or running long distances.

Other overuse injuries may include runner's knee, which is an injury often associated with the new force of running on pavement compared to running on a treadmill. While not as persistent as a stress fracture, runner's knee can put your exercise routine in a rocky position.

This is all common because of the nature of starting a new exercise routine. When our muscles are not used to running or walking regularly, our bodies enter a period of physical stress. While this new stress is normal, it is important to take your new routine easy in the beginning.

Your bones and muscles will be stronger as you use them. An acclimation period is a great way to build up strength, so you don't develop stress fractures.

Injury Prevention

The shoes you wear may also give you the biggest difference in injury prevention. Getting shoes that feel comfortable for long periods of time on your feet are important. A pediatric specialist may be able to assess your heel strike pattern as well as whether supportive shoes would be beneficial for maximum comfort.

A good pair of tennis shoes made

for running and walking is best for an active lifestyle or a new exercise routine. Some lifestyle sneakers do not have the support to sustain long periods of exercise; often they are flimsy and not cushioned enough

Listening to your body is always important. It is natural to experience some soreness after exercising, especially after a hiatus from physically activity or a winter spent inside. However, pain and swelling – especially for a prolonged period – may be signs that a stress fracture has already developed.

It's important to never ignore persistent pain that is more extreme than an average soreness.

If you start to develop pain after you start walking, don't try to power through. It's likely your body needs rest. The best way to take at least two weeks off before continuing back to a gentle exercise.

Setting small goals to increase your endurance is a great way to start. It's important to consider what your body is used to. If you were walking two miles before, then you probably shouldn't start your new routine at two miles – work your way up to it!

Rachelle Metz, MD, specializes in orthopedic sports medicine and orthopedic surgery. Dr. Metz enjoys providing high-quality orthopedic care to her patients, including athletes of various levels. She has previously cared for professional and collegiate athletes, including the Saint Louis Billikens, Cleveland Guardians, Cleveland Cavaliers, Lake County Captains, and Baldwin Wallace University, during her training. She graduated from the University of Cincinnati College of Medicine, completed her residency at the St. Louis University School of Medicine and her fellowship at the Cleveland Clinic Education Foundation.

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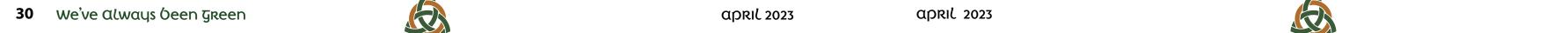
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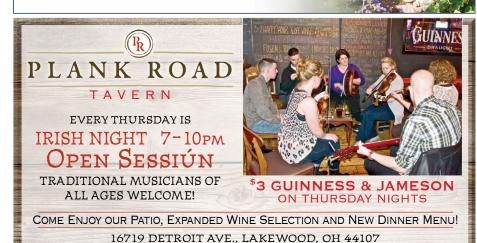
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Student Stories: An Irish Minor

By Kayleigh Phillips

Dia dhuit! Is mise Kayleigh. Táim sa rang Gaeilge 4 ag Pitt le mórán daoine iontacha!

If, three years ago, someone told me I would be working towards an Irish minor in college, I would have been extraordinarily confused.

Now, I can't imagine my college experience without the knowledge and community gained from the Irish language community at Pitt.

I first learned about the existence of the Irish language after the death of my grandfather, which deeply impacted me and my family. Among many amazing things, Pop-Pop was a first-generation Irish American. With his passing, my mom looked for ways to reconnect with our history and, by extension, Pop-Pop. She signed up for online Gaeilge classes during the pandemic and shared her enthusiasm with the family.

family.

Mo mhathair inspired me to take an interest. I was unsure about learning a language at first (Is fuath liom mo rang Spáinneach san ardscoil), ach my senior capstone project that year was a short story based off on Irish mythology, in Pop-Pop's honor. It's title, Isteach sa Chéad Seomra Eile, being mo chéad focail Gaeilge.

Nuair a chuaigh mé go Pitt, d'fhoghlaim mé go bhfuil clár Gaeilge ag Pitt. A saying I recently learned and have mixed feelings about, "an rud atá i ndán duit, ní rachaidh sé tharat" ironically describes my reaction. What is meant for you will come your way. Bhí éad an domhan ar mo mhathair!

Tá mé an-sásta gur thosaigh mé Gaeilge a fhoghlaim. Bhuail mé le mo chairde sa rang: Kirsten (how dare you graduate), Maighread,



Kayleigh Phillips

Leah, Maddie, Peggy, Andrew, and Emalee. Tá gach duine sa rang speisialta agus cineálta. D'fhreastail muid ar féilte le chéile agus réitíonn muid go maith le chéile. Tá an rang craiceáilte agus spraoi!

I started to learn Gaeilge to connect with my family, ach fuair mé muintearas agus suim thar sin. Rinne mé cúrsa sa stair Thuaisceart Éireann le Tony Novosel agus chuaigh mé chuig club Cúla Búla (that directly translates to Irish Culture Club fyi).

Every time my mom sends me little Gaeilge posts on instagram, or I run into my friends from class, or experience any of the little moments of connection and community that I've gained from my experiences, I know that I made the right choice by trying to learn a language again. The more I learn about Irish history and culture, I feel like I understand the context of my own life a little better. The more I spend time in the classroom and in the community, I feel like I've found another place I belong. •

Kayleigh Phillips is a sophomore at the University of Pittsburgh. She is studying Environmental Science with minors in Irish and Chemistry. Outside of the classroom, she works for the US Forest Service and the University of Pittsburgh's climbing wall.

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Exercise Guidelines for Heart Disease

Prescribing safe, and effective, exercise programs is critical to improving functional capacity in cardiovascular disease (CVD) patients. "Functional capacity"

refers to maximal oxygen consumption (VO2max), or aerobic fitness, and is a measure of the heart's ability to deliver

oxygen to tissue, and proficiency of the tissue to extract oxygen.

It is commonly reported in metabolic equivalents (METs) where 1 MET is considered "at rest." Research suggests that a 1 MET improvement in functional capacity, after participation in a prescribed exercise program, confers a 17–30% decrease in all-cause mortality.

It is recommended that CVD patients perform a symptom limited graded exercise test (GXT) prior to beginning their cardiac rehabilitation program. The GXT provides accurate hemodynamic information that clinical exercise physiologists use to build patient specific exercise prescriptions.

Despite this approach being the gold standard for exercise programming, in a recent survey study among clinics in the United States, it was reported that only 33% of clinics conduct baseline GXTs. Possible reasons for not performing baseline GXT include lack of reimbursement, patient safety concerns, inadequate equipment, and overall feasibility concerns.

The absence of maximal baseline exercise testing

raises an important discussion regarding exercise prescription techniques for CVD patients. How do clinicians appropriately prescribe exercise to maximize improvements in functional capacity, but also maintain patient safety? Unfortunately, limited guidance is available for clinicians in this situation.

Exercise Is Medicine

The chronic effects of exercise training have been shown to be cardioprotective in humans with a variety of cardiac diseases. Increased parasympathetic tone, reduced sympathetic tone, and improved myocardial function (compared to sedentary state) result in a substantially lower risk of life-threatening arrhythmias, when compared to sedentary individuals.

For most patients, mild-to-moderate-intensity recreational exercise is beneficial to improve cardiorespiratory fitness, physical functioning, quality of life, and for overall improved health, in keeping with physical activity guidelines for the general population.

Current Health Guidelines

CVD patients are most likely to benefit from regular aerobic exercise, by which most body muscles move in a cyclic manner to allow human locomotion (walking, brisk walking, running, or cycling). Aerobic cardiovascular exercise targeting approximately 60% of heart rate reserve, and sub-maximal weight training with low-weight and high reps (>10), are recommended.

Exercise initiated at a minimum of three sessions per week, twenty minutes per session, at a heart rate corresponding to 60% of heart rate reserve (resting heart rate +0.6 [maximal heart rate minus resting heart rate]) is indicated.

A rating of perceived exertion should be correlated with a "moderate" level of intensity. The exercise prescription should increase in duration by five to ten minutes every week, up to sixty minutes per session, four to seven sessions per week, and then incrementally increase training intensity to a goal of 70% of heart rate reserve.

Exercise is the Ideal Drug

by a healthcare professional.

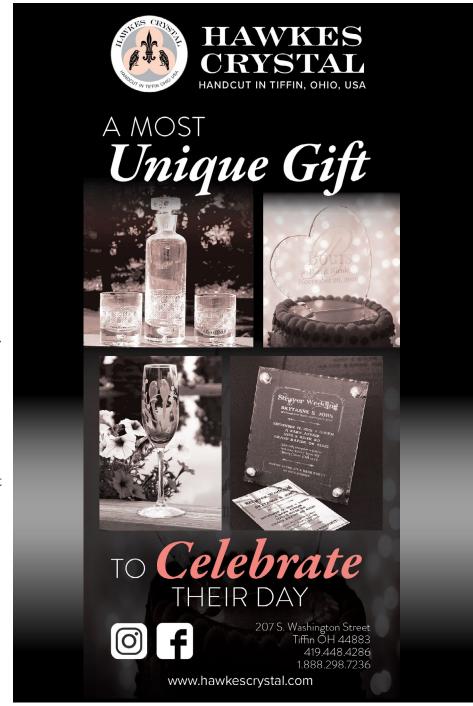
However, one thing is for sure...

When properly administered, prescription. exercise is the "ideal drug" for *Dr. Peters is the founder of* prevention of comorbidities and promotion of personal well-being. "The Fitness Doctor" (www. thefitnessdoctors.com) and a In adults with a recent diagnosis professor of Health & Human of genetic cardiomyopathies, an Performance. He has a Ph.D. event which often undermines in Physiology from Kent State confidence and precipitates psychological frailty, exercise is University and is a certified member of the American College of the ultimate resource to counter these effects. CVD patients require Sports Medicine. a specific exercise prescription To Read More to the Story, that should be administered

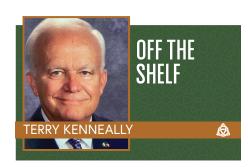
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sitting on the couch is the wrong





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We Don't Know Ourselves: A Personal History of **Modern Ireland**

By Fintan O'Toole Livewright Publishing ISBN 978-1-63149-653-0 2021 616 pp.

O'Toole, who has had a substantial career as a journalist, a political commentator, and a drama critic, opens his book in 1958, the year of his birth. He was born into the working class;

his father was a bus conductor, and his mother became an office cleaner.

His family lived in a housing estate in Crumlin, a suburb southwest of Dublin. The modernity of the housing stock was important: the O'Toole's had electricity, running water and an indoor lavatory.

The book ripples with extraordinary facts: at the end of the Second World War, two-thirds of Irish homes had no electricity. The 1961 census revealed that

gormlev's

nearly seventy-five percent of the rural homes didn't have fixed lavatory facilities at all, indoor or outdoor.

Politically, the Ireland of his childhood appeared to be remarkably stable. A newborn democratic republic (1949) where ancient Catholic identity A PERSONAL HISTORY

and national identity were locked together in place.

But Ireland, in O'Toole's telling, was in crisis, more of a fragile agrarian theocracy than a modern democratic republic. The person in charge was not the Taoiseach, Eamon de Valera, but the zealous archbishop of Dublin, John Charles McQuaid. Crucially

the country was shrinking. In 1961, tank. its population was less than half the size it had been in 1841. It had a severely uneducated populace (most pupils dropped out of school at the age of fourteen), and a limited colonial economy, based in large part on exporting beef and other cattle products to Great Britain.

Religion, violence and identity became watchwords for the fifties and sixties. O'Toole's book pulses with righteous anticlericalism, and at its heart, lies his eloquent outrage at what amounted to a vast religious penal colony.

OF MODERN IRELAND

This network, comprising the ordinary Catholic schools run by the Christian Brothers, the more shadowy "mother and baby homes," the Magdalene Homes, and the "industrial schools," variously disciplined and incarcerated boys,

girls and pregnant or otherwise "wayward" women." Unmarried pregnant women were sent to these homes to deliver babies who were then put up for adoption or neglected unto death and buried in situ. At the Tuam Children's Home, which was administered by the sisters of Bon Secours, some 800 children were buried within a

decommissioned sewage

Religious Misogyny

Political change was underway. In 1990, Mary Robinson, was elected President after a brutal campaign that exposed the nation's religious misogyny. Robinson's election broke the reflexive alliance of the church and the Fianna Fail Party, debunking the nation that both had some moral monopoly over Irish culture.

O'Toole's narrative-blending memoir, national history and personal reflections about Ireland since 1958 achieves "a conscious form of history-telling, a personal hybrid that feels distinctly honest and humble" reviewer Colum McCann wrote. It was named one of the Book Reviews Ten Best Books of 2022. While it is a lengthy book, it certainly qualifies as a TOP SHELF read.

Terrence Kenneally is president of Terrence J. Kenneally & Associates in Rocky River, Ohio. He received his Master's Degree from John Carroll University in Irish Studies and has taught Irish Literature and History.

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arrested at home. 43 Elizabeth O'Farrell was chosen to deliver the to the Britiish.

Irish Citizen Army, outposted at City Hall. 'Jenny' Shanahan, member of Irish

Citizen Army, outposted at City Hall.



ACROSS

Margaret ' ____' Joyce, member of Irish Citizen Army outposted at Stephen's Green/

13 Years

Mary Hyland, member of Cumann na mBan. bombed College OTC.

Katie Barrett. Connolly, member of Citizen Army, outposed at City Hall.

11 Mary 'May' or '_____' O'Moore Wisely, member of Cumann na mBan, outposted at Stephen's Green/RCSI..

15 Lily Kempson, member of Cumann na mBan. bombed Trinity OTC.

'Sheila' Grenan, member of Cumann na mBan, outposted at GPO. 18 Winifred Carney McBride, member of Cumann

na mBan - Belfast, outposted at ____ 19 Eileen ' 'Ennis Costigan membet of

Cumann na mBan outposted at Four Courts. 21 Madeline French-Mullen member of Irish

Citizen Army outposted at 23 Kathleen Lynn, member of Irish Citizen Army, outposted at Hall.

25 Katie Byrne, member of Cumann na mBan-Wexford, outposted at Marrowbone .

28 Volunteer Margaretta Keogh was shot outside the South Dublin Union.

29 Mary Gahann O'Carroll, member of Cumann na mBan, outposted at Stephen's /RCSI

31 Bridget Gough, member of Irish Citizen ____ outposted at Stephen's Green/RCSI.

'Breeid' Foley Martin member of Cumann na mBan outposted at GPO/traveling.

36 Agnes and Rose MacNamee Murphy, members of Cumann na mBan, outposted at Marrowbone Lane.

39 Murtagh O'Daly, member of Cumann na mBan, outposted at Stephen's Green/RCSI.

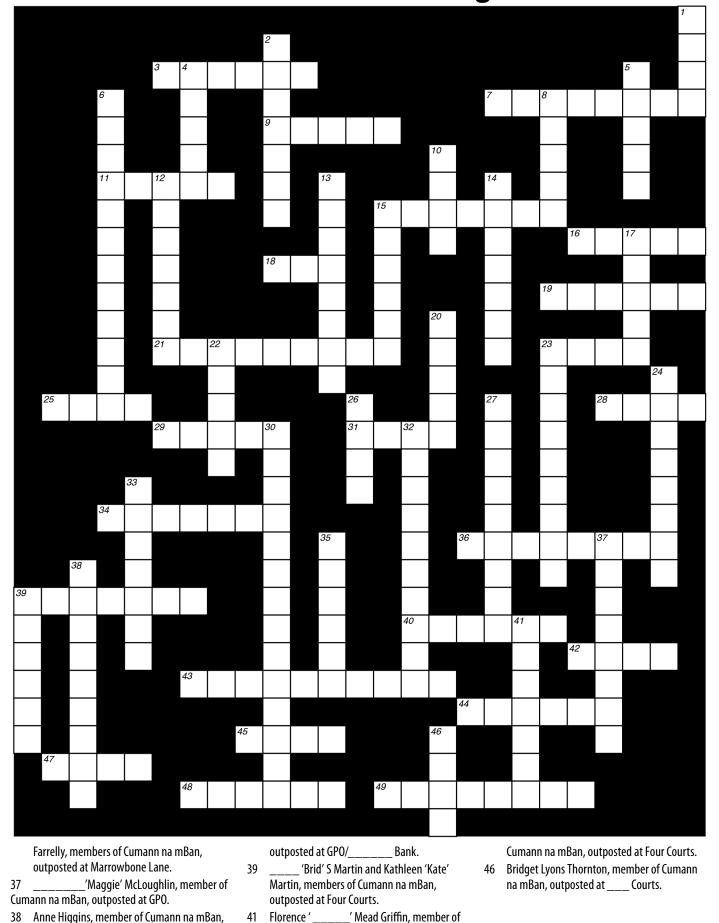
40 Emily O'Keefe Hendley and Josephine ' NcNamara, members of Cumann na mBan. outposted at Marrowbone Lane

42 Mary Partridge, wife of William Partridge, was

44 Elizabeth '_____' Lynch Kelly, member of

Women of the 1916 Easter Rising

By Linda Fulton Burke





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outposted at

47 O'Sullivan O'Carroll, member of Cumann

home. Later deported to England

members of Cumann na mBan, outposted at

Josephine Plunkett was arrested at

_ 'May' Byrne Doyle, member of Cumann

(Aine) Cooney O'Brien, member of

. outposted in Wexford.

'Carrie' Mitchell McLoughlin,

member of Cumann na mBan, outposted at

of Irish Citizen Army,

Citizen Army, outposted at Stephen's Green/

10 Helena Molony memnber of Irish Citizen Army,

12 Annie Norgrove Grange and Emily Norgrove

14 Nell Ryan, member of Cumann na mBan,

15 Maire 'Meg' or 'May' Carron, member of

Cumann na mBan, outposted at Four

17 Elizabeth ' 'Cooney Curran, member of

20 Louisa 'O'Sullivan Pollard, member of

Cumann na mBan, outposted at Marrowbone

Cumann na mBan, outposted at Four Courts.

Irish Citizen Army, outposted at Stephen's

Cumann na mBan, outposted at Marrowbone

members of Cumann na mBan, outposted at

26 Marcella Cosgrave, member of Cumann na

Army, outposted at Stephen's Green/RCSI.

mBan, outposted at Marrowbone

30 Ellen 'Nell' Humphreys O'Rahilly, member

of Cumann na mBan, outposted at 54

32 Eileen Byrne, member of Cumann na mBan,

Citizen Army, outposted at City Hall.

35 Elizabeth ' 'Mulhal and Rose Mullally

Brady Murphy, member of Irish

'Nellie' Gifford Donnolly, member of

Liston and Mary Liston, members of

'Kate' Murphy and Brid S Murphy,

Markiecicz, member of Irish Citizen

Cumann na mBan, outposted at Marrowbone

5 Kathleen '____' Fleming, member of Cumann

na mBan, outposted at Marrowbone Lane

Bridget Davis O'Duffy, member of Irish_

Army outposted at City Hall.

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Green/RCSI.

Marrowbone Lane.

6 Kathleen 'Kate' Browne, member of

8 Rosanna '_____' Hackett, member of Irish

na mBan outposted at Four

Courts/Hibernian

Marrowbone Lane.

DOWN

48 Margaret Loo Kennedy and _

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