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Irish National Baseball Team Pipeline Runs Through Cleveland



EDITOR'S CORNER

By John O'Brien, Jr.

@Jobjr

Savory Season

The savory sauce that makes life worth living is made up of things like food, drink, dance, music, family, travel and Gratitude. It is listed last but is obviously the most important. Immigrants from troubled countries have more of a sense of it, than those who are living in some version of peace.

Peace is a many splendored thing; it is hard to grasp and impossible to keep down. The troubled soul so evidenced in American politics today is the next worst thing to war, though a far better alternative. You had me with your words, then lost me with your actions. Heat without light is useless.

The rhetoric today has yielded nothing positive, despite the effort made to tear down America. Isn't doing the same thing over and over again while expecting a different result a sure sign of insanity?

America the beautiful is quite beautiful, and troubled. Some of it is good trouble, in response to the trouble generated while looking within, with selfishness. I believe America's day will rise again, from these depths. I believe the tide is turning. I believe the morass has thinned and the energy of youth is taking a lead, perhaps not seen in its diversity since the American Revolution. I believe to never doubt in the dark what the Lord has told me in the Light.

Hope is a moral imperative, no matter your religion, or anything else used to judge against you. We are here to make a difference, not a delay. Good trouble.

I hope you vote on November 2nd, despite any legislation designed to lessen voters, to lessen you, and all of America's idealism, its hope to treat all Americans equally.

I am the son of immigrants. I see the horrible experiences of my ancestors in America being repeated against other Americans today. I strive to be a

thoughtful defender.

I have no all-encompassing solution(s). I will heed the advice of friends, and stop racism, bigotry, harassment, violence – ANYthing that treats another differently than how I am treated in my daily life, each and every time I see it. I owe my world and those who came before me at least that.

We do not get to choose our sunset, but we can certainly choose to allow others the same glorious view.

Nuair a stadann an ceol, stadann an rince
(When the music stops, so does the dance)

John

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MADIGAN MUSES

By Marilyn Madigan

Honor and Remember The Tomb of the Unknown Soldier

This Veterans Day will be the centennial of the Tomb of the Unknown Soldier. The tomb is dedicated to all those who sacrificed their lives in the service of our country who remain known to God alone. All the Unknown Soldiers interred at the tomb are recipients of the Medal of Honor. The Unknown Soldier from the First World War is also the recipient of the Victorian Cross and many other service awards from other nations.



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

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The Ladies Ancient Order of Hibernians have also made history with the first appointment of a Veteran's and Military Chair; Cathy Norton Doherty of New York, a Navy Veteran. This year at the ceremonies honoring Veterans Day at Arlington Cemetery, she will be participating in the Wreath Laying Ceremonies, representing the Ladies Ancient Order of Hibernians at the Tomb of the Unknown Soldier and at the Women Veterans Memorial.

What an honor for the Ladies Ancient Order of Hibernians and Cathie during the Centennial Ceremony of the Tomb of the Unknown Soldier. Let us always remember and honor the sacrifices our active troops, our veterans, and all their families have made to protect our freedoms. Please visit our website at www.ladiesaoh.com/veterans-military-affairs/ to keep informed how to help our veterans. ♦

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About Our Cover:

Dublin Ireland's Patrick Mitchell joins Irish National Team Coach Jay Murphy as they chase International Championships for Ireland.

Cover Pic by John O'Brien, Jr.



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Dance, Dance, Wherever You May Be

November ushers in a fantastic colorful foliage in lush shades of red, orange, yellow and orange. This is a perfect time to enjoy the fall festivities that are planned! Although many folks are still impacted by Covid, as many are still leery to go out and play!

RIVER CITY BRASS BAND

For those who do go out, a wide world of music opens up! This month the River City Brass Band (RCB) celebrates their 40th anniversary. RCB is the only full time Brass Band in America. The twenty-eight piece ensemble tours extensively throughout America and performs more than thirty-five concerts in a season as part of their community concert series, along with many other concerts.

James Gourley is Artistic and General Conductor and has been the conductor for the past seven years. Born in Scotland, he met with success on the Tuba early in life and today, along with all of his accomplishments, he is International Vice President of the International Tuba and Euphonium Association. He is also an excellent entertainer!

They perform some unique themed concerts in several venues in the region. This month the RCB kick off their season with a 40th Birthday Bash and music of the 1940s, with composers such as Glen Miller, Artie Shaw, Duke Ellington, Billy Strayhorn, and Benny Goodman.

In December the RCB perform their annual 'Christmas Brass-tacular' concert, which is better than figgy pudding! There are lots of favorite holiday hits and music from family movies. An excellent program!

And in March it is the 'Celtic Connections' concert, with both Irish and Scottish music, Irish dancers, and pipers, with world champion piper Andrew Carlisle, originally from the North of

Ireland and a teacher of the pipes at Carnegie Mellon University. I will have more about this concert at a later date.

Throughout November, our Irish organizations are still working at planning and organizing their programs for the season. However, Covid has been playing havoc with them and some folks are still afraid to go out socially.

PITTSBURGH CEILI CLUB

The Pittsburgh Ceili Club (PCC) will present their monthly Ceili at the American Legion Post 15 in Aspinwall on Saturday, November 6th. The PCC is effective in insuring that folks can enjoy themselves with music, refreshments, and camaraderie. They are quite experienced at this as they have been organizing and planning events and Ceili's for at least thirty years and they do a good job.

GAELIC ARTS SOCIETY OF PITTSBURGH

The Gaelic Arts Society (GAS) of Pittsburgh also offers the community very interesting programs. On Sunday, November 21, the GAS will host Gerald F. O'Neil of Duquesne University. He will present the Rooney Library and his book "Pittsburgh Irish - Erin on the Three Rivers". Gerry O'Neil is a teacher, student, sound engineer, gardener, historian and author.

While the Pittsburgh area has a rich history that includes many groups of immigrants, this book concentrates on Irish immigrants and all they brought to this region. Gerry has assembled interesting history on the early families in the Pittsburgh area. These folks brought with them their hopes and dreams for a better life. They brought their work ethic and their language, much of which has been absorbed into our Pittsburgh vocabulary.

This presentation promises to be a very intellectually stimulating afternoon. All presentations will be at 2pm to 3pm at Carlow University, Palumbo Hall on the corner of Craft and Fifth Avenue. There is free parking across the street and refreshments will follow.

MULLANEY'S HARP & FIDDLE

In The Strip area of Pittsburgh is one of two Irish Pubs and music venues. They are opened Tuesday through Saturday from 11:00am. Every Tuesday they offer a Ceili night, and many Wednesdays through Saturdays, 'live' music is performed.

Some of the best performers and musicians have graced the stage with



their talent. Covid, periodically, has put a damper on the music as it is not always possible to project who will be performing. Our local talent had done a spectacular job entertaining us both on the back deck and on the inside stage.

Riley's Pour House in Carnegie is the second Irish Pub and music venue. Reilly's is open seven days a week, offering an extensive menu, with breakfast on Saturday and Sunday from 9:00am. They have been voted one of the best Irish Pubs in the area. This Pub is a hub for watching the Pittsburgh Steelers on TV; a variety of musical talent performs several nights throughout the week.

BOOKS

We are moving into the season of curling up on the sofa with a good book and not stopping until it is finished. Over the past several months I had the opportunity to do such a thing, I read three exciting books, mostly non-fiction with a hint of truth, and all taking place a long time ago.

The first one was "Athenry" by Cahal Dunne. This book is Cahal's tribute to the strength and forbearance of the Irish as told through the lives of two families affected by the Penal Laws. These laws were the motions that put into effect the Great Hunger. "Athenry" is a well written historical fiction that just might inspire you to learn more about The Great Hunger. This book can be purchased in any good book store or go to Cahal's website, www.cahal-dunne.com.

The second book is "Briarhill to Brooklyn" by Jack Bodkin. This book is about an Irish family's journey to freedom and opportunity. This story has Da and Mam and eight children, some of their spouses and an uncle who is a Catholic Bishop. The family travels from County Galway to Brooklyn,

New York. The stories here encompass the period of the Great Hunger to the American Civil War.

There are some good life lessons in this book - love, honor, sharing, generosity and general caring for your fellow man / woman. This book can also be purchased in any good book store or from Jack Bodkin's URL at Briarhill to Brooklyn by Jack Bodkin | BRIARHILL TO BROOKLYN.

The Third book is "Rockaway Blue" by Larry Kirwan. This is a book about the terrorists who attacked the World Trade Center on September 11, 2011. A tearjerker for sure, but also a marvelous story that many of us could relate to.

This book took Larry Kirwan almost twenty years to write. We learn about a family whose son, a policeman, was killed in the tower and the circumstances of his death. We laugh, we cry, and don't we wonder why?

This is another dynamic story by a very accomplished author & musician. Colum McCann, author, writes a compelling review, "it is Kirwan with Rockaway Blue. He knows the moment when the thorn enters the skin."

It was quite difficult to put any of these three books down until I finished reading; in all of them I laughed, cried, and felt so satisfied upon completion. I encourage you to read them, go to your library or a good bookstore, or Amazon.com and order. ♦

Diane is the Producer & Host of Echoes of Erin on WEDO 810AM, Sundays 12:30pm; Online Wednesdays www.kd-radio.com 1:30pm (then click on Listen Live). Email: diane.byrnes@verizon.net

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At Table

*The world begins at a kitchen table.
No matter what,
we must eat to live. The gifts of earth
are brought and prepared, set on the
table . . .*

*We chase chickens or dogs
from under it. Babies teethe at the
corner . . .*

*It is here that children are given
instructions on what
It means to be human . . . At this
table we sing with joy*

*We pray of suffering and remorse. We
give thanks.*

Perhaps the World Ends Here by Joy Harjo

So much of my life has been spent in the kitchen. As a young child I would join my grandmother Rose at her kitchen table at dawn on Thanksgiving Day. The fragrance of cloves and nutmeg, roasted carrots and stewed meat permeated the air.

Grandma set the toaster on her kitchen table, and we would toast the bread for stuffing. I can still feel my elbows stick to the green vinyl tablecloth as I attempted to cut perfectly precise squares; even now, I can hear my grandmother's voice teaching, laughing, and singing "Silent Night" a month too early for Christmas.

Our Chicago home was small. The table rested almost in the middle of the kitchen. Here my mother and aunt would roll out hundreds of hand-crafted raviolis for holiday meals and drink a few too many glasses of red wine. On Friday evenings I would pull up an extra chair to the table and watch my parents and their friends play card games, laughing over sweet bourbon cocktails.

As brisk November winds turned into December snow, my best friend

and I would decorate Christmas cookies. Sprinkling sugary confectations atop delicate spritz cookies and rolling rum balls in toasted pecans, we would pretend to be famous chefs talking in our best imitation of Julia Child. Later, we would stuff ourselves with my mother's delicious soups and homemade bread; content in the moment, we would laugh and dream, unaware of what our futures would hold.

Many of my loved ones who once sat at that table are now ghosts, including my childhood friend. Our house was sold, and new families have since moved into and out of the rooms where I once lived. Like the creak of the stairs and the heat from the old gas oven, my mother's laughter is a now a memory, but her beautiful recipes for soup, pasta, sauce, and cookies remain. Each holiday, I try to honor her memory through my cooking and the traditions she shared with family.

My Irish family enjoys turkey and stuffing for their Thanksgiving and Christmas feasts. I grew up eating homemade pasta for Christmas, so rather than attempt to marry the traditional Christmas turkey and stuffing with lasagna, I began a new tradition. The Sunday after the New Year, my family sits at the dining room table, still filled with Christmas greenery, and shares an Italian meal. This is our celebration of the "Little Christmas."

As the children have grown and now leave for college at sporadic times, I never know how many of us will sit at the table for the tradition that I hold close to my heart. Still, I will continue to make the sauce and roll out the dough for homemade pasta and pie, preparing for our dinner on the worn top of my kitchen table.

A keeper of memory, our kitchen table has witnessed milestone birthdays with champagne and cakes and has held comforting candles during storms and soft snowfall. Its surface is tacky from the starch that dripped as my mother-in-law peeled pound after pound of potatoes for many a Christmas dinner. I am not sure that I have the heart or mind to refinish this table in keeping with the new styles.

Etched within faded grain are the

fingerprints of my mother and father-in-law. Gentle ghosts sit at our open seats reminding my family of good times and serious talks, future plans and disappointments. Joy and sorrow both have a place at our table.

As I sit staring out the windows that face the length of the table, I am reminded of a time when a hawk hopped rabbit-like behind the safety of our shed. A blur, soft tufts of grey bloomed from sturdy legs, almost human in their grace.

The hawk stood at his earthen table, parallel to mine - a banquet covered in clover and spent wild strawberries, dandelion greens and rotting mushrooms. Above the bird's regal head, blue jays skittered amid the branches of our old plum tree. Squirrels accompanied the hawk at table, digging acorns, while chipmunks scurried about in child's play.

The hawk, a wise elder, was content in my yard among the other birds and beasts. Stamping his talons on the wet grass, the hawk feasted, pulling

sinews from the earth and swallowing his prey in reverence.

Once he was sated, the hawk flew with full belly into the slanted light of the late November morning. Knowing their place, his companions departed the table as well. Only then did I allow my spaniel to run free atop their table, collecting her share of mice left behind.

A dream dissipating to memory, I turned away from the window, back to my own place at table to write and sip slowly from a cup of peppermint tea. ♦

Source Consulted: Young, Kevin (ed.) The Hungry Ear: Poems of Food and Drink. New York: Bloomsbury, 2012.

**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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ON THIS DAY IN IRISH HISTORY NOVEMBER

1 November 1920 - Following a mutiny in India by soldiers of the Connaught Rangers in protest at events in Ireland, Private James Daly is court-martialed and executed by firing squad; he is the last member of the British army to be executed for mutiny.

4 November 1908 - The Women's Franchise League, Ireland, chief militant suffrage organization, is established by Hanna Sheehey-Skeffington and Margaret Cousins.

7 November 1969 - Over 3,000 artifacts relating to the Vikings were discovered at the Winetavern Street/Wood Quay site of the proposed Dublin civic offices.

9 November 1926 - Birth of Hugh Leonard (pseudonym of John Keyes Byrne), dramatist, television writer, and essayist, known for Da and a Life.

11 November 1919 - First edition of the Irish Bulletin was launched by Dail Eireann,

in response to a ban on all Republican newspapers and journals.

14 November 1923 - W. B. Yeats receives the Nobel Prize for Literature. His reply to the many letters of congratulations sent to him contain the words, "I consider that this honor has come to me less as an individual than as a representative of Irish literature, it is part of Europe's welcome to the Free State."

16 November 1965 - Death of W. T. Cosgrove, first President of the Executive Council of the Irish Free state (1922-1932).

18 November 1922 - Court Martial of Erskine Childers begins for his role in the Irish Civil War.

19 November 1821 - Rockite Outrage: seventeen people were burned to death by peasant agitators, led by Captain Rock, at a home in Tubber, Co. Tipperary





TOLEDO IRISH

By Molly McHugh

Getting to Know The Finns

The Blarney Event Center in downtown Toledo was filled with sing-song Friday night, as The Finns streamed a live concert all the way from Dublin (Ireland, not Ohio). Hosted by the Toledo Irish American Club, the event brought in an audience from near and far.

Who are The Finns? The Finns are brothers Hugh and Ciaran Finn, from Co Laois, Ireland. While their roots lie in traditional Irish music, their spin

on original songs has been described as alt-folk and indie folk, with hints of blues and rock.

Hugh and Ciaran say, "We have incredibly catchy, lovable, and seriously



impressive original songs that are easy to fall for." To get these eclectic sounds in harmony, the brothers play a variety of instruments, including banjos, guitars, percussion, bouzouki, tenor guitars and harmonicas. For those like myself who have not heard of the bouzouki, Google informed me that the bouzouki is a long-neck plucked lute of Greece, somewhat resembling the mandolin.

So, how did The Finns come to make their Toledo debut? I spoke with the president of the Toledo Irish American Club, Kelly Zawierucha. She said she first heard The Finns play with Derek

Warfield & the Young Wolf Tones. During Covid on Friday afternoons, Derek Warfield and the Young Wolf Tones hosted Facebook live sessions (or sessions); and on one occasion, The Finns were their special guests.

Special is right! As soon as Kelly heard them play, she reached out and asked if they could bring their magic to Toledo, well, remotely anyway!


Not only did The Finns light up the room with their traditional Irish songs; but games, raffles, singing and even some dancing took place too. While The Finns were playing Finnigan's Wake, a mini-Sheleighleigh stick was passed around the room; the person who held onto the stick last when the song ended won a prize.

Unfortunately, that was not me! But, fun was had by all.

One of the songs The Finns played was The Galway Shawl, one of my favorite Irish ballads. It immediately takes me mentally to standing on the Prom of the Galway Bay, looking out towards the vast ocean. I have always been told that it was my Granny Sarah's favorite song, so it also holds a special meaning to me.

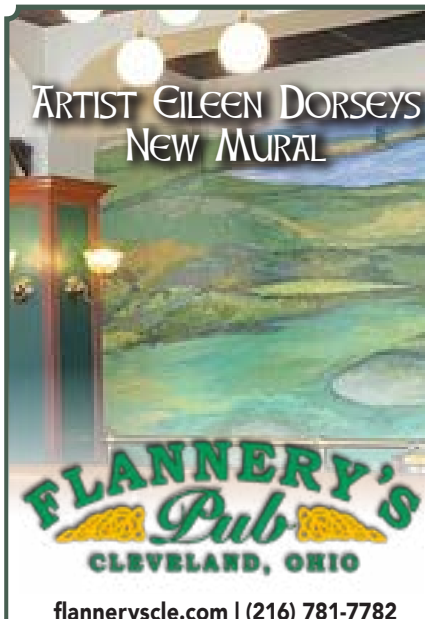
The Finns have been gaining popularity throughout the U.S., promoting singles off their debut album, "Creations." To learn more about this dynamic brotherly duo, head over to thefinnmusic.com. ♦

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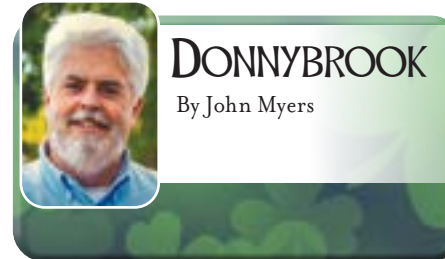
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DONNYBROOK

By John Myers

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JUDGE NANCY MCDONNELL

The Greater Cleveland legal community and the Irish American community bade a fond and sad farewell to a proud daughter of Erin, Judge Nancy R. McDonnell. Judge McDonnell was buried at Cleveland's Calvary Cemetery last month.

She died at the young age of 61, after a twenty-six year fight with Primary Pulmonary Hypertension (PPH). A rare and uniquely complicated disease, PPH typically claims the life of those diagnosed within a year or two of diagnosis. Nancy's nearly three decade long fight with PPH was unprecedented.

The word "fight" is inadequate to convey the strength and courage she exhibited day in and day out, as her health challenged her everyday life, necessitating a double lung transplant twelve years ago. And yet she never let the fight define her; she never complained, and always had a smile and a kind word for all.

Nancy preferred to be defined as a devoted mom to her three kids: Helen, John & Jane, and as a loving wife to her husband, John Kosko. In her memory, the family has asked all to consider signing up to be an organ donor.

Following in the footsteps of her Dad, Dan McDonnell, and her older brother Jim, Nancy was a consummate professional in the legal world, serving as an Assistant County Prosecutor under the legendary John T. Corrigan, as a Magistrate in Lakewood Municipal Court and eventually being elected twenty-five years ago as a Cuyahoga County Common Pleas Judge.

At the Court, Nancy was a natural leader and a trailblazer, elected by her peers, she served as the first woman Administrative and Presiding Judge in the Courts 200 of history. She broke a long standing log jam to create Cuyahoga County's Community Based Corrections Facility, now aptly named the "Nancy R. McDonnell CCBF".



Judge Nancy McDonnell

This facility allows non-violent offenders to serve their sentences in a low security environment with education and treatment programs. At the time of the opening of the CCBF, Judge McDonnell stated, "Each life that is improved by this place will improve the life of that person's family, and it will improve the entire community."

Judge Nancy was proud to call Lakewood, Ohio home for over thirty years, but was equally proud to have grown up in Cleveland Heights as one of eight children of Dan and Jane McDonnell. After graduating from St. Ann grade school and Regina High School Nancy went on to attend Catholic University in our Nation's Capitol and study law at Cleveland-Marshall College of Law.

Nancy came from a family with great Irish pride and deep roots in the annual Cleveland St. Patrick's Day Parade. Her Da was a long standing member of the Irish Civic Association which was the sponsor of the parade in the 1930s, 40s & 50s. The ICA was one of the original groups to create and found the United Irish Societies, which has now been the sponsor of the Cleveland parade for over sixty years. To honor this history, the ICA marches at the head of the Parade each year (in front of the horses...).

As a woman with faith, with unceasing dedication to family, as a consummate public servant and a respected and beloved professional, Nancy McDonnell exemplifies much to be proud of in our Irish American Community. Safe home Nancy, Rest in Peace.

AN ALL IRISH AFFAIR

It is shaping up to be an all Irish

Affair for the open Ohio U.S. Senate seat. On the Democratic side, Mahoning Valley's populist Congressman Rep. Tim Ryan is almost certain to be the Dem nominee. On the Republic side, State Sen. Mark Dolan and entrepreneur Mike Gibbons are two of the leading candidates to succeed Rob Portman in 2022. Make sure you check their stands on the Irish Peace process, a United Ireland and any future trade agreement with the Great Britain. Should be a great Donnybrook of a race to watch next year.

POLL TOPPER

The old saying is that polls don't vote, but still there is good news for Sinn Fein, Ireland's oldest political party, from the Sunday Times/Behaviour & Attitudes Poll. The most recent polls show Sinn Fein as the most popular political party in the Republic, with 1/3 of voters showing

support. Sinn Fein leader, Mary Lou McDonald is shown as the most popular leader, with a 48% favorability rating. Time will tell if Sinn Fein can hold on and/or build more support before the next general election.

EIRE'S TOP GOLFERS PLAY THE GREAT LAKES

Four of Ireland's top golfers played in this fall's Ryder's Cup in Whistling Straights, Wisconsin, at a dramatic and beautiful setting on the shores of Lake Michigan. Pdraig Harrington (Captain), Shane Lowry, Graeme McDowell and Rory McIlroy gave a distinctive Irish accent to Team Europe.

The Ryders Cup, played every other year, pits the top European golfers against the top American golfers. The format makes it one of most fun golf matches to watch and very accessible to the average golf fan.

Despite the strong Irish presence, the American team dominated, winning handily 19 to 9. The traveling tournament moves to Italy in 2023, New York in 2025 and then to the Emerald Isle in 2027. The historic and beautiful Adare Manor in County Limerick will host the 2027 classic.

2021 Team Captain Pdraig Harrington described Adare, "It's second to none. A fantastic design, fantastic development, with the hotel and clubhouse. There's nothing better." Make your travel plans now, its just a short twenty-five minute drive from Shannon Airport. ♦

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"Every elderly person, even if he is ill or at the end of his days, bears the face of Christ." – Pope Francis

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IRISH AT HEART

By Natalie Keller

Why Galway?

I believe cities have distinct personalities. Boston, which I visited recently, is a city steeped in the past, with a Freedom Trail that winds through historical landmarks and pivotal places during the Revolutionary War — while New York City, by contrast, is preoccupied with the present: its streets pulse with modern art, theater, and music. Cleveland, where I live, has an aura of resilience, rebirth, and rock n’ roll. We know Paris as the city of love, London as the city of classic English literature, and Rome as the city of ancient grandeur.

People often ask me: why Galway? After all, there are numerous cities and towns across Ireland with their own distinct charm and culture, so what drew this American migrant to the western edge of the country? There was a great deal of research that went into my decision, but ultimately, it was a matter of intuition and heart.

But Galway... Galway is the city of music, and I heard its song from thousands of miles away.

CITY OF MUSIC

“Music” was the word that popped up again and again during my research on Galway, and as a violinist of twelve years, that naturally piqued my interest. Galway is famously home to the best music pubs in Ireland, many of the greatest musicians in the country, and numerous music festivals every year. I was especially drawn to traditional music, featuring harps, guitars, accordions, and, of course, fiddles. And boy, did Galway deliver.

When I first walked through the streets of Galway, music was everywhere — spilling out of open restaurant doors, windows, or played openly in the September air. Galway’s cobblestone roads are teeming with street musicians every day of the week: soloists with just a fiddle and a microphone or entire eight-person bands with speakers and full drum sets. Music is not simply a part of Galway — it is the essence of it: the city’s rhythmic, beating heart.



Buskers on the street in Galway

The night we signed the rental agreement for our new apartment, my friends and I were euphoric. We finally had a home in Galway and the occasion called for celebration, so we headed to a nearby pub called The Crane Bar. Toasting our future downstairs, we suddenly heard traditional music playing above our heads. Curious, we found the stairs and wound our way to the second floor, where, sure enough, there were several musicians gathered in an intimate and candlelit room full of low tables and bar stools. Nearly every seat was taken, but somehow, we managed to squeeze in.

The room was quiet and reverent — I could immediately sense this was a holy space of sorts, a hidden gem within the vast city. Between songs, there was conversation and laughter, but when the first strum of a guitar rang out, the audience fell silent. This was a place where music was taken seriously. It wasn’t just the background noise of a usual pub — it was the entire reason we were here.

I was in awe of the talent on display. It amazed me how these Irish musicians seemed to have a universal repertoire memorized: one player would begin a song, and the rest joined in, playing by heart without the help of sheet music. It was as if these jigs and melodies ran in their bloodstream, and that playing was as natural as breathing.

At one point, a member of the group

turned to the audience and invited us to sing along to his rendition of “I Can’t Help Falling in Love with You.” Of course, we sang, and that was the precise moment I fell in love with Galway. I knew, in my heart, that I had chosen the right place to live.

LEARNING TO LISTEN

In our daily lives, music is almost always a solo experience. I normally enjoy music through earbuds or while driving alone in my car, but the type of listening we did in The Crane Bar that night was wholly communal — a shared experience. I’m not a religious person, but these are the moments in life when I feel most spiritual.

I am reminded of something John Cage once said, that “good music can act as a guide to good living.” Sitting there in that room, surrounded by my fellow human beings all tuned in to this transcendent beauty, taught me a lot about living — and about listening, with respect, awe, humility, and appreciation.

Here in America, we can find similar experiences during live concerts and performances. As a member of several orchestras throughout my life, I’m well-acquainted with the power of collective listening — the stillness of held breath as an auditorium of people are entranced by Mozart, Beethoven, or Vivaldi.

But there was something distinctly

Irish about that night in The Crane Bar. Perhaps it was the instruments, the musical style, the spontaneity of musicians dropping in, the camaraderie of the room, the Guinness in my hand, or something I can’t even quite put my finger on. But I know I’ve never experienced that anywhere in the world but Galway.

These days, I don’t feel that we listen enough. Listening, after all, is an art form — an act of empathy and understanding in which we pause our own internal monologue to appreciate the voices of others. In conversation, most people only listen with the intention to speak, formulating their own reply instead of thoughtfully paying attention to the other side. Many national and international problems could be solved by simply listening to each other instead of engaging in screaming matches and battles of ego.

But music — particularly live music — teaches us to clear our heads, to set aside personal ego, and to listen. It invites us,



for a moment, to forget our singularity and connect to something larger than ourselves, which is an invaluable and beautiful practice.

The atmosphere of that night, as I stood shoulder-to-shoulder with friends and strangers in the flickering candlelight, was nothing short of magical. That was perhaps my happiest memory of Ireland: a time of beginnings, possibility, belonging, and of course, music. ♦

Natalie Keller is a graduate of Kenyon College and a former resident of Galway, Ireland. Her poetry and fiction have appeared in various online platforms, and she is currently editing a novel, much of which is set in the Emerald Isle. She loves to hear from readers at nataliekeller.writer@gmail.com.

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TERRY FROM DERRY

By Terry Boyle

A Night at the Opera, The Magi

The other night, at the pub, was good craic. I overheard Yeats, the poet, on a rant to O’Casey, the playwright, about the changing times. The celebrated statesman eulogized the death of feudalism and bemoaned excesses of democracy, a point that didn’t sit well with his listener.

O’Casey, who was fidgeting (playing with a cardboard coaster) bided his time. Yeats, well accustomed to being in the spotlight, had perfected the art of speaking loud enough to be heard by everyone else. But no one but me paid him much attention.

Ignoring the condescending tone of the public figure, the other barflies carried on watching the match. Their periodic cheering and shouting sidelined the poet’s sophisticated oration. Not impressed by their lack of interest, Yeats tried channeling his frustration into a more erudite discussion on the sad state of Irish art.

O’Casey, putting his cap to the side, adjusted his glasses, and coughed. His companion’s elitist manner was proving too much for the ardent socialist to stomach. Flipping the bar coaster up in the air, O’Casey caught it first time. ‘Not bad for a blind man’, he interjected.

The poet, thrown off his stride, watched as O’Casey completed the trick for the second time. ‘Now, you try it.’

If looks could damn you to obscurity, O’Casey would have found himself shoveling snow in Siberia. An indignant Yeats placed a finger on the coaster and it was obvious he was not happy with the frivolous diversion.

‘Just go for it. No one’s watching you. What difference would it make, anyways? A man of letters like yourself isn’t above a bit of fun. Is he?’

The poet was rattled. It was written all

over his studious face.

As he considered his options, to stay or go, the door of the pub swung open with a dramatic flair. Behan, the notable dramatist, brutishly staggered into the premises. Singing at the top of his voice, where he was quickly admonished by those engaged in watching the beautiful game.

Not one to be silenced, he was about to cause a great ruckus when he caught sight of Yeats and O’Casey. Taking his leave from those he had annoyed, Behan planked himself beside the poet.

Without a second thought, he shamelessly threw his arms around his fellow writers. Reeking of smoke and booze, he kissed both men on the cheek. ‘Ah sure, look at us. We’re some of the best fecking writers this country has known.’

Out of the corner of my eye, I could see a host of smile wrinkles on O’Casey’s face. Yeats’ fate was well and truly sealed. The boisterous drunk held them captive with his uninhibited display of self-congratulation.

Yeats, who had begun to fidget with the bar coaster, was suddenly taken hold of by the lapels of his jacket. Behan’s spit got dangerously close, as he pulled the poet towards him.

‘You’re the father of us all. You know that don’t you. Where we would be without you? Sure, it doesn’t matter that you’re an Anglo-Irish Prod.’

Turning to O’Casey, who by this time looked as if he was undergoing some religious ecstasy, Behan continued, ‘Sure, it doesn’t Sean. Oh, sorry, you’re one too, aren’t you? But you’re one of the good ones. Working-class.’

Desperately trying to free himself of Behan’s huge hands, the poet’s humiliation was soon eased by O’Casey intervention. Sean, gently pulling Behan back into his seat, began to soothe the inebriated writer.

‘Brendan, sit down will you. There’s a good man. You need to take better care of yourself.’ Temporarily appeased, Behan began to lavish praise on both men. Stating unequivocally, that while Yeats will be remembered at the ‘father of us all, no one could understand all of that Irish mythology shite.’ O’Casey’s smiles, which turned to laughter, was greeted by the poet’s scorn. He might be shovelling snow in Siberia for eternity but from the look on Sean’s face, it was worth it.

As the supporters’ cheers faded into a postmortem of their team’s loss, the TV screens lit up with a news report. When

the former American’s fake tan and weird hair showed up, Behan leapt up from his chair and pointed to the image of Trump.

‘I can’t wait until someone takes him as their prison bitch. Look at him. The waster! They should lock up the whole fecking family. Ivanka can design and model the new orange. Trump junior can write his new book Fingered. Melania, oh she’s a hooker.... Jesus, sorry, I meant looker!’

O’Casey’s uncontrollable laughter had the poet rise to his feet. ‘As I was saying to Sean before you came in Brendan, this is a bad state of affairs we’re in. You might not like that man...’

Behan, unfamiliar with the deference paid to the elderly poet, would not be quiet. ‘Like him? If he was the only one in the nick with me, you couldn’t pay me to shag him. He’s a tosser!’

Caught between enjoying Behan’s mad antics and Yeats discomfort, Sean tried to reinstate some civility. ‘Gentlemen, sit down. Let’s not make fools of ourselves.’

As the soccer fans began to leave, the pub grew quiet, and the lack of ambient noise had a good effect on the writers. Brendan, still mawkish in his praise, was less ebullient. The entertainment over, I was thinking of heading home when Greta Thunberg’s image appeared on the TV screen.

On seeing the young, spirited environmentalist, Brendan’s waning enthusiasm fired up again. ‘There’s your new Maude Gunne for you. Forget all that Mise Eire shite! It’s the planet we need to be thinking about now, not this speck in the universe. Look at us, some of the best Irish writers. Don’t you think we could do something more?’

Sobering up, Behan’s mood darkened. I half expected Yeats to make a speedy exit, and O’Casey to offer to escort maudlin Brendan home, but none of that happened. The poet said something about needing to preserve the soul of the planet. Immortalizing zeitgeist in words that will galvanize the hearts of humankind.

O’Casey, lost in his own thoughts, began talking about how the impending universal calamity transcended the limits of nationalism and would call us all to fight against the forces that were dragging us towards the abyss. For me,



I was dumbfounded. What I was seeing was hard to believe. Under a Swedish star, three wise men were following its light, in their own meandering ways, hoping for universal salvation. ♦

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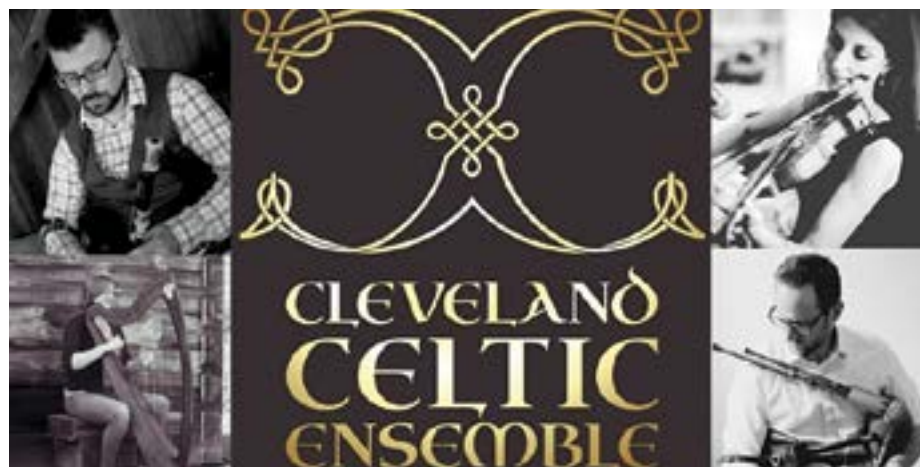
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ILLUMINATIONS

By J. Michael Finn

Father Eugene O'Growney "He revived the courage of the Irish"

"It surely stands to reason that the history, language, and literature of a country are sacred national trusts."

—Fr. O'Growney

The Irish mythological hero Cuchulainn (pron: coo-HUL-ahn) is reported to have said, "I care not if I live but a day and a night, so long as my deeds live after me." The Great Hunger not only devastated the population of Ireland, but it also dealt

a severe blow to the Irish Language. It has been estimated that at least 1.5 million native Irish speakers either emigrated or died in the decade between 1841 and 1851. If you combine this with the outright discrimination against teaching, writing or speaking Irish imposed by the British authorities, it is a wonder that the national language survived at all.

Many scholars in the late 1800s recognized the need for a language revival in Ireland. One of these Irish scholars was Father Eugene O'Growney (pron. O'Grown (like Brown) nee). Although he lived only a short time, the impact of his life on the language, history and literature of Ireland was significant.

Eugene O'Growney was born September 24, 1863 in Ballyfallon Townland, Athboy, County Meath, the second among six children of James O'Growney and his wife Margaret Gavan. He received his earliest education in Athboy national school and afterwards entered St. Finian's seminary in Navan, Co. Meath.

In September 1882, he continued his studies in St. Patrick's College, Maynooth. According to his own writing, O'Growney had no contact with the Irish language until he was fourteen years of age, when he was greeted in Irish by a local workman.

Later that year he came across an old edition of a catechism written in Irish. He then set about learning as much about the language as possible, and by the time he entered Maynooth he had begun compiling a dictionary.

During his days as a student there, he promoted the Irish language at every opportunity, and founded a Gaelic society in 1886. The college granted him permission to allow copies of *the Gaelic Journal* to be sold there, and he urged his fellow students to become subscribers.

His summer holidays (1885-7) were spent learning Irish, mostly on the Aran Island of Inis Meáin (pron: In-ish mahn). He also spent time in the Cork, Kerry, Donegal, and Ring areas, learning as much Irish as he could.

O'Growney wrote: "Yes, it is sentimentality to long for the revival of the national language and to wish to see the national history and literature in their due place of honor; but it is true patriotism, as well. It surely stands to reason that the history, language, and literature of a country are sacred national trusts."

He spent the academic year 1888-9 as assistant dean in St Finian's College, Navan. His duties were light and this allowed him to spend time writing articles for the *Tuam News*, the *Irish Ecclesiastical Record*,



Eugene O'Growney

and other papers.

He was ordained at St. Patrick's College in Maynooth on June 24, 1889. He was briefly appointed as pastor to Ballynacargy parish, eleven miles from Mullingar, in County Westmeath.

It was during this time he first met Douglas Hyde. In 1891 he was appointed professor of Irish at Maynooth, and at about the same time became editor of the *Gaelic Journal*.

SIMPLE LESSONS IN IRISH

At the request of the Archbishop of Dublin, he began his series titled, *Simple Lessons in Irish*, first published in the *Weekly Freeman*, which did more than any other book in the last two centuries to familiarize thousands of Irish with the language of their ancestors. His lessons proved so popular that they were published in booklet form. There were five books in the series, and by 1903 the book had sold 320,000 copies.

GAELIC LEAGUE FOUNDERS

Father O'Growney was one of co-founders of the Gaelic League (along with Douglas Hyde and Eoin MacNeil), although he was not present at the organization's inaugural meeting in Dublin on July 31, 1893. The organization was founded "for the purpose of keeping the Irish language spoken in Ireland." On January 25, 1894 he accompanied Douglas Hyde to Galway to found the Galway branch of the League. Later that year he became vice-president of this influential organization.

In 1894 his health began to rapidly decline. He was suffering from tuberculosis and requested permission from the college to take six months' leave of absence from his post. On the advice of his doctor, he moved to California in November 1894, spending time in San Francisco and Oakland. In the spring of 1895, he moved to Arizona, spending time in Tuscon, Yuma, and Flagstaff, and in a tuberculosis

sanatorium in Prescott.

On July 23, 1896, Father O'Growney resigned from his post in Maynooth, and the following month advised the Gaelic League that they should appoint someone in Ireland as vice-president in his place. His offer to the Gaelic League was refused.

While living in America he continued to write articles for journals such as the *Irish Ecclesiastical Record*, *Irish World*, *Catholic University Bulletin*, *Weekly Freeman*, and *Donaghoe's Magazine*. He also translated "The star-spangled banner" into Irish.

He returned to Los Angeles at the end of July 1899 and died there November 18, 1899 at the age of 36. He was buried in Los Angeles, but a campaign soon began to have his remains repatriated to Ireland. Father O'Growney's remains were disinterred on September 2, 1903 and brought back to Ireland, accompanied by representatives of the Gaelic League in America, passing through San Francisco, Chicago, and New York on the way.

The funeral procession travelled from Dublin's Pro-Cathedral to Maynooth on September 27, 1903. He was interred in a temporary grave in Maynooth. On February 28, 1905 he was finally interred in a new mausoleum in the cemetery at Maynooth after a private ceremony. Over the doorway of the mausoleum is the following inscription in Latin and Irish: "Pray for Eoghan O'Growney who revived the courage of the Irish. Born 1866 Died 1899."

In addition to his mausoleum in Maynooth, in 1956, a statue of Fr. O'Growney was unveiled in front of St. James' Roman Catholic Church in his home town of Athboy, Ireland. Father Eugene O'Growney is remembered as one of the key figures in the Irish language revival of the late 1800s. He was an earnest and tireless worker for his county's national language, history and literature. His deeds continue to live after him. ♦

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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Pittsburgh's 2021 Halfway to St. Patrick's Day Parade Big Success

By J. Mac McCafferty
Parade Chairman

Pittsburgh annually holds the highest ranked St. Patrick's Day Parade in the United States, as listed by Niche.com. For the past two March seasons, that was not possible as a result of COVID-19. After the parade was cancelled in 2020 three days before the parade, all were disappointed.

The parade committee still marched with about ninety committee members after their traditional Catholic Mass at St. Patrick's Church in the Strip District. The 2020 parade was held without spectators, except for the few that just so happened to be on the sidewalks along the parade route.

It was decided by the parade committee in January of 2021 that the pandemic had not improved enough to hold the parade again in March but asked the City of Pittsburgh to "postpone" the parade to a later date. On March 13, 2021, a small contingent of committee members marched the parade route to keep the tradition alive.

The ½ Way date selected was September 18, 2021, with the hope that mass vaccinations would have taken care of the pesky virus. Unfortunately, it didn't. During that time, the parade leadership was in constant communication with Mayor Bill Peduto's office and the Allegheny County Executive Rich Fitzgerald, along with the Allegheny Health Department. We did not want to hold a parade if it would be a public health risk. After careful consideration and advisement, it was decided to go forward with the parade.

This parade was the smallest since the blizzard parade of 1993, about one third the size of a typical parade, with around 100 entries and attracting close to 100,000 spectators. The weather was brilliant, with sunny skies and 82 degrees.

DANCING WITH THE STARS

Shovlin Academy of Irish Dance was the biggest star of the parade, winning the Grand Marshal Best Over-all Entry as well as winning the best Senior Irish Dancers and the best Junior Irish Dancers. Shovlin also went on to entertain

crowds in Market Square's Family Fair in the Square.

The Pittsburgh Ceili Club was selected as the Thomas Donohue Award for the best adult Irish Dance Group. Another outstanding act was the Carnegie Mellon Pipes and Drum Band, winning the Thomas J. Donohue Award, given to the Best Pipe Band. Pittsburgh Firefighters Memorial Pipe Band took home runner up.

The Greater Pittsburgh Emerald Society was selected with the best drum major. The Taylor Allderdice High School Band took honors as the Mayor's Award for the best marching band from the City of Pittsburgh, decked out in their green and black uniforms.

Dan "the Bicycle Man" Frazier won the St. Patrick Inspired Award. Sean McBride AOH Division 32 took home the Sara Madigan Award for the Best Overall Irish Entry with their group carrying flags representing all thirty-two Irish County flags. Irish Setters won the Best Animal Group. The Pittsburgh and Allegheny County Mounted Officers were the runner-up in this category. The remainder of the winners are listed at the end.

Overall, the reviews were positive for the parade. Vince, his wife and two children, recent transplants from Dublin, Ireland said, "This parade was brilliant! We didn't expect to see this."

The parade committee should be very proud. Many thanks were given on social



media for holding the parade. It was a family-based crowd, even more than usual. Lois and Jim Longo traveled from the North Carolina Outer Banks for the parade; they haven't missed one for decades, even after moving from the shore. Lois said they "had a blast" and "were glad we made the eight-hour drive."

There were many acts usually participating in the parade absent for various reasons but there was plenty of entertainment that did make it. The only other cities we were aware of that had a parade were Scranton, PA and Providence, RI. These two cities held their parade on the same day.

The Jack Gavin Award (Best Overall New Entry): Dance Inc.; The Mary Long

Award (Best Marching Irish Women: LAOH Division 23; Runner-up: LAOH Division 11; The Robert W. Kennedy Award (Best Marching Irish Men): Jack Kehoe AOH Division 1 (Girauldville); Best Senior Non-Irish Marching Group: Teamsters Local 249; Best Drill Team: Steel City Angels; Best Musical Group: Steel Line Drums; Runner-up: AOH Division 4; Best Commercial Float: Pittsburgh Brewing; Runner-up: Flynn's Tires; Best Non-commercial Float: USS Requin Submarine Base USS VI; Runner-up: Steel City Fins. ♦

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Community

It's hard to believe we've started our seventh year of Speak Irish Cleveland classes. We've talked often about the reasons many of us have become involved in the study of Irish, but I've neglected one of the biggest and maybe the most important benefits of being a part of this great group of people. We have become a community within a community.

I have witnessed friendships that have formed and have continued even when someone stops actively participating on a weekly basis. Our goal has always been an introduction to the Irish language, and for some that was what they were seeking, to be able to acquire a "cúpla focal". To be able to greet a friend using Irish or be able

raise a toast at a holiday dinner with family. Others are here for the long haul and over the years we've become very close, we've lost some good friends who will always be remembered and we've welcomed many new ones. For this I'll always be grateful. Go raith míle maith agaibh.

As long as we're talking about time we may as well continue on that topic with some new vocabulary and phrases.

VOCABULARY IN IRISH

Anois (ah-nesh) now
 Mean lae (me-ahn lay) midday
 Níos luaithe (nee-uss loo-e-ha) earlier
 Mean oíche (me-ahn ee-ha) midnight
 Níos déanaí (nee-uss day-nee) later
 Breacadh an lae (braka ahn lay) sunrise
 Roimh (riv) before
 Lúí na gréine (lee na grain-ah) sunset
 Tae éis (tar aysh) after
 Maith (mah) good
 Admhaidin (ah-waj-inn) early morning
 Maidin mhaith (moj-inn wah) good morning
 Maidin (moj-inn) morning

Dia duit ar maidin (jee-uh ghitch er moj-inn)

Tráthnóna (trah-no-na) evening
 God to you this morning
 Oíche (ee-ha) night
 Tráthnóna maith (trah-no-na mah) good evening

Ist oíche (isst ee-ha) at night
 Oíche Mhaith (ee-ha wah) good night
 Anocht (ah nahkt) tonight
 Aréir (ah-rare) last night

BASIC NUMBERS 1 THRU 12 IN IRISH

A h-aon (uh hayne) one
 A dó (uh doe) two
 A ceathair (uh kya-her) four
 A cúig (uh koo-ig) five
 A sé (uh shay) six
 A seacht (uh shokht) seven
 A h-ocht (uh hawkht) eight
 A deich (uh jeh) ten
 A h-aon déag (uh hayne jayug) eleven
 A dózMeanoíche (mann-ee-ha) midnight

Tá sé a sé a chlog. (taw shay uh shay ah khlugh) It is six o'clock.

Níl sé a cúig a chlog. (neel shay uh koo-ig ah khlugh) It is not five o'clock.

An bhfuil sé a seacht a chlog? (ahn will shay uh shokht ah khlugh) Is it seven o'clock?

Nach bhfuil sé a deich a chlog? (nahk will shay uh jeh ah khlugh) Isn't it ten o'clock?

Tá sé a ceathair a chlog anois. (taw shay uh kya-her ah khlugh uh-nish) It is four o'clock now.

Ceathrú (kya-hroo) a quarter

Leathuair (lah-hooir) a half

Ceathrú roimh (kya-hroo riv) a quarter till

Tá sé ceathrú roimh a h-aon a chlog. (taw shay kya-hroo uh hayne ah khlugh)

It's a quarter to one o'clock.

Nach bhfuil sé leathuair tar éis a dó dhéag a chlog? (nahk will shay lah-hooir tar aysh uh doe yayug uh khlugh) Isn't it half past twelve o'clock?

Nóiméad (noe made) minute(s)

Uair (oor) hour(s)

Lá (lay) day

Láethanta (lay-hint-ah) days

Seachtain (shokht-inn) week

Mí (mee) month
 Bliain (blee-un) year

DAYS IN IRISH

Inniu (inn-yoo) today
 Inné (inn yay) yesterday
 Amárach (am-aw-rok) tomorrow
 An tseachtain seo (ahn chokht-inn shuh) this week

An tseachtain seo caite (ahn chokht-inn shuh cotch-ah) last week

An tseachtain seo chugainn (ahn chokht-inn shuh koo-inn) next week

DAYS OF THE WEEK IN IRISH

Domhnach (dow-nok) Sunday
 Luain (loo-inn) Monday
 Máirt (maw-rt) Tuesday
 Céadaoin (kay-deen) Wednesday
 Déardaoin (dare-deen) Thursday
 Aoine (ee-nah) Friday
 Satharn (sah-harn) Saturday

MONTHS OF THE YEAR IN IRISH

Eanair (ann-arr) January
 Feabhra (fyow-rah) February
 Márta (mawr-tah) March
 Aibreán (ab-rawn) April
 Bealtainne (byowl-tin-neh) May
 Meitheamh (meh-hiv) June
 Lúil (oo-ill) July
 Lúnasa (loon-assah) August
 Mean Fomhair (mann foe-arr) September
 Deireadh Fomhair (derr-ah foe-arr) October
 Samhain (sow-inn) November
 Nollaig (null-igg) December

New Speak Irish Cleveland classes will start in January; watch for information in next month's iIrish. We'd love to see you there! Slán go fóill! ♦

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland class at PJ McIntyre's every Tuesday. 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 reached at carneyspeakirish@gmail.com

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 11:30am-1:30pm: *Echoes of Erin* WCWA-AM 1230 w/John Connolly
 6pm- 7pm: *Songs of Britain & Ireland* WCPN-FM 90.3





The Irish Baseball Society and Today's Irish National Team

Their Roots and Pipeline, is in Cleveland

Jay Murphy is forty years in coaching, including ten years as skipper at Cleveland State University. "Coaching has taken me throughout the United States. I started coaching in 1981."

Jay's wife Maria was planning a vacation to Ireland for Jay, and their sons, Tommy and Danny.

"I called Tom Kelly (Baseball Ireland President), he went to St. Ignatius High School - and since we had a Cleveland connection, I thought there might be an opportunity to be involved with Baseball Ireland."

"Where should we go, what should we see (with a little baseball thrown in)? First, I was researching, is there baseball in Ireland? Then I asked, what can I do?"

Jay was asked (by Major League Baseball) if he wanted to be part of the Envoy program and coach in the first ever Baseball Academy sponsored by MLB in China. Fourteen hours later, he was on a plane to Shanghai, China. Jay and crew started it, and it is still growing today.

Jay then became General Manager and Team Manager of an 18U [18 and under] Irish National Baseball team, then one year later took over as the General Manager for the Baseball Ireland National Teams, which included both the 18U team and the senior National Team.

The Senior National team played this past summer in a European Championship Qualifying Tournament in Slovakia...getting beat in the Championship to the host country.

Jay went from a Division I recruiter to an international recruiter. "You gotta have contacts: pro scouts, coaches, Major League Baseball, Europe, Canada."

"In players, you see many names; where do they come from? It [the Irish connection] is on their mother's side an awful lot. To be eligible, a parent or a grandparent must be an Irish citizen. If you have citizenship, you are now available to play international baseball."

"Our season is October to August. We recruit through mostly Zoom calls. There 20-25 players on the team. Sr. team players are from college, guys with professional jobs, ex-pros, amateurs - a combination of all of those."

"Our daily quest is how do we engage/entice players in Ireland to play the game? In Ireland, it is really grass-roots. Now we have a new indoor facility in Dublin. The impact is immense. At the end of the year, the players feeling is, 'We are all-in for next year.' The goal for the team is to compete for the International Championship."

Indians Owner Paul Dolan introduced Jay to the Padres owner, who connected them to Rawlings. Rawlings didn't just send a few bucks, they completely outfitted the team in uniforms, and a few balls as well.

"We are always trying to create relationships; make people aware of what's happening. Ireland's goal is to field a team of players all born in Ireland. Players today say, 'We have a National Team?'"

"Yes, and you can be a part of it. But

you have to work, hard. You can represent Ireland. Character matters. Then when you come home, you can put all of this in your scrapbook."

"This game, if you are willing to allow it ..., you can see and know people from all around the world - it offers once in a lifetime opportunities. But you have to be willing to take it."

"We want to bring exposure to the program and enhancement to a country. For the best part of a year, we are all helping out to get it done. This is huge for youth development (12-15 years old & 15-18 years old) in a short time. There are a small amount of clubs in Ireland. Having a universal program is huge. It develops relationships as well."

"There are four adult fields in Ireland. Any support that the program has, goes to the national program. "We have

things we need. Kids see that... We need sponsors, equipment, volunteers on and off the field. We have fundraisers. We are not at the point yet where we are able to fund the program. The national team is self-funded. Ideally, we will find sponsors - with funding to a specific cause, representing the country of Ireland."

PUT ME IN COACH: AN IRISHMAN IN AMERICA

Patrick Mitchell is a right-handed pitcher and infielder. He was on the Senior National Team for Ireland that played in a European Championship Qualifying Tournament this past summer, in Slovakia. Now at Andrews Osborne Academy, he has aspirations for earning a college baseball scholarship. His dad, Sean Mitchell, oversees the Dublin facility we mentioned earlier.



Coach Jay Murphy



Patrick Mitchell



From Dublin, the Mitchell family roots are in Mayo. Like most Irish kids, he played Hurling, Gaelic Football and rugby growing up.

"Coach Murphy was with the Irish team as General Manager. I was upstairs doing homework one day and my dad texted me from downstairs, 'How do you feel about going to the U.S. for your final year of high school?'"

"I had been in California two years before; I was all for it. I am blessed. Four months later, I left, and started at Andrews Osborne Academy in Wiloughby."

"In Ireland, no matter how good you are, it is very difficult to get exposure; how are they [colleges] going to see you? Here, the big plan is to hope to be in showcases, to be seen."

"100%, my goal is to get into a good college. I feel I will be ready for a Division 1 program; I don't want to choose which college I go to based solely on baseball. [For my studies], I am leaning two ways: one is Structural Engineering or Architecture, the other is History."

"I keep within myself. I know my limits. I am focusing on the next level. I don't want to push it too far ahead. I like working out, the gym; rock climbing is good for the whole body."

A DAY IN THE LIFE

We are in practice. I remain focused on infield and pitching reps, getting ready for games. I live on campus, in the international dorm rooms. Breakfast is 7:00 to 7:50, get

ready for school. Classes start at 8:00. Then two class periods, a break and then three more classes. Lunch. Early dinner is at 5:30.

"Most of us international students prefer dinner much later, 8 or 9, so we often order out. An hour to hour and a half for homework. Then bed 10:30 to 11:00."

"I prefer being busy; I have to be busy with something. The way the teachers at Andrews Osborne interact with students is nice. It all fits together, students with teachers - it is a good relationship."

"Our goal is to enhance the skill set," said Jay. "I hope Patrick will involve, encourage students at home - if you do well, you can play on the national team at international events. You (and your parents) have to be willing to take a risk."

WANT TO BE AN AMBASSADOR?

"I have thought about this a little bit and have talked with friends at home that play baseball. I love watching a good competitive game. I follow San Francisco."

"I pitch, play 3rd base, the outfield. Coach said my [pitching] mechanics were disconnected, the ball would spin away from me. Jay says 'Let your last inning be efficient. Three outs in ten pitches; eight were sliders!'"

"One of my friends, a pitcher [ahead of me a few years] ..., I always wanted to be better than he was, at this age. I am now seventeen; he is twenty-one, and I am at the same level as he is."

"I want [young players] to be better than I was at that age, and better when they reach the next level too. I wasn't aware at that age that opportunity would come. But younger players today



League Park is one of only three historic parks that still exists today (Chicago's Wrigley Field and Boston's Fenway Park), as it was, long, long ago... At League Park, Home Plate, the fencing; they are all in the exact same location that they were when it all began.

Also on the grounds of League Park is the Baseball Heritage Museum filled with timeless artifacts, history in pics, newspaper articles, books, jerseys and other memorabilia. Special exhibits on a time period, the Negro Leagues, the Latin stars, and Cleveland History are featured. Be sure to leave time for this, you will be transported.

Another piece that caught my attention was a 3D computer animation of League Park, created with amazing detail, as a camera glides in and out of the simulated League Park. You can see the wind blowing, the neighborhood, the stands and ticket booths, exactly as they were, in the day.

The Summer Hough Night at League Park Movie Night is winding down. The last event, watching Major League is October 30th (5 to 8pm). Movies, Food, Books for all. Bring lawn chairs or blankets.

The Museum is open until 8pm.

are. They have seen it [through me].

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STONE MAD

By John Digney

We Made It!

With all the anticipation of a child at Christmas, and the ups and downs of the fiercest roller coaster imaginable, our planning was complete, all COVID protocols met and with an honest dose of trepidation, we boarded our plane and made our trip to Ireland to continue our collaboration with the Dry Stone Wall Association of Ireland (DSWAI). I have to admit, over the last few months, Covid and the Delta variant threw us plenty of curve balls and created a fair amount of anxiety as we came down to the wire in making the decision to travel.

We were not disappointed and very glad we made the effort to connect and work directly with some of the DSWAI members. Upon arrival at Dublin's airport, it became immediately apparent that things were just a little different from our previous visit in 2019. The reduced crowds, heightened awareness of protocol and stringent adherence to the National Public Health Emergency Team (Nphet) requirements, quickly eased our minds and allowed us to settle into enjoying the adventures ahead.

WHAT ADVENTURES?

Given all the communication with the folks from DSWAI leading up to the trip, we were more than ready to get going. From classic mountain hikes, hidden monastic sites and ancient sacred ruins our trip had all the historical content, stone structures and beautiful views that make Ireland so magical. While all the postcard images and sunset videos are worth noting, I am forever grateful for the people I've met, friendships we've formed and the time spent learning about our history, sharing stories of the past and gaining a deeper understanding of our rich Irish heritage.

In addition, having the opportunity to learn more about the relationship the Irish people have to stone and stone structures and bring knowledge back to share it with other Irish Americans, makes this adventure all worthwhile.

Without chronicling every location visited, or attempting to summarize each little lesson learned, there was an interesting word we encountered that had more to do with a mindset and commitment to each other, that is truly at the heart of this collaborative effort we are building with the DSWAI. While visiting the rural areas of Donegal, we had the opportunity to tour ancient ruins with a friend, stone waller and certified Irish historian.

Our day was filled with the expected rain showers and beautiful scenery, as well as awe inspiring stone structures, artifacts, and Ancient Irish history. In between our short jaunts from location to location and moments of pause to let the rain pass, we shared our own experiences and interests in Irish history,



and in doing so, we were introduced to a word that embodies the soul of the Irish people: meitheal (pronounced méh-hill, which means team, or working group).

Meitheal is an Irish word; like many words in the Irish language, IT does not translate exactly into English. However, it does have a place in our post Covid world and warrants a moment of consideration.

Meitheal is the collective cooperation of a group or gang for the benefit of all. This is essential not only in the building of stone walls in farmers' fields where neighbors would join together to help get the job done, but is essential in the building of families, communities and relationships. Not surprisingly, it did not just pertain to stone walls and creating structures, but was also part of the daily lives of our ancestors.

The cooperative unit, be it family, community or group is meitheal. The shared history and experiences of meitheal as seen from the remains of holy wells and ancient burial grounds,

to mass rocks, and medieval structures, all have one thing in common; they were built by hand, built with stone, with the collective efforts of people working together for the benefit of all.

Whether it was time to harvest or time to sow, it was an assurance that if someone needed a hand, there was always one there to offer. It provided comfort in difficult times, support for the weary and strength when the world seemed to turn its back on the Irish people. It existed early in Irish history from medieval times to the famine walls, in the potato fields and most certainly on the pier as families said goodbye to loved ones for the last time.

It is a powerful reminder today that we are all in this together as we awake from the pandemic and look forward



to a brighter future. Our willingness to get involved, make a difference and help one another is what we do and who we are as Irish people. In

visiting with many people and talking with wallers from various parts of the country, they all emphasized the community involvement of stone walling

and the benefits felt in their soul when working closely with so many people from around the globe to build something from the earth.

Each felt the connection to the stone was very real and the energy, in some way, was therapeutic and somehow connected them to an ancient link to the past. It didn't take long for me to realize the cultural depth stone represents for the people that work with it every day and the importance of working together, collaborating side by side and living the meitheal life. It is why they love what they do as it is the communal experience and shared enthusiasm that is evident in the bonds that are formed and relationships built through the process.

Many of our friends spoke of the impact the pandemic has had and what a reminder it is of how quickly things can change. As we were reminded while in Donegal, "It is a short road to the famine" and as the world prepares to reopen and escape the grip the pandemic has had on us all, with a helping hand and an attitude of meitheal, we can all experience a future of hope, enthusiasm and shared prosperity. There are brighter

days ahead.

Thank you for taking the time to read about our adventures, and I hope that you find the information encouraging. We will continue to work with the DSWAI to bring you content, stories and instructional videos to broaden your understanding of stone walling and the importance of stone in our Irish heritage. Look for more information and videos from our recent trip that will be published here in iIrish as well as on www.iIrish.us ♦

John Digney is an Artist /Designer who received his BFA in Industrial Design from the Cleveland Institute of Art. He was raised in the Cleveland neighborhood of Westpark near Kamm's Corner, and he and his wife Kathleen, and daughters Eileen and Megan, now reside in Greenville, SC. John looks forward to the day when he can devote more time to his family, art and passions. John can be reached at jdigney59@gmail.com

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Daylight Savings Time and Sleep

By Dr. Ashok P. Makadia



hour of sleep rather than taking one

It is one of the most dreaded days of the year, albeit the lesser of two evils – the time change. At least when Daylight Saving Time ends, we “fall back,” giving us an extra

hour away. However, setting your clock back can be just as disruptive to your body’s sleep cycle as moving it forward. I imagine many people will still find themselves waking up earlier, having more trouble falling asleep, and even waking up more during the middle of the night.

The time change only exacerbates what is already considered a public health epidemic – insufficient sleep. The Centers for Disease Control and Prevention (CDC) say at least thirty

percent of adults fail to get enough rest each night. That is why the Fall time change may be the perfect time to make healthy sleeping a priority.

You see, sleep is tied to almost every aspect of your health. Not getting enough rest can tax your central nervous system and drain your mental abilities, leading to memory issues, trouble with concentration, and mood changes.

There are also countless ways sleep deprivation puts your physical health at risk. It can cause increased blood pressure and higher levels of chemicals linked to inflammation, both of which play a role in heart disease. It throws off your balance and coordination, making you more prone to falls. It can even lead to weight gain as it throws off the balance of chemicals that signal to your brain the “I’m full” feeling.

Potentially worst of all is how a lack of rest can weaken your immune system. While you sleep, your body is producing protective, infection fighting substances that help defend against viruses like those that cause the flu and yes, even COVID-19. Without the needed down time, your immune system doesn’t have a chance to build up that protection, meaning you’re more likely to get sick.

CHRONIC SLEEP DEBT

Unfortunately, one hour of extra sleep isn’t enough to erase a chronic sleep debt. But perhaps this time change is the perfect opportunity for sleep-deprived adults to adopt an earlier bedtime and other simple changes that can leave them feeling fully rested and refreshed.

For instance, we have all been told to turn off electronics well before trying to go to sleep, due to the way blue light triggers alertness. It’s not an easy ask for a population so fond of our phones.

A more realistic option may be to invest in blue light glasses to help limit the effects. Temperature is another crucial component of ensuring quality sleep. Our bodies are programmed to cool down in the evening, so turning the thermostat down may signal to your body that it’s time for bed. A cooling bedding can also help to maintain a lower body temperature throughout the night, improving both comfort and sleep quality.

Other ways you can uphold a healthy sleep schedule include limiting daytime naps, keeping a consistent bedtime routine, avoiding nighttime snacking and caffeine, and exercising regularly (but not right before it’s time to go to sleep).

It’s also important to know when to contact your doctor. We all have the occasional sleepless night, but if you’re consistently having problems sleeping and find yourself fighting daytime fatigue regularly, there may be a bigger issue depriving you from your rest. We can evaluate for underlying health conditions and treat the barriers preventing you from enjoying the restful sleep you deserve. ♦

Dr. Ashok Makadia is a pulmonologist and the Medical Director of the Mercy Health – Amherst Sleep Center, specializing in sleep medicine. He received his medical degree from B.J. Medical College and has been in practice for more than twenty years.

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TAKING THE FIELDS OF GLORY

By Vincent Beach

Midwest Gaelic Athletic Association

You might think the season ends after the late-August USGAA Finals, but the latter third of the year is filled with festivals, local tournaments, pub leagues, outings, banquets, and general meetings. Pub leagues are generally inner club, small sided leagues. This year saw Cleveland Hurling, Pittsburgh Hurling, and Syracuse football run games.

Clubs also participated in local festivals either through demonstrations, youth clinics, or tabling efforts spreading awareness of our games. On the September 10th weekend, the Pittsburgh Celtics-Banshees-Pucas promoted Irish sports at the Pittsburgh Irish Festival. For the first time, the Ohio Celtic Festival in Mentor witnessed Gaelic Games, when Cleveland's footballers and hurlers showcased and then ran



Al O'Leary playing the harmonica & Paddy Taylor at the Akron Guards Annual Al O'Leary Tournament.

clinics for the children.

The annual Al O'Leary tournament was back in Akron this year on October 2nd. Participating hurling teams were Akron, Cleveland (three teams), Pittsburgh (two teams), and Roc City for the 7-a-side format. The defending champion, Indianapolis, retracted their bid late in the week.

Teams were arranged into two pools: A's and B's. The top B finisher, Cleveland, joined the top three A finishers, Pittsburgh-Cleveland-Akron, for a knock-out playoff. Cleveland faced Pittsburgh in the final and the multiple year champion, Pittsburgh, rose the cup once again. Two camogie demonstrations were also held, raising aspirations for 2022 official games. Following the games, a Poc Fada competition was held.

Cleveland Adults: Several rookie-friendly sessions are planned throughout the fall and winter for football, hurling, and camogie. Reach out to the club if you are interested in trying a Gaelic sport ahead of next year's competitive season.

Go raibh mile 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 Cleveland 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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COLUMBUS IRISH

By Molly Truex

Barktoberfest & Vintage Cars

Starting with their annual Halfway to St. Patrick's Day celebration, chaired by Ann and Rick Ralston, September was a packed month at the Shamrock Club of Columbus. There was plenty of craic to be had with Mossy and Molly Moran, The Shamrock Club Pipes and Drums, and the dancers from Richens/Timms Academy for entertainment.

The next weekend brought the annual Classic Car and Bike Show, which had a wonderful turn out with ninety-five registered vehicles. The weather was beautiful, and Shorty Allen & the Skirt Chasers entertained the crowd.

We ended the month with Barktoberfest, organized by Stacie Stearns and Karen Finn. This is a new event for the club, in its second year, complete with a blessing of the animals by club chaplain Msgr. Cody, costume contest and pet parade.

We extend a huge thank you to all that participated or organized each event! ♦

Molly lives on the east side of Columbus with her family and 2 difficult dogs and has been a member of the Shamrock Club for the past six years.

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Barktoberfest: (Above) Stephanie Doyle, Fred Berkemer and Susan McConahay



(Left) Shelly Powers w Mini Pearl and Michael Moody w Jasper



Best of Show Winner Kevin Foust





THE FITNESS DOCTOR
By Dr. Frederick Peters

You Are What You Eat, Not How Much

A perspective article challenges the 'energy balance model,' which says weight gain occurs because individuals consume more energy than they expend. According to the authors, "conceptualizing obesity as a disorder of energy balance restates a principle of physics without considering the biological mechanisms underlying weight gain." The authors argue for the "carbohydrate insulin model," which explains obesity as a metabolic disorder driven by what we eat, rather

than how much.

Public health messaging exhorting people to eat less and exercise more has failed to stem rising rates of obesity and obesity-related diseases. The energy balance model, which says weight gain is caused by consuming more energy than we expend, restates a principle of physics without considering the biological mechanisms driving weight gain.

The carbohydrate-insulin model makes a bold claim: overeating doesn't cause obesity; the process of getting fat causes overeating. The current obesity epidemic is due, in part, to hormonal responses to changes in food quality: in particular, high-glycemic load

foods, which fundamentally change metabolism. Focusing on what we eat rather than how much we eat is a better strategy for weight management.

Statistics from the Centers for Disease Control and Prevention (CDC) show that obesity affects more than 40% of American adults, placing them at higher risk for heart disease, stroke, type 2 diabetes, and certain types of cancer. The USDA's Dietary Guidelines for Americans 2020 -- 2025 further tells us that losing weight "requires adults to reduce the number of calories they get from foods and beverages and increase the amount expended through physical activity."

This approach to weight management is based on the century-old energy balance model, which states that weight gain is caused by consuming more energy than we expend. In today's world, surrounded by highly palatable, heavily marketed, cheap processed foods, it's easy for people to eat more calories than they need, an imbalance that is further exacerbated by today's sedentary lifestyles.

By this thinking, overeating, coupled with insufficient physical activity, is driving the obesity epidemic. On the other hand, despite decades of public

Continued on facing page

CHILDREN WHO EAT MORE FRUITS AND VEGETABLES HAVE BETTER MENTAL HEALTH.



WRITERS FROM THE IRISH COMMUNITY AND BEYOND THE PALE!



Happy Thanksgiving!



Fitness Doctor *Continued from previous page*

health messaging exhorting people to eat less and exercise more, rates of obesity and obesity-related diseases have steadily risen.

NEW RESEARCH - Carbohydrate-Insulin Model Over the Energy-Balance Model

New research has found that children who eat more fruits and vegetables have better mental health (Hayhoe et al., Cross-sectional associations of schoolchildren's fruit and vegetable consumption, and meal choices, with their mental well-being: a cross-sectional study). The study is the first to investigate the association between fruit and vegetable intakes, breakfast and lunch choices, and mental wellbeing in UK school children. The research team studied data from almost 9,000 children in fifty schools. They found that the types of breakfast and lunch eaten by both primary and secondary school pupils were significantly associated with wellbeing.

According to lead author Dr. David Ludwig, Endocrinologist at Boston Children's Hospital and Professor at Harvard Medical School, the energy balance model doesn't help us understand the biological causes of weight gain: "During a growth spurt, for instance, adolescents may increase food intake by 1,000 calories a day. But does their overeating cause the growth spurt or does the growth spurt cause the adolescent to get hungry and overeat?"

In contrast to the energy balance model, the carbohydrate-insulin model makes a bold claim: overeating isn't the main cause of obesity. Instead, the carbohydrate-insulin model lays much of the blame for the current obesity epidemic on modern dietary patterns characterized by excessive consumption of foods with a high glycemic load: in particular, processed, rapidly digestible carbohydrates. These foods cause hormonal responses that fundamentally change our metabolism, driving fat storage, weight gain, and obesity.

THE PROBLEM

1. When we eat highly processed carbohydrates, the body increases insulin secretion and suppresses glucagon secretion.

2. This, in turn, signals fat cells to store more calories, leaving fewer calo-

ries available to fuel muscles and other metabolically active tissues.

3. The brain perceives that the body isn't getting enough energy, which, in turn, leads to feelings of hunger.

4. Metabolism may slow down in the body's attempt to conserve fuel. Thus, we tend to remain hungry, even as we continue to gain excess fat.

To understand the obesity epidemic, we need to consider not only how much we're eating, but also how the foods we eat affect our hormones and metabolism. With its assertion that all calories are alike to the body, the energy balance model misses this critical piece of the puzzle.

Adoption of the carbohydrate-insulin model over the energy-balance model has radical implications for weight management and obesity treatment. Rather than urge people to eat less, a strategy which usually doesn't work in the long run, the carbohydrate-insulin model suggests another path that focuses more on what we eat. ♦

Dr. Peters is the founder of "The Fitness Doctor" (www.thefitnessdoctors.com). He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. Dr. Peters was born and raised in the Cleveland area and is a graduate of St. Ignatius High School and John Carroll University. He can be reached at fred@thefitnessdoctors.com.

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AKRON IRISH

By Lisa O' Rourke

Do the Duo

Thomas Wolfe wrote, "All things on earth point home in old October; sailors to sea, travelers to walls and fences, hunters to field and hollow and the long voice of the hounds, the lover to the love he has forsaken." It is the time of year for returning, the attention-scattering, temptation-laden summer has passed.

So, back to the books, to home, to education, to all things which speak to a more sober, sensible turn of mind. Yes, it is time to dust off the neglected or abandoned hobbies.

Learning a language is great hobby to resume or begin. What better one than Irish? Well, as a wise woman once said to me, the first seven years are the worst.

I will leave that to you to think over. The Irish language gets loads of play in this paper, which is a good thing, and falls right in line with history.

Irish was a spoken language that at the end of the 1800s, had been shamed as the Famine language, and driven almost underground to languish with those soggy potatoes. It was the Irish American papers that really kept Irish alive and transitioned it to a written language. And now, between computers and the written word, the language may

have more users than ever.

DUOLINGO

So, this is a quantitative statement, and not a qualitative statement. My dirty secret, at least one of them, is that I use Duolingo for my Irish practice.

For anyone who is not acquainted with the app, it is available where apps are available. It is called a language learning app. I think it is more of a language learning support. Duolingo is recognizable by their mascot, a whimsical neon-green owl. The company launched in 2011 and is headquartered in Pittsburgh, PA.

The most amazing thing is that it is free. There are some perks if you pay, but essentially, you can learn the language of your choice for free. Currently there are forty million users worldwide. A banner which is visible sometimes at login, states that there are more Irish learners on Duolingo than there are active speakers, four million presently. Those users have signed up and signed in but are not necessarily daily users.

In March, Duolingo stopped using volunteers and is now using professional linguists exclusively to create their lessons. That move could be interpreted as a response to the most frequent criticism aimed at the little green owl, the lack of accuracy.

Irish is particularly difficult for several reasons. One reason is that there are so many ways to express something, and the devil lives in the nuance. To paraphrase the writer Flann O'Brien, the accom-

plished Gaeilgeoir (a fluent Irish speaker) prides himself on never using the same word twice.

When using Duolingo in a lesson, you need to adhere to what the lesson is about. They cannot respond on an app to a student's linguistic creativity; you have to spit it back at them the way that you got it.

Another problem area is the existence of dialect variations. This makes Irish really infuriating at times. You have to let go and know that you, as a learner especially, will never grasp the complete knowledge of all the ins and outs of variation in the regional ways of

expression. It is crazy that a country the size of Indiana can be so inconsistent in their speech, but it has more to do with the clannishness of the place than the size.

Another element contributing to the inconsistency is that Irish was primarily an oral language for so long. Anyone on the street speaks much less formally and with more color, or as the Irish would say, blas, than in their in writing.

Finally, the last problem with Duolingo is probably the biggest one, the lack of pronunciation. The lessons do not have many words that are read aloud in the lesson and there is no feature for the learner to check their own pronunciation, in what is called speech to text. French in Duolingo, for example, has some lessons that are purely auditory and monitors the learner's attempts at word repetition.

CANADIAN GAELTACHT

So, I found myself this last August in an online course run by the Canadian Gaeltacht, admitting sheepishly that I use Duolingo. Not only do I use it, but I like it. So, after all the negatives listed, what keeps me coming back? And I do mean coming back. I have used Duolingo for about seven years.

Well, for one thing, it is time. The lessons are short and focused. They contain the varied repetition that all language lessons feature. The lessons are short, about fifteen sentences, therefore, you actually can use it every day. That is key to me.

I tried Rosetta Stone, which is great for some people. For me, sitting down for a half hour a day is something that I can only do one day or so a week. Even with the proverbial skin in the game that a hundred-dollar payment provides, I couldn't find the time and I resented the long, repetitive lessons and forced progression that their program demands.

Not so with Duo. You are free to flit around on topics as you choose to some extent. You work through levels on a given topic, let's say weather, until you progress to Level Five and you are done with it.

Duolingo has an embedded game structure too. If you make too many mistakes, you have to do a practice lesson, which means no points for you that day. The app values a learning streak and allows you to accumulate points based on that streak. So there are incentives, small, but there. You can move up in leagues with your practice. The paid membership offers unlimited lessons with no error faults.

We are still running our Akron Hibernian Irish class. The pandemic has moved us online and now we are an Akron, Louisville, Green, Kentucky and Virginia class.

Over the years, we have had several people begin the language class with us, only to quit in a few weeks. Some of them were looking for a cool tattoo phrase. Some of them wanted a secret elf language.

Superficial study will only lead to limited satisfaction with any language, and Irish particularly. You are as well off to content yourself with a phrase sheet as to start, without commitment. It is too complex to understand easily. That complexity also gives the language its richness. There must be something in that richness, because I have met some wonderful people through Irish.

October is where fall becomes official. In old Celtic culture, it is also a time of death and rebirth, Halloween and All Saints. It is a perfect time to talk again about that Lazarus of a language, Irish. Go on and do the Duo. What do you have to lose? Try a new old language. It is the perfect time to get a taste of something besides pumpkin spice. ♦

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!

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CLEVELAND COMHRÁ

By Bob Carney

@BobCarneyGTR

Makes Sense if You Don't Think About It!

A while back, a colleague and I were discussing something that happened in the shop, I asked him how one of our co-workers could possibly have arrived at the decision he made. My colleague said he understood, stating, "It makes sense if you don't think about it." That phrase has stuck with me over the years; I think it can be applied in many instances.

Last month I had a great time researching Bram Stoker and his book "Dracula." Stoker was involved in the theater most of his life and probably learned a bit about marketing. When he published the book, he attempted to have it printed as non-fiction, claiming it to be a true story and a warning to all.

This was at a time when stories of vampires were all the rage in London and horror literature was abundant. Possibly, he thought this might give his book an edge when it came to sales, after all, sometimes a small element of the truth or what passes as the truth is enough to convince some that it must be true. "Makes sense if you don't think about it."

Cryptozoology is what is commonly referred to as a fringe science, it attempts to prove the existence of creatures from legend or folklore, such as the Loch Ness Monster or Bigfoot. In the case of Bigfoot, many cultures have stories of ape-like men who live elusive lives in the wilderness.

CHASING BIGFOOT

In the U.S., the name Bigfoot was coined by a newspaper columnist who was telling the story of loggers who had come across very large footprints in the woods of California. Never mind that the footprints were proven to be a hoax, people are still presenting "evidence,"



pushing the study of Bigfoot into some type of pseudoscience.

There are even TV shows about chasing Bigfoot! There has never been any tangible evidence supporting the existence of the creature, but to believers the lack of proof is the proof. Astrology, psychics and fortune-tellers are all considered pseudosciences, and all have a following.

These pseudosciences are mostly harmless and sometimes quite entertaining. The problems arise when they are applied to our health and interactions with our fellow man.

One of the most interesting definitions of science that I've heard is that it is magic explained. In man's early times the sun was worshipped as a god. Later when Galileo proposed that the earth revolved around the sun, not only was he rebuked by his peers, but he drew the wrath of the Catholic Church. Today anyone that refutes that fact is considered strange at the very least.

True science changes. When a theory is presented it can be either proved or disproved. In the scientific community, there is a greater amount of notoriety for someone who disproves a theory than one who develops the experiment that proves it. Without the constant scrutiny, progress would be stifled as we tried to build on something that was false in the first place.

The more something is studied by different scientists, the more it will evolve, and that means change. Because of those changes, people can easily be lead to fringe thinking, grasping onto what supports what they already think,

even when that part is debunked, just like Bigfoot.

BRUCE LEE THE PHILOSOPHER

Most of us remember Bruce Lee as a martial artist and actor, but he was first and foremost a philosopher, he said, "Do not start from a conclusion. To understand, surely, there must be a state of choiceless awareness in which there is no sense of comparison or condemnation, no waiting for further development of the thing we are talking about in order to agree or disagree. Don't start from a conclusion above all."

In the early seventies, I was becoming aware of the problems of pollution and its effects on our environment. There was a commercial that was being shown that at the time I thought was great. It was informing others of an issue that was and has remained very important to me.

It showed an Indian in native dress, paddling down a river with smokestacks in the background, billowing black smoke into the sky. The camera panned down and we saw the garbage and the oil floating in the water. When he brought his canoe to the bank and climbed out, we saw him standing at the side of a highway; a car passing by tossed trash out the window, which landed at his feet. The final shot showed a tear running down his cheek.

It was a very moving depiction. At first, many environmental groups supported the commercial, but when they started to distance themselves from the ad. You had to wonder why?

At the time, consumer advocate groups were in the process of trying to get bottle laws passed in every state of the union, which included a mandatory deposit and reimbursement on return-good for the environment. But bottling companies were already working with the oil and plastic companies and did not want the extra expense of picking up, cleaning and reusing any type of containers.

So a deflection campaign was started; an Italian-American actor played the part of the crying Indian, and a narrator told us that it was up to us to stop the pollution, we were the cause and the solution. They were not the first and won't be the last to use these tactics.

The NRA with its "Guns Don't Kill People" slogan, have convinced many that we have the right to own military type guns, whose only purpose is to kill people. I am not anti-gun, without controlled hunting we would have an-

other environmental issue and I strongly respect the tradition of hunting in many families. The tobacco companies used similar methods to convince us smoking was safe, even using doctors to assure us their brand was the healthy choice.

My grandfather had many colorful sayings that have stuck with me over the years, including, "Just because you've got a pipewrench doesn't make you a plumber." We need to be wary of experts that are being trotted out to inform us; remember the doctor who claimed the vaccine made us magnetic?

There is an old saying, "What do you call someone who graduates last in medical school? Doctor!" It is becoming more and more difficult to obtain the information we need to make informed decisions.

If we start with the conclusion we are doomed! When I was young, I was told to question everything, there is always something deeper. Now I try to follow the money behind what is being presented to me, many times it can be very enlightening. ♦

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

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ÉASCA PEASCA
(Easy Peasy)

By Marie Young

When the Student Becomes a Teacher

By Genevieve Laymon

For the first two years that I attended the University of Pittsburgh, I was not aware that a Gaeilge program existed within the University. I had been peripherally aware of Marie Young and her classes through my membership in Pitt's Irish Dance Club. I knew the classes that she taught had something to do with Irish culture, though I was never exactly sure what and assumed that I had no reason to find out more.

It wasn't until Saint Patrick's Day of my sophomore year that I discovered the Gaeilge classes. I was in an Irish American history class, and our professor was holding an informal celebration. Of course, Marie and her class were invited and sang a cute song about a leprechaun as Gaeilge. I decided then and there to join the next Gaeilge 1 class.

Learning Gaeilge had been a dream of mine since I was a child. I grew up hearing stories of my mother's grandmother, a fisherman's daughter from Galway known to my family as "Nana". It was Nana's memory that had inspired me to learn Gaeilge.

Ironically, I've now realized that the time of her birth means she likely had no Gaeilge herself. Perhaps I have somehow filled in that language gap, made up for a few of the years that were lost.

LEARNING IRISH - THE DAY THE LIGHTS CAME ON

I almost didn't stick around for very long. I struggled through sentences the same way one would trudge through thick, waist-deep mud. My brain was a machine broken beyond repair.



Genevieve Laymon

The day that the concept of "to have" was introduced was the day that I considered going straight to my advisor and withdrawing from the class. Still, I decided to stay a little longer and give it one more try. To my surprise, a few days later, something in my mind shifted. I could have sworn that I heard the sound of gears clicking into place. All at once, the concepts I struggled with were no trouble at all.

Pitt offers six levels of Gaeilge, and I have completed every one. By the final semester of Gaeilge, I was one of three students in the class. Being in such a small class did not bother me. In fact, I loved it.

I have always been a shy person and struggled to speak up in classes. Usually, I can manage to work around this, but in a language class it can become a significant barrier. In this case, each class felt like a conversation with friends.

As the semesters went on, we learned

not just about Gaeilge but about each other as well. We each built up our own personal vocabulary relating to our interests and passions and shared those words with each other. From one classmate I heard all about book reviews and blogging, from another about mock trials and the woes of life with roommates.

Most of the vocabulary that my classmates learned from me was related to parrot husbandry and literary history. I still keep in touch with my classmates from that final semester. Our conversations are in Gaeilge, even now.

A WHOLE NEW WORLD

I had been involved in Pittsburgh's Irish community for years through my time as an Irish dancer, but since that first semester of Gaeilge, a whole new part of that world became accessible. The hurling club, the Irish culture club, pop-up Gaeltachts on the last Thursday of each month all opened up to me. That part of the world, which had seemed hidden to me before, was there all along, ready and waiting for those who had a willingness to embrace it.

Now, I am Marie's TA for the fall 2021 semester, something I never thought I would do. I had one final semester after my sixth semester of Gaeilge, and I could not bear to have a semester without Gaeilge on my schedule. Helping Marie to teach in whatever ways I am able while still improving my own Gaeilge seemed like the perfect way to finish my time in University.

It is not just the Irish community that has opened up through Gaeilge. I have learned a great deal about myself and my own abilities. In elementary school I studied Spanish and in high school I studied French. Neither stayed with me particularly well, and these days I can't remember much more than how to introduce myself or count to ten in either language.

For a long time I just assumed that I did not have whatever talent one needed to learn a new language. After taking Gaeilge, I've learned that this is not the case at all. Passion for the language and a good teacher make a world of difference.

A GOOD TEACHER MAKES A WORLD OF DIFFERENCE

In fact, I was even somewhat wrong about my language-learning skills. I have noticed that I am able to pick up on language patterns and sounds. On a whim I decided to try learning Rus-

sian, and so far it is going better than I expected. I even took a class on Middle English, where I learned to passably read, write, and speak the English that many of our Medieval counterparts would have spoken. Without my experiences learning Gaeilge, I doubt that I would have had the confidence to try either language.

"I AM DOING MY BEST TO SHARE THE JOY THAT I FOUND THROUGH GAEILGE WITH THE STUDENTS AND DISCOVER NEW JOYS WITH THEM."

As Marie's TA, I am doing my best to share the joy that I found through Gaeilge with the students and discover new joys with them. I especially try to encourage the Level 1 students, as I understand how difficult those first weeks, even months, can be. My hope is that by finding the happiness and community that comes with Gaeilge, the challenge of learning the difficult and confusing parts of the language will be just a challenge, not something frustrating enough to make one quit.

I have compiled a list that I encourage the students to add to. It includes not just traditional resources to help with learning the language, but also the sort of things that made me enthusiastic: Pitt's Irish clubs, music, books, television and movies, events, anything relevant.

I try to come up with simple ideas of how to incorporate Gaeilge into daily life: Change the language in your favorite video game to Gaeilge; add a Gaeilge keyboard on your phone; buy a few Gaeilge books (even children's books!); and most importantly, get to know your classmates. There is no better way to practice than to speak it with friends. Between the pandemic, family problems, and health struggles, college has not been an easy time for me. Gaeilge has reminded me that I can continue when things seem impossible. I hope that other Gaeilge learners can gain the same confidence from the language that I did. ♦

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CLEVELAND IRISH

By Francis McGarry

Irish Dust

We just celebrated the Feast of Saint Francis, and we are warming up for Thanksgiving; but I was just recalling we are all dust. The catalyst for that thought and corresponding thoughts was the passing of my Uncle Dennis.

A Saint Margaret Mary 1961 graduate and a Saint Joseph's graduate in 1965, he was the captain of the tennis team there. His early life was spent in East Cleveland; his young adulthood in the Heights. There are also some Christ the King graduates, and some Saint Philomena graduates that can be found at local taverns like the Taco Tuesday legends at Bishop and Wilson Mills or random afternoons at Mayfield and Sheffield.

After Case Western Reserve and Kent

State (he was there during the shootings), my uncle found his way to Florida and played bridge for a living. That is the part of his narrative that I take the most pride in, even though I never played cards with him. Uncle Dennis had no children and that is the end of that branch of the family tree. Hopefully, that does not sound too callous. Be that as it may, it is true.

ASHES TO ASHES

In 1960, when my uncle was still walking through Denison Park to get to school during the week or Mass on Sunday, only 3.6% of Americans chose cremation. The projection for 2025 is over 63% of all Americans will chose cremation and in 2040 over 78%. My Uncle Dennis chose to be cremated. I am thinking to be on the other side of the grass by 2050, but not sure on which side of the data.

In Warren, PA, the McGarry's are all buried in adjacent graves. We traveled there to research public records and visit the cemetery. It was that trip where we made the McNally connection. Great-great-grandparents Thomas and Jane (McNally) McGarry moved to Warren to connect with her family. Genealogy and patriarchy at times make research convoluted, but Mickey and I are cousins.

At All Souls my grandparents Grace and John Francis are entombed next to each other in Section 23 with McGarry's in all directions. All Souls opened in 1958 and has over 63,000 interments. My family is responsible for roughly 100 of those; definitely not a competition.

There are many attempted explanations as to why the increase in cremation; the Chambers or the Coyne's know more than I do. What I also don't know is how to

proceed without a monument.

We visit All Souls to pay consanguineal homage, although not in the same number as the Murphy's on Memorial Day and can walk into the mausoleum with a bottle. We know how to do that. The older kids know this is one day they can 'have a sip of the Tully.

The kids also know that they have never met the people we are honoring. Each one of us has our own memories to share. Additionally, some of those memories are communal. Remembering entails not just the re-excitation of fixed and fragmentary traces of those dearly departed, but the imaginative reconstruction of the dust that is our dust.

A monument is intrinsically anachronistic. The world moves on and the value of the monument as an aide-memoire depends on maintaining relevance and connection. Its consciously commemorative worth prevents the past from being forgotten and disregarded. It is with these familial rituals that the monument maintains an eternal present.

DUST TO DUST

"Remember you are dust and to dust you shall return." It was Mae Carol Jemison, not related to Charles Jamieson who hit .319 for the 1920 American League Champion Cleveland Indians or to the Jamiesons in the Heights, but the first African American woman in space who said, "Once I got into space, I was feeling very comfortable in the universe. I felt like I had a right to be anywhere in this universe; that I belonged as much as any speck of stardust; any comet, any planet."

It is true that we are carbon, oxygen and hydrogen at the end of the day. That

might make sense in the universe, but the universe is not my universe. The Cleveland universe that I live in does not routinely raise a glass to hydrogen. My cousin and I do toast to Bernardo O'Higgins when we are at the Lounge.

THE WORLD MOVES ON

Achilles returned the body of Hector to Priam, so that Troy, while in tears, could lay "his body on the summit of the pyre and set the wood ablaze." It was the next day when Hector's ashes were buried in a golden urn. They then gathered at Priam's palace to feast. They weren't even Irish.

The wake is one of humanity's first rituals, existing long before trips to All Souls and to the universe (Chardon is far enough). It is through the wake, the Irish wake and all corollaries, that we begin to grieve. It is through the wake that we teach our youth and ourselves how to process the limits of our mortality and to assist others in processing theirs.

At the IACES I always felt one of the best things we did for our people was to offer the after-funeral dinner as a service, plated by gracious volunteers with a pint or two from a bartender who accepts no tips. It occurred within the community of life of which the departed was a member and served as a lesson for the living in the hope that we also desire such an honor.

Tim Finnegan had a wake. "A bottle of whiskey at his feet and a barrel of porter at his head." My Uncle Dennis did not have a proper wake. He did not even want an obituary in the paper.

I know folks who have been working on their own obituary for years; he had his wishes and those were his wishes. It didn't prevent me from walking through the park to what once was Saint Margaret Mary's with my flask or including him in this article. I guess you can build a monument when you gotta. May he rest in peace. ♦

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

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COOKING UP A HOOLEY

By Katie Gagne

Apple Nachos A Special Seasonal Sweet Snack

This time of year just screams for sweet and tasty snacks; something gooey and comforting. This easy dessert, while not very Irish, will become a favorite I am sure. This takes a fall



staple - apples and things you may have in your pantry or just jump out at you as you are passing all the holiday baking displays at the store, and comes together with ease. You can make this for a crowd or just for yourself as a guilty indulgence.

APPLE NACHOS

- 4 Granny Smith Apples - sliced into wedges
- 4 Red Delicious or Honey Crisp Apples - sliced into wedges

I use a large platter or deep throw away pan.

Arrange apple slices in a layer in the pan or on the tray. Using both red and

green apples gives it a nice color.

It's that simple.

Top with your favorite ingredients. I drizzled the apples with Caramel Sauce, Chocolate Fudge Sauce, and some White Chocolate Sauce.

Then, I sprinkled Chocolate Chips, Peanut Butter Chips, Chopped Pecans, Mini Marshmallows, Caramel Bits, Sea Salt Caramel Chips, and some Pumpkin Morsel Mix I found in the aisle with the Chocolate Chips. I also used some Fall Sprinkles and Jimmies on top.

Place another layer of apples and repeat with the toppings.

You can also split the toppings up and do some on the first payer and some on the second layer.

The beauty of this recipe is you are only limited by your own imagination and creativity.

Any topping works well.

The apples in this stay fresh for quite a while. I would not make it too far ahead but a few hours is okay. ♦

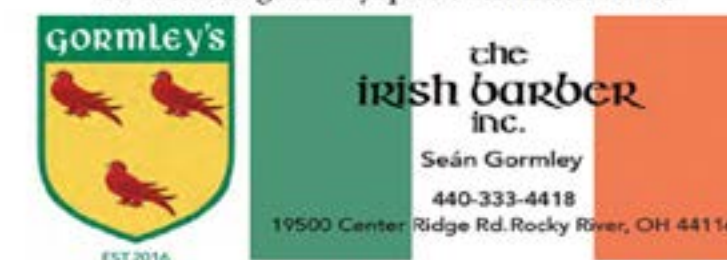
Katie Gagne teaches English at Trinity High School in Garfield Heights. She is also the owner of her in-home bakery Sassy's Sweets and Oh So Much More. You can contact her at (440) 773-4459, mkbluebows@aol.com, or on Facebook at [@sassysweetsandmore](https://www.facebook.com/sassysweetsandmore).

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OFF THE SHELF

By Terry Kenneally

@TerryKenneally

Beautiful World, Where Are You

By Sally Rooney
Farrar Straus, and Giroux 2021
356 pp.

Sally Rooney is probably the hottest person in Irish literature currently. She is the author of *Conversations with Friends* and *Normal People*. She also contributed to the writing and production of the Hulu/BBC television adaptation of *Normal People*.

The novel follows Alice, an acclaimed writer, and her best friend, Eileen, who works at a literary magazine in Dublin; they were college roommates. The couple remain friends in touch via email, updating each other about what's going on in

their lives professionally as well as romantically.

Alice, after suffering a breakdown, leaves New York City and moves to the countryside of Ireland by the sea. Here she meets Felix, a man she hardly knows, and asks him to travel to Rome with her for some book events. On the other hand, Eileen has recently broken up with her long-term boyfriend and then slipped back into flirting with Simon, a man she has known since her teenage years and had a crush on.

Beautiful World, Where Are You doesn't have a strong plot. In fact, an argument can be made that it is the kind of plot-less un-novel we've grown accustomed to. The opening of the book is quite entertaining and brimming with sharp, witty humor, which soon progresses into devouring email conversations. These emails alternated from Alice and Eileen every other chapter. While writing to one another, these two friends figure out the difficulties of life and love

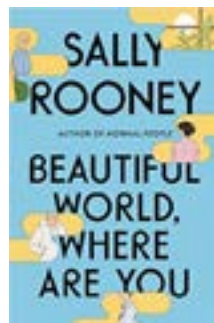
throughout the story.

Beautiful World, Where Are You is an outstanding literary achievement. It's a story about navigating careers, friendships and relationships, with characters that are realistically flawed, and struggling to honestly convey their thoughts and emotions.

The ending of the book will probably leave many readers with mixed emotions, but this reviewer felt it ended on a 'happy ending'. *Beautiful World Where Are You* is Rooney's best novel yet, funny and smart, full of sex and love and people doing their best to connect; a TOP SHELF read. ♦

Terrence J Kenneally is an attorney and owner of Terrence J Kenneally & Assoc. in Rocky River, Ohio. He received his Master's in Irish Literature. He can be reached at terry@tjkenneally.com.

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CROSSWORD PUZZLE

By Linda Fulton Burke

ACROSS

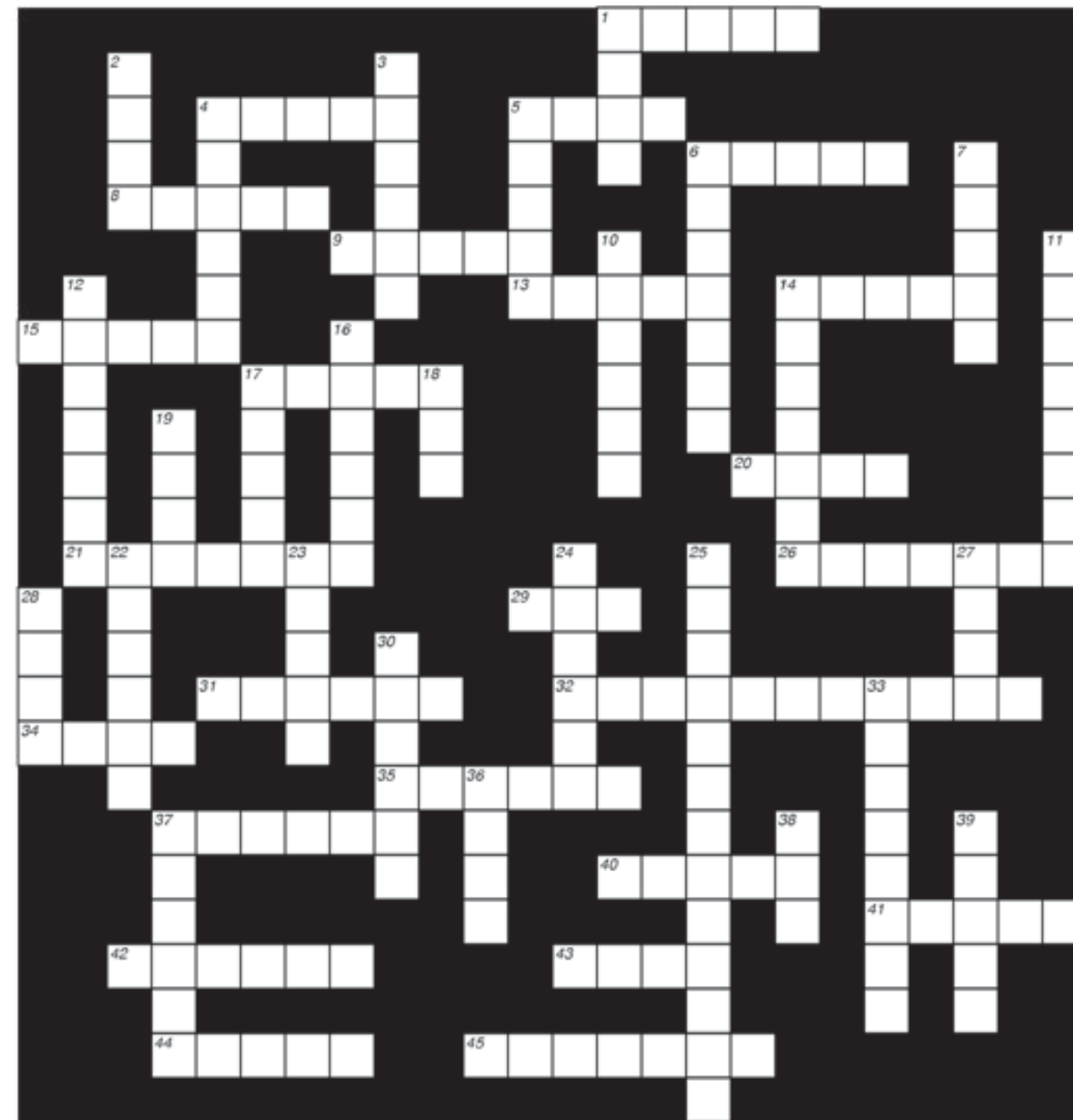
- 1 A man's got to do, what a man's got to do. _____ must do what he can't
- 4 May your heart be light and happy, may your _____ be big and wide,
- 5 You'll never plough a field by turning it over in your _____
- 6 A good _____ and a long sleep are the two best cures.
- 8 A little fire that _____ is better than a big fire that burns.
- 9 May your _____ be light and happy,
- 13 It's easy to _____ the potato where there's love.
- 14 For each _____ on the shamrock, this brings a wish your way.
- 15 There is only one thing _____ than being talked about, and that is not being talked about.
- 17 Don't be breaking your shin on a _____ that's not in your way.
- 20 May each day bring you bright, happy hours that stay with you all _____ long.
- 21 May the _____ day of your future be no worse than the happiest day of your past.
- 26 If it's drowning you're after, don't torment yourself with _____ water.
- 29 Every man is sociable until a _____ invades his garden.
- 31 May misfortune _____ you the rest of your life, and never catch up.
- 32 You've got to do your own growing, no matter how tall your _____ was
- 34 May you only grow old in the _____. Be treasured and cared for with grace.
- 35 May the _____ of our friendship never grow rusty!
- 37 The older the _____ the sweeter the tune.
- 40 A family of Irish birth will argue and fight, but let a shout come from without, and see them all _____.
- 41 May your _____ be as light as a song.
- 42 Do not _____ growing old. Many are denied the privilege.
- 43 May the _____ rise up to meet you.
- 44 May the cat eat you, and may the _____ eat the cat.

45 What butter and _____ won't cure, there is no cure for

DOWN

- 1 May you live as long as you _____, and never want as long as you live.
- 2 If your messenger is _____, go to meet him.
- 3 May you be at the gates of _____ an hour before the devil knows you're dead!
- 4 May you be granted all your wishes but one, so you always have something to _____ for!
- 5 It is often that a person's _____ broke his nose.
- 6 Ireland is a land of poets and _____, of dreamers and rebels.
- 7 May your home always be too _____ to hold all your friends.
- 10 _____ remember that hindsight is the best insight to foresight.
- 11 'Tis better to spend money like there's no _____ than to spend tonight like there's no money!
- 12 May your _____ always have a coin or two inside!
- 14 May your _____ always have a coin or two inside!
- 16 There's no need to fear the _____ wind if your haystacks are tied down.
- 17 All the world's a _____ and most of us are desperately unrehearsed.
- 18 _____ down with dogs and you'll rise with fleas.
- 19 A _____ word never broke anyone's mouth.
- 22 He is bad that will not take _____ but he is a thousand times worse that takes every advice.
- 23 May your _____ be big and wide,
- 24 Who keeps his _____ keeps his friends.
- 25 _____ are gifts of God. It is God's way of compensating us for growing old.
- 27 _____ is like a cup of tea, it's all in how you make it! Irish Saying
- 28 May the _____ above you never fall in and those _____ gathered beneath it never fall out.
- 30 A man loves his sweetheart the most, his wife the best, but his _____ the longest.
- 33 May your _____ be as glad as the shamrocks.
- 36 Do not buy what you don't _____ or you will sell what you do.
- 37 A best _____ is like a four-leaf clover: hard to find and lucky to have.
- 38 _____ are like bagpipes - no sound comes from them until they are full.
- 39 Never _____ your lips with another man's porridge.

Irish Sayings By Linda Fulton Burke



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