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sense of normal is starting to become normal again. I know we are not free and clear, but I remain hopeful we shall overcome. I hope you are excited about our

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expansion and efforts to address the underserved Irish communities inside the coast. We started in Pittsburgh, and will add Detroit, Buffalo and then ... big plans have baby steps in their foundation.

What do you think of our new name, and logo? I think they are much truer to our coverage and reach. The podcast is growing by the episode and the eBulletin is nearing 15,000 opted-in subscribers. We so appreciate your past support, and hope you will always be a part of our direction and our audience.

Congratulations to the Cuyahoga County divisions of the Ancient Order of Hibernians and Ladies Ancient Order of Hibernians. They threw an absolutely fantastic State of Ohio Convention. Not a thing was forgotten, not a moment was forgettable. And there was even a 5-alarm Fire on the first day. No, that's not a joke, or an alarm. I still think President Harper had something to do with it, with the speed he showed getting onto the roof and pinning things down.

Welcome Back to Margaret Mary Hicks! Our former Dublin Diaries Columnist has graduated and returned from school at Trinity. Her new column appeared last month with a fascinating, first-hand look at the Bonfire tradition in Ireland. Also joining us monthly Is Dr Frederick Peters, The Fitness Doctor, of course, writing about fitness. We will keep adding great content, and great writers as we spread our wings.

Nuair a stadann an ceol, stadann

(When the music stops, so does the

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About Our Cover: he West Side Irish American Club was ounded in 1931. 90 years later, it emains a vibrant velcoming home for the Irish in and around Cleveland Cover Pic by John O'Brien, Jr.

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STEPHEN L. MULLOY, SR.



Age 62, longtime significant other of Diane Gottschalk; beloved son of the late Anne (nee O'Donnell) and Stephen L. Mulloy, Sr.; dear brother of Tony (deceased),

Mary, Patrick (Mary), John, Michael (deceased), Thomas (Maggie), Brendan (Marjorie), T.J. and Anne Hodge (Tim); uncle, cousin, nephew and friend of many. Passed away July 8, 2021. In lieu of flowers, memorial contributions are suggested to Cleveland GAA, 1621 Wagar Ave. - Up, Lakewood, OH 44107.

Obituary courtesy of chambersfuner-





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We've Always Been Green **AUGUST 2021 AUGUST 2021**

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Hidden Still

"it is gone in a fling of wings off up beyond the ash-tree hedge; you write it down, then in wonder, in words

that are nets of air cannot hold the mystery"

("The Swallow" by John F. Deane)

As a child, I was intrigued by the act of hiding. I would spend summer days hidden in the yew trees outside of our house digging for ants and worms. Always one to create something out of nothing, I would scrounge around my grandmother's kitchen for old coffee cans.

I would create lush jungles crafted from sticks and detritus that I would uncover in our small Chicago garden. Tomato vines, prickly stems having fallen from overgrown, rotting city pines, really any bit of flotsam and jetsam would suffice.

In the evenings after my bath, my mother always wanted to braid my long, curly hair. In her latent Ozark accent, she would gently chastise me for the rat's nests that would gather in my hair, telling me the stories of Rudyard Kipling's Mowgli, the boy raised by wolves, and the tales of Rikki-Tikki-Tavi, a most heroic mongoose. A precocious child, I reckoned that I should be able to play in my own would-be forest like Mowgli and not have to bother with my hair before bedtime.

One evening, I chose to hide away in my closet so that my mother would not be able to braid my hair. I wanted to be free to roam and dream, imagine and create without civilized childhood burdens like bathing and hair braiding. I was unsure how long I would have to hide in my closet.

At the very least, I would have to stow away until the early morning when my mother left for her job as a nurse. Surely

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We've Always Been Green

by that time my hair would be dry, if not untangled. Again, I considered my plight. Would I become hungry, thirsty, or bored? Boredom ranked as my number one concern, so I brought my crayon box and my security blanket.

Our bungalow was small, and the closet was not very far from the kitchen, the bathroom, or my parents' bedroom, but to me I was miles away, hidden in the darkness, in company with my blanket, crayons, and creativity. I thought it might be a good idea to draw a portrait with my crayons on the back of the closet. Perhaps in years to come, another child would steal away into the closet when he or she did not want to succumb to rituals like tooth brushing and bathing. I would leave my mark on the wall, hidden away for future adventure seekers, children with like-minded creative sensibilities.

As I look back on that moment, I realized that I missed my mother's touch and her tales from the Jungle Book, and so my sojourn was not really long at all. I did, however, leave my self-portrait on the wall in my closet. Needless to say, it was not a remarkable likeness.

When I left my home in Chicago for the final time to move to Cleveland after my college graduation, I crouched down in the darkness of that closet in my girlhood bedroom and could still make out a stick figure of a girl with a triangle for a body, drawn in red crayon. Interestingly, my hair was not long and wild like Mowgli, the Jungle Boy, but rather was plaited into two braids sticking curiously out of either side of my perfectly round head.

Hiding: the word alone connotes confusion and fear, but perhaps hiding has another purpose.

Perhaps we need to hide away at times to rediscover our sense of self when the world becomes too much with us. In our stillness, our minds are free to dream and hope.

Our bodies, tired from physical and emotional toil can rejuvenate once our brief hiatus from the responsibilities of life ends. As adults, we do not need to resort to a closet to regroup. We can lose ourselves in the garden, on the nature trail, by the seaside, or in the pages of a beloved book. Here we will rediscover our sense of self and our souls will be refreshed.

We may also choose to hide in order to create. Irony is not lost on the notion of the artist who sequesters herself,

at times by choice or as a means of survival, away from the world in order to delve into her art after absorbing all that surrounds her, and in turn reveals truth and beauty to the world.

When I grew out of my Rudyard Kipling adventure phase, I became fascinated with Anne Frank, a girl on the brink of womanhood who was forced into hiding with her family in order to escape the Nazis during the Holocaust. Though they were discovered, Anne's diary survived. Her words are filled with a girl's longing for romance and conflicted musings about mundane family life. Normalcy is all but eclipsed by the fact that Anne would never have the chance to grow up and grow old, to actualize into the woman that she would never become. As a result of her hiding and the grace of her words, generations of humans can appreciate that they have the freedom to hide at will and to return by choice.

Inspiration lies hidden in the chapters of our daily life, in the tunnels beneath the city streets and along rugged Irish strands. Recently, I have been reading a collection of poetry by John F. Deane. Born and raised in Achill Island, Mayo, Deane's poetry is shaped by the tragic beauty of the sea: her tides and treasures. His words are born out of Catholic upbringing and the traditions of island life.

Hidden throughout Achill Island are poets and painters, novelists and historians. I like to imagine the artist painting in his studio, sculpting in her garden, surrounded by the seabirds and sweeping mountain scape. I like to imagine the artist observing island life without being observed. Creating without seeking attention. Allowing the wind to catch inspiration and watch it settle on the canvas and upon the parchment of an aged journal. Unveiling the beauty of that which hides beneath the sand and stone.

Source consulted: Deane, John F. Achill: The Island. Dublin: Currach Press. 2018.

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.com.

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Malachi Run

The Monday Night Meal has been feeding Cleveland at St. Malachi's Parish for more than forty years. It is only one of the ministries at the parish that feed the hungry. Other ministries at St. Malachi's clothe the naked, visit the sick and make tangible the Beatitudes. The work that the volunteers participate in is funded with the assistance of those who participate in the St. Malachi Run.

Since the founding of St. Malachi's in 1865, the parish has been assisting the Cleveland community. As all us Irish folks know, it was one of the first Irish parishes in Cleveland.

Originally, it was decided to have a parish located in the residential area over the river and near the lake. St. Patrick's was overflowing with Irish as it was, and the new parish was a necessity.

Parishioners worshipped at St. Mary's of the Flats until the new building was completed. The Church was dedicated in 1871, four years after it had opened a school. It was home to one of the early Ancient Order of Hibernian divisions in Cleveland by 1874. Those Hibernians worked to bring the AOH National Convention to Cleveland in 1884, which was held at Immaculate Conception, or

The Mac to maintain our historical Irish nomenclature.

The narrative of Irishtown Bend, Whiskey Island and The Angle at times focuses on the "transgressions" of the area. The number of saloons per capita, a brothel or two, the violence, and squalor are focal points of the general narrative. I once heard at a presentation that, "the police horses would head to The Angle without human guidance." At the same time the Irish were creating a parish and forming a community that could support its members.

Members like Joe, John and Leander Brogan at 192 Washington, John Berry at 106 Main, William Byrne at 20 Washington, John Brennen at 12 Mulburry, John Brennen at 26 Main, Joh Condon at 58 Detroit, Thomas Corley at 116 Main, Thomas Crone at 150 West River, John, Thomas and William Chambers at 141 West River, Dennis Donellan at 180 Washington, James Dugan at 33 Winslow, John Flynn at 154 Main, Michael and Patrick Gaven at 179 Washington, John, Terrance and Robert Gallagher at 30 Elm, Edward Gallagher at 136 West River, John Gallagher at 136 West River, Michael Gallagher at 6 Main, James and Patrick Gillan at 120 Main, Michael Gibbons at 204 Washington, Daniel Harrington at 139 West River, John Harrington at 189 West River, James Kelly at 168 West River, Tedeus and James Kilcoyne at 182 Washington, Patrick Kelly at 179 Washington, Michael Sr and Jr and Dominick Minoughan at 120 Main, Patrick Murphy at 6 Mulbury, Thomas Murphy at 8 Mulburry, Patrick Murphy 129 West River, Peter Murphy at 175 Washington, John Murphy at the corner of Main and West River,

Timothy Murphy at 48 Detroit, Michael McIntyre at 118 Main, Patrick McCanna at 19 Winslow, Patrick and John McLean at 4 Mulberry, Patrick McLean at 4 Mulberry, John McDonough at 48 Detroit, Owen McLaughlin at 8 Mulberry, Michael McMullen at the corner of Main and West River, John McCarthy at 24 Main, Michael McGlynn at 23 Main, Thomas McGrael at 16 Washington, Francis O'Malley at 29 Winslow, Thomas O'Brien at 13 Main, Thomas, John and Patrick Riley at 181 Washington, Patrick and Charles Regan at 183 Washington, Martin Sweeney at 58 Detroit, and that is just a few from Ward 28 Precinct A. Precinct B is more of the same and Precinct C has 20 Gallaghers and a full page of Mc's. Those are just the registered voters in 1893.

IRISHTOWN BEND

Site excavations have shown that Irishtown Bend was more economically diverse than the historical narrative suggests. However, it was not an easy life for the majority of the early Clevelanders, those 1800s Irish included. Many Irish lived in the Flats because it was close to work on the docks, eventually including neighborhoods on both sides of the river. The docks are hard work for today's Longshoremen, Campbell will tell you. It is hard to image the life that was 150 years ago.

People needed support; they needed community. A pint and a shot can only go so far, regardless of how many saloons there are in the neighborhood. That is why we have parishes, ministries and Catholic Charities.

Today is no different. The resolve that St. Malachi's had in the 1860s permeates its ministries in 2021. Last year the Mala-

chi Run was cancelled, as was everything else. It didn't prevent the collection of over 7,000 nonperishable donations and over \$2,000 in cash donations. That helped but it could not replace the impact that the Malachi Run has had every year for the last 41 years.

One can review the list of participants

One can review the list of participants in 2019 and you see the same names as in 1893, nine Gallaghers by my count. That is what makes this a special event for the city of Cleveland and the Irish community

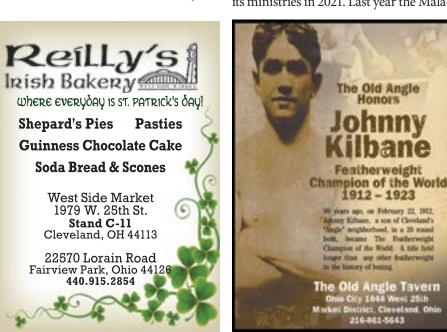
To some it is an annual reminder to the place and to the spirit of the Irish that made their way to Cleveland. To some it illustrates the value of the parish and the good works that are being done in our city every day. To some it is a day to have some fun and a pint for a great cause. It is why the Bluestone Hibernians are a proud sponsor.

This year the race is on September 18th; Mass is at 8am. I invite you all to look at stmalachichurchrun.org and find a way to participate, whether it be by running, walking or cheering. Raise a glass to Mike Carney at the top of Washington, and while you are in the old Ward 28, take a look around and feel the Irish of our past. Their contributions made the run a possibility. We got the easy part.

Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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We Banjo 3 * Gaelic Storm
Young Dubliners * Scythian
Carswell and Hope * Narrowbacks
Ashley Davis Band * Runa
Danny Burns * Eddie Delahunt
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Festival Focus 2021



19th Kansas City Irish Fest SEPTEMBER 3 - 5

Kansas City Irish Fest is a celebration of Celtic pride in the Heart of America; an affordable Labor Day weekend activity, with tickets starting at \$12 in advance and hotel packages starting at \$138 per night that include tickets to the festival; one of the nation's largest Irish festivals by attendance.

PLUS: 300 world-class musicians, dancers, folklorists, storytellers, comedians and performers will entertain on seven different KCIF stages, including Gaelic Storm, We Banjo 3, The Young Dubliners, Scythian, Danny Burns and many more to be announced. PLUS: Genealogy; Culture Stage and Heritage Displays and more than 20 interactive workshops; TWO Children's Villages; An Irish marketplace; outdoor Catholic Mass (9:30 a.m. Sunday, Sept. 5th); Art in the Park; The Snug, Irish Fest's members-only VIP pub (for everyone!); Whiskey Tasting Tent; Irish Breakfast Sunday @11 am from renowned Irish chef Shaun Brady

The Kansas City Irish Fest is dedicated to the preservation of Kansas City's and the Midwest's Irish heritage, held at Crown Center Square – Downtown Kansas City.

A complete list of performers and other info can be found on-line at www. kcirishfest.com facebook.com/kansascityirishfest * http://www.instagram.com/kcirishfest/ * www.twitter.com/kcirishfest



30th Pittsburgh Irish Festival

SEPTEMBER 10-12

Featuring: Gaelic Storm, Screaming Orphans, We Banjo 3, Rory Makem, Colm Keegan of Celtic Thunder, Brother Angus, The Bow Tides (Katie Grennan, Jessie Burns, and Ellery Klein), Bastard Bearded Irishman, Dennis Doyle, Corned Beef & Curry, Donnie Irish, and The Wild Geese. safely serving all Festival favorite foods featuring Irish Stew, Bread Pudding, Fish and Chips, and Shepherd's Pie, and providing fun and educational programming for all ages!

The Pittsburgh Irish Festival is also exploring options for virtual offerings for those not yet comfortable attending an in-person event. Discounted advanced tickets for the 2021 Pittsburgh Irish Festival are currently available at pghirishfest.org. Full refunds will be provided in the event of cancellation due to the pandemic.

PIF will be held at The Lots at Sandcastle in Pittsburgh. Visit www.pghirish-fest.org. For updates and more info, check back next month in the new iIrish print, podcast, social media and web editions! Fun for the entire family.

 $\label{lem:partial} Facebook.com/PittsburghIrishFestival* Twitter: @pittsburghirish* Instagram: \\ @pghirishfest for info.$







Boy to Man Damian McGinty Shines as solo Star

Fourteen years ago, fourteen-yearold Damian McGinty snared hearts the world over when he appeared for the first time with Celtic Thunder on their world tour. He is again touring with the wildly popular group, but his solo career is reaching new heights as well, with the release of "Those Were the Days", a seven track first launch of some of Damian's finest work, all original songs, written with purpose and passion, during COVID.

How are things going for you with COVID, before and after now?

I feel that it has been challenging for every artist. As every artist will attest to, I think I've been very lucky in the sense that I've been able to spend a lot of time creating new music, that's been really nice.

No way I would have been able to create the amount of music that I created in the last year and a half. I had a lot of time to focus on that, and then releasing music. and then also with my group, we've been doing some documentary type stuff for our fans as well, which is really interesting. I never really thought I'd get into that, but it's been a nice like change from touring. I am definitely ready to get back to the road.

Is Celtic Thunder home to you, now that you are touring with them again?

It definitely feels like a base in the music industry for me and I mean that in the best possible sense. You go back there, and it is people that seem to grow up; it's people that grew up with me, people who gave me my first gig.

There is such a family vibe there because that's what we are. It's always nice to go back; it's not to be comfortable. I don't necessarily think comfort is healthy in this industry, but it's the



closest thing to comfort that you could get in the music industry. I'm very fortunate to have that.

There a mentorship involved there? Not so much now, but when I first

started there was, mentorship from several different angles on that point, fourteen years ago. The musical director was one of the main mentors, he's a fellow Derryman as well, Derry City, in Northern Ireland. And then Paul Byrom, who was one of the principles at the start. He was also a mentor to me in the sense that he had already done a lot of professional gigs, so he was the only one of the five of us at the time with professional experience. He definitely helped nurture me; we became best buddies. We still are very, very good

It's become a well-oiled machine and we're very much part of that; we very much drive it with ideas and creatively. So, it's definitely a different chapter, but for the better. I've enjoyed all the chapters but it's a journey that has had many memories for me, so I'm very lucky.

The worldwide phenomena still applies for Celtic Thunder?

It isn't over; it definitely had heights that we didn't think was possible. At

the start we were very fresh, so they cannot jump off the scene; then the Today Show; playing at the White House; Radio City two nights in a row; all this stuff happened within the first twelve months, so that's like going from zero to 1,000 [mph].

At this point now, we've sold several million albums; the world has taken to it and us very well; we're very lucky to be able to say that; it's a very, very difficult industry. We're very lucky to still be around as well and still have a very loyal fanbase. It's a long time together, to keep the creative juices going.

I think I what helps is the lineup hasn't changed in a while; we basically had a three-year break. In 2019 I was getting married. In 2020 we were supposed to be touring the world, but COVID happened, so it's almost been three years since we have been on the road, which is quite a long time. We're looking forward to getting back at it whenever we can.

You've got a new CD, called Those Were the Days; seven tracks, all original songs. Tell me about that - is a tour coming or do you wait and see what's going to happen?

When I figured out that COVID was going to be a longer-term thing then initially everybody was thinking, I was able to be proactive and change my eighteen-month plan into releasing a song every month this year.

So, I started creating a lot over last summer in preparation for that plan. I call it an EP; I know it is technically an album, a lot of people have let me know that. I know that it is technically an

album, with seven songs, but I feel like I'm cheating the system, and the number one reason I'm not releasing this to be an album; I am simply putting seven songs on this because the album comes early next year.

I've written more music than I thought I would. Seven songs particularly feel like a nice family of songs that fit really well together; they have a similar theme going through them that reads a certain narrative.

I'm really proud of it. I think and hope that some of the work on it is some of my best yet. It came out June

Why seven songs? I read an article where it said seven songs a year is a perfect representation of where an artist stands. I find that very interesting.

In terms of a tour, I'm actually having those conversations today. Maybe is the answer. It depends on a couple of moving variables. I think that it is looking more possible that the fall could happen, in terms of live gigs. I'm seeing a lot of artists release shows for the fall; I think it's possible, so I'm quietly keeping it in the back of my mind.

As a musical performer, your songs to me are a little bit about living and sharing the dream? In your mind, are you achieving the American Dream?

Really good question. I don't know if I necessarily to my core believe in this idea of a dream. I don't think that when you hit a certain point, you're, "I've achieved my dream. I'm so happy." I've learned at every step, my dream is longevity; to be able to do this for a very, very long time; If I could call this

dream for me.

The dream is ever-moving, ever growing. I think I have lived what I would say is the American dream, I think I have lived a bit of it.

I'll be honest, I do love this country. I love the people here, and I've had such a fantastic experience in California this last ten years. Whatever the definition of the American Dream is, moving from a small town in Northern Ireland to being on a show in Hollywood and living in the Hollywood Hills; you know all these things that have happened in my life, that probably qualifies as an American Dream somewhere.

Whether it be in these songs or the way you interact/engage with your fans - you want to make the world a better place?

I think so. I think I've always prided myself on the fact that I'm really not this shiny, glitzy performer. I am like your next-door neighbor; in that I would come in and talk to you and have a beer. I love that idea and I love being ... I don't know if people person is the way to say it, but I am just a really standard guy that loves to create music and loves performing.

If we're having this same conversation, say three years from now, what would have happen for you to feel it was a great success?

That's a good question. You know, I sometimes internally struggle with that, because I've had this career that has put me into a place where I don't really know what short-term success looks like for me anymore. I struggle with that sometimes, in terms of ... let's say the release does ten million streams; let's say a record is [achieved]. You will always be thinking ... well right, next? 20 million streams?

There is always something else to go to and there's always other levels to get to. I think I would be really contented; this is what I strive for, to continue to grow, but also continue to get better and be fit for whatever is thrown my way - so if there is a hard season that's coming my way, I'm ready to fight that; I've got the tools and the mentality and the work ethic to deal with that.

I just want my music to organically grow. I don't know if I'm going to sell out 6,000 seat theaters or 70,000 theatres or maybe it's a 500-seater. Either way, as long as I organically continue to grow, people enjoy the music and feel like the music helps them and they can

a career for a lifetime, I think that is the relate to it, and I get to keep doing this, I would call that a lot of success.

When you say that you want to grow and develop your skills, what does that mean?

That means honing my craft to the point where I am consistently getting better; to the point when I have an idea that falls onto my table, that I am good enough at that point in time to be holding that idea and be able to put that idea into a song when I'm inspired in that moment.

My best songs are whenever I have a really good idea in that moment. I'm able to actively hone it into something.

Your skills as a vocalist, how do you improve that?

Vocal exercises are important. I think warming up is important. A lot of people don't realize a man's voice is consistently changing until he's in his early 30's. When my voice broke, the difference from age fourteen was astronomical, because at fourteen, singing Donny Osmond's [songs], I can't sing those anymore.

Even since I was fifteen, to where I am at twenty-eight, the change hasn't been astronomical in the sense of tone and in the sense of octaves I can sing in, but it is changed in the sense of what it's capable of doing. I think it's always growing and always evolving. It's important to look after [your voice], to not take it for granted. Then it's about finding the right songs.

When I am on the road, there are some songs I have written; I cannot wait to sing this at a live concert, because I know this is going to be really fantastic. And then there are other songs I have written that I sang that didn't quite feel were vocally correct; it's not really an on the road type of song. So, everything comes into play.

I'm in the process of learning and figuring out what I put in the next record, what it needs more often, what works on the road and what word vocalization. You don't start out to write a song.

You mentioned you just got hit with an idea. Is that what usually happens, or can you just down, say OK, right now I will sit down, I'm going to write

Sometimes you can do both. Sometimes you just have to show up. Some days I have not felt inspired at all but now I've written the really good song. Other days I've hit that end of the road. It really is always different.

I actually get some really good in-

spiration and ideas when I'm flying on planes, which is really quite random, but year will be fully back to normal. I started to appreciate that. I never used to be a great flyer. I did really enjoy it growing up, but I've done it so much; it is such an integral part of my job, but I plan, to enjoy the break in the air.

What happens next?

Wherever COVID takes us, wherever the tour takes us. I've got a special two-part concert that's going to be an online for the EP release, so that is a big event. And then I am hoping to get on the road in the fall. That is as

far as we can plan ahead. I think next

I'm also going to be consistently continuing to release a song a month starting in August through Christmas, and then the full record is going to be next.

To read more from our interview with Damian, see www.iIrish.us ■

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TUESDAY

6pm-8pm: All Things Irish WOBC-FM 91.5 w/Anita Lock

WEDNESDAY

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

SATURDAY

9am-11am: stonecoldbikini. WRUW FM 91.1 w/Christine Hahn 10am-11am: Johnson Brothers Irish Hour WKTL-FM 90.7

SUNDAY

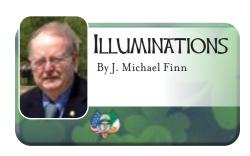
7am-9am: **Sweeney Astray** WCSB-FM 89.3 10am-12pm: Gerry Quinn's Irish Hours WHK-AM 1420 w/ Colleen Corrigan Day & Eddie Fitzpatrick 11:30am-1:30pm: *Echoes of Erin* WCWA-AM 1230 w/John Connolly 6pm-7pm: Songs of Britain & Ireland WCPN-FM 90.3

SATURDAY & SUNDAY

12-6pm ET/9am-3pm PT on SiriusXM Classic Vinyl, channel 26.

iIRISH: SONGS, STORIES & SHENANIGANS PODCAST

Posted every second Friday on WHKradio.com and iIRISH.us and archived forever!



The Italian Friend of **Ireland**

The following quote is from a December 19, 1933, letter to Joseph McGarrity (an Irish-American political activist and leader of Clan na Gael): "In regard to the Green Little Island and her people, never have I ceased doing everything in my power to aid Ireland in attaining her goal." The letter was written by an Italian-American from Cincinnati, Ohio.

Joseph J. Castellini was born of in Little Bethlehem, a small immigrant community on upper Vine Street, in Cincinnati, Ohio on March 14, 1876. Educated in the public schools, Castellini began his business career as a newsboy in Cincinnati. At the age of fifteen, he enrolled in a night business school, where he studied bookkeeping while working days as a clerk and fruit handler.

In 1896 he started in business shipping and distributing fruits and vege-

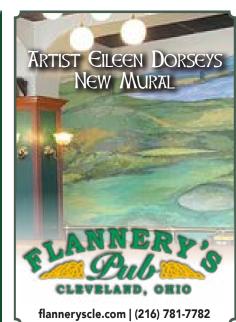




Joseph J. Castellini

tables with two partners. He eventually struck out on his own under the name J. J. Castellini Company. Castellini became active in the community with Italian-American organizations, civic projects, and charitable causes. He was also active in the parish of Sacred Heart Church (the Italian parish) and St. Mary's Church, his own parish in the Hyde Park area of Cincinnati. He was a member and officer in several Italian organizations, including the Italian Benevolent Association.

How did this Italian-American businessman get involved with Irish affairs?



On January 19, 1898, Castellini married Eleanor Cooney, also a native of Cincinnati. It was through her influence and intervention that Joseph became interested in Irish affairs. Joseph is quoted as saying, "My wife converted me. And you know that a convert is the hottest man for a cause that you can find." Joseph and Eleanor raised a family of five boys.

Castellini's work for the Irish cause seems to have begun around the time of the 1916 Easter Rising. He and his wife were members of the Friends of Irish Freedom (FOIF), a national Irish organization which had several branches in Cincinnati. In the FOIF, Castellini became well-known nationally by Irish-Americans, as well as, by republicans in Ireland. He became a personal friend of Eamon De Valera. According to reports he may have provided some funding to assist the 1916 Easter Rising.

From 1919 until 1920, Eamon de Valera visited the United States. His hope was to unite Irish America behind recognition of the Irish republic; instead he divided Irish-American opinion. De Valera insisted upon controlling the message to Irish America; the national FOIF insisted that they should control the message.

Frustrated by the FOIF leadership, de Valera formed his own organization, the American Association for the Recognition of the Irish Republic (AARIR), , on November 17, 1920. The FOIF lost a significant number of members, as thousands left the FOIF to join the AARIR, including Joseph J. Castellini. Castellini was elected as a national vice-president of the AARIR, and concentrated his efforts on promoting recognition of the Irish Republic.

Castellini wasted little time in calling the citizens of Cincinnati to join the new organization. On December 12, 1920 Castellini organized a rally at Memorial Hall in Cincinnati. The "large and enthusiastic" audience heard Captain Robert Montieth, a veteran of the 1916 Rising, detail the hopes and aspirations of the Irish people, and the methods resorted to by the British Government to suppress the Republic. Several branches of the AARIR were soon active in Cincinnati, with Castellini serving as President of the Patrick Henry Branch.

In January 1922, Castellini was

named as an American delegate to the Irish Race Congress held in Paris, France. Castellini and his son, Albert D. Castellini (1902-1969), also attended as a delegate. Albert was enrolled at the University of Notre Dame studying law. Albert later become a member of the Ancient Order of Hibernians.

In Paris, substantial delegations were present from all parts of the world where Irish people or people of Irish descent were found. The gathering was tragically altered with the signing of the Anglo-Irish Treaty on December 6,

The Sinn Féin movement was irrevocably split into two factions, one supporting the Treaty and the other opposing it. The delegates succeeded in having a resolution passed which reflected opposition to the Treaty, and which favored an independent Irish Republic, rather than a Free State.

Joseph Castellini's return to Cincinnati from Paris and Europe was celebrated by his many friends in Cincinnati. A grand testimonial dinner, attended by 700 guests, was held on March 26, 1922 at the Hotel Alms. In his speech, Castellini noted the split in Irish opinion that occurred at the Congress by telling the crowd, "If the Irish people reject the treaty, we will fight on with them to the end. If, however, they accept it, we bow to their will and permit the future to determine our course of action."

Joseph and Eleanor Castellini often hosted republican visitors from Ireland in their home. Countess Constance de Markievicz noted in her diary during her 1922 visit to Cincinnati, "We stayed with a Mr. and Mrs. Castellini at Cincinnati, awfully nice people ... I knew his father in Paris." Castellini also escorted Irish republicans Linda Kearns and Kathleen Boland on their tour of various Ohio cities in January 1923.

On March 17, 1924 Castellini addressed the combined councils of the AARIR at the Hotel Sinton in Cincinnati. He delivered a speech titled "America's Debt to Ireland." In it he made the case for the Irish Republic when he said, "The voke of slavery will be lifted from the shoulders of the Irish when the world learns the truth, 'for the truth shall make them free.'

Continued on facing page

Italian Friend Continued from facing page

Therefore, let us resolve that we will expend our best efforts to secure justice and freedom for our old and true friend, Ireland." The speech was later published in booklet form and was popular throughout the United States and Ireland.

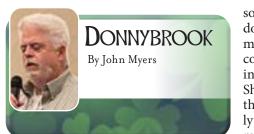
Castellini also served as president of the Brotherhood of Railway Clerks National Bank from 1925 until 1929 and was a director for the Fifth Third National Bank. He resigned as president of the Railway Clerks National Bank in 1929 due to charges of improper activities that led to the bank's closure (charges he denied).

On October 26, 1930, shortly after the closing of the Railway Clerks National Bank, the Associated Irish Organizations of Greater Cincinnati, representing 40,000 Irish Americans, issued a resolution expressing confidence in Castellini's honesty and integrity. Aside from this brief incident, Castellini remained a pillar of Cincinnati society, serving on numerous boards and active in civic activities.

Joseph J. Castellini, successful businessman, friend of Ireland, author, inventor, civic leader and bank president, died on May 8, 1949 at Christ Hospital in Cincinnati. He was seventy-three years old. The produce business Castellini founded in 1896 survives today as the Castellini Companies. Joseph Castellini's grandson, Robert H. Castellini, currently serves as Chairman of the Castellini Companies. Robert is also part owner and Chief Executive Officer of the Cincinnati Reds baseball team. ■

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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Fun and **Strange Facts**

Last month saw the annual celebration by the Unionists of "The Twelfth". This is celebrated with provocative marching and other celebrations, with hundreds of marches on July 12th. Usually this is explained that the Orangemen are celebrating the victory of protestant King William of Orange over Catholic King James II at the Battle of the Boyne.

But did you know that the Battle of the Boyne did NOT take place on July 12th? It took place on July 1, 1690, another battle took place on the 12th. King "Billy's" military victory ended the Catholic/Protestant fight over the English crown where it now, still is law that one must be a protestant to be the King or Queen of the United Kingdom.

King Billy is also the William of "William and Mary". Extraordinarily, Billy married his wife Mary when she was fifteen years old; by the way, Mary was his first cousin, as well as the daughter of King James II. So Billy fought and defeated his Uncle and Father-in-Law at the Battle of the Bovne. Seems like it would lead to awkward conversation at Christmas Dinner.

WHO DONE IT?

If you enjoy true crime stories, you will want to check out two recently released documentaries set in rural Ireland, a modern Irish murder mystery. Interestingly, both documentaries deal with the same murder of a beautiful, 39-year-old French woman: Sophie Toscan du Plantier. Sophie was found bludgeoned to death outside her Irish Cottage, located in Schull (Scoil mHuire), in remote western County Cork. The murder took place twenty-five years ago, on December 23, 1996, but the mystery remains.

That two different documentaries are released at the same time focused on the same twenty-five-year-old, un-

solved murder is remarkable. What is doubly intriguing is that both documentaries lead the viewer to different conclusions. Much like Ohio's most infamous unsolved murder, Marilyn Sheppard (July 4, 1954), the story and the facts provide much fodder for lively discussion and debate in the community and those watching the series.

"Sophie, A Murder in West Cork" is streaming now and readily available on Netflix. This documentary was produced by an Oscar winning team and tells a compelling story. The scenery of the beautiful Cork's Mizen Head Peninsula is a good reason to watch in and of itself.

The family of the victim, Sophie, participates throughout this series. the Irish authorities, "Sophie" directs your attention to who Sophie's family believes to be the murderer.

The three-part series brings in several leading Irish newspaper reporters, including the Irish Times Paris correspondent, Lara Marlowe. "Sophie" holds your interest and keeps you guessing.

And if your ready to binge watch, you can move from Netflix to Sky Crime TV on Sky's platform "Now Tv". It is harder to track down to watch than Netflix, but once you see one you will want to see the other. It is human nature to try to figure it all out.

"Murder at the Cottage: The Search for Justice for Sophie" is created by acclaimed Irish director Jim Sheridan (My Left Foot & In the Name of the Father). Sheridan takes five episodes to tell the story of the murder of Sophie Toscan du Plantier.

Sheridan has been fascinated by the story. He ended up on Sky TV as RTE (Irish TV) turned him down. Too bad RTE passed to continue the search for resolution to one of Ireland's most infamous, officially unsolved crimes. Regardless of "who done it", the sad fact remains in the words of the local pub owner Sullivan's in Schull, "She doesn't come here anymore". Check it

GOOD NIGHT POOTSY

Last month, the Democratic Unionist Party was in turmoil, with the resignation of their Leader Arlene Foster. She was replaced by arch conservative, Edwin Poots. Pootsy lasted only twenty-one days, as part of the soap opera raging in what in recent years has been the North of Ireland's

largest political party.

Poots was replaced by Jeffrey Donaldson, who is conscious of work to be done to hold the party together, as they look at new elections in May of 2022. The stage is set for Sinn Fein to become the largest political party in the Six Counties. Unionists already feel abandoned by the Brexit-caused Northern Ireland Protocol (creation of the Irish Sea border for trade purposes). Ironically, The DUP advocated for Brexit, now it has become their worst nightmare. Unionists continue pressing on PM Boris J. to end the Protocol, but Boris' options are limited with Dublin, Washington and the EU united in support for keeping the trade border in the Irish sea and While no charges were ever brought by off the island of Ireland, All are not united to protect the Good Friday Agreement.

> John can be reached at IrishCleveland@gmail.com

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GAA Monthly

For new readers and new Gaelic games enthusiasts, as we report scores throughout the summer, please know that two scores are recorded for each team. The first number is for goals scored. Goals equal 3 points. The second number is for single points (over the bar). The combined total is what matters in determining the game winner. Example from 2019-2020s All Ireland Club Final: Corofin 1-12 to Kilcoo 0-7 ... Corofin total points were 15 (3+12) to Kilcoo's 7 (0+7).

MIDWEST SCORES

On June 12, Cleveland Hurlers hosted the Akron Celtic Guards at the WSIA's Páirc na Naomh. The experienced Akron side was better on the day, winning 4-8 to 0-9. Albany also traveled to Syracuse on June 12.

The following weekend, June 19, saw the whole adult club of the Cleveland Saints take on the Pittsburgh clubs in football, ladies' football, and hurling. The Celtics (3-19 to 0-6), Banshees (4-8 to 0-2), and Pucas (8-26 to 0-1) got the sweep. Other action included Detroit playing down the I-75 in Cincinnati, where Cincinnati won 4-10 to 2-10 and the Buffalo Fenians hosted and defeated the Albany Rebels 5-13 to 1-6.

Finishing of the month of June, all the hurling clubs gathered for a blitz in Akron on the 26th. The far-traveled Roc City HC took advantage of the trip to play both Cleveland and Pittsburgh. Cleveland registered their first full-sided team win with a late score to win by one. The Pucas defeated both Akron and Roc City. The Fenians also made a quick turnaround from the week before to repay the visit to Albany, winning 1-16 to 2-6, while Buffalo Na Fianna hosted Pittsburgh. Na Fianna sent a few shockwaves through the division with their draw score (3-19) with the reigning Junior A USGAA Champions, the Celtics.

Starting the month of July, the Buffalo

Fenians fell in their travel to Syracuse (0-7 to 1-11) on the 10th. Cincinnati traveled up to Detroit, while Cleveland traveled to Buffalo with their men's football and hurling teams. The Saints traveled light, but that is everyone's

struggle, and fell to Na Fianna 1-15 to 1-3 (HT Cleveland trailed by 2) in football, and fell to Roc City in hurling. The hurling loss will set-up a real Midwest playoff for the Junior D (Developmental Teams) representation at the USGAA Finals.

MIDWEST NEWS

The Pittsburgh Celtics branched out for the Charlotte regional tournament on July 10th, parting with a win and a loss to the host in the tarheel state.

CLE YOUTH

The youth sessions of the summer will continue each Sunday from 3PM-4:15PM for football and 4:15 to 5:30 for hurling each Sunday at the WSIA. All ages will play at the same time on different areas of the pitch. New players are always welcome. We review skills and drills, and then let the players scrimmage. Check the

ClevelandGAA.com website for registration.

LOOK-AHEAD AND STANDINGS

The Midwest GAA July Schedule includes an Adult Invitational in Detroit on the July 24th and the Miswest Finals in Pittsburgh on the 31st. The USGAA Finals are in Boston on August 20-22. The Midwest is looking to send at least three men's football teams, two ladies' football teams, and two hurling teams.

Hurling - Standings			
Team	Wins	Losses	
Pittsburgh Pucas	4	0	
Akron Celtic Guards	2	1	
Cleveland Saints	1	3	
Roc City HC	1	3	

Women's Football Standings		
Team	Wins	Losses
Pittsburgh Banshees	2	0
Cleveland Saints	0	2

Men's Football Central Standings			
Team	Wins	Losses	Ties
Pittsburgh Celtics	3	0	1
Buffalo Na Fianna	1	3	1
Cleveland Saints	1	3	0

Men's Football East Standings			
Team	Wins	Losses	Ties
Buffalo Fenians	2	1	0
Syracuse GFC	1	0	0
Albany Rebels	0	2	0

Men's Football West Standings			
Team	Wins	Losses	Tie
CLG Cincinnati	1	0	0
Detroit Wolfetones	0	1	0

CLEVELAND ADULTS

Remember – new players are always welcome and can join throughout the summer. The men's football team will continue training on Tuesdays at Impett Field in Westpark and on Thursdays at the WSIA – both starting at 6:30PM. The hurlers are now training at Edgewater Park (lower rugby field) at 6PM. The Ladies' will continue with twice a week sessions on Wednesdays and Fridays at Impett, starting at 6:30PM. Please visit the club website or contact the club directly to stay up to date on schedules, as the summer times and days could change with sunlight and game schedules.

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. 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 ages.

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2020 activities for Men, Women, and Youth. Or visit ClevelandGAA.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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More pics, and larger print too!
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Akron Celtic Guards Recruiting for an Exciting Season

By Jenny Scarry and Nikki Custy

Akron Celtic Guards is a hurling/camogie team in Akron, Ohio, formed in 2002, and mentored early on by the infamous Al O'Leary. Hurling is the national sport of Ireland and the fastest game on grass. As such, is a great game for anyone to play.

The Guards are led by Patrick Custy, Adam Behm, Mike Ruane and Jason Ross (our own fitness coach). The team welcomes anyone interested to our hurling, camogie (women's hurling) and youth teams. Our adult team accepts ages eighteen and up, and our youth team accepts ages three to eighteen.

Everyone is welcome regardless of skill level and all equipment is provided. Practices are on Wednesdays from 6:00 to 7:00 (youth) and from 6:30 to dusk for adults, at 73 W Rosewood Avenue, Akron, OH 44301. Sunday's adult practice starts at 1:00 at the same location

Our team is also very social, and we go out together after games and practices to visit our sponsors. We enjoy spending time together at social events and host several throughout the year. Our next social event is a fundraiser for our youth team on Thursday July 22, 2021, at the Akron Rubber game. Tickets are available through our youth hurling Facebook page.

We welcome and would love to have new members join our club, as players or social members!

For Youth info: contact Jenny irishgirl74@gmail.com; for adult: PRO. akronhurling@gmail.com ■

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More pics, and larger print too!





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Downtown Willoughby





Ar Leac **Mhaoilre**

A little bit of silliness in this poem by Anonymous, the most prolific of all the poets. Irish classical poetry was very similar in metre and diction from the 14th thru the 17th centuries, but is thought to be somewhere from that period. I hope you enjoy it, and for those that know me, I wasn't around when it was written!

BECOME AN LAOH MEMBER TODAY

The state of the s

AR LEAC MHAOILRE

Mug, Cupán agus Píopa Tá anseo scríofa ar a leaba, Is olc a bpáirt re Maoilre, Nach ligeadh dóibh scíth ná codladh!

"Ní miste liom féin," ar an Mug, "ma bhíonn sé gan múscailt choíche, Is minic a d'fhág sé mo bholg Folamh lá fada agus oíche."

"Mise mar an gcéanna," ar an Píopa, "cé gur minic a níodh mo phógadh, Do loisceadh sé mo bhéal gach am, Is do chaillinn mo cheann ana phóca."

"Éistigí!" ar an Cupán, "a dhís breallán gan tuigse. Éireo' sé arís go folláin, Níl air ach creathán beag meisce."

ar lahk wall-o-ree mug kuh-pan ah-gus pyo-pa taw ahn-sho skree-fuh ar ah a-buh iss olk a bart reh mall-o-ree nahk ay-goo duv shkee nah kuh-la

nee mih-shta lum fayne ar ahn mug muh vee-un shay gan moos-kilt hee-ka iss min-ik ah dahg shay mo wol-ug fahl-uv la fah-da ah-gus ee-ha

meesha mar ahn gyen-ah ar ahn pyo-pa kay gur min-ik a neeg mo foe-ga doe lishl-ay shay mo veel gach ahm Iss doe kahl-inn mo kyahn ana foe-ka

aysht-ih-gee ar ahn kuh-pan a vees brell-ahn gahn tig-sha ayro shay ah-reesh guh fah-loin Neel avr ach kuh-hone be-yug mish-ka

ON MILEY'S TOMBSTONE

A Mug, a Cup and a Pipe Are here inscribed on his bed, Little they care for Milev Who deprived them of sleep and rest.

"I wouldn't mind," says the Mug, "if he never got up any more. 'tis often he left my belly Empty, long day and night o'er."

"Will ye whist!" says the Cup, "you two dull-wits haven't a clue, He'll rise hale and hearty enough, He's just a bit shook by the booze."

"The same goes for me," says the pipe,

"tho' he often plied me with kissing,

He scalded my mouth every time, Inside his pocket my head went missing."

When translating anything, it's best to start with the vocabulary you know, then refer to a dictionary. When attempting something older, I've found Dinneen's Irish-English Dictionary to be helpful. With poetry or any form of literature however, somethings do not lend themselves for an easy translation.

Years ago, I was attempting to translate a magazine article about the coming of spring when I came accross a line that had to do with children playing outside; right in the middle of it I kept coming up with something about a chicken.

I spent a lot of time trying to figure out what the footsteps of a rooster had to do with children playing and springtime. I finally caved and called my teacher and explained my problem. He laughed and said, "Oh that's just a way of saying an imperceptible amount of time. In other words the children would be playing a lot." My point is that sometimes you just have to go with what you think!

Speak Irish Cleveland Classes update: A new set of ten classes for all levels starts Tuesday September 14! Every Tuesday 6:15 to 8ish, at P.J. McIntyre's Irish Pub. Registration is required: see ad on facing page for more details and how to register. SLÁN GO FOILL! ■

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland class held every Tuesday @PI McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. He can be contacted at carneyspeakirish@gmail.com

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ON THIS DAY IN IRISH HISTORY - AUGUST

2 August 1649 - Royalist forces were defeated outside Dublin by the English Parliamentary Army in The Battle of Rathmines, paving the way for Oliver Cromwell's arrival several days later.

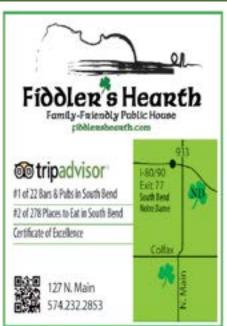
- 5 August 1888 Death of Philip Henry Sheridan, U.S. General and son of Irish immigrants. During the Civil War, he earned a reputation as one of the greatest soldiers of the time.
- 7 August 2001 Funeral in Spain for Irish actor Joe Lynch, whose show Living with Lynch was broadcast in the 1950s on Sunday nights on Radio Eirann.
- **12 August 1969** Police clash with rioters as the Apprentice Boys staged their annual March in Londonderry in memory of thirteen apprentice boy supporters of William of Orange, who defended Londonderry against the forces of Catholic King James II in 1688.
- 14 August 1598 Battle of Yellow Ford; Irish forces under Hugh O'Neill defeated the Crown in one of the

greatest Irish victories of the war.

- 15 August 1649 Oliver Cromwell lands in Dublin with a 10,000 strong army.
- 17 August 2006 The Morris Tribunal Report, on a range of allegations against the Garda Siochana in County Donegal was published. It was to bring about the biggest overhaul in policing in the history of the Irish state.
- 20 August 1798 Birth of Richard Madden, writer, abolitionist and historian of the United Irishman, who is remembered as a hero for his testimony in the Amistad Cuban slavetrading trial.
- 21 August 1976 The remains of William Joyce (Lord Haw Haw), Nazi propagandist who was executed for treason in 1946, were interred in Galway's Bohermore Cemetery.
- 24 August 1968 The Northern Civil Rights Association held its first march from Coalisland to Dungannon, Co. Tyrone.







The Ohio Irish American News and Pj McIntyre's Pub are proud to present:

Speak Inish Cleveland

Starts Tuesday September 14th

HELD EVERY TUESDAY

All skill levels are welcome: Leann, Shane; Have Fun!



6:15 - 7:00 - Introduction to Speak Irish text book 7:00 - 8:00 - Interactive conversational skills \$100 for new students, \$27 for the book | \$80 for returning students

Pre-registration is required. Send checks to: ilrish 14615 Triskett Road, Cleveland, Ohio 44111-3123





The Docs

The Saw Doctors. This is a band that is very hard for me to summarize. I would count myself as one of those superfans who would go would go to their gigs if they are within a fifty-mile radius.

I have gone so far as to wear a Galway Super Mac's football jersey to a gig and driven as far as Columbus to see them. Yep, that bad. For the uninitiated or even the initiated, it might be hard to understand. I am not sure that I understand it myself. There is something just so pure about them to me. This summer marks the anniversary of the release of their first album, If This is Rock and Roll, I Want My Old Job Back. When it was released, song after song were on heavy rotation on the Irish radio. It started with the iconic single, "i useta lover".

The song is infamous in Ireland and made the Saw Doctors the same. One reason for this was because they cheekily rhymed "ass' with "Mass". The video that accompanied the single is a funny love fest to Galway, capturing all the beloved local spots, and stealing a little bit from Bob Dylan's "Subterranean Homesick Blues". The CD cover features the band members' dads all striking a very rock and roll pose while the band does the same on the back. These photos



capture the cheek and the charm of the

Thirty years ago, this record marked something different on the Irish music scene. It was not traditional, although it ended up in those bins in music stores here. The lyrics contained nuances about life in small town west of Ireland, it was more than traditional.

Traditional music would never be so specific about the flotsam of daily life. It was not country music, although it was deemed that way by many Irish people, especially the more urbane ones. There are no big truck or somebody done somebody wrong songs on a Saw Doctors CD, that is unless you count a tractor or a red Ford Cortina as country. The Saw Doctors saw and see themselves as rock and roll; straight, pure and unfiltered.

Something larger was happening in Ireland when the Saw Doctors emerged from Tuam. Their rise on the Irish music scene just slightly preceded the Celtic Tiger. For reasons that are a little hazy at best, the Saw Doctors found them-

selves made to be symbolic havseeds at a time when the Irish as a culture were running full tilt away from the images of their past and ready to embrace their more urban, tech, sophisticated city selves. I have heard a few jokes that asked about Saw Doctor cassettes ye had in the tractor, implying that the owner of the tractor was a culchie, the Irish for hillbilly.

The Docs were none too pleased with this either. We met the Saw Doctors a few times and talked particularly to guitarist Leo Moran. While Leo loved the enthusiastic reception that greeted the Docs in Cleveland, he complained that this was not the case on their home turf. There was an O. Henry type of irony at work here. While the band had been able to achieve enough success that music was their day job, they were not loved the way that they had imagined they would be at home.

Nonetheless, the CD is terrific and holds up to this day. There is a reissue being released this year and is well worth a look and listen. It is straightforward rock and roll with a big heart.

Another hit was "red cortina". It wistfully embraces first love gone a bit wrong without the sass of "i useta lover". It a universal story of first love adorned with convent walls, stolen glances and other west of Ireland accourrements.

A sense of place is a powerful thing. So many Irish immigrants took that sense of place with them when they immigrated to other countries, knowing that Ireland was never going to be more than a receding memory. That is not true for today's immigrants.

Their immigration might not consist of more than a few years abroad looking for fast money. But what would they come home to? If Ireland changed slowly a hundred years ago, that is not the case now. Blink and things have changed, renamed or disappeared.

That is the idea of another hit from that iconic first record, "N17". The N17 is the road most frequently taken to Shannon Airport, and was many an immigrant's last look, at least for a while. The song really gets at the isolation that accompanies someone who leaves home and never fully leaves, even if they do go home. The Ireland they left will be gone to them.

The Saw Doctors are, as a rule, down to earth people. The first time we met them, lead singer Davey was sharing rollie cigarettes, flashing or sharing with good country manners. Leo remembered playing a gig with a friend of ours and then remembered that one of the other members of that band had lost their grandmother recently.

That is who they are, neighbors. But in fairness, I would not dismiss their poetry and sense of place. A good argument could be made for the Docs as the Irish equivalent of Bruce Springsteen. Their combination of universal themes paired with the cultural specifics of place give them a good start toward that end.

Their live shows would compare too. They are energetic, feel-good singalongs. There is more to it though. They exude a definite sense of good, big heartedness. It is vulnerable but unrelenting, just like the band. If they make it here again, run, don't walk, to one of their shows. ■

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. She runs a Gaeilge study group at the AOH/Mark Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music, and travel. She likes spending time with her dog, cats and fish. Lisa can be contacted at olisa07@icloud.com.

Please send any Akron events to my email; I can't promote them if I don't know about them.

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Irish **Hospitality**

The Irish are known for their hospitality, and the Cleveland Hibernians demonstrated it at the 2021 Convention. The theme of the Convention was "Fun in 21" with events highlighting Rock and Roll.

On Friday evening, the dance floor was filled with Hibernians, many dressed in poodle skirts to the fantastic music of Kennedy and Riley. The Red Carpet was rolled out Saturday evening for the Closing Dinner, honoring Cleveland as the Home of the Rock and Roll Hall of Fame.

The Hibernians were treated as if they were being inducted into the hall, when they were met by Ellen "Gwen Stefani" Lavelle and Jim "Elton John" McGuirk.

Thanks to Ohio Irish News Editor John O'Brien, our own paparazzi, for making sure that the evening will be remembered with fantastic photos. The Murphy Irish Arts Dancers and the Portersharks provided the entertainment for the evening with a special treat when Jim McIlwee sang.

In 2020, the National Convention of the Ancient Order of Hibernians and Ladies Ancient Order of Hibernians was held virtually. The State of Ohio had a role in that Convention

with the AOH in Youngstown and the LAOH in Cleveland being the Virtual Headquarters. It is fitting that the first in person Convention in the country was held in the State of Ohio and in Cleveland.

We were honored that both National Presidents were in attendance: Danny O'Connell of Ohio and Karen Keane of New York. Hibernians traveled from Illinois, New York and Pennsylvania to attend this first Convention since the pandemic.

CONVENTION DREAMS COME TRUE

Three years ago, Pat Lavelle and Ray McGann had a dream to host the 2021 Convention. A special thank you to them for their vision, dedication and commitment to making this a reality. The Convention was fantastic and successful due to their leadership. They assembled a great committee that hosted an event that will be very hard to beat.

As the song states "the heart of Rock and Roll....Cleveland" and another song "We didn't start the fire", this Convention will be memorable. Yes, there was a fire, with Avon, Bay Village, North Olmsted, Rocky River and Westlake Fire Departments answering the call. The Staff of the Hotel was fantastic in responding to this situation, even bringing water and cookies to their guests in the parking lots.

We were able to return in a little over an hour, without any major delays to that night's event. Great hotel, staff, food and most importantly the professionalism of our hotel representative Stephanie Irelan. The Westlake Doubletree was a fantastic location and is highly recommended.

The Convention opened with a Mass celebrated by Fr. Thomas Mahoney, LAOH Our Lady of the Rosary Division Chaplain, and Concelebrat-

ed by AOH National and State Chaplain, Fr. John Keehner.

Following the Mass, a Joint Session was held; Cincinnati was announced as the Site of the 2023 Convention. At the conclusion of the Joint Session, the members attended their individual Conventions.

The Cleveland Hibernians were honored that two of our members were elected to the State Boards: John Myers as AOH Director and Mary Jo Rawlins as State Treasurer.

The Installation of the newly elected State Boards was held after the Closing Mass, celebrated by Fr. Keehner and Concelebrated by Fr. Tom Mahoney and Fr. Francis Walsh. ■

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CONGRATULATIONS TO THE 2021 ELECTED STATE BOARD OFFICERS

President Bob Harper of Cincinnati Vice President Dennis Parks of Akron Secretary Pete Chyrstal of Medina Treasurer Liam Lehn of Youngstown Director John Myers of Cleveland Director Patrick Williams of Akron

President Teresa Harris of Columbus Vice President Nicky Parks Norris of Akron Secretary Cindee Case of Summit County Treasurer Mary Jo Rawlins of Cleveland Irish Historian Jenny Scarry of Akron Missions & Charities Marie Rizzo of Akron Catholic Action JoAnn Shirer of Medina

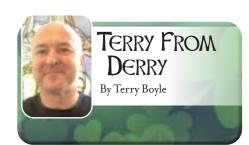


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We've Always Been Green



AUGUST 2021 AUGUST 2021



Breathe at Last

Double-vaccination, head above water, and how good it feels to breathe easy again. It's been well over a year, and still, it seems as though we're sure but not sure of whether we can or cannot return to normality.

Whatever our uncertainty about the present, there is no doubt that we're a lot better off now than we were a year ago. It's something I keep telling myself every time I hear, read, or see something that triggers off the response of battening-down-the-hatches. The one thing that I've learned from growing up in the Troubles in Northern Ireland is

Aug. 8th - Annual Steak Roast

Info: Marge Flynn 330-273-4325

Aug. 19 - General Meeting

440.235.5868

GENERAL MEETING

3rd Thursday of every month

Aug. 12th - Forever Young Picnic

w/The New Barleycorn

that you cannot live your life in fear of what might happen.

Fear has a way of paralyzing the spirit and disabling our ability to enjoy the present moment. We have no control over the what ifs but we can change our response to how things are now. In the present time, as the strictures of lockdown are beginning to ease, we can indulge ourselves in the things we have learned to live without.

The social life we had consigned to the limitations of zoom can now be resurrected, with a greater measure of appreciation. I'm not one for advocating throwing caution to the wind, but there are times when you need step outside of parameters of confinement and, as Thoreau puts Its 'suck the marrow out of life'

When my father couldn't sleep he used to say, 'I'll sleep long enough when I'm gone'. Some of the drugs they gave him for his cancer made it impossible for him to get a good night's sleep. He knew he was dying, and every difficulty his illness threw at him became an opportunity for him to savour what was left of his life.

His suffering, which I sure was worse

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than we saw, never stopped him from sucking the marrow out of life in that last year. The fortitude with which he met the approach of his demise was inspiring. I'm not sure how I would react under the same conditions, but it did make me think of how I take the simple things as a basic right, and not as a gift.

Every day is a gift. For those of us who are older, we have been blessed with so many of these daily gifts. I, for one, have traveled and seen many countries. Some of them prosperous, privileged places, whereas others bear the consequences of war and political upheaval.

In the early part of this new millennium, I was invited to go to Cambodia to help an orphanage in Phenom Penh. And, while I'd seen the heart wrenching film 'The Killing Fields', I was excited to see how the country had fared after the war; but I was also fearful of what I would encounter when we got

The orphanage, which was beyond my comprehension of a safe place, was for these children, a Godsend. The preadolescent boys and girls slept on different floors. We escorted to the top floor to what was considered to be the best room on offer. Our mosquito nets, sadly, did little to stop the flying nuisances from biting. And, at night, the floor of our room was besieged with largest insects I'd ever seen.

In the grounds below, the largest rats scavenged around in the dark. To top it all, our toilet and shower stall were one and the same with in a hole in the roof and a hole in the ground. It was no wonder that these children were constantly sick with such unsanitary conditions.

Yet, in the midst of such dire surroundings, the children and adults we spoke to were extremely resilient. Some of the adults suffered personal losses in the war against the Khmer Rouge.

They had seen things none of us, thankfully, will ever have to witness. And, it was against this backdrop of incredible pain that they greeted each day as a gift.

Despite the poverty, and sickness that surrounded them, they continued to hope. Their indefatigable hopefulness forced us to put our lack of comfort into perspective. The memory of that time is a constant reminder to me of

how fortunate we are.

Only recently, I was bemoaning the blatant sense of privilege to a friend, and her response was, simple and true, 'we're all privileged'. Her comment sent my mind racing back to Phenom Penh, to the Romanian orphanages I visited. and ill-treated gypsies I encountered in Hungary and Romania. Again, my perspective, needed to be adjusted or given a reality check.

We are, hopefully, reaching the end of this pandemic. We're alive. We've been given another chance to change our future, reduce our need of fossil fuels, save the planet from becoming a cauldron of disease and suffering.

And, while there are things outside of our control we cannot change, there are those we can. As the serenity prayer puts it, God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Fear is only the enemy when it incapacitates our ability to make decisions to better our lives. We cannot hide from our actions. The planet we inhabit is in serious danger of becoming a danger to all of us. This danger is a direct result of our foolish actions.

Global warming will not go away. If we think the pandemic was awful, the predictions for climate change are even more frightening. We are not incapable of change, but it does seem as if we are being forced by nature into some kind of intervention to muster up the courage to change before it's too late.

Every day we're alive is a gift. It's a gift that we can pass on to those who come after us.

The pandemic is a good way to remind ourselves of how lightly we have taken our everyday interactions with family and friends. I don't believe we should ever live our lives in fear, but if we continue to use and abuse our planet as we have been doing, we are making it impossible not to fear what will happen next. So, as we begin to breathe more freely, we should think ahead and make this world a place where others can live without fear of what is to come. \blacksquare

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My Father's **Last Trip** to Ireland

"I'm afraid this is expired." This was July 2007, and the Aer Lingus agent was holding my father's American passport.

The old man was not in the greatest of shape for this trip. He'd mistakenly grabbed the wrong passport. My father, Tommy Makem, had been battling lung cancer all year and we were heading over so he could be awarded an honorary doctorate from the University of Ulster. I started to panic.

This was weeks before he passed away and I think he knew it would be his last time in the country of his birth. The thought was certainly front and center in my mind. I don't recall too many times when he sounded as disheartened. "I guess I'm not going to Ireland," he said.

"What about your Irish passport, do you have that?" I asked. He handed it to me and I gave it to the agent. "Will this

"That will get him into the country, but I don't know how he's getting back here," the man in the snazzy green vest retorted.

"We'll worry about that later," I replied. I called my older brother, Shane, and told him to look for the most recent passport.

Anyway, the pair of us found seats beyond security and I envisioned a week at the American Embassy in Dublin trying to work out a fix instead of being with the paterfamilias. It was hardly the way I had hoped to spend the week. The crisis was averted when Shane returned my call saying he had located the passport and that he would overnight it to our hotel.

We stayed at our go-to digs in the north, the Armagh City Hotel. He had a steady stream of well-wishers and though he was tired, he jumped at every chance to head out for a visit with cousins or friends.

I recall one dinner we had at the hotel. where I had schemed myself a way to pay. My father, you see, was one of those



people who always grabbed the bill before anyone else could, and I wanted to treat him for a change. I excused myself for a bathroom break and slipped the waiter a few pound notes on the way. When I arrived back at the table, the man was returning the money saying he couldn't accept it. In a hurry to beat my father to his wallet, I threw more money at the waiter. He regarded it and said he couldn't take that either and my father handed him a credit card.

It turns out, Northern Bank had been robbed of £26.5 million in December of 2004 and in a blow to the robbers, all of the ten, twenty, fifty and one-hundred-pound notes were updated and reprinted. The old notes were unusable. Since I hadn't been up north in a couple years, the cash I had left over from my last trip had to be converted at the bank. My father's stint of footing the bill remained unbroken.

We traveled to the University of Ulster for the big day so the old man could accept his Doctorate of Letters. I should mention that he only attended school until eighth grade, and that he had received doctorates from both the University of New Hampshire and the University of Limerick prior to this. To say I have pride for my father's accomplishments is quite the understatement.

I was informed that I would be taking part in the ceremony when we arrived and I immediately demurred. But they told me it was in the program, and that I had no choice. Hours before the graduation ceremony, a man brought me out from

the backstage area onto the stage to show me where I'd be sitting, the chair up front on the far left. A sheet of paper with my name was taped to it and I told the man I understood. Then he spent a good five minutes reiterating that that was my chair and it was where I'd be sitting. I restated that I truly did understand.

As the witching hour approached, I was given a cap and gown, which I reluctantly accepted. Then they lined us up and told me I was leading the procession into the auditorium. "The what now? I'm not leading this thing in."

"You are," I was told. "It's in the book-

The horns started blaring in the big room and the doors whooshed open and there I was leading a line of professors and dignitaries into a hall filled with thousands of spectators. After a few feet, the professor behind me whispered, "Walk slower." She was very kind and I obeyed. Then she said, "Slower." And I once again paid heed.

WHERE'S THE STAIRS

Then it hit me. I glanced at the stage at the bottom of the gangway, straight ahead. I had no idea where the stairs were to climb onto it. They had only shown me my spot from an onstage access. What was I supposed to do, turn around and ask directions while the music is playing and everyone is standing up and watching the first man in line?

I inched forward, the sweat beading up on my brow. This line was going to come to a stop when I reached the bottom of the auditorium.

Then the professor behind me saved the day. "Turn right at the man with the scepter." It's a quote that sticks in my head to this day, one that I never could have predicted I would hear in my lifetime.

When I reached the man, I indeed turned right and there were the stairs, at the end of the stage. Thank the stars. I led the group onstage and there was my seat, just as it had been left. It never dawned on them to run me through my duties at least once.

My father received a standing ovation when they awarded him his degree. I didn't think most of the students would have been old enough to appreciate what he had contributed to Irish music. But I've become an old curmudgeon myself and I sometimes love it when I'm wrong.

Tommy Makem passed away fourteen years ago on Aug. 1, 2007. ■

Conor Makem spent 22 years traveling and honing petty gripes as an Irish musician, and enjoyed a further 13 years of people not returning his calls as a iournalist.

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August

6th – Guy Snowdon

7th – Music Men (Music Trivia)

13th - Smug Saints

14th – The New Barleycorn

20th – The Vast Minority Tribe

21st - Michael Crawley & **Matt Sofranko**

27th – The Other Brothers

28th - Hello McFly

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We've Always Been Green







Love and **Betrayal**

A woman left Ireland for America with her mother, father, brother and sisters on the ship "Issac Wright" in the year 1853. The family hoped to leave the hardships of Ireland behind them.

During the voyage, she became acquainted with a member of the crew named William, a handsome, charming American who was working as a carpenter aboard the ship. One day he visited the family, bringing an offering of bread. More visits and more gifts followed. When the family arrived in Manhattan. they found an apartment in the city and the sailor continued his visits, to her parents chagrin; there was just something good spirits, sometimes not. Her parents



Alfred Hicks

about the man they found unsettling.

They soon moved north to Albany to escape the atmosphere of the Five Points area. The sailor followed, showing up every few weeks with gifts for the girl and her family. The two would walk or sit in the shade and talk for hours.

Sometimes, he would show up wealthy, other times broke; sometimes in

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begged her to break it off, but she was already twenty-three and he loved her. They wed later that same year.

They settled in Connecticut, where he found work in a shop. He quickly grew tired of it and he persuaded her to move back to New York City, where he set her up in a small apartment and he returned to sea. A couple of voyages and they briefly returned to Connecticut before moving back to Manhattan and back to the sea.

When he returned from that last trip out, he brought back more money than she had ever seen, his share of the profits from a salvage job. Finally, they had the beginning of a new life together. She was overjoyed, they had just become parents and he was a wonderful father to their infant son.

Captain Burr was half-owner of the oyster sloop, "The E.A. Johnson. He sailed out of New York up the coast and purchase oysters to be resold back in the city, but he was in need of a fourth crew member, someone with experience.

When he interviewed William Johnson, he found the perfect man. William was strong and fit, polite, with years of experience. He had his own tools and could fix almost anything.

William was clean-cut and charismatic. Captain Burr hired him immediately. He would be a great addition to the crew, and Johnson moved aboard, preparing the ship to sail.

Four hours before dawn on March 21, 1860, a schooner, "The I.R. Mather, collided with something in the dark waters of the bay, shaking the crew. The captain rushed to the bridge and saw he had just run into a small sloop listing in the water with damage to it's masts and sails.

At first he was full of anger, but then dread. There was no sign of life on board and no one answered when he called out. He was unable to investigate further, his own ship was badly damaged and he returned to the docks in Lower Manhattan for repairs.

An hour later, the crew of another schooner, "The Telegraph," got a close up view of the sloop and identified it as "The E.A. Johnson". A tugboat was called and the sloop was towed to port.

GHOST SHIP

A crowd had gathered to see the ghost ship and the police investigation was done in plain view. The first thing police found was blood, a lot of blood. There appeared to be ax marks on the ceiling of the cabin.

From the evidence and blood trails. detectives believed the crew had been

murdered and tossed overboard, the discovery of the fingers and thumb from the hand of one of the victims confirmed this. They were found where the victim had tried to hang on to the side of the ship until the murderer took his ax and sent him to his death.

Authorities soon determined that a man by the name of Albert Hicks was on board and observed with Captain Burr prior to the ship's departure. A fantastic display of detective work and an incredible manhunt tracked Albert Hicks down in Rhode Island, where he was apprehended and returned to New York.

Prosecutors were certain they had their killer. Aside from the money he couldn't explain, he was also in possesion of personal items that belonged to the crew. But, a murder conviction is highly unlikely with out bodies and no witnesses.

Theft charges would have him out of jail in a rather short amount of time. Since the crime occurred at sea, the charge of piracy was brought against Albert Hicks, a hanging offense if con-

The crime, the investigation and the trial preparation were big news, with the entire city talking about it. The trial went quickly and as expected, Albert Hicks was found guilty and senteced to death by hanging. Hicks realized there was no way out and looked for a way to make some money that he could leave for his wife and son.

A deal was made with P.T. Barnum, who paid \$350 for a mask of his face that would be displayed in his wax museum, starting on the day of Hicks' execution. Another deal was struck with reporters for his story. Somewhere in the three weeks leading up to his sentence being carried out, Hicks began talking to a priest, who urged him to make a full confession.

MASS MURDER

When he decided to talk, he shocked everyone. He confessed to killing over a hundred people; he wasn't sure of the exact number. Usually he used similar methods, hire on, become trusted, start a mutiny and steal the ship or it's cargo; leave no witnesses. In his own words, "Dead men tell no tales."

His life of crime lasted over twenty years. In 1860, at the age of forty, he knew he could not keep up that life; one more score, then he and his wife and child could start anew. Three weeks after his conviction, Albert Hicks was taken to Bedloe Island. Tens of thousands of people gathered in boats anchored in the

harbor to watch the hanging.

With so many drinking, it had a carnival type atmospere. Hicks was wearing a custom made electric blue suit with anchors embroidered in gold on the sleeves. At 11:15, he was hoisted twenty feet into the air with a noose around his neck and dropped.

The body was removed and placed in a coffin; a tugboat delivered it to the customhouse dock where Mrs. Hicks or Mrs. Johnson (we don't know if she had any knowledge of Hicks' life of crime before his arrest) was supposed to meet the body. But there was a mix up, and by the time it was figured out, Hicks was buried at Calvary Cemetary, a potters field.

No one knows what happened to his wife and child after that. Did she return to her family, or receive any of the money? All written accounts that mentioned her at all, only refered to her as Mrs. Hicks; she was able to vanish and leave Albert Hicks/Willie Johnson behind.

Albert Hicks was the last person to be publicly hanged in New York and is considered it's first gangster. His dress, mannerisms and attitude have been copied by many, and it is very easy to see the resemblance in those that have followed, especially in organized crime.

For more information, two books are a great start: Gangs of New York by Herbert Asbury and The Last Pirate of New York by Rich Cohen. ■

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

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COMING NEXT MONTH: SEPTEMBER 202'

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

Cigar & Whiskey Every 1st Monday & 3rd Wednesday, 7p.m., Upper Deck. Gormley's in Rocky River; Live Sessiun every Thursday at The Plank in Lakewood

3rd - ilrish Songs, Stories & Shenanigans Podcast38 drops at 5pm. Listen anytime after, forever. Signup below.

3-5th - Kansas City Irish Fest

5th - Shamrock Club of Columbus General Meeting

6th - Labor Day

10-12th - Pittsburgh Irish Festival

11th - Patriot Day

12th - Grandparent's Day

13th – #ilrish eBulletin drops in your inbox at 3:10 p.m. Signup below.

14th - Speak Irish Cleveland Classes Begin @P.J. McIntyre's

14th - Irish American Club East Side (IACES) Monthly Meeting

14th - PRIMARY ELECTION DAY

15th - Yom Kippur Begins at Sundown

16th - West Side Irish American Club (WSIA) Monthly Meeting

17th - ilrish Songs, Stories & Shenanigans Podcast39 drops at 5pm. Listen anytime after, forever. Signup below.

18th - St. Malachi Run

18th - IACES 1/2 Way to St. Pat's Party

21st - Peace Day

22nd - Autumn Begins

25th - Mavo Ball

24-26th - Ohio Celtic Festival

27th - #ilrish eBulletin drops in your inbox at 3:10 p.m. Signup below.

29th - October Issue of ilrish is Published

Sign up for the Ebulletin and the Podcast at www.ilrish.us. Both are free.



Your Summer Weight Loss Plan

Get back on track this summer with my simple summer weight loss plan! Before you get started with a new exercise plan and diet, you will need the following:

A clean bill of health from your doctor if you've had an injury, illness or medical condition.

30-60 minutes of time, 4-5 days a week (splitting it up if necessary)

A commitment to follow a healthy diet most days of the week

Access to free weights, resistance bands or machines

YOUR CARDIO PROGRAM

The foundation of any good weight loss or fitness program is cardiovascular exercise. This is your foundation for burning calories and conditioning your heart and lungs. Use these tips and guidelines for setting up your cardio program:

Start where you are. Assess your fitness level and start with what is comfortable for you. If you have not worked out in ages, you might start with 15-20 minutes 3-4 days a week and gradually add time and frequency.

Split your workouts. If you do not have time for long workouts, try doing short bouts of exercise throughout the day (this is just as effective as continuous workouts).

Choose activities you enjoy. You will be more motivated to stick with your workouts when you like what you're doing.

Vary the intensity, duration, and type of activity. Try short, intense workouts mixed with longer, slower workouts for variety. You can also try interval training once or twice a week to burn extra calories and boost your endurance.

Strength Training The second part of your program will be strength training to build lean muscle and increase your metabolism. To burn the you eat, and you'll also be pleased to most calories, stick with compound movements (i.e., movements that target more than one muscle group). Examples are squats, lunges, pushups, and pull-ups.

A FEW GUIDELINES:

Target all your muscle groups at least twice a week, with a day or two of rest in between workouts.

Keep your reps between 8-12 to build muscle, 12-16 for endurance and 4-8 to build strength.

Use different rep ranges regularly to challenge your body in new ways. Do not be afraid to lift heavy (wom-

en included) Choose 1-2 exercises for each body

part. For example: Modified pushups

Back extensions Lateral raises

Bicep Curls Tricep Kickbacks

Ball Squats Assisted Lunges

Crunches on the Ball

If you are a beginner, start with

one set of fifteen reps of each exercise with a moderate weight, adding a set gradually. Use enough weight that the last rep is difficult, but not impossible. You should be able to finish the last rep with good form.

Perform your strength workouts solo or on the same day as your cardio workouts. If you do them with your cardio, you may want to split your routine. Do just upper or lower body exercises to save time and energy.

IMPROVE YOUR NUTRITION FOR WEIGHT LOSS

While exercise is important, often the biggest weight loss changes come from your diet. Specifically, you want to make sure you burn more calories than you eat. One way to accomplish that is to follow a meal plan. But keep in mind that many people have trouble following strict diets, so you may find greater success in making small changes over time.

Whether you decide to follow a specific meal plan or not, there are a few simple tips that will help you stay in control of your eating:

Keep a food journal. The first step in making changes is to be aware of your and write everything down. You'll be surprised at how many extra calories find small ways to cut calories without starving yourself.

Do not skip meals. Many people drastically cut calories when they want fast weight loss and skipping meals is a popular choice. The problem is this can actually backfire; not only will you tend to eat more, but you may also actually slow down your metabolism, which means your body is burning fewer calories.

Drink more water. Staving hydrated will ward off fatigue and help you deal with hunger and tea is often a great way to curb your appetite. When you get the afternoon hungries, consider having a cup of calorie-free green tea.

Watch your portion sizes. This is always an obvious one when it comes to cutting calories and probably the most difficult one to follow. After all, what is a portion size? One way to manage portion sizes is to use smaller plates and bowls. It is an easy way to cut your portions without feeling like you're missing out.

Eat high fiber foods. Fruits, vegetables and whole grains fill you up without adding calories.

You have a few tips under your belt, but now you need to figure out exactly how you will approach your diet. Below are a few choices for how you can get started.

FOLLOW A STRUCTURED DIET

Most of us have followed a diet at one time or another and they can be helpful in at least teaching us healthier ways to eat. The Fitness Doctor creates meal plans for each one of our clients, free of charge!

MAKE SMALL CHANGES IN YOUR CURRENT DIET

Utilizing this approach, you do not have to give up your favorite foods, and you do not have to change how you eat. Also, the changes you make are more likely to be permanent.

ADD HEALTHIER FOODS TO YOUR DIET

It is always easier to add to your diet rather than take foods away. Instead of cutting out entire food groups, try adding something healthy to each meal and eat it first. Salads, fruit, whole grain bread or a glass of water are just a few ideas, and you'll find that

choices. Keep a food journal for a week filling up on the healthier stuff leaves less room for less healthful choices.

CHANGE ONE PART OF YOUR DIET

Another way to approach this is to choose one unhealthy food you eat and get rid of it or find a substitute. Put all your energy towards changing just that one bad habit and leave the rest alone. It's easier to give up that Coke or candy bar when you know everything else stays the same.

EAT OUT LESS

Just cutting out one or two nights of eating out can make a major difference in your waistline. When you cook your own meals, you know exactly what you're eating, control how much you get, and you can make sure the ingredients you use are good for you.

TRY NEW FOODS AND RECIPES

Finding easy, healthy recipes helps make nutritious eating more enjoyable. Trying new things is the only way eating healthy can become a way of life, so experiment—watch the Food Network or pick up some recipe books at the library or bookstore. Invest in healthy eating and you may find you enjoy it.

The trick to watching your calories is to find a strategy you can keep up with on a regular basis. If you work crazy hours, have kids to take care of and have no time, choosing a complicated diet plan may not be the best idea. On the other hand, if you have more time, learning how to make healthy meals may be something you would enjoy.

The components of a weight loss program are simple: Cardio, strength training and healthy eating. What is not simple is implementing these different elements with a coherent program that fits what you like, what you can do and what you want to achieve.

Looking for guidance, motivation, and accountability? Call The Fitness Doctor!

Remember, starting a weight loss or fitness program is not just a summertime event...nor is it just about losing weight and looking good in a bathing suit. For true, permanent changes, you also need a desire to live a healthier life. That desire helps you make the daily choices necessary to achieve it. ■

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> > **AUGUST 2021**



A Little Twist on a Classic **Irish Dish**

When asked what my favorite food is, I never hesitate to respond: "steak "and then quickly followed by "and anything spicy". Yet, if you were to ask me my favorite dish, it is hands-down the Dublin Lawyer. No one does that dish better than Nighttown. Just thinking about that yummy lobster and the whisky cream sauce inspired me one day to try and make it at home. I had all the ingredients, except for the lobster.

I did however have some really nice shrimp. So, my less extravagant take on this delicious dish was born. Having no rice either, which I would ideally love to serve it over, I made a side dish of sautéed potato medallions, shredded cabbage, and leeks topped with cheddar cheese.

DUBLIN LAWYER

Ingredients:

1 lb. Large Shrimp – peeled and deveined, tails removed

4 tbsp Unsalted Butter

½ - 1 tsp Cayenne Pepper (to taste)

2 cloves Garlic

1 tbsp Kosher Salt

½ teasp. Black Pepper

4 ounces White Mushrooms - sliced

½ cup Scallions – chopped. ¼ cup Irish Whisky

1 ½ cups Heavy Cream

2 tbsp Chopped Fresh Parsley

In a large sauté pan, over medium heat, melt the butter.

Add in the garlic, scallions, and mushrooms.

Season with the cayenne, pepper, and Cook for 2 minutes until soft and

fragrant. Add in the whisky and cook for 2-3

Add in the shrimp and cook for 2 more minutes.

Stir in the heavy cream and continue cooking until it reduces slightly and thickens – 3-4 minutes.

Sprinkle with chopped parsley and serve over rice or alongside your favorite side dish.

Serves 2-3 people.

CHEESY POTATO MEDALLIONS AND CABBAGE

Ingredients:

2 medium Red Russet Potatoes

2 medium White Potatoes

½ head green Cabbage – shredded

1 cup Carrots – shredded

2 Leeks – sliced thin

2 tbsp Unsalted Butter

2 tbsp Red Wine Vinegar

2 tbsp Season Salt ½ teasp Black Pepper

½ Celery Salt

½ teasp Garlic Powder

4 ounces Irish Cheddar Cheese shredded (Kerrygold Reserve Cheddar is my favorite).

Wrap potatoes individually in foil and bake in 350* oven for 30 minutes until partially cooked.

Remove from foil and slice into 1/4 slices.

In a sauté pan, over medium heat, melt 2 tbsp butter.

Add in the potato medallions and sprinkle with season salt, pepper, celery salt, and garlic powder.

Cook until lightly browned on both

Add in leeks and carrots and cook for 3 minutes, until soft.

Add in the shredded cabbage and the red wine vinegar.

Cook until cabbage is wilted.

Sprinkle with cheddar cheese and stir to allow the cheese to melt all through the dish.

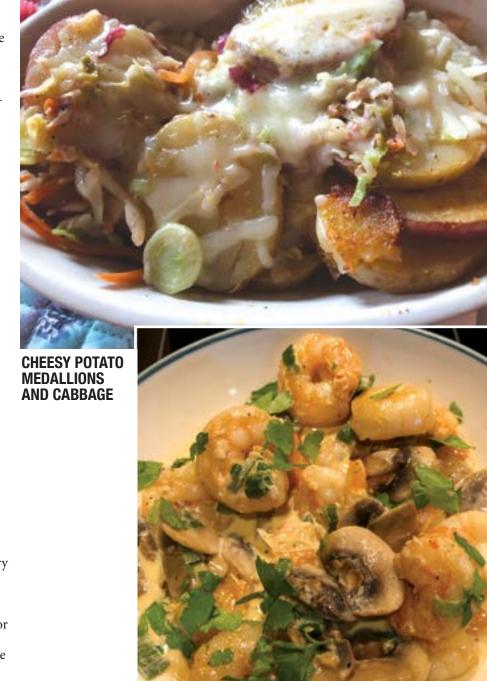
Remove from heat and serve. Serves 2-3 people.

While this dish isn't exactly like the original, it does have enough spirit and flavor to delight the tastebuds.

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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DUBLIN LAWYER



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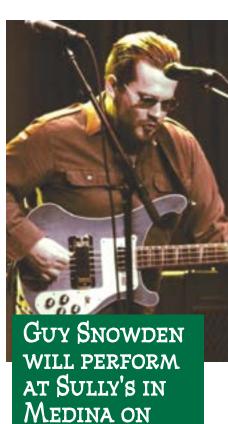
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Mass w food & entertainment by Kennedy & Riley after - Everyone Welcome. Great live music and food in The Pub every Friday. WSIA Club 8559 Jennings Rd. 44138 wsia-club.org. 440-235-5868.

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Traditional Irish Social Dance Opportunities:

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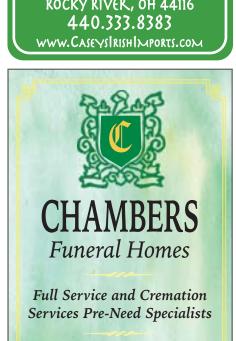
- 1035 Club 1035 Bridge Street Upper, Sandusky 1st Saturday of the month 1-3.
- Bardic Circle @The Shamrock Club of Columbus Beginner - friendly, intermediate level Irish session meeting every other Thursdays 8:00 pm - 11:00 pm
- Briquette's 1st Saturday of the month, 2 -4 pm. Ashtabula on the Harbor
- The Harp 1st Friday of every month, 9pm. 4408 Detroit, Cleveland
- Logan's Irish Pub 3rd Wednesday of the month, 414 S. Main St., Findlay, 7:30 pm
- come, 16719 Detroit Road, Lakewood, 44107 • Tara Hall – Traditional Irish music w General Guinness Band &
- Friends 2nd Friday 8:00 11:00pm. 274 E. Innis Ave. Columbus, 43207 614.444.5949.
- 7:30 p.m. Wednesdays. All skill levels welcome.
- 12th Cleveland Celtic Ensemble (Music from the Celtic world presented in a chamber ensemble setting) 7 pm, Centennial Park behind St. Christopher Parish, Rocky River. Free will offering, outdoors - please bring lawn chairs.



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By Megan Lardie CRAC

The Dog Days of Summer

We are right in the middle of the Dog Days of Summer. Have you ever heard that expression and wondered what it meant? When I hear that phrase, I think of summer days so hot that even dogs want to just lay around on the cool floor of the house. Actually, the phrase has nothing to do with dogs! The phrase has to do with the Sirius star and its position in the sky.

The ancient people created pictures, or constellations, of the stars like a dot-todot picture. This made it easier for them to know the seasons and get ready for what was ahead. For example, they knew that when the constellation Orion became more visible in the night sky, winter was

In the constellation Canis Major, which looks like a dog, the Sirius star is the dog's nose. The Greeks and Romans called these hot days of the summer the "dog days' because the Sirius star would rise

just before the sun in late July.

Sirius is the brightest star in the night sky and is twice the size of the sun. It is twenty-five times brighter than the sun, but we do not notice it because it takes over eight years for the light from Sirius to reach us on Earth. That means it is really. really, really far away!

In the summer in the United States, there is more daylight and it is hotter due to the tilt of the Earth. In Ireland, the sun is still lighting up the sky until almost 11 o'clock at night! The position of the Earth and the stars are constantly changing and it is fascinating to study.

Take some time on one of these hot summer nights to sit outside and look for constellations. There are eighty-eight named constellations. How many can you find? After you try it on your own, download the SKY VIEW app on your phone and aim your phone in different directions. You will be amazed!

EASY SLOPPY JOES

When it is too hot to turn the oven on, try making these for dinner! These also travel well for picnics.



Ingredients:

2 pounds ground beef ½ cup chopped onion

34 cup chili sauce

½ cup water

1/4 cup mustard

12 hamburger buns

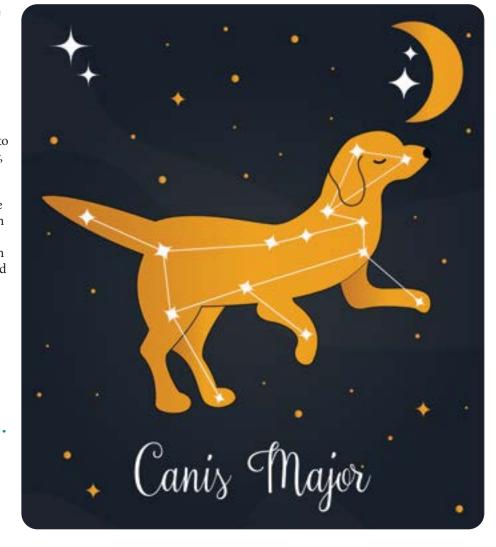
2 teaspoons chili powder

12 slices cheddar cheese

In a large skillet, cook the beef and the onion until the beef is browned, then drain. Add the chili sauce, water, mustard, and chili powder. Simmer, uncovered for 20 minutes, stirring occasionally. Spoon ½ cup onto each bun and top with cheese.

Gab in Gaelic

It is too hot during the day = Ta se rothe i rith an lae (Pron: Thaw shay ro-cheh ih rih on lay)



LARDIE'S LAUGHS

Q: Why did the teacher jump in the pool?

A. To test the water!

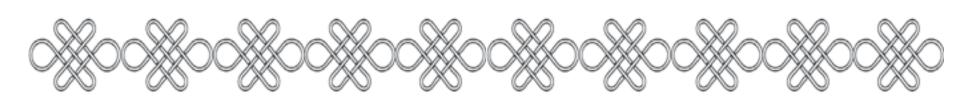
O. What does a mermaid use to call her friends?

A. A shell phone

Megan is a Reading Intervention educator at Andrew J. Rickoff Elementary in the Cleveland Municipal School District. She holds a BA in Humanities from Hiram College and a BA+ in Early Childhood Education from Ashland University. She resides in Avon Lake with her husband, Joe, and their five children. Megan enjoys being part of the Brady Campbell Adult Ceili team, trying new restaurants, and traveling. She may be reached at meganlardie126@outlook.com

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The Colours of Ireland **Monthly Coloring Contest**

AUGUST 2021

Age Divisions: Ages 7, 8, 9 • Ages 10, 11 & 12

Prizes: Each Age Group winner will receive a Gift Card to Kamm's Corner Ice Cream, or the *ilrish* Advertiser of their choice!

Official Rules and Regs: One entry per child One winner in each age group. Participant must color page without assistance. Participant may use crayons, markers, or paint. Use your imagination! Coloring page is also printable from:

www.ilrish.us

Submitting Your Entry:

Color the picture on this page, or download and color it.

Entry and entry info (Name, age, city and Parents Name and Phone Number) must be dropped off to PJ McIntyre's or *ilrish* or scanned and

Or mailed to: 14615 Triskett Road, Cleveland, Ohio 44111-3123 by the 15th of the following Month (December 15th, for the November

Participants name and contact information will not be displayed during judging, but first name and age will be noted after judging for public

Winners will be showcased in ilrish.





AUGUST 2021



5th Annual **Glass City** Feis!

The ending to the last article I wrote for iIrish went something like this: "But with planned and even serendipitous meetings, Irish comfort can be found just around the corner." Little did I know how true that statement would

be until my recent trip to NYC. I feel compelled to share this story, which ends up in Toledo, right next door to my apartment!

I had the opportunity to visit my old stomping grounds recently; and what trip would be complete without dragging my co-workers to Paddy Reilly's Music Bar on 2nd Avenue – if vou know, you know!

Paddy Reilly's Music Bar provides the same ambiance as a pub in Ireland, and it is famous for a couple of things: (1) it only has Guinness on draft and (2) it is one of the only bars in NYC that consistently provides live Irish music and dancing most nights of the week.

How could you go wrong with that combo? Due to COVID and summer in NYC in general, we had the place to ourselves!

Much to my surprise, in walked a

former All-Ireland World Champion dancer from Dublin. How did I know that? Well, another person named Molly that I was with had taken dance Because my office is still in NYC, lessons from him growing up, and

she spotted him straight away since we were the only ones in the place! So, who was this legend? Niall O'Leary!

As chit-chat would have it, Molly, Niall and myself got to talking, and it came up that I was from Ohio. This is where things got interesting. Niall mentioned that he was going to be in Toledo in August.

"What," I said? Although I have a strong affection for Toledo, I would

not necessarily describe it as a summer (www.echosofireland.com) to hear the holiday destination. So why exactly is Niall coming to Toledo? Well, for the Glass City Feis, of course, located in the Seagate Center August 22, 2021, which is right next door to my apartment in downtown Toledo!

Feiseanna, shortened to Feis (pronounced Fesh) is rooted in Irish history. Feiseanna is Gaelic for festival, where locals gather to share in song, dance and music.

The 5th annual Glass City Feis, sponsored by Dr. Thomas McCabe, features competition that ranges from beginner to championship and even offers adult competition. Competitors will dance the Reel, Light Jig, Slip Jig, Treble Jig and/or Hornpipe. While Niall is not one of the competitors, he will be in town as one of the musi-

As the conversation went on, I learned that Niall's dance teachers growing up were Kevin Massey,

magic rhythm of Niall's feet stream

Coincidently, Niall also knew my

Irish dance teacher in Toledo growing

up. Irish dancing and I didn't quite

have a long relationship so, no, you

won't be seeing an article about my

It never ceases to amaze me how

as someone once said, "They would

small the world can really be, although

hate to have to paint it!" Perhaps it has

something to do with where you place

yourself, but sometimes life is exactly

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the way it is supposed to be.

winning the adult competition!

proclaimed by Michael Flatley to be the greatest ever Irish dancer, and Rory O'Connor, the first man to do Irish dancing on radio. For the past three years, I have had the opportunity to co-host Echos of Ireland radio show in Toledo: and when Niall is in town, we plan to record a segment of "Niall Dancing On the Radio." Be sure to tune in on Sunday, August 22nd



clearly on my first trip to Ireland attending Sunday mass in a small church in Cong, County Mayo, and seeing the small number of attendees, mostly older

SHELF

The Best Catholics

of a Special Relationship

By Billy O'Callaghan

The Irish, the Church and the End

ISBN 978-1-844-88526-8 2021 336pp

in the World

Penguin Books

By Terry Kenneally

y@TerryKenneal

I remember quite

women. The date was 1997 and at that point, the clerical scandal that would convulse Ireland for the next two decades was still in its infancy, but already sending shock waves through the population.

The slump predicted by Irish Jesuit Michael Paul Gallagher in his book Help My Unbelief in 1983 came to pass, with Mass attendance in various surveys down from over 80 percent in 1990 to around 40 percent in 2010.

The Best Catholics in the World is a result of a three-year journey by Derek Scally, the Irish Times correspondent in Berlin, covering the fall of Catholic Ireland. Scally, from the perspective of twenty years of contented exile, looks at Ireland today and asks himself why there are not more signs of trauma from the foundation of the state in 1922 until well into the 1990s of the unspeakable injustices visited upon children, mostly the children of the poor, and young women who had the misfortune to become pregnant outside of marriage.

Scally covers all aspects of Catholicism in Ireland, including the clerical abuse scandals, and the monumental Ryan report, a five-volume report on sixty reformatories and industrial

schools run by the Catholic orders which was dubbed by the Irish Times a "map of an Irish hell." He extensively covers the infamous Magdalene Laundries and the 'Magdalene Women' a blanket term for a heterogenous group of at least 10,000 women: single mothers, victim of rape and abuse, orphans and many more.

The subject of the role of Catholic bishops warrants special mention because of the role they played in the clerical abuse scandal. Like their counterparts in the US, bishops like Sean Brady who failed to stop one of his own from committing child sexual abuse (Brendan Smythe) come in for particular derision.

The Catholic bishops in the U.S. have likewise been exposed for their hypocrisy in dealing with similar scandals while at the same tie many of the same bishops have decided to try and shame the nation's second Catholic president by threatening to withhold Holy Communion from President Biden and other Catholic politicians who publicly advance policies (abortion) that are nor aligned with the churches.

The fall of Catholic Ireland is an extraordinary story which Derek Scally manages to illuminate from inside out and represents a TOP SHELF read. ■

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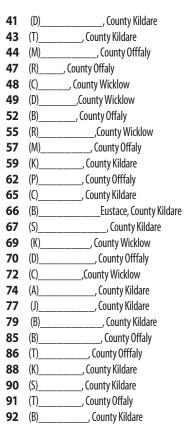
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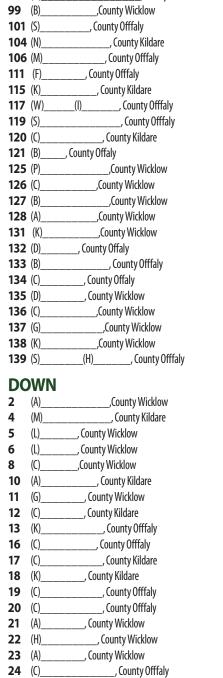
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19	(C)	, County Offfaly	129	(C)	, County Kildare
20	(C)	, County Offfaly	130	(C)	, County Offaly
21	(A)	, County Wicklow			
22	(H)	, County Wicklow			

(D)	, county offary
(B)	, County Offfaly
(B)	Countyl Wicklow
(E)	, County Offfaly

58	(E)	, County Offfaly
59	(K)	,County Wick
71	(R)	, County Offaly
72	/D)	C

•	('')		
3	(P)	, County Kildare	
5	(G)	, County Wicklow	
5	(Δ)	County Wicklow	

76	(A)	,County Wicklow
78	(B)	,County Wicklow
80	(M)	,County Wicklow
81	(M)	, County Kildare

82	(K)	, County Kildare
83	(K)	,County Wicklow
0.4	/V)	County Offfaly

84	(K)	, County Offfaly
87	(M)	, County Kildare
89	(S)	,County Wicklow

89	(S)	,County Wicklow
93	(N)	, County Wicklow
94	(A)	, County Kildare

27	(^)	, County Midale
95	(S)	on-Slamey,County Wicklov
98	(M)	, County Kildare

100	(B)	, County Offfaly
102	(D)	,County Wicklow
400	/F\	C WELL

103	(E)	,County Wicklow
105	(R)	, County Kildare
107	(K)	,County Wicklow

108 (G)	,County Wicklow
109 (G)	, County Kildare
440 (6)	C + 0000 l

	(-/	
10	(G)	, County Offfaly
12	(H)	, County Kildare

114	(A), (Lounty Kildare
116	(V)	,County Wicklow
110	(D)	County Kildaro

110	(n)	, County Midale
122	(L)	, County Kildare
123	(S)	County Kildare

123	(2)	, County Mildare
124	(H)	, County Offfaly
120	(C)	County Vildous

(A)	/	County Wicklow
(H)		, County Wicklow
(A)	,	County Wicklow
(C)		, County Offfaly
(B)	(B)	, County Offaly

, County Kildare _, County Kildare

, County Kildare

,County Wicklow , County Kildare

,County Wicklow

28	(C)	, County Offfaly
30	(K)	, County Offfaly
31	(B)	, County Wicklow

25

39 (K)

42 (R)_

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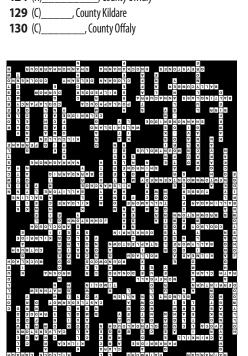


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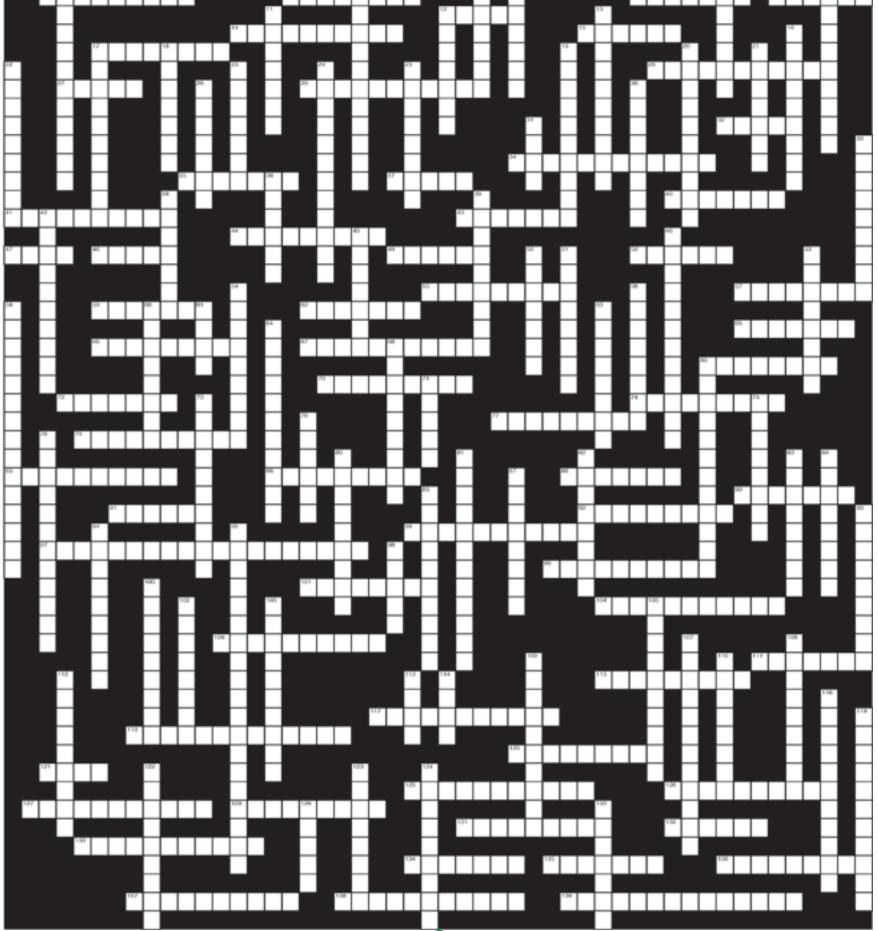




46	(W)	,County
50	(C)	, County Offfaly
51	(R)	,County Wicklov
53	(K)	,County Wicklov
54	(E)	, County Kildar
56	(D)	, County Offfaly



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