

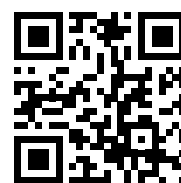


ilrish
newsmagazine

April 2024 | Volume 18 - Issue 4

Drum Major Tony Dalesio of the Cleveland Firefighter's Memorial Pipes and Drums

SCAN
TO READ
ONLINE



A circular logo with a dark green background and a dotted border. It features the text "18 YEARS" in large, bold, white letters, followed by "WRITING FOR iRISH" in smaller white letters. Below this is the ilrish logo, which consists of a stylized white knot symbol and the word "ilrish" in a lowercase, sans-serif font, with "newsmagazine" in a smaller font underneath.

Prayers also to Terry Boyle for knee replacement healing and return to action, as well as a hearty Congrats to Ohio Supreme Court Justice Michael P. Donnelly, St. Ignatius High School classmate '84, and a big supporter of Irish, who will awarded the *Leo M. Spellacy '52 Bellarmine Award* on April 18th, "for his excellence in the legal field, promotion of fair and ethical principles in law and exemplary service to our famed alma mater."

March is obviously busy, special, and treasured; being Irish is so much more than the parades, and so much more than March, with unlimited opportunities to enrich yourself, and others. The richness of our heritage in everyday life is evident all around us.

Have you seen the new website, that replaces our previous new website, at www.iirish.us? We are excited about that, and even more excited about the new iIrish Merch Store coming your way. With the usual favorites of T-shirts, crew necks, hoodies, pins and so much more, plus things you won't expect

irish 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



April 2024 VOL. 18 • ISSUE 4

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About Our Cover:

**Drum Major Tony Dalesio of the
Cleveland Firefighter's Memorial
Pipes and Drums.**

Photo by and courtesy of Marty Hout,
H6 Photo. H6photo@gmail.com.

Thank you to all the patrons that came out to support Malachi while enjoying themselves at these two brilliant events. Special thanks also goes to the fantastic teams at Gormley's Pub and The Cotton Club, and to Middleton Verye & Sons, Southern Glazer's Wine & Spirits, and Stories & Sips for their



contributions and dedication to
our fundraising efforts for Malachi
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Irish Love

Aunt Irene would always tell me on the ride to the cemetery, “Dead is dead.” She could articulate that with a sincere somberness that conveyed the homeostatic balance of the moment but would not be misinterpreted as callous.

My Uncle would always toast that statement with his flask, just a nip. It was one of the few times his toasts went unretorted.

The Dublin Penny Journal in September of 1835 published *Caoine; or Irish Death-Song*.

A “beautiful lament” and “for pathos, sublimity of sentiment and tenderness of feeling, can hardly be surpassed.”

Truth be told, there is not a long list of laments in my library, not to bewail me books. In Irish cultural history, the banshee foretold of death. A “banshee,” or “woman of the faires,” would mournfully wail at night as death was imminent.

It was believed that banshees limited their lamentations to Irish families. One of the first published references to a banshee was in 1830, albeit misunderstood as witchcraft.

For more recent reading, please see *The Banshee: The Irish Supernatural Death Messenger* (1997) by Patricia Lysaght. It is a scholarly researched study of the banshee in Irish history and folklore.

“Damp falls the dew of heaven: yet the sun shall bring joy, and the mists of the night shall pass away before his beam.” Old Gaelic cultural traditions, include the importance of folk hero Cuchulain. He was a mythological chieftain, believed to be the human manifestation of the Irish god Lugh.

Also spelled Cú Chulainn, he was known for his bravery, but is said to have sacrificed his life to allow fellow warriors to escape death. Sacrificial themes similar to Cuchulain were iterated and incorporated into the literary productions of poets and writers, including Pearse and Yeats, by the beginning of the 19s.

One of my former students, Elijah, would remind me occasionally, “You were born in the 19s.” At first, it took me a moment or two, but, “Yes, Elijah, I was born in the 1900s.” Kid could make me feel old.

Hunger Strike Origins in Ireland

Some historians have argued that this theme of sacrifice in Irish history is a milieu of Catholic and literary influences. In the 20s, or the first 25 years or so of the 20th Century, that was manifest in the Republican movement. In the years 1913-1923, there were over 50 collective hunger strikes held by Irish political prisoners in Ireland.

The first nine years of that span witnessed about 1,000 prisoners taking part in hunger strikes in opposition to the British government. In 1923, that number

was nearly 8,000 hunger strikers protesting the Irish Free State. These numbers include both male and female prisoners.

The data indicates that those protests against prison conditions and prisoner treatment lasted a few days or maybe a week. The political hunger strikes lasted up to 76 days and some of those resulted in unconditional release, yet others resulted in prisoners being force fed.

Seven prisoners passed away due to their commitment to refuse food during this period of our history. There were also over 20 imprisoned women who participated in hunger strikes from 1912 to 1914. They were involved in the Irish suffrage movement, which gained the right, temporally, to vote in 1918.

That is if you were 30 or older, born in the 18s, and met the qualifications. Irish men could vote at 21 years of age without qualifications; just the facts.

Flanagan's Wake

Tickets to *Flanagan's Wake* always go quickly. If you make it to Playhouse Square for a show, please stop in to Parnell's and enjoy a well-

poured Guinness.

If you can't make a show, Nora's Public House in Willoughby has an Irish Wake every March and really good food. The Irish Wake has been well studied in various works. It has always denoted hospitality and community to me.

Burial records dating to 900 indicate the social aspect of funeral practices. Travel accounts were typically biased chronicles that lacked cultural relativity. They focused on wake games and the drink. An understanding of the cultural, religious and social intersections during death customs was lacking.

At funerals they have their wakes... more befitting heathens than Christians

...they spend most of the night in obscene stories and bawdy songs... then the Priest calls on them to fall to their prayers for the soul of the dead.

There was also a ritual of a post-burial feast. That varied historically, dependent on the global economy. Some Irish even made mention in their Will to provide food and drink to those present at the funeral and occasionally included the same for the relief of the less fortunate.

“Nor shalt you wander more on thy native mountains, amid the scenes of thy childhood, where first were awakened thy friendships.” Friendship, Unity and Catholic Charity is the motto of the Ancient Order of Hibernians.

We had cause for more wakes and funeral dinners this past year than we would have wished. Each of our departed Brothers reflected that motto in a manner befitting who they were and how they approached life.

Regardless of funeral home and parish, each celebration of life reflected the Irish customs as they are expressed in our time. It was an honor to attend each wake, Mass and funeral dinner.

It is Hibernian tradition to pray as a group at the calling. Those are some of the most powerful moments. We also donate vestments in honor of the deceased. It is just what we do.

I try not to rate the homilies; that was always Aunt Irene's passion. That was typically included with her “reader critique.” Not being callous, she never had a bad word to say



Irish Radio



WEDNESDAY
1:30pm-3pm: **Dianne Byrnes**
WEDO 810 AM and simulcast on
Sundays 12:30 - 2:00 pm Pittsburgh

SATURDAY
2pm-4pm: **Sweeney Astray**
WRUW-FM 91.1 Cleveland
4:00 - 6:00 **Toss the Feathers**
WCBE FM 90.5 Columbus

SUNDAY
10am-12pm: **Gerry Quinn's**
Irish Hours WHK-AM 1420
w/ Colleen Corrigan Day & Eddie Fitzpatrick Cleveland
7:00 - 8:00 **Thistle & Shamrock**
WGT FM 91.3 Toledo
5:00 - 6:00 **The Hooley Hour**
WHK AM 1420 Cleveland



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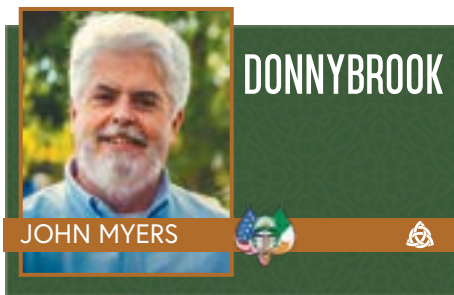
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Arcadian Wild

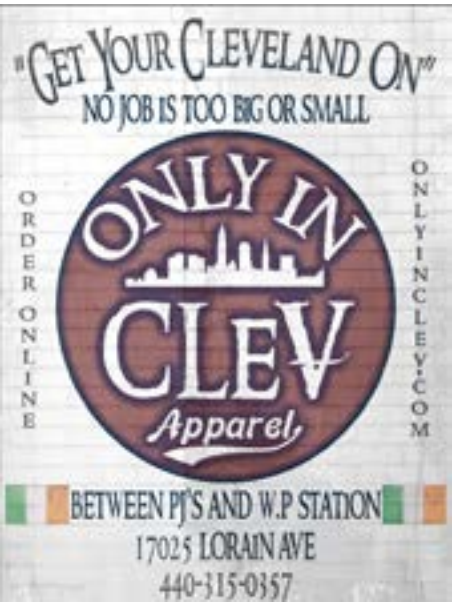
Fans of Irish music will feel right at home with the lyrical and harmonic music of Nashville based Arcadian Wild. Bluegrass is not a suitable label for the young group, some might use “Newgrass” or “New Acoustic” to describe a modern blend of bluegrass, rock, acapella, folk, traditional, Irish, lyrical, spiritual; really a new, but at the same time very familiar sound. Take a listen to the groups new CD *Welcome* with Isaac Horn on guitar, Lincoln Mick on mandolin, Bailey Warren on fiddle and Erik Coveney on bass. Or better yet, check them out in person; the group has been touring throughout



the year; upcoming performances include: April 26 & 27 Evanston, Illinois; April 30th in Ann Arbor; May 1st at Cleveland’s Beachland Ballroom and May 4th at the Central Ohio Folk Festival in Lewis Center, Ohio. The Instrumental Garradh Seileach (Gaelic for Willow) will sound familiar. The other songs are quite poetic and thought provoking. From the bands jacket notes: “*Welcome*. It’s a word The Arcadian Wild hold dear, an invitation to be present, to let your guard down, to share in something deep and divine and communal.” The group has a joyful sound that seeks to be a good antidote to our times. Listen up on Spotify or YouTube.

Riddance is defined as getting rid of something unwanted, so *Good Riddance* would add some greater welcome to an event. In this case, it is Good Riddance! To Gen. Sir Frank Kitson, who died recently at the ripe old age of 97. Sir Killson was the senior ranking Brit Army official in Ireland during some of the darkest days of The Troubles. Kitson commanded her majesties forces in the Six Counties during The Ballymurphy Massacre and Bloody Sunday massacre; a role for which he was rewarded by the Crown shortly after these despicable events by being elevated to the Order of the British Empire and knighted. Please remember this when the American media and my monarchist friends recall sweet (sic) images of the lil Ol Queenie (Liz II) having tea with Paddington Bear, or Kate, hot mama Queen-in-waiting or adorable lil George, Louis and Charlotte, Remember that this SOB did his blood work in the name of the Windsor Family, so grotesque. Even more evil than these seminal massacres were Kitson’s growth of a counterinsurgency plan that included the morally bankrupt scheme of Collusion, the unleashing of the hounds of hell from the

Orange Order Lodges. Kitson had Brit Army and MI5 intelligence open their files to the loyalist thugs to know who to kill and their personal information to be able to successfully assassinate Nationalist and/or Irish Republican Leaders, then work to cover up the goon squads dirty work, all the while giving “plausible deniability” to Her Majesties government for the work of the loyal sons of Cromwell. In the words of President Kennedy: “Forgive your enemies, but never forget their names.” Good riddance Kitson. **Legacy Whitewash** With Gen. Kitson, we see the reason the Tory Government pushed through the Northern Ireland Legacy and Reconciliation Bill over the objection of EVERY party on the Island of Ireland, North and South, loyalist and nationalist. The new law is a clear attempt by the UK government to hide its collusion with loyalist assassination squads. Michelle O’Neill, First Minister of the Northern Ireland Assembly, characterized this legislation as an effort to conceal the truth and protect British state forces. Former Taoiseach Bertie Ahern, a principal in the Good Friday Agreement, stated: “This legislation – which is effectively saying that criminal cases, civil cases, inquests would all be gone – seems to be a very cruel way of dealing with victims.” Over 1,000 killings during the Troubles have never been solved. And by the way, Ol King Chuck signed this legislation into law.



There is some hope in that Labor Leader Kier Starmer has indicated a new Labor Government would work to revoke this shameful legislation.

O’HIO Has Gone Irish



According to The Ohio Department of Commerce, Ohio Liquor Control has gone Irish with the March roll out of Irish Cask and Craft Collection in collaboration with Ireland’s Board Bia Agency. For enthusiasts of Irish Whiskey, this collaboration will bring the largest-ever collection of Irish whiskey to Ohio from over 20 distinguished Irish Distilleries. Shoppers may notice a new Ohio Liquor logo – O’hio Liquor, capturing the essence of the Irish influence in a playful nod to the Emerald Isle. “O’hio Liquor has gone Irish!” A visit to www.OHLO.com provides more information on these new product releases, including details on Irish whiskey and some history.

Irish Unity Summit

From the historic stage of NYC’s Cooper Union Great Hall, where Lincoln launched his 1860 Presidential Campaign; Elizabeth Cady Stanton argued for Women’s suffrage, James Connolly advocated for workers’ rights and freedom for the Irish Nation; Fredrick Douglas plead the case against slavery; and a cadre of rebels and reformers, poets and Presidents articulated their cause,ne more historic case was recently pleaded. This time by Mary Lou McDonald, the president of Ireland’s oldest political Party, Sinn Fein, and a likely future

Taoiseach. President McDonald laid out the case for a New and United Ireland, one where all traditions are embraced, and all national identities are affirmed as equal citizens on the island of Ireland. McDonald concluded her remarks: “Change is happening now, and we cannot let it pass us by. For Ireland, the opportunity is just too great. The saying goes, ‘Society grows



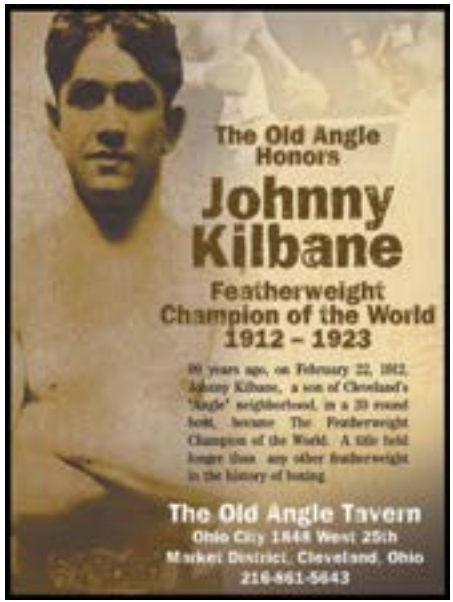
great when people plants trees in whose shade they will never sit.’ “But I believe that with every conversation, every debate, every initiative, we plant the seeds of a United Ireland that we will see in our lifetime. Nation building is the task of dreamers, changemakers, future shapers. “Just imagine the dream comes to pass. Imagine in ten years Ireland is united. History will forever record that we were the generation that made Irish Unity a reality, the generation that made history. “ I believe we must achieve it. I believe we can achieve it. I believe we will achieve it. Together, and in our time, we will realise the dream, we will finish the journey, we will shape the future - a new, united Ireland, a nation home for all.” To view the entire summit check it out on YouTube and see iIrish web page for the full text of McDonald’s speech. Our time will come.●



Beyond the Pale? In Your Town?

IF YOU DON’T SEND THEM, WE CAN’T PRINT THEM!

Submit news, events, releases, memories, milestones, ads and pics for inclusion in the iIrish What’s the Craic Monthly Events List, blurb features or the Coming Next Month Save the Dates List. **Due date is ALWAYS the 10th of this month, for the following month.**





DANCE DANCE

CATHERINE DUPLISEA

Jiggin’ in Parades and on the World Stage

As we wrap up the St. Patrick’s Day season, where Irish dance schools throughout the state of Ohio have been spreading culture and joy with music and dance, the competitive side of Irish dance is in the final days of preparation and training for the highest major competition of the year!

The numerous performances throughout the state, on and around St. Patrick’s Day, at nursing homes, shows, parades, and parties are a fun way for dancers to display their love, joy, and talents with the greater community without the pressure of judges and placements. Back in the studios, however, the best dancers around the world are gearing up for the CLRG



Brady Campbell Irish dancers will compete in Glasgow over the Easter holiday in the World Championships!

World Championships, hosted in Glasgow, Scotland this year, from March 24th through March 31st. Several dancers from various Irish dance schools in Ohio have qualified to represent the United States in “the Olympics” of Irish

dance. Qualifying is quite the accomplishment itself, as dancers need to place in approximately the top 10% of their age group in the region to be eligible to compete at the World Championships. These amazingly talented children have been training 4-7 days a week, balancing school, and other extracurricular activities, to be the best versions of themselves

at this prestigious event. Once dancers arrive in Scotland, they will continue to practice, stretch, and mentally prepare until the day of their competition, starting day one with the youngest dancers competing in their very first World Championships under 11! Dancers complete two rounds and hope to get a recall to come back for a solo set round and a



Three Cleveland Burke School dancers are heading off to compete in the World Championships in Glasgow, Scotland.

world medal. All dancers dance a soft shoe round and a hard shoe round. Those scores are tallied, and the top half get called back for a third round. To make things fairer, five judges give scores for each round, and the high and low for each dancer is dropped. The top five

winners in each age group get to take home a globe trophy for the year, and their name is added to the base of the trophy forever.

The Beauty of Irish Dance

Irish dance is a beautiful and disciplined sport, rooted in deep tradition and now paired with elite athleticism. From physical fitness, perfect posture, intricate footwork, and stage presence, there is always more to work on and improve.

This sport fosters a growth mindset and a level of grit and perseverance that shapes futures. Irish dance is a great sport for teaching many life lessons, such as not everyone gets a trophy; sometimes you win and sometimes you lose; and no matter how hard you work, things don’t always go as planned.

The ups and downs naturally instill a sense of humbleness and encourage dancers to strive for excellence through hard work and dedication. Through all these lessons, the greatest beauty of being an Irish dancer lies in the friendships that become more like family along the journey. Friends not only in your own dance school,

but in neighboring schools and even across the globe.

Best of luck to all the Ohio Irish dancers heading to Scotland. May you dance to the best of your ability, take in the experience of representing the USA on the prestigious World Championship Stage, and embrace new friendships of fellow dancers from

around the world. The entire state is rallying behind you and is proud to have so many young people carrying on the Irish traditional dancing, maintaining the Irish culture in Ohio. •

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MILESTONE & SWEET SNAPS

The Irish Wolfhounds of Northeast Ohio warm up before the Akron St. Patrick's Day Parade on March 9th.
Photo by John O'Brien, Jr.

COMING NEXT MONTH
may

Bringing you the movers, shakers and music makers in our community each month.

Sessiúns: See What's the Craic on Page 16-17 for a new, updated list!

<p>8th – <i>ilrish</i> eBulletin Arrives in your Inbox. Free Signup: ilrish.us #ilrish</p> <p>11th – Cleveland Saints Night at the Races @WSIA.</p> <p>12th – Mother's Day</p> <p>16th – West Side Irish American Club (WSIA) Monthly Meeting / Walks of Life Awards. Windows on the River</p>	<p>22nd – <i>ilrish</i> eBulletin Arrives in your Inbox. Free Signup: ilrish.us #ilrish</p> <p>27th – Memorial Day</p> <p>29th – June Issue of <i>ilrish</i> hits the street #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican</p>
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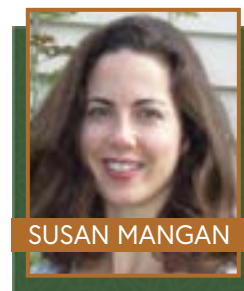
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SUSAN MANGAN

Impressions of Spring

*If you stand in soil long enough,
and are still enough,
you will become part of the earth.
Bindweed will secure you to the
ground.
Dock will soothe the sting of nettles.
Wind will lift your hair.
A golden shawl of wood anemone
will sprawl beneath your
waiting toes.
Welcome the bloom of spring furze.
Carpets of bluebells swathe this
earthen altar,
where you are free to witness
the call of the cuckoo,
the cry of the lamb.*

("Notes From an Irish Field"
By Susan Mangan)

I have always thought that if you sit still and observe life long enough, something will happen. That something may be dramatic, like a sun setting crimson behind the blue of cold water. Perhaps that something will be subtle, barely perceptible to

the unaware eye, such as an ant crawling atop the spring sap that clings to your favorite damson plum tree.

I have incorporated this activity, which I call creative stillness, into my writing class. Young mothers, health care professionals, doctors, lawyers, retired schoolteachers have all sat with me discussing words and ideas. They have also sat silently for extended moments and watched life in real time.

This act of stillness: no talking, no writing, employing only the process of observation was difficult for my writers, at first, until they began to sense a feeling of liberation which only comes when the demands of



life cease, for a moment.

There is no right or wrong answer when one is asked to observe. My only stipulation is that one attempts to see life with all of one's senses and an open heart.

Does Sunrise Smell

Does sunrise smell differently than sunset? Perhaps a metaphor lies hidden in this comparison? Perhaps the scent of wet soil at dawn or the mineral sharpness of a twilight storm will steady the cadence of your breath?

The changing of the seasons calls for creative stillness. Whether it is the slant of morning light in early April that slowly illuminates a row of Chicago brownstones or the flaxen shadows that hover over lake rushes at dawn, the enchantment of change clings to our awareness with delicate pads like a chorus of spring peepers.

The observer cannot call attention to herself. She is not there to

compete with the miracle of a gold bud resurrecting from the loping dormancy of a branch. The observer exists only to witness the rebirth, the continuation of life: the lambs in the Irish field at turns bucking with their playmates and mewling in hunger for their mother's milk.

The observer is only present to dip his winter white feet into the cool rush of a waterfall hidden to all but the stealth presence of a blue heron watching for the flight of a plump salmon.

When spring finally awakens in a meadow covered with a host of bluebells, I want to be there, standing in an Irish field with a cup of tea, and the call of the cuckoo resounding in my ears.●

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SPEAK IRISH
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BOB CARNEY

A New Direction

I've written before about our Speak Irish Cleveland classes being a collective effort. The class would not exist if Caitlin and I didn't have the support of others.

We've gradually begun taking a different approach, adding some things to the class that we've only talked about in the past. I'd like to take this opportunity to share some of them with you now.

Caitlin is still leading our intermediate group and I continue



to instruct our beginners, but we've added much more to the class in addition to Irish language. Our main focus will always be an introduction to the language and

developing conversational skills, but we've decided to make Irish history and culture a part of the class as well.

Shiela Ives has been giving short presentations weekly on a variety of topics, such as Irish place names, the history of the language, and the sean nós style of singing, just to name a few.

Her talks are highly informative and very well researched. She supplies us with reference sources where we can obtain more information if a topic really interests us. These presentations have become a much anticipated part of our Tuesday evenings.

We also have our own "musical director." Moyra Michelle is originally from Sligo, and joined our group to stay up on her Irish. She has been a welcome addition to the class.

One evening she asked if she might teach the class a song in Irish and quickly wrote out the lyrics and phonetic spelling on our whiteboard. Moyra has an infectious enthusiasm that is impossible not to get caught up in. I was amazed as she had forty-five people singing along with her as we learned "Oscail do Chroí."

Liam Curran, another class participant, brought his bag pipes one night. He played in a pipe band

until recently and brought both his Scottish pipes and his Irish or Uilleann pipes. He gave us a demonstration on the construction and explained the differences between the two and a breakdown of how they work and are played. He even played us a couple of tunes.

On the subject of music, Andy McManus and Tiffany Schaeffer came out and played for us one evening. They have been big supporters of the class and have graciously helped me out with some of the Irish Language presentations I've done in schools.

Andy is a fantastic singer songwriter and even when he is playing a traditional tune he brings his own unique touch to it. Tiffany plays the harp and has the voice of an angel. She performed a few songs in Irish and Scots Gaelic for us that evening as well.

If you haven't seen either of these great musicians, get out there and find them! If you happen to see them playing together somewhere you won't be disappointed.

We've also been able to bring in some guest speakers on occasion. Last October, international best selling author Dacre Stoker gave us a ZOOM presentation on his great grand uncle Bram Stoker

and the writing of Ireland's most famous novel *Dracula*. This coincided with his own book *Dracul*, a prequel to Bram's classic, being the book chosen by CRAIC.

Dacre spoke about *Dracul* and answered questions from the class concerning all things *Dracula*. It was a wonderful spooky start to Halloween.

C.R.A.I.C. is an Irish book club that was formed by two members of our class, Shiela Ives and Kim Franklin-Furlong. Many of our class members participate in the club that meets once a month. For more information about *Cleveland Reads About Irish Culture*, see the January issue of *ilrish* at ilrish.us.

Cleveland freelance journalist, author, teacher and playwright Christopher Johnston, visited one evening and spoke of the influences of his Irish ancestry on his writing and of his Irish themed plays. A variety of literary topics came up when Chris opened it up for questions. We hope to have him back again.

Last month, I introduced you to Lisa Held of the International Language Dept. of the Cleveland Public Library. She stopped out one evening and explained in person everything the library has to offer students of Irish or any foreign language. Lisa also collected recommendations to add to the library's acquisitions. She lives close to PJ's and hopes to visit us often.

Eileen Kilroy has been a part of our group since the beginning. She has handled all of our clerical duties and manages our Facebook page. She also supplies us with handouts of Irish language words and phrases appropriate to the holidays or seasons. Eileen is instrumental in keeping things organized.

It's hard to describe the level of participation that so many in the class have taken. Joe Dolan, *ilrish* columnist Katie Gagne, Sister Catherine, Brendan Delay, Shannon Thomas-Ziemnik, Karen Bennett and everyone else that has leaned over to help someone or to ask me a question to help me clarify something I said so others can understand means so much to me. I don't consider myself a

teacher, more of a tour guide to Irish, so I always appreciate the help.

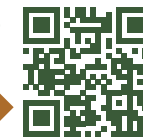
Pat and Doug and all of the staff at PJ's have welcomed and supported us over the years. I can't help but smile when I think of the night Doug walked through the class and saw the hundreds of post-it notes stuck to just about everything in the room. We were having a contest to see who could name the most things in Irish. He just grinned and shook his head.

I have to admit, as an instructional language class, we're a bit unorthodox, but we're learning Irish and having fun doing it. If you would like to visit to see if the class is right for you, contact John O'Brien or myself. We'd love to have you.

Slán go Fóill! •

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ILLUMINATIONS

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The Treaty of Versailles and Ireland Part I

This month's column will be in two parts: Part I will look at efforts by Ireland to secure recognition of the newly formed Irish Republic by the 1919 Paris Peace Conference. The second Part will look at the efforts of Irish America to assist in gaining recognition on Ireland's behalf.

World War I ended with the Armistice declared on November 11, 1918. The Paris Peace Conference convened in January 1919 at the Versailles Palace just outside Paris. The peace conference was called to establish the terms of peace after World War I.

All though nearly thirty nations participated in the conference, the representatives of "The Big Four" (England, France, the United States, and Italy) dominated the proceedings and decision making. French Prime Minister Georges Clemenceau served as the Chairman.

Based on winning the majority of seats in the Irish election of December 1918, the elected Sinn Féin Representatives absented themselves from Parliament, established the First Dáil in January 1919 and declared the independent Irish republic.

Eamon de Valera had been arrested in May 1918 by the British and escaped from Lincoln Jail in February 1919. Upon his return to Ireland, he was appointed the Príomh Aire by the First Dáil on April 1, 1919 (pron: preeve air-

á, also called President of Dáil Éireann, or First Minister).

A League of Nations

In the U.S., President Woodrow Wilson was serving his second term in office. On January 8, 1918, Wilson delivered a speech, known as his Fourteen Points, wherein he laid out his administration's long term war objectives. Wilson also called for the establishment of an association of nations to guarantee the independence and territorial integrity of all nations – a League of Nations.

Wilson's Fourteen Points emphasized the importance of "self-determination." That is, the legal right of people to decide their own destiny in the international order.

Wilson later wrote: "Self-determination is not a mere phrase. It is an imperative principle of action, which statesmen will henceforth ignore at their peril. National aspirations must be respected."

Self-determination was hopeful language for the Irish, who viewed it as an opportunity to gain recognition of their new republic by meeting with the Treaty negotiators. They began a diplomatic effort to lobby the conference in order to gain recognition for the Irish Republic.

In January 1919, Woodrow Wilson traveled to Europe to represent the U.S. at the Paris Peace Conference. He joined the other three of the "Big Four" allies who would run the conference.

It is important to note that while the stated purpose of World War I, as proclaimed by England and France, was "to make the world safe for democracy," the treaty negotiations were not about democracy. The chief goals of England and France were to punish Germany for starting the war and divide up Germany's colonial empire to the economic benefit of England and France. These goals clearly would not be compatible with Wilson's Fourteen Points.

In January 1919, the Dáil appointed Dáil Member Seán T. O'Kelly as minister to France, with the assistance of George Gavan Duffy. They were to establish a consulate in Paris and begin



The Big Four: L-R Vittorio Orlando of Italy; Lloyd George of Britain, Georges Clemenceau of France, and Woodrow Wilson of the U.S.

petitioning the Treaty negotiators to allow participation and recognition of the Irish Republic.

Joining them was O'Kelly's wife, Mary Kate (Ryan). She was a lecturer in French at University College Dublin and her language skills contributed significantly to the Irish diplomatic efforts.

First of the Small Nations

They established the consulate in a suite at the city's five-star Le Grand Hotel. O'Kelly invited French journalists, parliamentarians, and writers to help publicize the Irish cause. Gavan Duffy said, "Ireland had every reason to expect rapidly to become recognized as the First of the Small Nations."

Gavan Duffy had first traveled to Paris to join O'Kelly, but was forced to leave France after being ordered to do so by the French President as a result of pressure from the British government. This left O'Kelly as the sole Irish representative in Paris to make the case for recognition.

Between February and June, O'Kelly appealed to Woodrow Wilson and French Prime Minister Georges Clemenceau on behalf of "le parlement Sinn Féin" and

the "Irish Republican Congress." Diplomatic overtures, however, met with no reply from either Wilson or Clemenceau.

On February 24, 1919 O'Kelly delivered a letter to the Secretary of the Peace Conference in Paris which claimed the right of recognition of the Irish Republic and the admission of Ireland as a member of the League of Nations. This letter was also ignored, as were all of Kelly's communications.

President Wilson, a Democrat, was no friend to the Irish (despite his claims of support at election time). He regularly spoke of his dislike for what he called "hyphenated Americans."

In a 1919 speech he said, "... any man who carries a hyphen about with him carries a dagger that he is ready to plunge into the vitals of this Republic whenever he gets ready. If I can catch any man with a hyphen in this great contest, I will know that I have caught an enemy of the Republic."

Wilson's dislike for the Irish stemmed from the fact that Irish American lobbyists had campaigned against the country's entry into World War I.

His relations with the country of



George Gavan Duffy (L) and Sean T. O'Kelly

Ireland were also stormy. Wilson was controlled by the British, who declared that the problems in Ireland were an internal matter of the British and basically none of America's business.

So, it appeared that the Irish were getting boxed out by the

Big Four at the peace conference. O'Kelly was getting nowhere in his efforts at diplomacy.

De Valera realized that it was time to utilize Irish-America in the cause of recognition. In June 1919, De Valera headed to the U.S. on a speaking tour to gain support (and financial contributions) from Irish-America.

Next month will look at De Valera's trip to America, as well as, Irish-American efforts to further lobby President Wilson and the Paris Peace Conference. •

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Historical Time

I am writing this article on International Women’s Day and reflecting on women who have made a difference. This quote describes those women: “You can’t spell Hero without Her.” April is a very historic month in Irish History. Let us first remember the Women of 1916. Most of us think about Constance Markievicz, but she was only one of many unsung heroes from that period of Irish history. Elizabeth O’Farrell stood next to Padraic Pearse at the surrender, but you could only see her feet. Dr. Kathleen Lynn ministered to the

wounded, and after 1916, founded a children’s hospital in Dublin. Margaret Skinnider, who was wounded in the conflict, had to fight to be recognized as a soldier to receive a Military Pension. These are only the tip of the iceberg of the women who have taken on roles in making Ireland what it is today. Last April, we commemorated the 25th Anniversary of the Good Friday Agreement. The Ladies Ancient Order of Hibernians were quoted, “As we commemorate the Anniversary of the Good Friday Agreement, we remember all the advocates for peace and justice on both sides of the Atlantic. We especially recognize the impact of the women in the North of Ireland for their dedication and commitment to peace and justice issues. Their advocacy is making peace a reality for their children and grandchildren.”

Relatives for Justice

The Ladies Ancient Order of Hibernians Inc. (LAOH) were honored to collaborate with Relatives for Justice on a special project to commemorate the Twenty-Fifth Anniversary of the Good Friday Agreement. **The publication of Trasna na dTonta-Across the Waves Women’s reflection on the Good Friday Agreement** featuring women on both sides of the Atlantic that were advocates for peace and social justice issues in the North of Ireland.

This publication will be one that historians will value in their research on this period of Irish History. Women need to be remembered in their role in history.

On March 1, seven Irish American organizations collaborated on the Irish Unity Summit, held at the Cooper Union in New York City. What a historic event for Irish America.

I was honored to speak at the recent Irish Unity Summit. Here is the speech:

“I am privileged and honored to address you today as the National President of the Ladies Ancient Order of Hibernians. The Ladies Ancient Order of Hibernians is the

largest Irish Women’s organization in the United States. For the past one hundred and thirty years, we have been committed to Ireland and Irish causes.

“In the Preamble of our Constitution, we state that one of our purposes is to aid and advance by all legitimate means, the aspirations, and endeavors of the Irish people to achieve complete and absolute Independence. Today’s event is a historic day in the history of Irish America as we gather at this Irish Unity Summit.

“We will hear about how we can be a part of the journey to a new and united Ireland. There have been conversations about Irish Unity all over the island of Ireland. Now it is our time to be a part of that conversation.

“The leadership of the Ladies Ancient Order of Hibernians have spoken up over the last century for this important goal of a united Ireland. Our early leaders spoke before a Congressional Committee on the Irish question before they even had the right to vote. Today our members continue to speak up.

“I would like to quote our early leaders and as the current president echoes their words. Past president Ellen Ryan Jolly: “We are here in liberty’s name. We are here to ask the Congress of the United States to pass a resolution whose purpose is to permit Ireland, the oldest of the nations, to light the torch of Irish National Independence.”

Good Friday Agreement

“The Good Friday Agreement over a hundred years after Jolly spoke before the Congressional Committee provides for what she stated: “The resolutions before you provide that self-determination shall be given to the people of Ireland; that they shall finally and for all time decide for themselves the system of government under which they shall live.” The widespread conviction in America is that the doctrine of self-determination shall be applied to the Irish question.

“As we commemorate the anniversary of the Good Friday Agreement, we remember all the advocates for peace and justice on both sides of the Atlantic.”

“Now to the question of Irish Unity: Adelia Christy (another Cleveland-er) stated: “We ask Mr. Chairman, only for a free Ireland. We ask that in conjunction with all the other small nations, Ireland may be allowed to work out her own development, to look after her own interests and to be governed and directed by a government of her own people.” That is what we are asking for today, that the people on the island of Ireland determine the future of a new and united Ireland.

“We will take away from this Irish Unity Summit many ideas of how we as individuals and members of our organizations can take the next steps to make Irish unity a reality if that is the wishes of the people of Ireland, both North and South.

In conclusion, again I echo the words of our early leaders, “the dreams of the Hibernians of early days may be realized.

They dreamed and hoped for an independent Ireland. We shall never hope for less. By Unity, Friendship and Christian Charity, we may win that which to the faint hearted may seem impossible, the privilege of celebrating very soon a St. Patrick’s Day upon the holy soil of an independent and United Ireland.”

On this International Women’s Day, the voters of Ireland will be going to the polls to vote on a referendum to remove a decades old clause, “women in the home,” in the Irish Constitution. This Article 41.2 is from 1937 and does not reflect Ireland today. Hopefully in the not too distant future, there will be a referendum on Irish unity.

A civic organization, Ireland’s Future, is planning ahead for the possibility of a referendum by 2030. Please become part of this historic journey.

Irish America has a role. Keep up to date by visiting Ireland’s Future at www.irelandsfuture.com and the Friends of Sinn Fein www.friends-of-sinnfein.com

The Irish Unity Summit is available to view on the Friends of Sinn Fein YouTube channel. ●

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A Peak at The Parade

Photos By John O'Brien, Jr.

The Old Arcade



John OBrien, Sr., Mickey Coyne



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The Ring of Fire

Depending on where you live, you might be lucky enough to experience the solar eclipse on April 8, 2024! The total eclipse will begin over the South Pacific Ocean and

will continue across North America and then Canada. A partial eclipse will be visible throughout the rest of the contiguous (connected) United

States. If you live in the direct path of the total eclipse, the entire process will last about two and a half hours!

What is an Eclipse?

An eclipse occurs when one object in space moves in front of another object and then it is blocked from view. Planets, moons, and other objects are in constant motion in space. As you know, Earth travels around the Sun, and the Moon travels around the Earth, and all of those objects are constantly moving through space. An eclipse happens when 3 space objects line up in a row.

Solar vs. Lunar Eclipse

A solar eclipse, like the one happening on April 8th, occurs when the Moon passes between the Sun and Earth. This blocks the Sun's light from reaching Earth.

As the Moon moves in front of the Sun, the sky will slowly grow darker. If the Sun's light is blocked completely, the Moon will appear as a black circle and there will be what looks like a ring of fire around the circle.

The ring is called the corona, and is just the gases that surround the Sun. Because all these objects are still in motion, the sky will begin to lighten after a few minutes. It will only be called a total eclipse if the Sun appears totally dark.

If only part of the Sun appears dark, it will be called a partial eclipse. Looking directly at a solar eclipse can cause serious damage to your eyes. Make sure you have protective eyewear ready for the big day!

A lunar eclipse happens when the Earth blocks sunlight from reaching the Moon. The Sun, Earth, and the Moon all line up with Earth in the middle. Unlike a solar eclipse, the Moon does not appear dark.

Instead, the Moon glows an orange or red color. This color is because some light reaches the Moon, and it bounces off the gases surrounding the Earth and then hits the Moon. Lunar eclipses can also be total or partial and are safe to be viewed directly.

Once in a Lifetime Opportunity

The next total solar eclipse that can be seen in the United States will not be until August 23, 2044! The last total solar eclipse in Ohio was in 1806 and the next one in Ohio will not be until September 14, 2099! This might be your only opportunity to experience this amazing phenomenon, so make the most of it! •

Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She may be reached at meganlardie126@outlook.com.



Sun Moon Earth: The History of Solar Eclipses from Omens of Doom to Einstein and Exoplanets By Tyler Nordgren



There's No Place Like Space! All About Our Solar System By Tish Rabe

In this book, the author illustrates how this most unnatural phenomena has been transformed from a fearsome omen to a tourist attraction. Sun Moon Earth takes the reader around the world to show how different cultures interpreted these dramatic events. With beautiful pictures, this is a great guide for eclipse watchers and star gazers. For ages 10 and up, 264 pages.

Go on a trip to outer space with The Cat in the Hat. Learn all about the solar system, planets, constellations, and the wonders of space. A great book for aspiring astronauts and anyone who loves learning about the mystery of the universe. For ages 3-6, 48 pages.

Lardie's Laughs

Q. What is a light-year?

A. Same as a regular year, but with less calories!

Q. I am sometimes full but never overflow. What am I?

A. The Moon

ṡab in ṡaelic

Long life to you =

Saol fada chugat

(pron: sail faddah coogit)

American Brexit Committee

1919 CHESTNUT ST., SUITE 1724, PHILADELPHIA, PA 19103

Britain continues to ignore the principles and obligations of the 1998 EU-UK Treaty (Good Friday Agreement) and has maintained a century old tradition of politically destabilizing six counties in Ireland with its special brand of governing: a toxic blend of monarchy, military, and MI-5. Parliament's adoption of a law which no one in NI or the Republic wanted is but the latest example of 'Brexit' arrogance. The Legacy statute abandon's the rule of law and buries the truth of more than 1000 killings of innocent civilians whose deaths bore the trademark of official assassinations. After years of threatening to again fortify the partition border, British leaders and media are now spreading misinformation, doubt, and fear for any effort to reunite Ireland despite its obvious benefits. We ask President Biden and Members of Congress to protest the criminal cover-up law and to demand that Britain cease its efforts to delay and obstruct a vote of the Irish people to reunite Ireland. Without measurable progress on these issues, we ask that any consideration or vote on a new US-UK trade deal be postponed.

We urge all Americans to join in this appeal.

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On this day in Irish history APRIL

BY TERRENCE J. KENNEALLY

8 April 1886 The first Home Rule Bill officially known as the Government 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 against prevailing westerly winds.

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

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

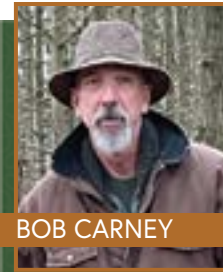
16 April 1871 John Millington Synge, key figure in the Irish Literary Theatre and playwright, notably of The Playboy of the Western World, was born in Newton Villas, Rathfarmham, Co. Dublin.

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

18 April 1949 Thirty-three years after the Easter Rising, the Republic of Ireland 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 Féin 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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Our Little Blue Dot

“The greatest threat to our planet is the belief that someone else will save it.” This quote by British Polar explorer and advocate for the protection of Antarctica and renewable energy, Robert Swan, strikes to the core to the biggest problem facing the environmental movement worldwide.

1969 was a momentous and turbulent year in the history of our planet. NASA made good on JFK's promise to put a man on the moon, and on July 20, Neil Armstrong became the first human being to

step foot there. Opposition to the war in Vietnam was growing as Americans questioned the cost in the lives of their sons and daughters being lost there. A music festival on a farm in New York grew into a cultural phenomenon.

The Beatles played their last public performance together. PBS was established and Sesame Street would become one of the building blocks for educating out children. August 14, 1969, Britain deployed troops in the north of Ireland and the violence there escalated.

We were also becoming more eco-aware in the United States. The Cuyahoga River was one of the most polluted rivers in the country, and on June 22, floating pieces of oil soaked debris were ignited from sparks from a passing train.

The Day the River Caught Fire

As far as fires on the river, it was relatively small in comparison to some of the previous fires that occurred. The flames reached as high as five stories and it lasted about a half hour.

Damage was minor, \$50,000

worth of damage to a bridge and trestle belonging to Norfolk and Western Railway Co. No photos were taken and the news made page 11 in the Cleveland Plain Dealer.

But the timing was everything. Cleveland was the first major city in America to elect a African-American mayor. The national media was paying a lot of attention to Carl Stokes and everything that was happening in Cleveland.

Time Magazine picked up the story of the fire to coincide with a piece on eco-awareness. Time acquired a photo of a larger fire from 1952 on the Cuyahoga and put it on the cover. That coverage brought the pollution and shame of what we had been doing to our rivers and lakes across the nation into the light.

Inspired by the fire and voters, Congress set out to clean up the problem of pollution. In Cleveland, Carl Stokes pushed hard for legislation to clean up Cleveland's waters. His brother Louis Stokes would do the same in Congress.

With the support of the nation, on the first of January 1970, the National Environment Policy Act was signed into law and helped to establish the Environmental Protection Agency (EPA). The EPA in turn put forth the Clean Water Act in 1972, which stated that all rivers in the United States be clean enough to safely allow mass amounts of swimmers and fish within the water by 1983.

Since the fire, Northeast Regional Sewer District has invested \$3.5 billion towards the purification of the river and neighboring sewer systems. The river is now home to over sixty species of fish, and wildlife can be found along it's banks. As a result of that little fire, a global awareness of the severity of the effects of man on the planet occurred and became a catalyst in inspiring the first Earth Day.

Earth Day

April 22, is now observed in 193 countries and marks the birth of the modern environmental movement. Prior to 1970, there were no regulations or legislature to stop anyone from dumping



garbage, sewage or toxins into the water we drink or the air we breathe.

In Richard Nixon's State of the Union Address, he stated, *“Restoring nature to it's natural state is a cause beyond political party and beyond factions. It has become a common cause of all the people of this country.”*

During the next few years, Congress passed several legislative measures giving the EPA the authority to establish national pollution standards and the tools to enforce them. As a result, according to agency data, automobile emissions of common pollutants, such as nitrogen dioxide have been reduced 99%. Lead levels in children tested have dropped from 88% to 3%.

The numbers of waters in our country that meet federal water goals has doubled since 1972. The EPA would never have been established if not for public demand. The first administrator of the EPA, William Ruckelshaus

said, *“Public opinion remains absolutely essential for anything to be done on behalf of the environment.”*

In 2017, I had the opportunity to sit down with Rep. Marty Sweeney. We were discussing some of the issues of the day concerning us, and the previous years algae bloom,

which was all over the news. Rep. Sweeney stated, “There is always a “sexy” something, the issue of the day that the media and politicians latch onto.”

Often times the issue is forgotten or pushed to the side as



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some new “sexy” thing is fed to us. Earth Day observances are important, they can help educate and bring these important issues back into the light where they need to be. The focus this year is on the reduction of plastic production of 60% by the year 2040.

Plastic has it's place in our lives, shampoo and other products we use in our daily lives could become dangerous if stored in glass containers, but we don't need it in our oceans, land fills, food and our own bodies. Medical scientists are still debating the effects of micro plastics in our bodies, but common sense tells me it can't be good.

We have come a long way in

restoring our planet, but we have much more to do. Attend an Earth Day event this year, take your children or grandchildren, they are the next guardians of our little blue dot.

For more information:

“Turning the Tide on Plastic” by Lucy Siegle
“Our Once and Future Planet” by Paddy Woodworth
“The New Climate War” by Michael E. Mann
“The Uninhabitable Earth, Life After Warming” by David Wallace-Wells •

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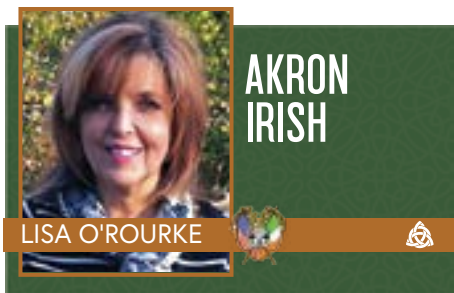
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Green Season

It was a day begging for a walk, warm and windless, with the sun shining. An overgrown single green lane stretched in front of us invitingly. The bees were buzzing, the birds were chirping and swooping, and cows were munching tranquilly in the fields on either side, a perfect country day.

As my father started down the lane, I did the unthinkable; I called him back. New to the area, my father didn't know that he was standing on a two-lane road which was dangerously overgrown.

Hedgerows grow quickly in the summer, like everything else

in nature. When they begin to overtake the road, the county council sometimes promptly sends some fellows out to trim them. On these winding country roads, it is hard to see what is coming at the best of times.

I was surprised to find this overgrowth. Irish road safety had been one of the scourges of the EU, how could this be OK?

I found out that the overgrown hedgerows were a by-product of a study done by a citizen group. Ireland, again punching above their national weight, were the first country in the world to conduct a Citizens' Assembly on Biodiversity Loss in 2022.

The work of the Assembly was to gather evidence on the state of the country's national resources and to make recommendations to improve them. They gathered information from multiple sources, including scientists, landowners, and local authorities.

The group found many areas of concern. These included the hedgerows, in themselves and as part of loss of natural habitat for native species. The study also focused on the loss of native



woodlands, protected animal species and the shocking state of water across the country.

Looking at these issues individually, let's start with the hedgerows. They are vibrant little ecosystems of sorts, serving both as homes and land borders. They are ancient.

Hedgerows started in Ireland in Neolithic times. Many farms have nothing more than hedgerows keeping the cows in the fields. Dozens of different kinds of birds' nest in them and other small animals live in them.

Hedgerows can be comprised of dozens of kinds of plants; hawthorn bushes, ferns, grasses, and others all blend together to make a natural fence. I honestly hadn't given them much thought in a long time. Hedgerows are worth the sacrifice

of walking judiciously in a single file down a country road.

Treeless Ireland

The loss of native woodland is one that many think harken back to England's exploitation of Irish resources. Ireland is down to 2% of land with native woodland on it.

Plenty of people will tell you that the English chopped down trees to build their navy. Maybe some, but the Irish climate itself, with its boggy inclinations, did at least some of the damage.

Driving around the country, you will see trees. Many of them are cash-crop pine forests, which are acidic and unhealthy for the soil. It is much harder to find large areas of native trees like oak and ash. There are some beautiful forests with native trees, like Forest Park in Boyle, which are well worth a visit.

An Island Running Out of Water

Water is the most worrisome issue. The Assembly found that 50% of the national water is in poor condition. I know this one firsthand. The water around my husband's rural farmland home has been on boil alert, off and on, for around thirteen years.

You think twice every time you go to get a drink there until you become immune to worry. Honestly, I don't know of anyone getting sick and linking it back to water, but it's not a pleasant thought either. These alerts are caused primarily by the presence of E. coli bacteria in the water supply.

Nitrates and phosphates are other pollutants causing problems around the country. Industry and agricultural run-off are the biggest causes, but there is no one source that is singled out. There is also every appearance that the country never developed cohesive systems and policies to keep the water clean.

If you are surprised by all of this, I don't blame you. We as tourists often see Ireland as a kind of Brigadoon, especially out in the country. One of the reasons that we visit is a lack of development everywhere, nostalgia of a sort, the small-town feel.

Not too many other countries have been able to profit from that kind of absence. But brands like Kerrygold took full advantage of the fact that factory farmed cows are decidedly not the source of their iconic butter.

It looked like Ireland was on the right side of the ecological movement by default. But development did creep in, especially during the Celtic Tiger years. The rapid development overwhelmed some rural areas especially. Building permits outpaced sense and thoughts of consequences.

This led to some strange occurrences, like flooding on one side of a street while the other is fine. Then there are the expected consequences of progress, like dirty water, loss of undeveloped land, depleted forests and loss of animal habitats.

What is amazing is that there is no real polarizing political element

in this. There is no virtue signaling on one side while the other is in a kind of defiant cowboy pose. The climate issues in Ireland are not divisive.

That in itself is hopeful. They were, after all and shockingly, the first country to take a hard stand on smoking by banning it in public places, in 2004. It was an amazing move at the time, since so many people did smoke, at least socially.


They have not given out plastic bags in stores there for around twenty years. No one complains, they get on with it, grab a bag from home and bring it along.

While solar power is not much of a presence yet, the wind is being harnessed for power. Wind turbines are scattered around the country. I was surprised to see them out in Connemara, by Padraig Pearse's cottage no less, but it is a windy spot.


Like atheists in foxholes, it is hard to find climate deniers standing out in an unprecedented hurricane gale. Are we the resource gulping catalysts for climatic catastrophe? I hope not.

Every April, Earth Day comes along and gives us that New Year's type of boost. It kicks in hope and the opportunity to refocus, pick up some trash, recycle a bottle and look for other ways to honor the gift of this Earth. •






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Excessive Protein Intake Linked to Atherosclerosis

Consuming over 22% of dietary calories from protein can lead to increased activation of immune cells that play a role in atherosclerotic plaque formation and drive disease risk, a new study showed. University of Pittsburgh School of Medicine researchers discovered a molecular mechanism by which



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excessive dietary protein could increase atherosclerosis risk. The findings were published in Nature Metabolism.

One amino acid in particular, leucine, seems to have a disproportionate role in driving the pathological pathways linked to atherosclerosis. Amino acids, which are the building blocks of the protein, can trigger disease through specific signaling mechanisms and alter the metabolism of small immune cells in the vasculature called “macrophages” which can trigger the development of atherosclerosis.

Disproportionately high protein intake (specifically animal-based protein) can negatively affect macrophages that are responsible for clearing out cellular debris, leading to the accumulation of a “graveyard” of those cells inside the vessel walls and worsening of atherosclerotic plaques overtime.

Leucine is more prevalent in animal-derived foods like beef, eggs and milk, and is primarily responsible for abnormal macrophage activation and atherosclerosis risk. These findings suggest that differences in leucine levels between diets enriched in plant (versus animal) protein might explain the differences in their effect on cardiovascular and metabolic health.

Diets high in animal protein, like the “paleo” and “keto” diets, are gaining in popularity. This research provides evidence that these diets might trigger responses in the body that contribute to the risk of heart attack, or stroke.

mTOR

mTOR (mechanistic target of rapamycin) is a protein kinase that plays a crucial role in regulating cell growth, proliferation, survival, and metabolism in response to various environmental signals, such as nutrients, energy levels, and stress. It acts as a central regulator of cellular processes by integrating signals from growth factors, amino acids, and other nutrients to control protein synthesis and cell growth.

mTOR exists in two distinct complexes: mTOR Complex 1 (mTORC1) and mTOR Complex 2 (mTORC2). mTORC1 is particularly sensitive to amino acids, especially leucine, and is a key regulator of protein synthesis, cell growth, and

autophagy (cell recycling).While we need it early on in life to grow, high levels of mTOR in adulthood seem to be linked to a significantly higher risk of cancer, as well as premature death

Studies show that in almost 100 percent of advanced human prostate cancers, mTOR is present in higher amounts. Similarly, higher levels of mTOR are found in breast cancer tissues and appear to be associated with advanced disease and worse overall survival rates. Simply put, if you suppress mTOR, you may reduce your risk of cancer and increase your chances of living longer.

Leucine-activated, mTOR signaling, is prevalent in high-protein, animal-based, diets. Therefore, to lower your leucine intake (and mTOR levels), you should restrict your consumption of animal proteins. While plant foods contain small amounts of leucine, it is nothing in comparison to animal proteins. Eating plants, specifically cruciferous veggies, decreases mTOR activation and provides natural mTOR inhibition. Some of the best mTOR-inhibiting fruits and veggies include broccoli, soy, turmeric, grapes, onions, strawberries, blueberries, and mangoes.

Is mTOR Really All that Bad?

mTOR is not inherently “bad.” It is a critical protein kinase that plays essential roles in regulating various cellular processes, including cell growth, proliferation, metabolism, and survival. mTOR is involved in coordinating cellular responses to changes in nutrients, energy levels, growth factors, and environmental stresses.

Some studies suggest that certain plant-based proteins, particularly those high in leucine, and other essential amino acids like soy protein, can effectively stimulate mTOR and promote muscle protein synthesis to a similar extent as animal-based proteins. However, plant-based proteins also contain bioactive compounds, such as polyphenols and phytochemicals, that could modulate mTOR activity through indirect mechanisms.

mTOR is crucial for normal cellular function and is involved in many physiological processes, such as:

Protein Synthesis: mTOR promotes protein synthesis by phosphorylating key regulators of translation initiation and ribosome biogenesis, which are

essential for building new proteins necessary for cell growth and repair.

Cell Growth and Proliferation: By regulating protein synthesis, mTOR controls cell growth and proliferation, ensuring that cells grow and divide appropriately in response to extracellular signals.

Metabolism: mTOR influences various metabolic processes, including lipid synthesis, glucose metabolism, and mitochondrial function, to meet the energy demands of growing and dividing cells.

Autophagy: mTOR negatively regulates autophagy, a cellular process that degrades and recycles damaged organelles and proteins to maintain cellular homeostasis and prevent cellular damage.

While mTOR is essential for normal cellular function, dysregulated mTOR signaling has been implicated in various diseases, including cancer, metabolic disorders, neurodegenerative diseases, and aging. Excessive mTOR activation can promote abnormal cell growth, tumor formation, insulin resistance, and other pathological conditions.

How much is too much?

Only protein above 25g per meal activates mTOR and has functional consequences. The amount of protein that the body can effectively digest and utilize in one meal can vary depending on factors, such as individual physiology, protein source, meal composition, and overall dietary habits.

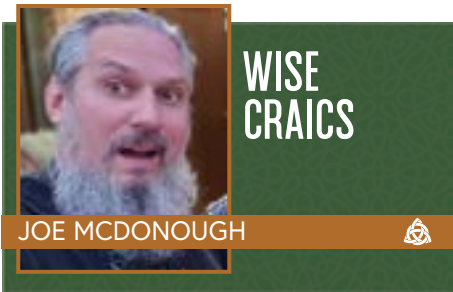
However, research suggests that the body can efficiently digest and absorb roughly 25g of protein in a single meal. This is often referred to as the “anabolic threshold” for protein intake in a single meal.

As I have always personally recommended, individuals should consume approximately 1g of protein per kilogram of body weight.As it turns out, according to this study, 1.6 g of protein per kg resulting in higher mTORC1 activation than 0.8 g of protein per kg. To summarize, eat more plant-based protein (i.e.: Mediterranean diet), and as always, everything in moderation. •

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To the point

A duck walks into a Dublin bar and says, “Do ya have duck food here?”

The bartender says ,”No” and the duck leaves.

The duck comes back the next day and says ,”Do ya have duck food?”

The bartender says, “No.”

The duck comes back the next day and says, “Do ya have any duck food?”

The bartender says, “Now I already told you ‘No’ twice! If ya come back and ask me again, I’m going to be nailin yer bloody feet to me floor!”

The duck comes back the next day and says, “Let me ask you something... ya have any nails?”

The bartender says,”No.”

“Do ya have any duck food?”

Enough is Enough...

An Irishman’s been drinking at a pub all night. When he stands up to leave, he falls flat on his face. He tries to stand one more time, but to no avail. Again, he falls flat on his face. He figures he’ll crawl outside and get some fresh air and maybe that will sober him up. Once outside, he stands up and, sure enough, he falls flat on his face. The Irishman decides to crawl the four blocks to his home.

When he arrives at the door, he stands up and falls flat on his face. He crawls through the door into his bedroom. When he reaches his bed,

he tries one more time to stand up. This time, he manages to pull himself upright, but he quickly falls right into bed. He is sound asleep as soon as his head hits the pillow.

He awakens the next morning to his wife standing over him, shouting, “So, you’ve been out drinking again!”

“Why do you say that?” he asks innocently.

“The pub called. You left your wheelchair there again.”

Better Together

“If there are any idiots in the room, will they please stand up”, said the sarcastic teacher.

After a long silence, one freshman rose to his feet.

“Well now tell me then mister, why do you consider yourself an idiot?” inquired the teacher with a sneer.

“Well, actually I don’t,” said the student, “but I’d be hating to see you standing up there all by yourself.”

Future Banker

A young boy enters the town barber shop and the barber whispers to his customer, “Meet the dumbest lad in all the world. Watch while I prove it to you.”

The barber puts two euros in one hand and one euro in the other, then calls the boy over and asks, “Which do you want, son?” The boy takes the one euro and leaves.

“What did I tell you?” said the barber. “The lad never learns!”

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor.

“Hey there lad! May I ask you a question? Now why did you take the one euro instead of the two?”

The boy licked his cone and replied:

“Because the day I take the two euros the game is over!”

Relativity

A bloke said to God, “God, is it true that to you a billion years is like a second?”

God says yes.

The bloke said, “God, is it true that to you a billion euros is like one cent?”

God says yes.

The guy said, “God, how about giving me one of them cents?”

God said, “Sure, just a second.”

Wise Investments

A Donegal attorney representing a wealthy art collector called his client and said to him, “Paddy, I have some good news and I have some bad news.”

The art collector replied, “I’ve had an awful day; let’s hear the good news first.”

The attorney said, “Well, I met with your wife today, and she informed me that she invested 5,000,00 € in two pictures that she thinks will bring a minimum of 15-20 million €. I think she could be right.”

Paddy replied enthusiastically, “Well done! My wife is a brilliant businesswoman! You’ve just made my day. Now I know I can handle the bad news. Give it to me lad. What is it?”

The attorney replied, “The pictures are of you with your secretary.”

Bad Kids

One year past, on Mother’s Day, two children ordered their mother to stay in bed on Mother’s Day morning. As she lay there looking forward to breakfast in bed, the smell of bacon, eggs & black pudding floated up from the kitchen. But after a good long wait she finally went downstairs to investigate. She found them both sitting at the table eating bacon and eggs.

“As a surprise for Mother’s Day,” one explained, “we decided to cook our own breakfast.”

Some Friend

Three friends stranded on a deserted island find a magic lamp. Inside is a genie who agrees to grant each friend one wish.

“I want to go home to Galway,” says the first friend. The genie grants her wish.

“I want to go home to Galway, too,” says the second friend. And the genie sends him back home.

“I’m lonely,” says the third friend. “I sure wish my friends were back here.”

One From Aunt Gussie

Father Murphy was walking down the street when a well-dressed man got out of new Mercedes, rushed up to him and shook his hand.

“Father Murphy, my name is Paddy Sullivan. I want to thank you from the bottom of my heart.”

“Oh?” said Father Murphy. ‘Why is that?’

Paddy replied, “Three years ago, I was on the verge of bankruptcy and divorce when I went to one of your sermons about temperance. It was the one about the alcoholic who spent all his money in the pub while his wife and children went about barefoot, but the family of the pub owner are dressed in the finest silks and linens.”

“Are you telling me that you gave up the drink there and then and turned to the narrow path of righteousness, is that it?”

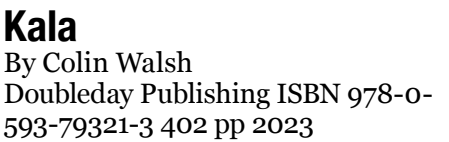
“Not at all,” replied Paddy. “I’m telling you that I opened a pub.” - Alice Green of North Olmsted •

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As the story begins, the six, three boys and three girls, are perched on their bikes preparing to hurtle down a steep hill and through a narrow gap at the bottom where the path meets the main road. The idea was to go cycling down the hill and then pedal blind through the gap, cutting clear and unscathed across the road.

And the reader thinks: Oh no something terrible is going to

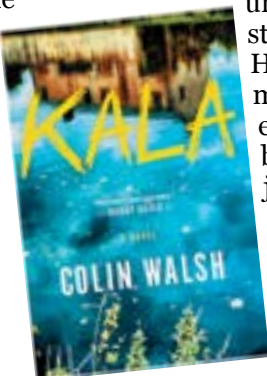
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happen! And it is, but not right then, and it's a good long while before we find out what. When the gang reassembles in Kinbough in 2018, two are missing: Kala, who disappeared in 2003, and Aidan who ...well we don't know.

His funeral is mentioned. Then there is Mush, working in his mother's café, keeping his head down to hide his scars. How did he get them?

Helen is self-exiled in Canada, why? Where is Aiofe? Finally, Joe, a celebrity rocker, the one who made it. Or did he? Once the old friends come together, the discovery of human

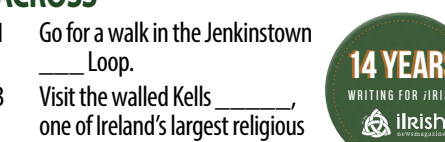
remains stirs up the past and unfolds in alternating stories told by Mush, Helen, and Joe. Walsh manages angst and ecstasy, discoveries bringing sorrows and joy.




Walsh's debut novel is a master class in building suspense. It is hugely engaging and a thoroughly additive novel. I rate it a TOP

SHELF read. ●

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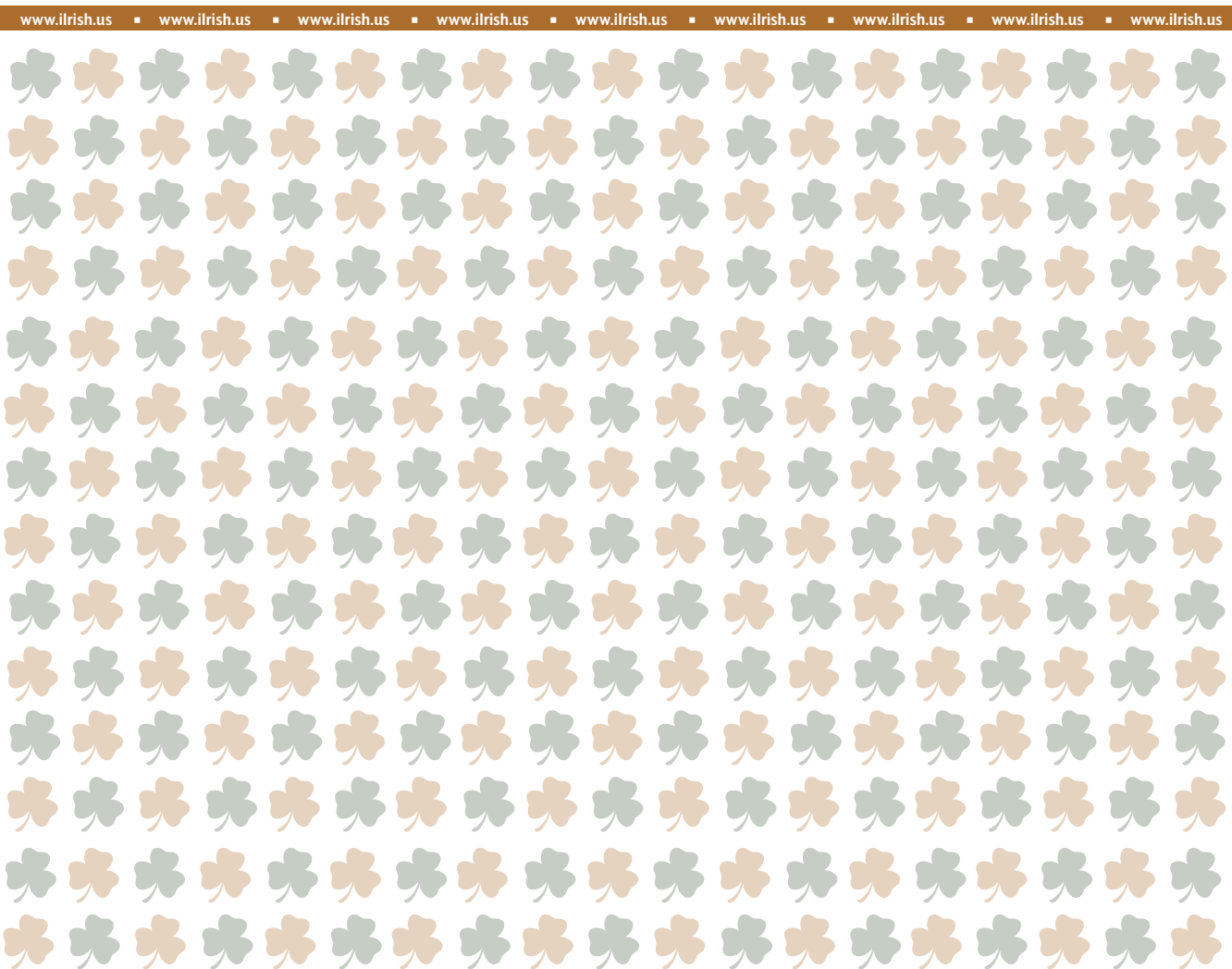
ACROSS

- Go for a walk in the Jenkinstown
_____ Loop.
- Visit the walled Kells _____,
one of Ireland's largest religious
sites, and be sure to walk to the
the old mills, too.
- View the many contemporary artworks
displayed in the Butler _____ at Kilkenny
Castle.
- 
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ilrish's shamrock squares



Taking turns, connect a line from one shamrock to another.
Whoever makes a line that completes a square, writes their initials in that box.
The one with the most squares at the end of the game wins!



- 7 Shoot a round or have lunch at the Kilkenny Golf ____.
- 8 Visit the 6th century St. Canice's Cathedral, with a round ____ that is the oldest structure in Kilkenny.
- 9 Have a picnic at Kilkenny's Woodstock ____ and Gardens.
- 11 See the workings of Irish justice and the Kilkenny Old ____ and Courthouse.
- 12 Tour St. Mary's Collegiate Church in Gowran and learn about the Knights ____, Ogham stones, the Butlers, and life during medieval times.
- 13 Learn about the 3,000 year old game of hurling and play on the pitch of ____ champs, the Kilkenny Cats.
- 14 Tour ____ Abbey in Thomastown to see the amazing sculptures and a nice cloister.
- 17 Visit Thomastown's Jerpoint ____ home of a deserted 12th century medieval town.
- 19 Put some cash on the ponies at Gowran Park

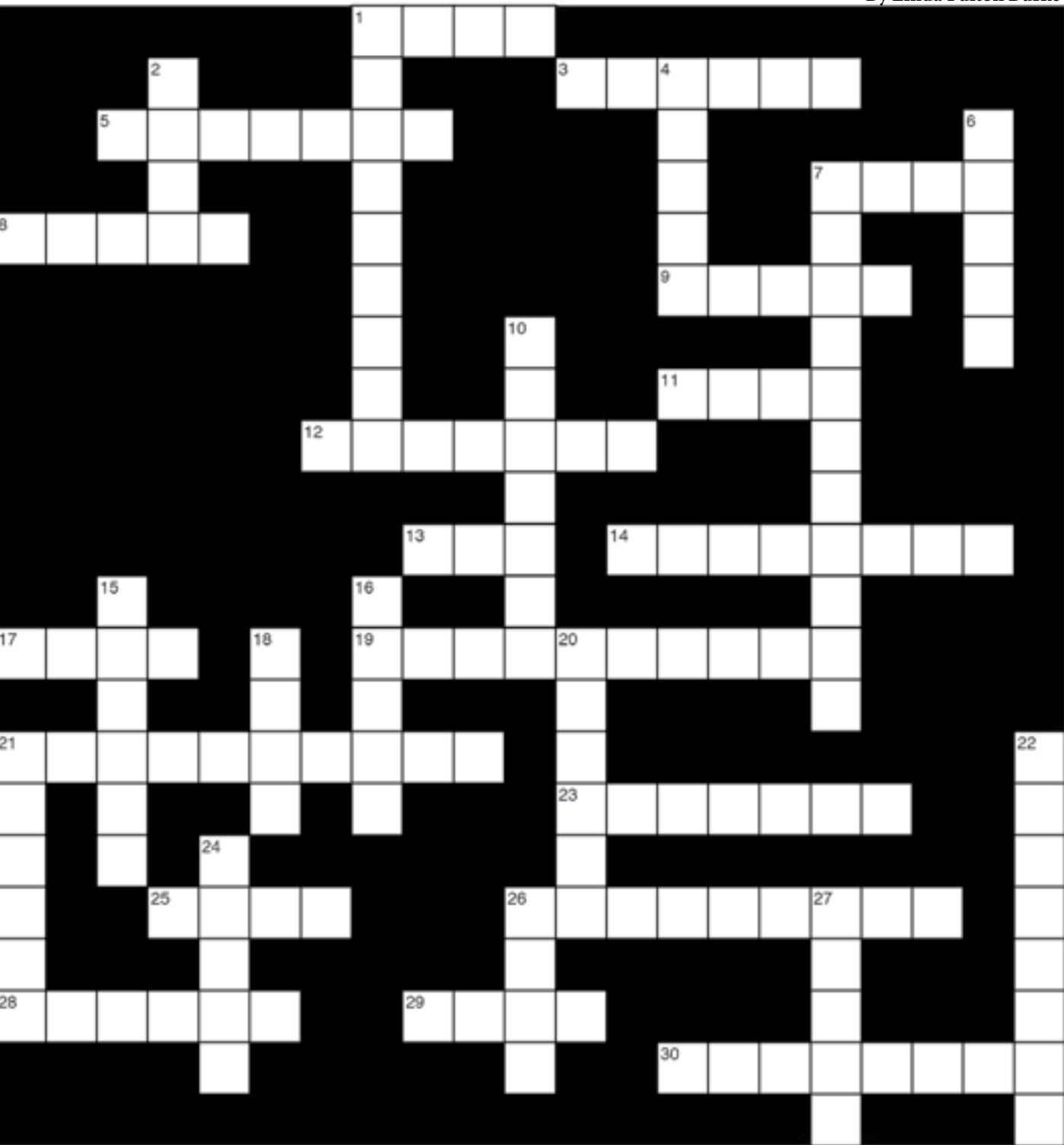
- 21 Attend Mass at St. John the _____ Church
in Kilkenny.
- 23 Enjoy a craft beer at the St. Francis Abbey _____.
- 25 Visit Bennettsbridge's Nore View _____ Village
and Heritage Museum that houses over 10,000
items some dating back to 2,000 B.C.
- 26 Tour Kilkenny Castle, originally built by Richard
de Clare (aka _____), long time home of
the Butler family.
- 28 Stop in at the _____ Rice Heritage Centre in
the thatched cottage where he was born,
in Callan.
- 29 Enjoy a _____, workout, soccer, running track,
or other amenities at the Watershed's world
class sports facilities in Kilkenny.
- 30 Have lunch and spend a _____ afternoon
at the Watergarden in Thomastown.

DOWN

- 1 Visit the Callan _____ to learn about the famine years and see the many graves from that period.
- 2 Learn the history of stalactites and stalagmites and Viking raids at Ballyfoyle's Dunmore _____.
- 4 Stop in at Kilkenny's Rothe House, a magnificent 17th century _____ merchant's townhouse with a museum, garden, genealogy centre, book and gift shop.
- 6 Stop in at Duiske _____, largest Cistercian monastery in Ireland built in 1204 in Graigueenamanagh
- 7 Enjoy many family adventures at _____ Park in Kilkenny Town.
- 10 Take the kids to Reptile _____ in Gowran, where they can touch, hold, or feed the many reptiles and other unusual animals.
- 15 Visit the monks at the Capuchin _____ in Kilkenny.

- ## Things to Do & See in County Kilkenny

By Linda Fulton Burke



- 16 Take a trip on 'The Castle Express', a custom built road _____, for a unique and fun filled tour of Kilkenny.

18 Visit Kilfane Waterfall and _____ and its "secret garden" that was discovered after Hurricane Charlie left it exposed.

20 Try a game of laser tag at Laser _____ Kilkenny.

21 Take your Afternoon Tea at Mount Juliet _____ in Thomastown

22 Visit the 13th century Black Abbey, one of the few religious buildings in Ireland not destroyed by Henry VIII or _____.

24 Stop at St. _____ Priory, built in the 13th century and now used by the Church of Ireland.

26 Take the shortcut from medieval era in Kilkenny, the Butter _____, and transport back in time.

27 Buy a piece of art by local Irish artists at the _____ bird Gallery across from Kilkenny Castle

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