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iIrish's very first issue was published in January 2007, fifteen years ago this issue. We started as the Ohio Irish American News, then evolved into *iIrish* as we expanded beyond Ohio, and across print, social media, web, Podcast and eBulletin. Now we are in six states, and are adding another eight, when time and obstacles clear the way.

I suppose I am a little stunned. Fifteen years? I know I am extremely grateful. I know I am extremely blessed. *iIrish*

is the only Irish paper in the U.S. that covers more than a city, yet alone a state, and now, multiple states. Expansion was always in our plan, though dormant during the circa 2008 economic hardships, and then when Covid arrived, but this I could not have foretold.

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We crossed \$300,000 in donations to local and national charities since our 2006 inception. That too is your doings. I don't have enough hugs to thank you sufficiently, even though I love giving hugs. Paying it forward is a lesson my folks taught me, and still live every day. How blessed am I to have my immigrant parents foster such a deep love of country – the U.S. AND Ireland.

On January 11th, we begin our 8th year sponsoring Speak Irish Cleveland with P.J. McIntyre's Irish Pub: Pat, Doug, Kara, Patty and more have all

been so supportive of our efforts to keep the Irish language alive. PJs opened a mere four months after we did, and have walked this path with us with relentless support. Prepare ye for their 15th Anniversary in May!

See the ad within if you wish to join the next Speak Irish class, which starts January 11th, but accepts new, novice and more advanced students through the January 25th class.

WE'RE HIRING

We continue to seek new staff, with remote positions available in sales and in paid internships. If you know a mover and shaker that would be interested, please send them our way, no matter from which house, pub or parcel you call home across our beautiful Diaspora.

Happy New Year. May the blessings be more than you ever thought possible.

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

John



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LIVE MoreLife BE MoreIrish



Britain's Proposed Statute to Close the Books on Irish Killings in Ireland, Without Accountability, America's Greatest Challenge?

by Mike Cummings
Secretary, American Brexit Committee

Britain's exit from the European Union (EU) will soon take a troubling turn that will challenge America's leadership role in promoting democracy and the rule of law around the world. Pressed by the militant wing of the Conservative Party, Prime Minister Johnson will propose a ban on prosecutions, inquests, court proceedings and all criminal investigations of as many as 1000 killings in Northern Ireland.

This is not a magnanimous gesture of compassion, but a desperate cover-up of security forces lawlessness, denying truth and justice to victims and their families. The Prime Minister then expects to secure a new US-UK trade deal desperately needed to cope with the costs of Brexit. Why would America want to be a part of flouting international law, undermining the Good Friday Agreement (GFA), betraying democracy, and violating the European Convention of Human Rights (ECHR)?

I first witnessed the British Army in action in London in 1974 during the Trooping of the Color pageantry that celebrates the British monarch's birthday. Battalions in regimental dress march with flags unfurled, accompanied by the blare of trumpets, the thunder of drums and skirling pipes. It is a feast for the senses, complete with programs depicting great military moments of Empire.

A month earlier, a secret British Army unit and loyalist murderers detonated bombs in Dublin and Monaghan, killing thirty-three men, women and children and wounding 500. That crime is one of those that a British Parliament will find too "vexatious" to investigate or prosecute.

The 1998 Good Friday Agreement, an international treaty, is America's bi-partisan response to the pleas of constituents. For decades, Irish citizens traveled across America appealing for help.

People like Eileen Kelly, mother of plastic bullet victim twelve-year old Carol Ann Kelly; Bernadette Devlin, the fearless civil rights advocate; Paddy McKenny, fighting the false imprisonment of the Birmingham Six; Oliver Kearney, advocating the use of the MacBride Fair Employment Principles; Caoimhe O'Caolin, a Sinn Fein T. D.; Rev. Des Wilson, the voice of hope and dignity for im-

poverished Catholics; Dr. Sean MacBride, Nobel Laureate and world recognized human rights and peace activist; and Gerry Adams, President of Sinn Fein.

One voice proved particularly poignant: Mrs. Kathleen Finucane, mother of attorney Pat Finucane, spoke at the John Boyle O'Reilly Club in Springfield, MA. "My Pat, "she stated," was going to beat them at their own game. He fought the corrupt legal system and won." The British responded with his murder in 1989.

Another troublesome crime being buried by Parliament. Unfortunately for the British, Richie Neal, Chairman of House Ways & Means Committee from Springfield, was listening in the audience. Neal is known for his skepticism of British interest in truth, justice, or the rule of law.

Boris' Brexiteer Brigade fear further disclosures of military and police collaboration with loyalist murderers. Can an amnesty statute erase the stain already on the reign of Queen Elizabeth II? She has showered NI Army regiments with military honors and granted OBE's for those in Whitehall who managed the mayhem.

More to the point, many of the killings were of targeted unarmed Catholics, or were Sinn Fein elected officials, campaign workers and their friends, neighbors, relatives or casual acquaintances. One could not imagine a greater smear on the mythology of British support of the rule of law and democracy!

Bishop Donal McKeown of Derry com-

mented thus on the proposed measure, stating: "... it would prevent too much prying into the dark corners of a dirty war ... it seems the government is set on ensuring that it doesn't ruffle the feathers of the establishment or cast any aspersions on their wonderful military."

The United States should oppose this amnesty scam and, if adopted, be prepared to hold Britain accountable for claiming triumph where there was only treachery. ♦

Michael J. Cummings is a graduate of St. Anselm's College (B.A., 1968) and New

York University (M.P.A., 1970). He established the American Brexit Committee in 2016 and served as Secretary from 2016-2021. He is a former member of the National Boards of the Irish American Unity Conference (1996-2013), the Ancient Order of Hibernians (2001-2008), and the Irish Northern Aid Committee (1988-1996). He also served as Chairman of the Capital District Irish National Caucus (1979-1982).

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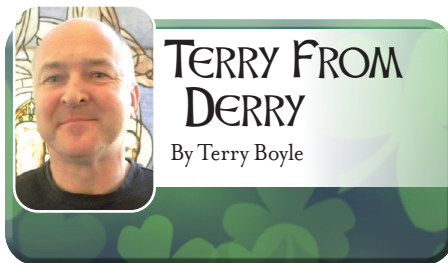
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TERRY FROM DERRY

By Terry Boyle

Just Another Year

I'm sure everyone has had enough of hearing about the pandemic and last year's political antics. It's true that we've not seen the light at the end of the tunnel yet. And, the suspicion that if we did see a light, it might be a train coming our way is not totally unfounded.

It is easy to lull ourselves into believing that it can't get worse when in fact it can, as we have seen from the wide tornado swath that ran across part of the U.S. If we've learned anything from this pandemic, it's that our existence on this planet is extremely fragile. And, if the virus doesn't finish us off, then our massive carbon footprint will. So, we'll inevitably

start the new year as we usually do, by resolving to be better people.

However, instead of the usual dieting and getting fit resolutions, we need to think more universally and together make sure that whom we voted for do two things. They must firstly invest more money into medical research. We were caught out last time because those in power withdrew valuable resources from the medical field deeming it to be a lesser priority.

Such thinking is tantamount to not having your house insured because you think it won't happen to you. Once it does happen to you, you're homeless or worse.... dead, and it's too late. To ensure we don't make the same mistake twice, we need to learn from our past and stop pretending everything is going to be all right this time around.

Secondly, the reality of climate change is already making itself felt in ways that will continue to threaten our existence. It's amazing to see how even the most confirmed unbeliever is beginning to realize that we've pushed the self-destruct button when it comes to the irreversible changes we've created by selfishly putting profit before safety.

In the coming years, we're going to see profound changes to our world, things we couldn't imagine ever happening. Scientists are still speculating as to what sort of things might happen. We need to be prepared to bear the consequences of our actions and vote for people who will make climate change a priority.

NEW YEAR'S RESOLUTIONS

The beginning of the year should be a good time to reflect on our past actions. It should be a good time to take a more positive step towards a common goal, a better world, but we all know how easily new year's resolutions end up as wishful thinking.

The diet ends up being consumed by the first tempting piece of cake. The gym membership works great for the first few weeks but then it gets harder to motivate yourself to make time for slogging it out on a machine. New Year's resolutions are simply another way to beat ourselves up for our failures.

We set our goals so high, it's no wonder we end up being disappointed in ourselves. And yet, we still continue the cycle every year, hoping that this year will be different. The definition of madness is to do the same thing over and over again expecting a different outcome.

The motivation for change is always commendable. However, there comes a



point, when you've done the same thing year after year, you ask yourself if you're doing something wrong. I've no great advice for dieting or exercise. It's something I leave to those who write books on the latest approach to fat-busting.

The only thing I know about change is that it takes time. Ignore the latest fad about how easy it is to be thin or fit. It's a gimmick to sell an idea that is like every other idea that promises instant results, it's a con. It's the same with political slogans. They promise an easy fix to difficult problems, and no matter how much we want to believe it's possible, the reality is that real change is hard.

In order for us to change our way of thinking, we have to allow ourselves to hear a few blunt home truths that we would prefer to ignore. There's no point in switching the channel or changing the subject when you've had your fill of how screwed the planet is. Our denials only make things worse.

We can only really begin to do something when we finally accept that change is hard. To try and undo what we've done to the planet means inconveniencing ourselves. A diet requires depriving yourself of something that is harmful to your body. You diet in order to make yourself healthy, so that you might live longer. Going to the gym is equally a way to keep your body fit and strong.

Denying yourself certain foods and changing your lifestyle to include regular exercise can only work if you're disgusted enough with who you are. At a microcosmic level, when someone engages with such home truths it leads to change.

It is the same at the macrocosmic level. Collectively, we can effect change for our world if we're repulsed enough by what

we've done to ensure our own destruction. The fat does not roll-off. No one's body instantly goes from unfit to fit.

In the same way, simply having the motivation to change the future of our world is not enough. The real work happens at the polling booth.

BAD FOR OUR HEALTH

If politicians have sold their souls out to the profiteers, they are bad for your health. When a politician's interests lie in putting profit before your continued existence or your children's, then something is wrong.

We make politicians accountable in the most democratic way possible when we vote. It's time to put away our political loyalties and vote for the person who is going to deal with the real problems that threaten our existence.

This year is an important one. The political decisions we make this year will affect our future. If we can tune out the circus of personalities and the usual bluster of competing voices, we might see clearly which candidates are thinking beyond the insularity of party rivalries to address the real problems that our world. This is not just another year; it could be the one that seals our fate as humans.

Let's not delude ourselves into believing that the party we've always voted for is going to have our best interests at heart. Be critical of their agenda. Read the small print. It could be a case of voter beware. Who you voted for might not be good for your health. ♦

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PITTSBURGH HAPPENINGS

By Diane Byrnes

Irish Search & Refugee Rescue

Do you find that during the holiday season you are solicited for more donations than at any other time of the year? I receive many more requests from November on and I feel badly that I cannot accommodate many of the requests. However here is one for you to consider.

The Irish Search & Rescue organization, Refugee Rescue, RR, has recently launched a £2m fundraising campaign to buy a ship to help save the lives of hundreds of refugees in the Mediterranean. Recently I had the opportunity to interview Joby Fox, one of the founders of Refugee Rescue. Joby tells me that they have deployed its rapid reaction vessel, the Mo Chara, in the Mediterranean.

It can hold about fifteen people at a time. With all of the refugees trying to travel from Africa to Italy, fifteen positions is not a lot of space. It takes many trips to transport a reasonable number of refugees. This group needs a new vessel.

Joby Fox is a Belfast born musician, peace activist, and co-founder who set up RR. The organization was formed in 2015 in response to the unfolding refugee crisis on the Aegean Sea. Currently RR operates alongside the German rescue ship, Sea Eye 4.

Joby tells me that many desperate people are lost daily as they try to make it to Europe. Unfortunately, so many lives are lost, men, women, and children, in the ravages of the sea. Refugee Rescue really could use some help in raising funds. If you have a few or many dollars you could spare, you can donate here: <https://www.globalgiving.org/projects/help-us-keep-rescuing-refugees-in-peril-at-sea>.

Refugee Rescue is all about saving

lives. There is no politics when it comes to saving lives. Here is another interesting article on his music. Fox's music confronts the issues (irishecho.com).

CONWAY MILL TRUST

Based in Belfast at the Conway Mill, a former linen mill renovated for use in the community of West Belfast for educational purposes overseen by Fr. Des Wilson until he passed away November 7, 2019, the Trust has raised some much needed funds that have been delivered in person to present grants for the various programs. During the pandemic, groups have been forced to make cuts to their programs and funds had been sent via other means. The commitment is still honored and many in need in West Belfast still receive some help.

There is much history with this establishment, along with the people who organized it and currently run it today. When Fr. Des was working at getting this off the ground back in 2008/2009, he went to Pittsburgh and several other states to raise funds. Pittsburgh ran with it and created the Conway Mill Trust.

Help is provided to support voluntary Irish medium pre-school settings. <https://altram.org/tuisti-parents>

IRISH REPUBLICAN HISTORY MUSEUM

Since reopening, the Irish Republican History Museum has displayed items in relation to partition of Ireland. This is quite valuable, since the Unionists of Northern Ireland recently celebrated the 100th anniversary of this event.

Dove House, a Community Trust 'Aisíonad Theach / Ad Choilm,' offers advice on training, advocacy and youth services. These folks work to ensure that the needs of local people are met, as best as possible. Back in the 1980s and early 90s, Dove House was a small, community-based organization that endeavored to promote self-help and social justice in the Bogside area of Derry.

Quite often, the group did not know if they could sustain themselves. Then Ed and Elizabeth Logue founded a trust fund, Doirse Dóchais (Doors of Hope), to help pay some of the needed utilities and other overhead expenses. After a period of time,

Ed Logue passed away and Elizabeth Logue continued the work.

Dove House became the focus for organizations such as Conradh na Gaeilge, who began teaching classes in Irish. It was the Doors of Hope and the quiet determination of Elizabeth Logue which helped Dove House to survive and help to transform the Bogside Community of Derry.

Funds have been raised for Conway Mill Trust in Pittsburgh; it is one of the organizations that several AOH Divisions support. Sadly, Elizabeth Logue, 90, passed on September 11, 2021. She will be forever remembered. |

Another group that benefits from the Conway Mill Trust is 'Still Imprisoned Project, SIP.' This group works to help those with addictions through counseling, advising, and assisting these families. Through assistance, the SIP volunteers have been able to distribute 50,000 care packages.

Are you traveling to Ireland soon? Consider visiting the 'Museum of Free Derry.' This venue has been named among "The Ten Best Attrac-

tions in Northern Ireland" by Trip Advisor! Northern Ireland is a beautiful part of the island of Ireland; one day soon, it should all be one Ireland, instead of split into two.

In January, The Gaelic Arts Society presents Marie Young on the Irish Language." Marie is originally from Dublin and is a fluent Irish speaker. She is a fellow columnist for iIrish, writing the *Easca Peasca* column each month.

In January I will be interviewing Celtic Woman as they begin their 2022 Tour around the US. In February my guest in the WEDO studio will be James Gourley, Artistic & Musical Director of the River City Brass. ♦

Diane is the Producer & Host of Echoes of Erin on WEDO 810AM, Sunday 12:30pm; online on Wednesday www.kdwradio.com @ 1:30pm (then click on Listen Live). diane.byrnes@verizon.net

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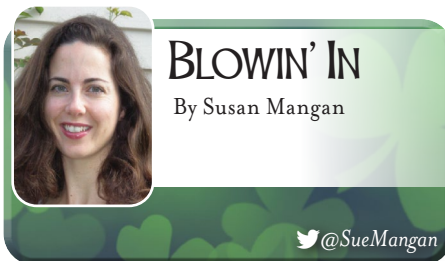
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BLOWIN' IN

By Susan Mangan

@SueMangan

A Winter Night

"Ah, yes! For we are gathered here to celebrate and explore the music of Winter, the season of frosts and long dark nights."

—Sting

Light fades so quickly in mid-December. Humans tend to turn inward and rush toward the warmth of a well-lit room. It is our nature to crave light, to bend toward sunshine rather than darkness. Great beauty lies, however, in a starlit winter night; winter constellations such as Orion shine brightly in the northern sky.

Last evening, shrouds of ivory laced the silhouette of a crescent moon. With nose raised to the clean fragrance of frost, my English Springer Spaniel leapt with abandon through the crunchy remnants of autumn oak leaves, reveling in a rush of adrenaline. Like her, I feel most alive when outside enjoying the biting winds of winter.

THE SPIRIT OF DOGS

Humans can learn so much from the spirit of dogs. Each day is an adventure. Well-worn paths around the garden somehow seem new at the break of day. Nestling her muzzle into the folds of my old, worn robe, Lucy greets me each morning with a wag of her tail. If she could speak, her words would be of joy and gratitude.

During my pet's morning run, snow had just begun to fall, leaving intricate constellations atop her thick black coat; suddenly, she paused, her body rigid in attention, ears perked, all senses awake at dawn. She looked toward our damson plum tree. There, birds of every feather mingled.

A red-breasted woodpecker dined with a blue jay, while sparrows, protected by their sheer numbers, pecked at a frozen bud. A chickadee whistled, while

intimidating hawks flew high above this congenial tree.

In that moment, I was humbled by my place in this world. Perhaps if we embrace the loneliness of this season of frost and drink deeply of the cold wind, we may feel as alive as the animals of winter.

My love of nature lies contrary to the place of my birth. Growing up amid Chicago's chain-linked fences that separated neighboring homes and their postage stamp lawns, I appreciated the force of nature. During blizzards or thunderstorms, the skies widened, and I could look out above the brick walls of my neighbor's house, as though I were witnessing a play for the first time.

During winter nights, I would climb atop our family room couch and peer out of the small window that allowed a faint amount of natural light. I still remember a January moon, full, like a rounded scoop of vanilla ice cream looking back at my small and curious countenance.

The need to breathe deeply of crisp winter air was buried deep within my father as well. His regard for nature began during boyhood family vacations to rustic cabins hidden in Canada's pine-filled woods: hunting pheasant and fishing in remote lakes.

Now, at the age of 89, my dad dreads the short days and long nights of winter. He laments, "I used to love winter. I'd cross-country ski, ice skate. How I loved to skate." With that, he and I would reminisce as dads and daughters do.

During long brutal Chicago winters, my father's neighbor, Mr. Jaeger, a kind elderly German man, taught my father to speed skate. Indoor rinks were scarce during those times.

Mr. Jaeger and my father would trek to Portage Park to practice skating with

swift, rhythmic strokes. During those evenings, the city seemed to quiet in reverence to the sharp cut of my father's blades as he skated on the slick ice of a frozen pond.

When I was five, my father taught me to skate on this same pond. For Christmas, he had given me double-bladed beginner skates. He loved me and wanted to protect me from falling on the unforgiving ice. Meanwhile, the frost would get caught in the gap between the blades and slow me down.

I wanted to fly, and the double blades clipped my wings. Still, it was enough to share the frigid darkness and the moonlit pond with my father as he watched me form a trembling figure eight.

As I grew older, my father continued in his quest for the peace found beneath the dark, still night. Chicago forest preserves have long been protected outside of the city limits. The park system offered cross-country ski trails. Under moonlit skies, my father and I would ski through snowy woods.

We never really talked during these outings. Silence was sacrosanct. It was enough to watch our breath manifest in the cold winter air, listening to the soft cadence of our narrow skis cutting through birch-lined paths of snow. Fathers and daughters reminisce, whether in the wood or at the kitchen table, and remember winter nights filled with magic. ♦

Susan holds an MA in English from John Carroll University and an MA in Education from Baldwin-Wallace University. She may be contacted at suemangan@yahoo.com.

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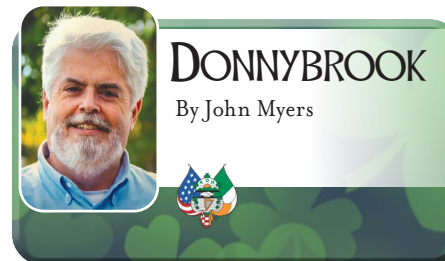
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DONNYBROOK

By John Myers

50 years on, "Sunday Bloody Sunday"

In one of its best-known songs, the globally celebrated Irish band, U2, sings, "I can't believe the news today, Oh, I can't close my eyes And make it go away, How long ... How long must we sing this song?"

U2 sings of the lament of 26 peaceful civil rights demonstrators shot, with 14 being killed.

The events of January 30th, 1972 in the City of Derry became known as "Bloody Sunday." The Northern Ireland Civil Rights Association, following the lead of The Rev. Martin Luther King, Jr., sought to have a peaceful demonstration in opposition to the British policy of Internment without trial. This "policy" gave the British Government the power to arrest anyone it chooses, for any reason and imprison them without benefit of trial, without any due process of law and imprison them for as long as they want.

To Civil Rights activists in the North of Ireland, Bloody Sunday is their "Selma," a turning point that changed the course of history. The link across the ocean was so strong that Irish marchers were singing the American anthem, "We shall overcome," as British bullets tore into the peaceful crowd. This month of January 2022 marks the 50th anniversary of that tragic day in Derry.

The British Army immediately put out a false narrative to the news media that they were fired upon by the civil rights marchers. The British Government organized an official inquiry immediately after the massacre, which became known as the Widgery Tribunal. Widgery was an official whitewash.

It took decades of lobbying and in-

ternational pressure on Westminster to institute a new inquiry. In 1998, commensurate with the Good Friday Agreement, Prime Minister Tony Blair reopened the investigation which became known as the "Saville Inquiry."

While the inquiry was welcomed, The British Government inflamed the situation by waiting another dozen years to release the findings of the Saville Inquiry. One can understand that the damning conclusions of the Inquiry did not lend themselves as welcome news by Her Majesty's Government.

The new Inquiry concluded that the shootings by the British Army were totally unjustified. They concluded the demonstration was largely peaceful and the demonstrators did nothing to warrant such a response. In fact, it was determined that the vaunted British Army gave no warning and shot at demonstrators that were retreating away from the Brits. Some of those killed and wounded were simply trying to assist those already shot.

Twenty-one British soldiers fired their rifles that day. Intriguingly, the inquiry singled out Martin McGuinness to exonerate him of any activities wanting or provoking the violent response of the British on the unarmed citizens of Derry. Prime Minister David Cameron eventually issued a formal apology almost forty years after the massacre.

This human tragedy, perpetrated on the Irish, and the subsequent whitewash, led to a hardening of positions and fueled the growth of the Provisional IRA, with recruiting largely attributed to the goal of defending the Nationalist Community from the vigilantism and unwarranted violence of Her Majesty's armed forces. The false narrative that London was a 'neutral' force amongst the fighting Irish was exposed to the world with the fangs of the colonial lion laid bare.



Clevelander's Tess Kilbane Myers & Ali Roudebush interviewed Martin McGuinness in 2002 for their 4th grade history project on the occasion of the 30th Anniversary of Bloody Sunday. McGuinness, a native of Derry was an eye witness to the carnage of Bloody Sunday. He later became deputy First Minister of Northern Ireland from 2007 till his death from cancer in 2017

BELFAST: THE MOVIE

For advocates for the human and civil rights struggle in the North of Ireland, the much-publicized movie "Belfast" was a cause for concern as to how the story would be told. It is a relief to see it as a good movie and worth catching it at the theatres or streaming online. Those that have lived this history will likely have some issues, but the "Troubles" are more of a backdrop to Director Kenneth Branagh's childhood in Belfast in the summer of 1969.

One can rightfully critique the romantic lens through which Branagh paints his childhood, but it is his personal story and a great homage to the City of Belfast. The largely Van Morrison soundtrack is worth the price of admission in and of itself. Given the hard history of recent decades in Belfast, the city can benefit from a little bit of Hollywood and benefit from the power of hope for the future of the second largest city on the island of Ireland.

BIDEN FACETIMES IRISH RUGBY TEAM

The Irish Rugby team found itself on the winning side against a much-vaunted foe, the New Zealand "All Blacks." Ireland's team has only beat the All Black's three times in over

a century of play. Not only did the Irish team receive a note of encouragement before the game from the leader of the free world, but President Biden took the time to also make a facetime call, with his brother Jim and sister Val, to the Irish team to congratulate them upon their historic win.

President Biden has been a rugby fan since his school days, where he learned what a "scrum" is, likely a good preparation for his chosen career in the public arena. He followed up with another call of congrats to Taoiseach Michael Martin.

IRELAND BENEFITS TO RECEIVE OVER \$1B FROM BREXIT RESERVE FUND

During the UK's exit from the single market, The European Union created the "Brexit Adjustment Reserve Fund." Ireland, economically impacted the most from Brexit, will be the recipient of over one billion dollars (\$1B) from the European Union to assist in the transition. Despite the long months and years of negotiations between the UK and the EU, not every matter could be mitigated.

This subsidy was designed to soften the negative economic and social consequences of Brexit. Ireland was the first EU member to receive funding and will be the biggest recipient of these Brexit Adjustment funds.

MARY LOU MCDONALD VISITS WASHINGTON

Mary Lou McDonald, the President of Ireland's oldest political party, Sinn Fein, was in the USA last month, where she traveled to NYC and Washington, D.C. to meet with supporters and congressional leadership. McDonald stated that "Irish America has an important role to play in campaigning for a referendum on Irish Unity and in spreading the conversation on the future of Ireland. As the debate around Irish Unity increases, our collective endeavor should be to shape the debate in a constructive and positive direction. I am sure the Irish diaspora will mobilize in support of Irish unity and build international momentum towards that goal." McDonald asked supporters to use the hashtag #Time4Unity to share and promote the goal of One Ireland. ♦

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Top Ten of 2021

Happy New Year everyone, it's hard to believe that it's been a year since I picked my favorite ten books of the past twelve months. If you're a regular reader of this column, you'll recognize some of them that I used for reference for some of my columns this past year. Once again, in no particular order, are my top ten of 2021.

Dracul

by Dacre Stoker and J.D. Barker

This summer after a trip to the bookstore with my grand-daughter, where I picked up a copy of Bram Stoker's *Dracula*, I found myself immersed in stories of vampires. I read a couple of other books by Stoker, as well as a couple of books that predated *Dracula*. But, it was this book by the great-grand nephew of Bram and his co-author that starts our list. *Dracul*, could almost be considered a prequel of sorts to the original *Dracula*. It was inspired by the notes and texts passed down from his ancestor. It explains the background of a young Bram Stoker, his obsession with the undead and features a twist on the Irish legend of The Dearg Doe, a female vampire that preyed on the men around Waterford. If you're a fan of horror tales, I think you'll like this one.

The Last Pirate of New York

by Rich Cohen

Earlier in the year, I wrote about the young pirate Anne Bonney, when my father and I were talking about it, he handed me this book telling me it was very interesting. It is the story of Albert Hicks, to call him a criminal would be an understatement.

His twenty plus years in a life of crime and murder finally caught up to him the summer before the Civil War broke out. The book is non-fiction, but more frightening than any vampire story when you consider that people like Hicks walk among us.

A History of Ireland in 100 Words
by Sharon Arbuthnot, Máire Ní Mhaonaigh and Gregory Toner

I've spoken of this book to my fellow Irish language students in our Speak Irish Cleveland classes at P.J. McIntyre's. It's a great book for anyone who has an interest in Irish culture and history. Each chapter begins with an Irish word, it's explained and is followed by a brief essay, before you know it, you've learned 100 Irish words and a great deal of knowledge about Ireland's history and people.

The New Climate War

by Michael E. Mann

One of the biggest challenges we face in addressing climate change is the dis-information being spread. Time and resources are being wasted in refuting statements that are not based in fact but ideology. Definitely not light reading, but highly informative if you care about our future.

Washington's Spies The Story of America's First Spy Ring

by Alexander Rose

Without the information this group of patriots supplied Washington with during America's war for independence, there most likely would have been a different outcome. Rose details how Washington co-ordinated his agents and based his strategies accordingly, allowing our smaller, underfunded army and militia victory over a greater adversary.

In Harm's Way

by Doug Stanton

Students of world War II are familiar with the sinking of the USS Indianapolis in the South Pacific by a Japanese torpedo in 1945. For everyone else, the character Quint in the movie *JAWS* said it best, "So, 1,100 men went into the water, three-hundred and sixteen men come out and the sharks took the rest, June the 29th, 1945."

Although the numbers and the date were incorrect, it was almost nine hundred men and it happened July 30, 1945, the story is true.

Stanton tells us why the ship was there, unescorted, and the delay in sending out searches when it did not arrive at its destination. With interviews with survivors, he conveys the terror and human tragedy that occurred over four days and nights in the Pacific Ocean as the war was coming to a close.

Oak by William Bryant Logan

In this modern world of steel and concrete, many lose the connection that humans have had with the environment since our beginnings. In many civilizations prior to a mechanized world, the oak tree was vital to their existence.

The acorn was a food source for many species, including man. Where the oak grew, nourishment could be had. It was so important, that Celtic life was centered around the oak; a druid was said to have oak wisdom and was looked to for guidance. Logan covers a lot of ground in this great book of history, spirituality and of course nature.

Striking Thoughts

by Bruce Lee
In order to calm my inner dragon, I've read many books on philosophy, from the writings of Thoreau to John O'Donohue and others. There is a common thread found in the creeds of the Far East, Celtic and Native Americans; knowing that a balance and respect between all living things and our planet is essential to our existence.

In this collection, Bruce shares the beliefs that helped guide him through his life and to succeed in what he strived for. I like this book because you can flip it open to any page, read a paragraph and set it down, it does not lose anything by not starting on page one and reading it to the back cover.

Think Indigenous, Native American Spirituality for a Modern World

by Doug Goodfeather

Hard to put a label on this book. Goodfeather shares the wisdom handed down by his ancestors, expanding on the "threefold path;" in modern vernacular, conscious living or living in harmony with nature. Mindful consumption, using and nurturing what our planet provides us, and collective impact, being a useful part of the community. I suppose it could be

a "self-help" book for humanity.

The Tiger

by John Vaillant

It's been ten years since I purchased and read *The Tiger* the first time. This summer marked my third reading and fourth purchase. I keep giving it away, thank goodness for my favorite second hand book shop. This is the true story of an attempted poaching of an Amur Tiger, a protected and endangered species in the Russian Far East. "People don't live in Sobolonye, they survive." When the tiger was wounded it became a killer, first stalking and killing the poacher that shot it and then others.

It's also the story of the people that make their home in one of the most brutal climates on earth. It's a very

harsh existence, where the trees in the forest can explode when the sap freezes in the sixty below temperatures. Sadly it chronicles the actions and thoughts of the men that protect the species that are sent to hunt the tiger and kill it for its crimes. Incredible story!

I hope that some of you will find something of interest. I'd love recommendations from you! Wishing you a happy and healthy New Year. ♦

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

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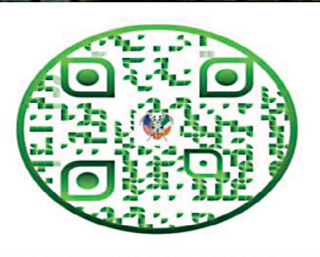
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Hall of Fame 2020s Five Top Ranked WE United Horses - All Levels #1 is Thor of Asgard (62.5 earned points) Frisian Sport Horse shown by Michelle Lackey, Region 5

ON THIS DAY IN IRISH HISTORY
JANUARY

- 1 January 1871** - The Irish Church Act (1869), came into law, whereby the Church of Ireland ceased to exist 'as an establishment'.
- 8 January 1871** - James Craig, unionist, politician, and first prime minister of Northern Ireland, was born in Sydenbran, Belfast, the son of a wealthy whiskey distiller.
- 13 January 1941** - James Joyce (58), writer, died in Zurich from a perforated duodenal ulcer; he was survived by his wife, Nora, and son, Giorgio.
- 18 January 2008** - Rev. Dr. Ian Paisley steps down as Moderator of the Free Presbyterian Church.
- 20 January 1902** - Birth in Dublin of Kevin Barry, first IRA Volunteer to be executed during the Anglo-Irish War.
- 22 January 1965** - William Conway, archbishop of Armagh and primate of all Ireland (1963-77) was pronounced a cardinal.
- 23 January 1608** - The "Plantation of Ulster" begins. James I allows English and Scottish Protestants to settle on land confiscated from the Gaelic Irish.
- 25 January 1917** - Sinking of the SS Laurentic, off Lough Swilley. Built in 1908 by Harland & Wolff, she was carrying forty-three tons of gold bullion from Great Britain to Canada.
- 26 January 1907** - The first production of John Millington Synge's, The Playboy of the Western World, at the Abbey Theatre, immediately provoked controversy as it implied that the Irish were unfit for self-rule; the infamous "Playboy" riots resulted.
- 30 January 1845** - The birth of Katharine ("Kitty") O'Shea, mistress and later wife of nationalist leader, Charles Stewart Parnell; their affair caused the scandal that ultimately led to Parnell's downfall as leader, in December 1890.

Ohio Celtic Club Supports Cancer Awareness Bra Display Fundraiser

By Jim Colliver

The Ohio Celtic Club bridge display was part of the 12th Annual Celtic Club Fights Cancer campaign. The event started in downtown Kent in 2010 as Bras Across the Crooked River for breast cancer awareness. The Celtic Club has had thirty-nine bridge displays in seven N.E. Ohio counties: Cuyahoga, Lake, Medina, Portage, Stark, Summit and Tuscarawas, and has donated over 11,000 bras to battered women's shelters. The displays are now for all types of cancer- some sections are all one color symbolizing each of the various cancers being targeted.

This year's display was in memory of Cuyahoga Falls Democratic Councilwoman Barbara Jo Sunday White, who passed away from cancer in 2007.



(L-R) City of Akron Service Director Chris Ludle, Bill Laughlin, Norma Laughlin (93 years young), Celtic Club President James Colliver, Celtic Club Vice President Beverly Blass, City of Akron Mayor Dan Horrigan, City of Cuyahoga Falls Mayor Don Walters, Mrs. Walters, Tim Yeager, Mrs. Horrigan and Donna McDonald take part in the display on the 905' High Level Bridge in Akron.

Both Akron Mayor Dan Horrigan and Cuyahoga Falls Mayor Don Walters attended the event, which is intended to highlight the spirit of cooperation that exists between the two cities today.

The Celtic Club received a citation from State Rep. Emilia Sykes (D-District 34), who wrote, "With sincere pleasure, I give recognition to the Celtic Club of Ohio and salute those who are dedicated to fighting cancer." ♦

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HEALTH MATTERS

By Dr. Lisa Dumais

Avoiding New Year's Resolution Injuries

New month, new year, new me ... it's the mantra that many of us have as we build up high hopes of getting a fresh start with our New Year's resolutions. However, the over-the-top optimism is usually short-lived - after all, January 19th is known as National Quitters Day for a reason. Most resolutions - especially those surrounding plans to get fit and lose weight - aren't just unrealistic, they can also be dan-

gerous to your health.

We often see patients during the early part of the year with injuries stemming from the "zero to 60" crowd - those who don't give their bodies time to adjust to the transition from couch sitting to marathon running. The cost of doing too much too soon can add up in both medical bills and the now unusable gym membership you just signed up for ... talk about starting the new year off on the wrong foot.

The best strategy is slow and steady. Remember, change takes time.

So, if you're lifting weights, start small and do fewer reps, then gradually work your way up from there. If your goal is to run a race, begin with walking then increase your speed and distance over time to give your body a chance to adjust.

In that same vein, don't underestimate the importance of warming up and cooling down regardless of the type of workout you choose. Stretching can significantly decrease your chance of muscle strain and help prevent soreness.

Another common mistake people often make is buying into the 'no pain, no gain' philosophy. It's easy to tell yourself the new tweak or aches you're

feeling are natural and will go away if you just work through it. However, doing so can make the problem worse and develop into injuries that take more than a few weeks' rest to treat.

"REST IS ALSO A CRUCIAL PART OF ANY WORKOUT ROUTINE TO PROMOTE MUSCLE REPAIR AND PREVENT FATIGUE. PUSHING YOURSELF TOO MUCH WITHOUT TAKING A BREAK IS JUST ASKING FOR TROUBLE."

Some soreness is common but feeling a sharp pain or aches in a joint rather than a muscle are signs that something isn't right. So, listen to what your body is telling you, and don't ignore any sign of pain.

Rest is also a crucial part of any workout routine to promote muscle repair and prevent fatigue. Pushing yourself too much without taking a break is

just asking for trouble. It's also a good idea to vary the types of exercise you do to avoid overuse injuries. Switching up the activities you're doing instead of repetitively performing the same movements gives your body a chance to rest and recover.

It is always a good idea to consult a doctor before you start any new exercise routine as well, especially if it's a drastic change from what you're used to doing. In fact, seeing a physical therapist can also be a helpful starting point.

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You may think we're just here for after you've been injured or had surgery, but the opposite is true. By looking at things like muscle tone, movement mechanics, and range of motion, we can identify movement faults and muscle imbalances - things we can help you work to correct to help prevent those injuries BEFORE they happen.

It won't cost you a thing to get started either. Mercy Health's physical therapy locations offer free pain and injury screenings. We can do those functional movement tests, so you know your strengths and weaknesses before you jump into a new routine. We can also assess any aches

or pains you may have already developed and help guide you in next steps to help address them before more damage is done.

The great thing about physical therapy is that it's a good fit for anyone, regardless of age or activity level. Whether you're a competitive athlete trying to avoid being sidelined, a senior citizen just trying to keep up with the grandkids, or somewhere in between, learning about your body and the movement patterns you should be doing can keep you healthy and pain free - both of which will go a long way in helping keep you on track with those New Year's fitness goals. ♦

Lisa Dumais has worked as a physical therapist for 21 years. A graduate of Cleveland State University, Dumais specializes in outpatient orthopedics and has certifications in Mulligan Manual Techniques, Kinesiotaping, and Dry Needling. She says she enjoys working with patients to achieve their maximum potential both physically and emotionally through integrating the mind and body connection.

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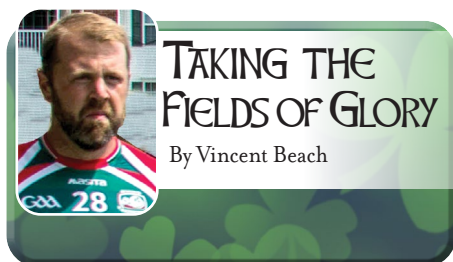
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Midwest Gaelic Athletic Association

Last month we highlighted the USGAA Convention, so here we have some of the results of the various motions that will be part of the county bylaws once reviewed and approved by Headquarters. Besides the continuous shuffle of how many homegrown players or sanctions are permitted on the field in different codes and grades, there were two motions that did modify the current regulations:

1) any motion defeated at the Convention will no longer be eligible for the submission for the following two years, and

2) regrading requests of teams shall be acknowledged by the USGAA and response to the request be returned in writing with an explanation.

Ten motions were withdrawn by their submitters. The elections: Chairperson Bernie Connaughton (Northeast), Vice-Chairperson Paul Keane (Western), Secretary Liam Maloney (Western), Registrar Tom Lagan (Northwest), Treasurer Tom Walsh (Southwest), Youth Officer Paul Mulcaire (Midwest), Central Council Delegate Paddy McDevitt (Philadelphia), and Honorary President Tommy Dolan (Central).

In Cleveland, 2021 finished with their awards banquet at the West Side Irish American Club. Earning his "club cap" this year was Ewan Kearns. Ewan practiced everyday in his backyard with his older brother, Ashoka, and father (youth coach), Shawn. Ewan's hard work paid-off this season as he dazzled on the pitch throughout the summer with solo runs, passes, and kicks off both feet. The club is looking forward to his future contributions.

PLAYER OF THE YEAR

The Men's football team were then recognized for their playoff run. Earning Player of the Year (POY) was Dan Murray, whose stalwart play in the middle of the field was the launch for many scores. Most Improved Player went to the rookie, Jake Altman. Jake came to the club as a former indoor soccer goalie.

After getting the taste of Gaelic at the Memorial 7's, Jake worked before and after practice to improve and earn the starting 1 position. Over the course of the season, he added 20 yards to his kickouts and quickly gained the confidence of the back five.

ROOKIE OF THE YEAR

Rookie of the Year went to Ryan Bush; Ryan found his niche as a half-forward and immediately entered the starting line-up. His play was a pleasant surprise to the team as he came from a wrestling background and did not have the kicking background that most players have.

LADIES GAELIC FOOTBALL

The Ladies Gaelic Football team then took the stage and were presented with memorial medals as they were the first ladies Cleveland team to earn a birth at the USGAA finals – and not only that, win a playoff game. Leading the team was Player of the Year, Maureen Mohney. Maureen's skills continue to impress throughout the Division and Country. Her on-field leadership was critical to the team's success this season.

MOST IMPROVED PLAYER

Michelle Beach was recognized as Most Improved Player. Michelle was a fitness animal this season and her defensive marking skills became known as "going into Beach-mode," a word play on beast-mode. She provided Coach Murray with lock-down defense.

Rookie of the Year went to Nikki Kovick. Holy cow she can fly it. Nikki is a natural athlete and was a target player in all of the Ladies matches this season. She quickly picked up the skills, grá, grit, and finesse of the game. The future is bright for Ladies' Football in Cleveland.

HURLING

Next was the recognition of the Hurling Team in their inaugural season.

Coach Margida recapped the season and awarded the players a memorial medal for their drive to the USGAA finals game. Leading the team was Player of the Year, Anthony Hanley. Anthony was Mr. Clutch for the team when they needed a point to stem a momentum shift or a goal in the waning minutes of a game to pull ahead.

Most Improved Player went to Dan Murray, as he locked down the full back line. So often throughout the season, it seemed Murz had a tennis like ability to return any volley into the Cleveland half of the field from the opposing team. He even pushed forward for a few sneaky points.

Rookie Hurler of the Year went to Evan Barry. Evan was the work horse of the middle in every minute of every game. He often entered a ruck and popped out the other side with the sliotar.

CLUB PERSON OF THE YEAR

And finally, the award of awards – Club Person of the Year. This year's award went to a tireless organizer for the GAA in Cleveland, Jim Coyne. Jim's commitment to the Club has been relentless as he personally heads up the Memorial 7's Football Tournament and numerous fundraisers through the season. He shares his football knowledge with the Ladies Team throughout the summer practices and games as a coach. At club board meeting, Jim is always there as a resource and his valuable input helps guide the Cleveland GAA forward. The award is long deserved! *Comhghairdeas leis an uile dhuine!*

The Cleveland GAA hopes everyone enjoyed their presents of footballs, hurleys and sliotars, and jerseys from *Daidí na Nollag*. For January through March, we are working on a few indoor recruitment sessions for new players – it's a nice balance of learning the game and socializing with the teams. Stay tuned and reach out on our website – mash the "TRY THE SPORT" button. Remember, all are welcome, and all belong – youth and adult, new players and veterans, Irish and non-Irish, ladies and men.

Go raibh míle maith agaibh (thanks y'all) to our readers and supporters. We need your help and involvement, but would most like to share the fun of Irish sport and Cleveland community with you. Consider getting involved at any level.



Most Improved Men's
Footballer - Jake Altman



Men's Footballer of the
Year - Dan Murray



Most Improved Lady
Footballer - Michelle Beach



Ladies Footballer of the
Year - Maureen Mohney



Hurler of the Year -
Anthony Hanley



Club Person of the Year -
Jim Coyne



Ewan Kearns Caps for
Cleveland

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

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2020 activities for Men, Women, and Youth. Or visit ClevelandGAA.com. ♦

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and emigrant of Michigan. He joined

the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA. His Irish is a cross of dialects from the University of Cincinnati and An Cheathrú Rua. With his wife, Michelle, he enjoys watching time absolutely fly by as their children, Ambrose (12), Bernadette (10), and Cedric (7), grow. His other hustles are coaching CYO basketball at St. Mary of Berea, coaching soccer in Olmsted TWP, teaching Construction Management at CWRU, and laying down some engineering skills on local concrete and water/wastewater projects.

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ILLUMINATIONS

By J. Michael Finn

The Cuba Five

"They hither came with confidence; he hither came in banishment."

The Irish Republican Brotherhood (IRB) organized the Fenian Rising of 1867 as a rebellion against British rule in Ireland. Following the suppression of the Fenian newspaper *Irish People* in September 1865 by the British, disaffection among Irish nationalists grew. During the later part of 1866, IRB leader James Stephens raised funds in the United States for a fresh rising planned for the following year.

Sadly, the Fenian Rising of 1867 proved to be a poorly organized affair. A brief rising took place in County

Kerry in February, followed by an attempt to take the city of Dublin in early March. Due to the combined effect of weak planning and infiltration by British informers, the rebellion never got off the ground.

Most of the Fenian leaders in Ireland were arrested and imprisoned. The British penal system of that time was brutal under normal circumstances, and the Fenians suffered much harsher treatment than the regular inmates. One prisoner, Jeremiah O'Donovan Rossa, consistently refused to conform to the strict prison environment and was singled out for solitary confinement and other harsher punishments.

The imprisonments were followed by a series of attacks in England aimed at freeing Fenian prisoners by force, including a bomb in London and an attack on a prison van in Manchester, for which three Fenians, known to history as the *Manchester Martyrs*, were executed on November 23, 1867. In 1869, a drive for an amnesty for Fenian prisoners gathered momentum. As a result of public pressure the British eventually declared a conditional amnesty for the Fenian prisoners. On January 5, 1871,



The Cuba Five

they announced the release of thirty Fenian prisoners.

The British released the Fenians on condition that they exile themselves to the country of their choice and not return to Ireland until the term of their sentences had expired. Many chose to go to Australia, but five of the prisoners, John Devoy, Jeremiah O'Donovan Rossa, John McClure, Henry Mulleda and Charles Underwood O'Connell chose to go to America.

The five Fenian prisoners were taken to the Liverpool docks under heavy police and army protection. There they boarded a steamship, the *S.S. Cuba*, bound for the United States. They would collectively become known as the *Cuba Five*.

On the cold evening of January 19, 1871, the *S.S. Cuba* drew within a few miles of landing at New York. Anticipation for their arrival was high among Irish citizens. It was decided that a delegation would meet the ship before it landed and escort the Fenians to port. Unfortunately, there were three groups who had the same idea.

The first group was aboard a US government cutter and led by Thomas Murphy, the revenue collector for the Port of New York. Murphy carried with him a letter from his boss, Presi-

dent Ulysses S. Grant, offering the five former prisoners the President's regards and an official invitation to board the cutter for the last part of their journey.

Grant's actions enraged the British. The Grant administration was anti-British due to British cooperation with the Confederacy during the Civil War. As one historian noted, "Twisting the lion's tail was official Washington policy in Reconstruction America."

The second boat included Democratic Party representatives from New York's Tammany Hall, led by Judge Richard O'Gorman. The third boat contained a welcoming committee from the Knights of St. Patrick, one of the many Irish fraternal groups in New York. All three groups were determined to transport the exiles into New York Harbor.

The three boats raced toward the *Cuba*. The boat from the Knights of St. Patrick arrived first, followed quickly by the federal ship and lastly the Tammany Hall ship. The three groups met on deck and soon began to argue about who would be entitled the honor of escorting the five men to New York. The Knights of St. Patrick argued they had arrived first; the US Government delegation argued that they were representing President Grant and outranked the other contenders; and the politi-

cians from Tammany Hall argued that they were the official representatives of the City of New York.

The three committees met with the five Fenians aboard the *Cuba*. Pushing, shoving and general "trash-talk" ensued between the groups as the arguments continued. Accusations began to circulate that President Grant's letter was a fake (it wasn't) adding more fuel to the chaos.

A member of the US contingent insulted the Democrat group when he stated they wished to rescue the exiles "... from being made the tools of Tammany tricksters." In response, the New York Health Commissioner, who was with the Tammany group, threatened to quarantine everyone on the ship unless the Fenians returned with the Tammany group. A brawl began among the greeters.

At midnight, after hours of negotiations, John Devoy asked that the five Fenians be allowed to confer before deciding who would escort them. The five Fenian exiles retired to a separate room to make their decision.

When they returned, O'Donovan Rossa read out a written statement signed by the five exiles. It read in part, "It is painful for us tonight, to see so much disunion among yourselves; and as you have not united harmoniously to receive us, we will not decide upon anything ... we will remain on board tonight and we will go to a hotel tomorrow." This news further enraged the groups and John Devoy scolded them that they if they could not act as gentlemen they should leave the vessel, which they all eventually did.

The next morning, the *Cuba* landed at the Cunard docks, where the exiles received a grand welcome. They were transported to Sweeny's Hotel in Manhattan, where they were they were welcomed by over 3,000 callers. The following day, they were paraded along Broadway, accompanied by the 69th Infantry Regiment (the 'Irish Brigade').

As the years went on, John Devoy, perhaps more than any other man, kept the struggle for Irish freedom alive among the Irish exiles in America, until his death in 1928. Patrick Pearse referred to Devoy as "the greatest Fenian of them all."

Jeremiah O'Donovan Rossa was as steadfast an enemy of English rule in

Ireland as anyone who ever lived and would in death become the symbol for the 1916 Rebellion. Pearse would call him, "... this unrepentant Fenian."

O'Connell, Mulleda and McClure also continued to be involved in Fenian activity in the United States through the balance of their lives. With this article is a copy of a famous lithograph created by Robinson and Mooney depicting the Cuba Five. They are, from left to right: John Devoy, Charles Underwood O'Connell, Henry Mulleda, Jeremiah O'Donovan Rossa and John McClure. ♦

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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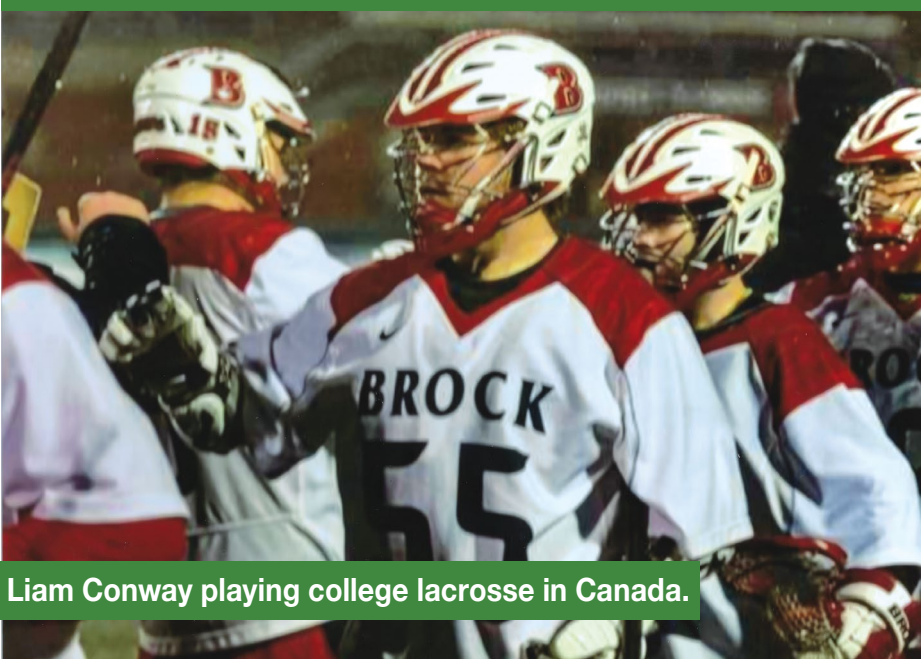
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CLEVELAND IRISH

By Francis McGarry

The Grand Army

The Grand Army of the Republic Highway, Route 6, is named in honor of American Civil War veterans. It stretches from Bishop, CA, to Provincetown, MA. The Boston Irish call it P-town. It is Lake Road in Bay Village, Clifton Boulevard in Lakewood, Superior Avenue after the river and, once in East Cleveland, it is Euclid Avenue, just plain old Euclid Avenue.

IRISH CLUBS

Bartley J. Kilkenny settled in East Cleveland upon his arrival in Cleveland

in 1920. He and his wife, Winnifred Padden, were born in County Mayo and married at St. Aloysius in 1926. They lived on 117th Street in 1930, about a half-mile walk to St. Aloysius.

Depending on how the Irish American Club founded in 1890 on East 6th and Superior, Route 6, is tallied, Bartley started the first or second Irish Club on the Eastside in the 1930s. He was a good friend of Patrick Lynch of the West Side IA. Those Irish on the Eastside assembled at assorted addresses: Metropolitan Hall, Virginia Hall (East 105th and Superior) and the Slovenian Hall on Waterloo. In the 1940s, they held club meetings at the Slovenian Hall at East 64th and St. Clair.

In 1959, that club was known as the Euclid Irish Association, and it was a member of the United Irish Societies. Mayor Ely of Euclid had allowed the Club the use Euclid Park Clubhouse at East 222nd and Lakeshore years before. The Irish American Club-East Side, Inc. was started in 1978. It first met at O'Brien's by the Tracks in Euclid and now is at 228th and Lakeshore, for those who don't traverse the Cuyahoga.

EASTSIDE IRISH CLUBS

Bartley Kilkenny was the first president of that Irish Club. The IACES has had fifteen. Four of those, #2, #7, #10 and #16, are dearly departed and dearly missed. Eight of those Past Presidents were in East Cleveland the first Friday of December. St. Philomena's is where we assembled, just past where the RTA ends.

The school has long since closed and some of the bricks are missing at St. Phil's. The Bluestone Hibernians and Knights of Columbus assist with the grounds, but more work is required.

We were there for #12. Her mom passed away; they are a St. Phil's family. #12 and her people were not alone. #4, who is also #6, #8, #13 and #17, managed the funeral and did a magnificent job.

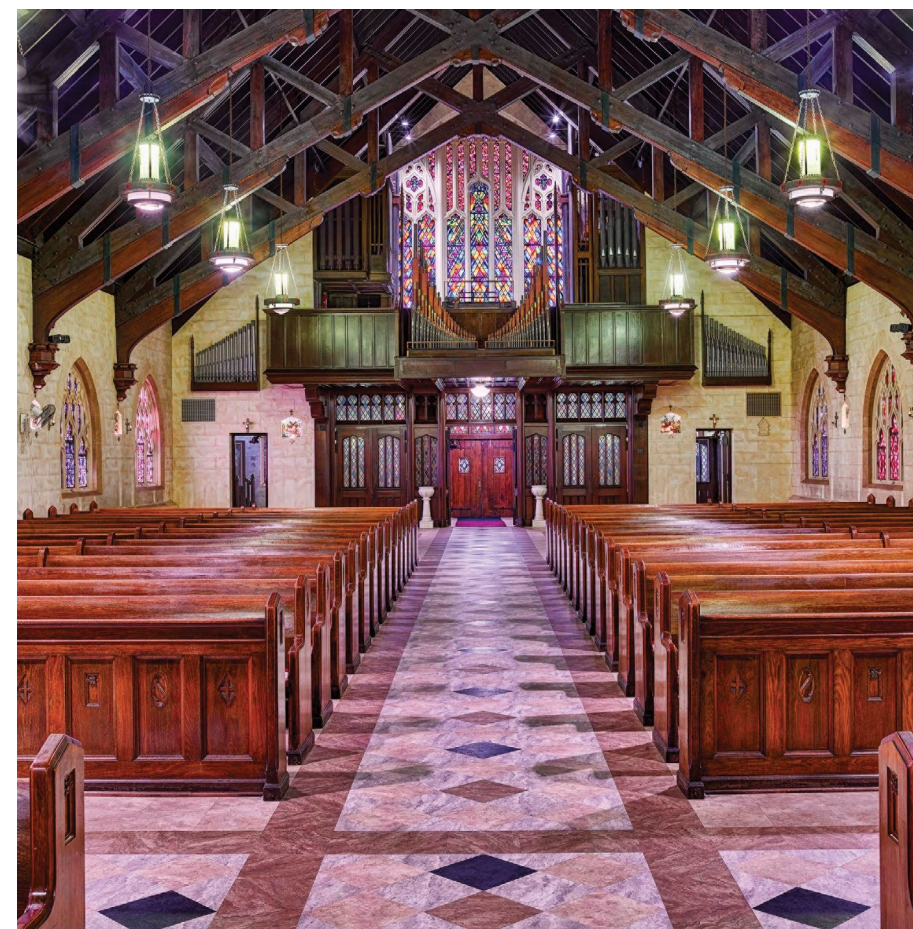
#14 played the bagpipes, truly a master of his trade. #1 was there, who is also #5, as was #9, who is also #11 and #18. #23 was there and I sat by #19 and her chatty friend, mind yourself. #3, #20 and #22, who is also #24, could not attend. #3's wife was there and she served at the after-funeral dinner. #20's husband was the volunteer bartender. It was not

just the #'s there; "Mama Hanson" had many friends.

The funeral procession left St. Phil's and headed east on Euclid Avenue. We passed McCall's Motor Inn and Shaw High School. Then the first casino in Cleveland, Tucker's, and Angela Mia's Pizza. At Noble Road we passed Christ the King; #20 was a teacher there.

Mrs. Duffy was a parishioner at Christ the King. She was born Mary Kay McGarry in Roscommon and immigrated to Cleveland in 1899. Martin Duffy married her in 1901 at St. Aloysius. They lived on East 55th before moving to East 117th and St. Clair, about a half mile walk to St. Aloysius.

Mary joined the LAOH, started an Eastside division and was named Hibernian of the Year. A new Eastside LAOH is now in the works. Her brother Michael was also a Hibernian and started McGarry Painting. He painted St. Al's. Michael was a regular guest on Mary's radio show, Echoes of Erin, and Member of the Year at the IACES. They were Hibernians when Cleve-



St. Philomena

land had two National Presidents. Martin Sweeney was National President from 1927 to 1931 and Michael McGrath was National President from 1946 to 1950.

Mary Duffy was the founder of the Irish Cultural Garden Association and started Nelaview Realty, which had an office on Noble Road in East Cleveland. My grandfather, John Francis, started McGarry Realty and had an office on Mayfield next to Dee Jay Paints, his paint store.

The Duffy's lived just up Noble in Cleveland Heights when she passed away, a few blocks behind the Colombo Room. It has good food.

#3 used to have his lunch there when he worked at the bank across the street at Nela Park. #3 also worked at the furniture store before it became the Irish American Club-East Side. He almost had a statue at the next Irish Club.

Eamon de Valera visited the United States to raise funds for the Irish Republic. He met with Mary Duffy and Bartley Kilkenny. She was a member of the American Association for the Recognition of the Irish Republic. It was a matter of respect.

BLUESTONE IRISH

The funeral procession passed Noble Road and the buildings made all of brick. Past the garages built with flat roofs; where your neighbor was only a driveway's width away. We passed Dead Dog Way, then Euclid Creek and what once was Bluestone Village.

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County Tyrone native Duncan McFarland and his sons quarried bluestone in Euclid Creek in 1867. Bluestone is the native substrate in Eastern Cuyahoga County, sometime referred to as Euclid Bluestone. The parents of Bob Mullin, Bluestone AOH President, and Kevin Mullin, Bluestone AOH Secretary, were parishioners at St. Aloysius, about a half mile walk away. Mullin Brothers Painting is in Euclid.

We turned on Chardon Road and went to All Soul's. My Ma doesn't let me cross SOM Center Road after the street lights are on. Regardless of the time or the route, it is a path we are all going to take.

Some Irish on the Eastside went up the hill, #12 and #21, who is also me, are about a half-mile walk apart in the Heights. Some Irish continued east to Euclid, which is good because they aren't as good in the altitude.

EASTSIDE IRISH

Bartley Kilkenny moved to Fuller Avenue in Euclid, just up the street from Skinny's, long before it was Skinny's. The descendants of Michael and Mary McGarry are in Euclid and still make it back to the Slovenian

Hall on East 64th and St. Clair every March 17th for the family gathering. The same hall that held the first or second Irish Club, depending.

We all made it back to East Cleveland that day, together if only for a while, and followed the path of those who made their way before us. We venerate them and strive to amplify the commitment they held dear. Regardless of the # or the name, we are one in the same. It was a sad but great day to be Cleveland Irish from the Eastside. ♦

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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IRISH AT HEART

By Natalie Keller

Fact or Fiction?

If you're a fiction writer, the most frequent question you are probably asked is this: "Where do your ideas come from?"

The answer isn't easy, but I've always loved Neil Gaiman's approach: "I think it's really important for a writer to have a compost heap. Everything you read, things that you write, things that you listen to, people you encounter, they can all go on the compost heap. And they will rot down. And out of them grow beautiful stories."

This line of thinking rings true for me. Unless you're a brilliant recluse like Emily Dickinson, I don't believe inspiration springs from nowhere. For me, inspiration has its roots in reality: the books I read, the TV shows I binge, the people I love, the strangers I cross on the street, and the places I travel.

I recycle moments and memories, imbuing them with new life and transforming them into something new on the page. Of course, this is only half the answer: the rest of the process is magic.



The Cliffs of Moher, the setting of a chapter in my novel.

Reality can only take us so far, and then we must plunge into the wild seas of imagination.

But I am keenly interested in the ways our lives inform our storytelling. My approach to life is to consider every experience clay from which a story can be shaped. Soaring joys, crushing heart-

breaks, romantic whirlwinds, crippling loneliness — all these emotions allow us to write complex, well-rounded characters, believable plots, and vivid settings.

Not only that, but the rough patches feel more bearable this way. During even the worst times of my life, I am able to step back and assure myself, "This

will make me a better writer." And that grants me perspective and perseverance.

WRITING DURING A PANDEMIC

During the thick of the pandemic, from April to July 2020, I wrote my first original novel. It was a difficult personal time, but my novel was a life-raft. I experienced colossal loss and change during



Exploring Gandy Street in Exeter, which inspired Diagon Alley in the Harry Potter series.

the first months of 2020, and those experiences are evident in my story: grief, sorrow, and turmoil are center-stage — but just as I survived, my protagonist concludes the story as a completer and more triumphant version of herself. But it's not simply my emotions that seeped into the novel: the six months I spent living in Ireland inspired me to set half the story in the Emerald Isle.

Here's an excerpt from the novel, in which the main character visits the Cliffs of Moher:

The cliffs were windy and wide and forever.

When they arrived, the blue sky matched the blue of the Atlantic, which roared and frothed hundreds of feet below. Every so often, the wind carried a flurry of foam to the top of the cliffs, where it sprinkled like snow on their heads. A grand-

fatherly voice in Emma's head whispered of mermaids, sirens, and the birth of goddesses.

It was a beautiful day, but Emma knew the beauty would only last so long. If there was anything Irish weather taught her, it was that sunshine was never here to stay.

The Cliffs of Moher are my favorite place in Ireland, and this passage reflects my own experience there. If I had never visited The Cliffs myself, I would have struggled to capture its authenticity: the tumultuousness of its weather, the image of sprinkling sea foam, the mythic atmosphere.

THE FIRST TASTE OF GUINNESS

There's a similar takeaway from this passage, which describes the protagonist's first sip of Guinness:

Emma took the glass in her hands and

gazed down into its dark, frothy contents. She had never seen a drink so black before — it looked like a potion, or a glass of poison.

"Just the tiniest bit," her Uncle Colm instructed her. "You'll see why."

Emma, feeling like a true adult, lifted the beer to her lips as her relatives stared in anticipation. She took a small sip, and immediately understood her uncle. It was heavy, bitter, and harsh — and yet, past the tartness, there was also a sweetness, like chocolate-covered coffee beans. Emma could only stomach one sip, for that single swallow seemed to contain an entire barrel. She lowered the glass with a wrinkled nose and a grin.

"You creature!" Maeve guffawed, pronouncing it 'kraychur.'

You guessed it: I'm describing my first taste of Guinness here. Sure, I was twenty-two instead of eleven, and sitting with friends rather than family, but the essence of the scene is the same. Moreover, while writing dialogue, I incorporate phrases such as "you creature," "yer man," and "that's gas" because I heard real Irish people say those words. Sure, I could have gone to great lengths to research the sound of a colloquial Irish accent but spending real time in Ireland was a helpful shortcut.

Of course, my novel is nowhere near autobiographical. For one: my protagonist has magical powers. I, on the other hand, was crushed on my eleventh birthday when my Hogwarts letter didn't arrive and thus resigned to live as a Muggle. My fiction isn't — nor should it be — a simple reiteration of my life. Rather, my life enriches my fiction, allowing me to build fantastical stories from concrete experiences and details.

Without a doubt, living abroad in the United Kingdom changed me as a writer, particularly as a writer of speculative fiction and magical realism. If you're interested, as I am, in writing epic, sweeping fantasies like J.R.R. Tolkien's *Lord of the Rings* or J.K. Rowling's *Harry Potter*, there's no better place in the world to explore than the UK, which is bursting at the seams with medieval history, ancient castles, and grandiose myths and legends.

THE SHIRE

I have walked the green, idyllic fields of Devonshire that inspired The Shire, and strolled down Gandy Street in Exeter, which is the spitting-image of Diagon Alley (J.K. Rowling lived in Exeter as a young woman, after all). Universes like Middle Earth or the Wizarding World may seem entirely original and unique, but inspiration always comes from somewhere.

No matter how far we stretch our imagination, stories will always have their roots in the nutrient-rich dirt of reality. Reality nourishes fantasy, and fact enlivens fiction. To become better writers, we must pursue lives rich with experiences: the good, the bad, the ugly, and the wondrous — so that the soil of our mental compost-heaps can grow forests, castles, kingdoms, and epics. ♦

References:

- The Lord of the Rings* by J.R.R. Tolkien
- The *Harry Potter* series by J.K. Rowling
- Neil Gaiman, MasterClass

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The Old Angle Honors
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99 years ago, on February 22, 1912, Johnny Kilbane, a son of Cleveland's 'Angle' neighborhood, in a 20 round bout, became The Featherweight Champion of the World. A title held longer than any other featherweight in the history of boxing.

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Speak Irish: Counting

Athbhliain Faoi Mhaise! Tá súil agam go bhfuil tú go maith. There are different number systems in Irish, just as there are in English. In English, we say one thing or two things if we're counting something, but if we're putting things in order we say the first or second thing and so on. In Irish, there is a basic set of numbers used for telling time, phone numbers or addresses or if you're inclined to stand around on street corners and count out loud. A second system is used for counting things, while a third is used for counting people.

In the basic number system, if the number starts with a vowel, the letter h is placed in front of it. The numbers 0 thru 10 use a helper word in front of them, a (uh). In English, the numbers thirteen thru nineteen use a variant of the number ten, teen. In Irish, a variant of ten is also used. In the number twelve, the word for two causes lenition or softening to the word that follows it.

Basic Numbers in Irish

a náid (uh noy) zero
a h-aon (uh hayn) one
a dó (uh doe) two
a trí (uh tree) three
a ceathair (uh kya-her) four
a cúig (uh koo-ig) five

a sé (uh shay) six
a seacht (uh shakht) seven
a h-ocht (uh hawkht) eight
a naoi (uh nee) nine
a deich (uh jeh) ten

BASIC NUMBERS 11-20 IN IRISH

a h-aon déag (uh hayn jayug) eleven
a dó dhéag (uh doe yayug) twelve
a trí déag (uh tree jayug) thirteen
a ceathair deag (uh kya-her jayug) fourteen
a cúig déag (uh koo-ig jayug) fifteen
a sé déag (uh shay jayug) sixteen
a seacht déag (uh shakht jayug) seventeen
a h-ocht déag (uh hawkht jayug) eighteen
a naoi déag (uh nee jayug) nineteen
fiche (fih-huh) twenty

MULTIPLES OF TEN IN IRISH

fiche (fih-huh) twenty
tríocha (tree-kuh) thirty
daichead (dah-khayd) forty
caoga (kay-guh) fifty
seasca (shas-kuh) sixty
seachtó (shahk-toe) seventy
ochtó (awhk-toe) eighty
nócha (no-kuh) ninety
céad (kayd) hundred

A pattern develops counting from twenty to a hundred, below are some examples.

fiche a dó (fih-huh uh doe) twenty-two
tríocha a trí (tree-kuh uh tree) thirty-three
seachtó a cúig (shahk-toe uh koo-ig) seventy-five

**refer back to Nov.2021 ilrish for more on telling time using basic numbers*

COUNTING THINGS IN IRISH

When counting things in english, not only do we use a number, but we also use the plural version of the thing

we are counting, one box, two boxes. In Irish there is no need for that, but, softening and eclipsing can occur. Also if only one thing is being counted we add the word alone to it, as in one box alone.

aon (ayn) softens one
dhá (ghaw) softens two
trí (tree) softens three
ceithre (keh-ruh) softens four
cúig (koo-ig) softens five
sé (shay) softens six
seacht (shakht) eclipses seven
ocht (awkht) eclipses eight
naoi (nee) eclipses nine
deich (jeh) eclipses ten
amhain (uh-woyn) alone

THINGS TO COUNT IN IRISH

bosca (bos-ka) box
eochair (uhk-er) key
nóiméad (no-mayd) minute
euro (yur-oh) euro
carr (karr) car
cupán (kup-un) cup
bord (board) table
cathaoir (ka-heer) chair
rud (ruhd) thing
pionta (pyunt-uh) pint

Examples

aon bhosca amháin (ayn wuhss-ka uh-woyn) one box alone or one box
dhá bhord (ghaw word) two tables
trí charr (tree karr) three cars
ceithre chathaoir (keh-ruh ka-heer) four chairs
cúig phionta (koo-ig fyunt-uh) five pints
sé nóiméad (shay no-mayd) six minutes
seacht n-eochair (shakht nuhk-er) seven keys
ocht gcupán (awkht gup-un) eight cups

naoi rud (nee ruhd) nine things
deich n-euro (jeh nuur-oh) ten euros
Notice that only words beginning with certain letters can be softened or eclipsed.

COUNTING MONEY IN IRISH

Cé mhéad sín? (kaw vayde shinn) How much is that?
dhá euro (ghaw yur-oh) two euros
dhá euro deich cent (ghaw yur-oh jeh sent) two euros and ten cents
dhá euro caoga cent (ghaw yur-oh kay-guh sent) two euros and fifty cents
cúig euro seachtó cent (koo-ig yur-oh shokto sent) five euros and seventy cents

COUNTING THINGS BEYOND TEN

Counting things above the number ten is a little different in Irish,

from eleven to nineteen, the name of the thing you're counting is inserted between the numbers. From twenty and beyond the word for and, agus (ah-gus) is also used but is almost always shortened to 's. For example, fifteen boxes would be five box ten, twenty-five boxes would be five box and twenty. Softening and eclipsing are still required.

Cé mhéad atá ann? (kah vayde uh-taw ahn) How many are there?

trí bhosca déag (tree wuhs-ka jay-ug) thirteen boxes

Tá trí bhosca déag. (taw tree wuhs-ka jay-ug) There are thirteen boxes.
ceithre bhosca 's fiche (keh-ruh wuhs-ka iss fih-huh) twenty-four boxes

Ní ceithre bhosca 's fiche. (nee keh-ruh wuhs-ka iss fih-huh) There are not twenty-four boxes.

seacht mbosca 's tríocha (shohkt mos-ka iss tree-uh-ka) thirty seven boxes

An bhfuil seacht mbosca 's tríocha? (ahn will shohkt mos-ka iss tree-uh-ka) Are there thirty-seven boxes?

cúig bhosca 's seasca (koo-ig wohs-ka iss shas-ka) sixty-five boxes

Nach bhfuil cúig bhosca 's seasca? (nahk will koo-ig wohs-ka shas-ka) Aren't there sixty-five boxes?

COUNTING PEOPLE IN IRISH

aon duine amháin (ayn din-uh uh-woyn) one person alone or one person
beirt (baerch) two people
triúr (tru-ihr) three people
ceathrar (kya hrer) four people
cúigear (kooih-gur) five people
seisear (shesh-er) six people
seachtar (shohk-tur) seven people
ochtar (awhk-tur) eight people
naonúr (nee-noor) nine people
deichniúr (jeh-noor) ten people

New session of Speak Irish Cleveland classes are starting January 11th, we'd love to see you there. Tóg go bog é! ♦

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland classes held every Tuesday at P.J. McIntyre's. he is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Morrighán and Rían and terrier Doolin keep the house jumping. He can be reached at carney-speakirish@gmail.com

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The Daughters of Erin Children's Christmas Party was held at the Shamrock Club of Columbus on December 11. Crafts, raffles, and plenty of fun were on the docket as well as a surprise visit from the Easter Bunny and our favorite Shamrock Club icon Brian the Leprechaun. Having not been able to see the children at the annual Egg Hunt this year or at St. Patrick's Day, the loveable holiday characters took time out of their busy off-season schedules to appear with their buddy Santa Claus to remind everyone they're still here and how much they have missed everyone.

Thank you to all members of the Daughters of Erin and volunteers that help make this event so special. It has been greatly missed.

2022 ST. PATRICK'S DAY HONOREES

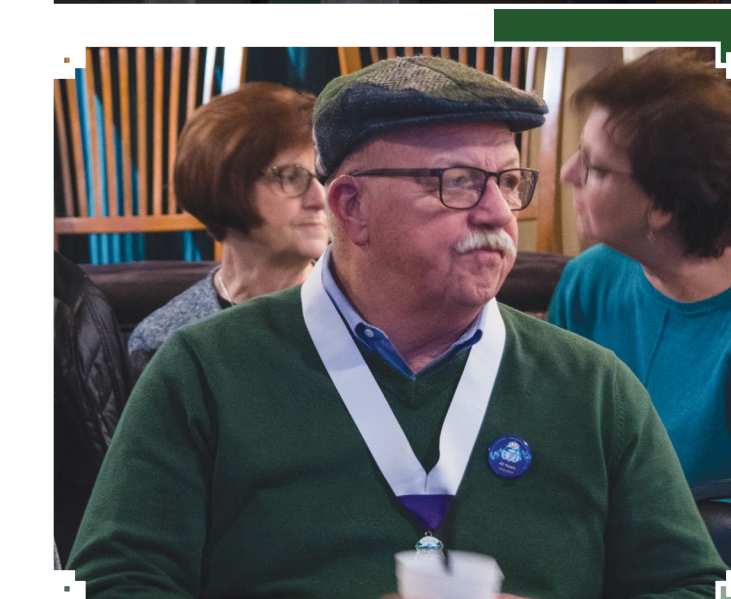
Ladies Ancient Order of Hibernians Hibernian of the Year - Janell Brown
Ancient Order of Hibernians, Patrick Pearce Division Hibernian of the Year - Bryan Horn

Commodore Barry recipient - George Penree

Clann na nGael Honoree- Ron Hagan ♦

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

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Top: Bryan Horn, 2022 Hibernian of the Year, President Ken Stibelton and Commodore Barry recipient George Penree

Bottom Left: Clann na nGael Honoree Ron Hagan

Bottom Right: LAOH Hibernian of the Year Janell Brown





THE FITNESS DOCTOR

By Dr. Frederick Peters

Eating Yourself Younger

Eating a diet that is rich in fruits, vegetables, and whole grains and low in added sugar, sodium and processed meats could help promote healthy cellular aging. In deciding what to eat to maintain young and healthy skin, we are often faced with endless headlines.

Skin is the primary barrier that protects the body from external factors. Skin aging is a complex biological process and is affected by internal factors and external factors.

Researchers have used many models in recent years to explain the molecular mechanism of skin aging and the mechanism of its alleviation. These models include cell aging, oxidative stress, high-frequency chromosomal abnormalities, single-gene mutations, and chronic inflammation.

In a recent study, researchers used telomere length to measure cellular aging. Telomeres are DNA-protein structures located on the ends of chromosomes that promote stability and protect DNA. Age is the strongest predictor of telomere length -- telomeres

shorten in length during each cell cycle.

However, recent studies have shown that telomeres can also be shortened due to behavioral, environmental, and psychological factors. Shorter telomeres have been associated with an increased risk for heart disease, type 2 diabetes, and some cancers.

Leung and colleagues examined the diets of a nationally representative sample of nearly 5,000 healthy adults and how well they scored on four evidence-based diet quality indices, including the Mediterranean diet, the DASH diet and two commonly used measures of diet quality developed by the U.S. Department of Agriculture and the Harvard T.H. Chan School of Public Health.

REDUCING THE RISK OF CHRONIC DISEASE

Higher scores on each of the indices were significantly associated with longer telomere length. The findings were consistent regardless of the diet quality index. All four diets emphasize eating plenty of fruits, vegetables, whole grains, and plant-based protein and limiting consumption of sugar, sodium and red and processed meat. Overall, the findings suggest that following these guidelines is associated with longer telomere length and reduces the risk of major chronic disease.

The commonality to all the healthy diet patterns is that they are antioxidant and anti-inflammatory diets. They create a biochemical environment favorable to telomeres. Poor-quality foods, like trans fats, cause inflammation, and aging is basically a chronic inflammatory state. For example,

eating too much sugar and processed carbohydrates (like pasta, bread, and baked goods) can lead to damage in your skin's collagen

FOODS TO FOCUS ON

Go for a Mediterranean-style diet. Vegetables, fruits, whole grains, low-fat dairy, and lean protein can help fight inflammation and keep you looking your best.

Try eating more of these foods: Romaine lettuce. It's high in vitamins A and C, which curb inflammation. Also try broccoli, spinach, arugula, watercress, escarole, and endive.

Tomatoes. They're rich in a nutrient called lycopene. So are watermelon, grapefruit, guavas, asparagus, and red cabbage.

Salmon. It's high in omega-3 fats, which fight inflammation. Tuna is another good choice.

Lentils and beans. These are good sources of protein and are loaded with fiber and nutrients. Try black beans, split peas, limas, pintos, chickpeas, and cannellini beans.

Oatmeal. Whole grains such as oatmeal, whole wheat breads and pastas, brown rice, and quinoa help curb inflammation.

Water is a vital constituent of the body and facilitates maintenance of balance and tissue function in the body. Lack of water in the body can cause tissue dehydration and functional disorders (such as aging and inflammation). Studies show that drinking more than 2 L of water per day significantly affects skin physiology and promotes superficial and deep hydration of the skin.

Trace elements include iron, iodine,

zinc, and copper, etc., and refer to elements whose content in the human body is less than 0.01-0.005% of the body mass. Despite being less abundant in the body, trace elements have strong physiological and biochemical effects. Trace elements are closely related to skin immunity and inflammation.

Zinc content in the skin ranks third among all tissues and is an essential element for the proliferation and differentiation of skin epidermal keratinocytes.

Copper is involved in the extracellular matrix formation, synthesis and stabilization of skin proteins, and angiogenesis. Clinical studies have shown that copper aids in improving skin elasticity, reducing facial fine lines and wrinkles, and promoting wound healing.

Iron is a catalyst for bio-oxidation. Studies have shown that ultraviolet radiation and iron content in women's post-menopausal skin cells increase rapidly, reduce the skin's antioxidant capacity, and lead to aging.

Selenium lacking in the diet weakens the UV-B-induced antioxidative ability of mice skin, making the skin more sensitive to oxidative stress due to ultraviolet radiation.

LACK OF VITAMINS AND SKIN DISORDERS

The lack of vitamins in the body can cause skin disorders. Vitamin C, if deficient, causes the symptoms of scurvy such as fragile skin and impaired wound healing. Vitamins, as skin antioxidant defense ingredients, are mostly taken from food, so the content of vitamins in the diet is closely

related to skin antioxidant capacity and physiological functions.

Proteins form an important part of body tissues and organs. Their primary physiological functions are to construct and repair tissues, mediate physiological functions, and supply energy. All tissue cells in the body are constantly renewed, and only adequate protein intake can maintain normal tissue renewal and repair.

Skin is no exception, and the skin renewal cycle is generally considered to be twenty-eight days. Protein deficiency or excessive intake can cause metabolic disorders and affect physical health. Excessive intake of plant protein increases kidney load, and excess animal protein intake increases the risk of osteoporosis.

Smoking can change skin cuticle thickness and accelerates skin pigmentation. Clinical observations and investigations have also shown a certain correlation between smoking, external aging, and facial skin aging.

Alcohol and acetone produced by alcohol metabolism can promote the proliferation of skin keratinocytes,

thereby enhancing skin permeability and damaging its barrier function. Alcohol also affects the metabolism of triglycerides and cholesterol and affects the lipid composition of the skin.

WHAT HAPPENS WHEN YOU QUIT

On the contrary, quitting smoking and alcohol can delay the aging of facial skin. Dysfunction of alcohol metabolism in the aldehyde dehydrogenase 2 (ALDH2) gene knockout mouse or human allele also confirmed that alcohol can cause increased skin pigmentation, although the downstream mechanism of action is unclear.

A high-fat diet is closely related to various diseases, such as obesity, diabetes, fatty liver, and skin aging. Studies have shown that dietary fat intake is closely related to the body's adipose tissue and the lipid composition of the skin. High-fat diets delay healing of the skin by promoting skin oxidative stress and inflammatory responses, reducing protein synthesis, and may also cause morphological changes in skin and damage to matrix remodeling.

Moreover, a high-fat diet can promote skin inflammation and cancer by enhancing the expression of inflammatory factors and tumor necrosis factor in the skin by UV-B. In general, the effect of a high-fat diet is mainly to cause aging of the skin by causing skin oxidative stress to produce inflammatory damage.

Some studies have also shown a close association between sugar and some food processing methods (such as grilling, frying, baking, etc.) with skin aging, and their mechanisms are related to skin advanced glycation end products. A high-sugar diet, ultraviolet irradiation, and eating barbecued fried foods, lead to the accumulation of AGEs and acceleration of skin aging. However, strict control of blood sugar for four months can reduce the production of glycosylated collagen by 25%, and low-sugar food prepared by boiling can also reduce the production of AGEs.

Mechanistically, long-term intake of carbohydrates promotes skin aging by activating the mammalian tar-

get of rapamycin (mTOR). Further, high-salt, spicy, and extremely vegetarian diets are also considered to be detrimental to skin health. Therefore, scientific, reasonable, healthy, and diverse eating habits and eating some antioxidant-rich foods are essential to maintaining skin health.

The key takeaway is that following a healthy, Mediterranean diet can help us maintain healthy cells and help our skin look its best! ♦

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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COOKING UP A HOOLEY

By Katie Gagne

Time for Comfort Food

I'm sure by now we are only just a few days or weeks into our new goal of eating healthy. So this recipe may not inspire you at the moment. For those who are looking for a worthy cheat meal or have already thrown in the towel, this recipe may be just what you are looking for.

IRISH LOADED TATER TOTS

Ingredients

1 3-4 lb London Broil (You can use any

type of roast that holds up well to tenderizing and longer cooking time)
 2 cups Beef Stock
 1 Bottle Guinness Stout
 2 tbsp. Granulated Garlic
 2 teasp. Black Pepper
 1 tbsp. Tomato Paste
 8 ounces Kerrygold Dubliner Cheese – shredded
 1 bag of Frozen Tater Tots.
 ½ head Red or Green Cabbage – shredded
 2 tbsps. Olive Oil
 1 tbsp. Vinegar – Red Wine or Salad works well
 1 bunch Scallions - chopped – white and green parts
 Salt and Pepper to taste.
 Horseradish Sauce for drizzling.

Coat room temperature London Broil in 1 tbsp. Olive Oil, garlic, and pepper and let sit for 30 minutes

Cut in half if needed to fit into a Dutch oven or large, deep casserole dish.

Pour Beef Stock and Guinness over



the meat, cover, and cook for 3-4 hours in a 400 degree oven until tender.

Remove meat from the pan and set aside.

Put casserole or Dutch oven on a medium high burner, add the tomato paste and cook the liquid until it reduces by ¼, whisking frequently.

Cut up meat into bite size pieces and place back into the pan to cook for approximately 30 minutes on low.

Place Tater Tots on a baking sheet and cook as directed on the bag. You may need to cook a bit longer to make sure the tots are quite golden and crispy. (You do not want them too soft). Shred the cabbage and sauté in olive oil over medium heat until soft.

Toss with vinegar and salt and pepper to taste.

Once the tots are cooked and the meat is warmed through, it is time to assemble.

This recipe makes four servings and

it turns out great to assemble them individually.

So in each of the four bowls or dishes, place a layer of the Tater Tots, then a layer of the cheese, top with the beef and some gravy, and layer on some of the cabbage.

Repeat the process again and then add just a small amount of cheese and the scallion to the top.

Drizzle with a tbsp. of Horseradish Sauce.

Enjoy!! ♦

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

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By Megan Lardie

KIDS CRAIC

Are You Feeling Blue?



Now that all the holidays are over, do you find yourself feeling a little down? Do you find it harder and harder to wake up on cold, dark mornings? Do you feel like staying curled up in your bed all day?

It is called the Winter Blues and you are not alone. The more technical name is Seasonal Affective Disorder (SAD). It is normal and it happens to a lot of people when the seasons change. It affects people especially in the winter because it is cold, the days are shorter, and there is less sunlight.

HOW TO BEAT THE WINTER BLUES

There are tons of great ways to beat the Winter Blues. The biggest way is to make sure to spend at least twenty minutes outside every day. The fresh air and the sunlight, even though it is limited, will help you feel better.

Another way to feel better is to make healthy food choices. Try fruits and vegetables that are in season during the winter months that are not always available in the summer. Apples, oranges, and grapes are so easy to eat any time of day.

I love the little clementine oranges this time of year. It's like a slice of sunshine in every bite! Brussel sprouts, broccoli, kale, and spinach are some great vegetables to eat during the winter. Look up a new recipe and spend some time in the kitchen (with an adult's help).

Exercise is another great way to help your mood. When you exercise, your brain releases endorphins, which make your brain happy! Some other things to try during the winter to keep you happy might be to volunteer, learn a new skill, or grow some indoor plants. Whatever you do, it is best to stay active and stay positive.

Lardie's Laughs

Q: What can you catch in winter even with your eyes closed?
 A cold!

Q: What did the snowman order at the Mexican restaurant?
 Brrr...Itos!

Kids Literature Corner

Owl Moon

by Jane Yolen
When you go owling you don't need words or warm or anything but hope. Owl Moon is a sweet, poetic story about a girl and her father who go out on a winter night to look for owls. The reader learns about the close relationship between the girl and her father as well as the relationship between the human world and nature. This would be a delightful bedtime story! Thirty-two pages. Ages 2-7.



Snow Treasure

by Marie McSwigan
 If you like reading historical fiction, you will love this story. In the middle of World War II, no thought the Nazi's would ever be defeated. Read how four children risked their lives to slip past the Nazi guards with nine million dollars hidden on their sleds and then returned the treasure to America. For ages 8-12; 196 pages.



Kids in the Kitchen

Easy Apple, Spinach, and Cranberry Salad

Ingredients:

For the Salad:

- 5 c spinach
- 1 Granny Smith apple, thinly sliced
- 1 Gala apple, thinly sliced
- 1/4 c dried cranberries (no preservatives or sugars)
- 1/2 c raw walnuts, roughly chopped

For the dressing:

- 1/4 c olive oil
- 2 tbsp. raw apple cider vinegar
- 1 tbsp. freshly squeezed lemon juice
- 1/4 tsp. garlic powder
- sea salt and black pepper, to taste



Instructions:

For the Salad
 Add all the ingredients into a large salad bowl and toss gently to combine. Set aside while you prepare the dressing.
 For the Dressing
 In a small bowl, whisk all the ingredients until thoroughly combined.
 Pour your desired amount of dressing over the salad bowl and toss to ensure that all the ingredients are coated.
 Serve in separate bowls and enjoy.





**AT HOME,
ABROAD**

By Regina Costello

**A Short Story:
A Wish for the
New Year**

The dawning sun peeked through the thin curtains and its rays roused Michael. He gingerly opened his eyes to greet a new day. Delighting in the warmth of his bed on this frosty New Year's Eve, he stretched out his arms and legs and shifted his body awake. Hearing the lowing cows asking to be milked prompted him to make a move. He did so and was soon ready to be on his way to take care of the Friesians. Silo, his sheepdog, aware of the morning routine, was chomping

at the bit to get out!
"Hold on Silo!" Michael called out to him. "Stop jumping around! I'm coming!" Silo barked and danced and scratched a door already nicely distressed by him. He got his wish. Silo ran around the fields like a mad thing while Michael got to work. When the milk truck pulled up, he was ready to load his supply. "Nice day for it," chatted the driver "Sure is," replied Michael. "See you tomorrow, cheerio", said the driver as he pulled away. Michael took refuge in his routine on Holidays. His path in life transposed him into a solitary creature. Regardless of the day that was in it, chores and animals needed attention, and the farmer tended to both contentedly. He whistled for Silo, who came to his side happily. Together they strolled back to the house for breakfast. The sheepdog greedily ate a feed of mashed potatoes and mushy stew left over from the dinner the night before and slurped noisily from his water bowl. Satisfied from his play and full belly, he settled on the worn

armchair determined to have an uninterrupted sleep. Finishing his tea and porridge, and about to head out the door into town for cattle feed, Michael heard a knock at the door. Shuffling to the front door, he creaked it open, as visitors were few and far between. "Oh hello there! I hope I am not disturbing you. My name is Sarah, and I just moved into Dowling's house up the road", said the smiling stranger at the door. "Eh, he hello" said Michael, hesitatingly, as he was a little perturbed by the visitor. Living a quiet life since his wife died ten years ago, his social skills were a little scratchy. Trying to think of something to say, he offered "Is there something I can do for you?" Noticing the kind, deep set green eyes that set the tone for her warm cheerful face, Michael started to relax. "I hate to bother you, but my jalopy of a Fiesta has a flat tire and I have run out of medicine for my dog. She is in a lot of pain, and I really want to get it for her at the pharmacy. Can you help me?" Having a huge love for his own dog, Michael grabbed his keys and shut the front door. "I'm heading into town now actually; I'll gladly pick it up." They exchanged information and Michael climbed into his tractor, cranked up the engine and slowly made his way down the lane. Sarah stared after him in disbelief. "Well, that's something new!" she said to herself, smiling as she made her way home. She was both relieved and happy that she found a good neighbor with a kind heart, even if he was a little unorthodox. Good as his word, Michael stopped at Sarah's house upon his return from town. He found her cluck clucking as she traipsed around feeding the chickens. Dropping the pail, she quickly fixed her hair and adjusted her coat as his tractor grumbled towards her. She thanked Michael for his unhesitating kindness as he handed her the medicine. "No bother at all, glad I could help," replied Michael. "I hope your dog has a better day," he said. Sarah replied, "She will now, because of you!" Michael's face broke into a shy,



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tender smile. Sarah saw the kindest, gentlest expression and knew exactly what he was about. The Quiet Man, living alone and simply, who loved dogs, drove a tractor for a car and ever at the ready to lend a hand. No frills, no complications; a kind heart. Parting ways, they both got on with their day. Unbeknownst to each other, both minds were preoccupied with thoughts of the other. Each had a curiosity about the other's story and circumstance; both eager to make a connection. They each knew the value of good neighbors and sincere friendships and hoped they would find both - with one hoping for more - in one another. As dusk fell and Michael hit the sack, his thoughts as usual were consumed with the day to come. He looked forward to what it would bring, and like Silo, loved his routine of the daily milk truck visit, taking care of his cows, and all his rudimentary tasks. Reminiscing about his day and his encounter with Sarah brought back precious memories of his late wife, Sheila. He knew he would never love another. He made a wish for the New Year of finding a good friend and a sincere friendship in his new neighbor, and that Sarah would wish the same. In his mind he recited Patrick Kavanagh's Love - The Key to lull himself to sleep with sweet thoughts of his beloved Sheila: And then like an angel she came; I ceased to rove; In her heart was a pure white flame] And she was love. ♦

A postgraduate from the National University of Ireland, Regina's interests include Irish history, libraries/museums and freelance writing. She works at the Buckeye branch of the Medina Public Library District; serves as Director on the Boards of the Mayo Society of Greater Cleveland and The Irish American Charitable Foundation. She and her husband enjoy their family of two spirited teenagers and beloved wheaten terrier and loves to hear from readers at rcostello@ameritech.net

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**AKRON
IRISH**

By Lisa O' Rourke

**The Crown
Jewel of Truth**

I recently came across a news item discussing the still missing Irish Crown Jewels. What Crown Jewels? Irish history is complicated, but I am pretty sure that I didn't sleep through the story of the King or Queen of Ireland, at least no royalty that the Irish ever acknowledged. The mere mention of royalty makes the average Irishman want to kneel on the ground and start making mud balls in case anyone of this aristocracy happened to pass by. Nothing like calling yourself big to make the Irish want to bring you down a peg. As suspected, these Crown Jewels were English in origin. They belonged to Order of Saint Patrick; an organization affiliated with the upper echelon of peerage in Ireland. Similar organizations existed in England and Scotland, like the Order of the Garter. It appears to have been a strange way to farm out some of the snotty upper classes that no one knew what else to do with. These men were given odd titles and little duties that they still managed to muck up. In this instance, they lost some expensive jewels, estimated at millions of dollars in today's market. The Crown Jewels consisted of several collars, big gold pieces that are worn more at shoulder level, and several brooches. The theft occurred on July 6, 1907, embarrassingly just prior to a state visit by King Edward VII. The proverbial pot of Irish dissention was already brewing, moving towards what would become the Easter Rising. While it is tempting to look in that direction for the burglars, this robbery bore no signs of force. A maid, working in Dublin Castle where the jewels were housed, happened on an unlocked door complete with dangling keys, in the safe room.



Irish Crown Jewels

It took several hours before the burglary was even discovered. The scene of the crime showed no signs of panic or haste. A ribbon which had been attached to one of the ceremonial pins was carefully removed and placed back in the case. That step alone was believed to have taken the burglar at least ten minutes. So, no fear of discovery, no forced entry and the care in removal all point to an inside job. The two main suspects were the man who was directly responsible for the jewels, Sir Arthur Vicars, who was the head of the Office of Arms in Dublin, and Sir Francis Shackleton, the Dublin Herald and the brother of explorer Ernest. Several months of investigation led to nothing besides some stories of debauched behavior in the upper crust. Months later, both disgraced men were dismissed from their positions. In his will, Vicars left a painful note wondering how fate had dealt him such a blow, while simultaneously pointing an accusatory finger at Shackleton. All the divergent stories surrounding the burglary mention Shackleton's money troubles and Vicars' drinking. In April of 1921, Vicars' house was set on fire, and he was shot while trying to escape the blaze. The Irish Republican Army claimed the shooting, labeling Vicars as an informer. None of the jewels have ever been recovered, despite extensive search efforts at the time of the theft, complete with a dedicated committee and involvement from Scotland Yard. In

1983, there was a three-week search of the Dublin Mountains conducted by the Garda, which turned up nothing. I had to laugh at one story that was published in the Irish Independent in 1989. A man came forward and said that he knew where the jewels were buried, or at least had been buried. He was the nephew of Sir Arthur Vicars' valet. Intrigue and his connection to it, led this man, Michael Murphy, on a life mission to solve the mystery of the missing jewels. Murphy stated that he had received a phone call in August of 1989 from a caller whom he had spoken to numerous times. The man had a "distinctive English accent." He told Murphy to go to Arthur Vicars' former home, Kilmorna House in Listowel. There Murphy found a stone with Latin writing on it, which had been recently removed from an outside wall. He believed that this was an indication that someone had already figured out the mystery, found the jewels and absconded with them. To me, the most incredible thing about this whole story was that the last item was published at all. The Irish Independent was, at least at that time, the most widely read paper in Ireland. The journalistic research here seems to have been thin on the ground, if it existed at all. This story was published without any apparent bother as to whether there was any more to it than Mr. Murphy's word. This is a concept that I have developed a strong familiarity within my trips to Ireland. A few weeks ago, my husband told me a story about a local man who had bought a badly damaged building. It was so damaged, that it was both a bargain and an expensive project. In the process of cleaning out the building, the man found a valuable art object, the value of which would essentially save the day for the clever man. My husband delights in these stories. Yank that I am, I looked the story up and found documentation that the item was known to be in the building and not a miraculous discovery. Of course, I shared this information with my husband. A week or so later, he told the same story to some mutual friends and repeated the old, fantastic story, com-

pletely omitting the facts that I had shared with him. I am not proud to say that I corrected the story, to his great disappointment. I have listened with a strained poker face as an Irish neighbor told me during a lubricated fireside chat, about Shergar, the legendary kidnapped racehorse, and how he had been buried down the road. After disabusing myself that he believed me a gullible fool, I learned to surrender to the spell of story. Who does want the dry old truth at the fireside in place of a good spiel? I noticed that these fireside anecdotes often follow the plotlines of myth, the lucky trickster being a favorite. And why not? While the Irish do not respect the aristocracy, they do respect what an individual makes of the chances that come their way. And it is all the better if you had some luck in the process. It is a place where you earn the respect of your neighbors by playing your hand well and fairly. Your story is your own legend. I always loved John Lennon singing "Gimme gimme some truth, all I want is the truth." Truth meant something when he said it. These last few years have fractured the illusion of truth into so many splinters that it is hard not to be sensitive about it. I have gotten very sensitive to the idea of abusing the truth, not matter how trivial. It feels like a gateway drug to bigger lies. But story also illuminates truth. It is the purpose that matters. If it is just a harmless tale to pass an evening, ah, just let it go. ♦

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.

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A Journey to Irish

by Michael Connolly

Like many of you, my ancestors were part of the exodus from the Irish Famine in the mid-19th century. My great-grandparents settled in Carbondale, Michigan in the 1850s. They relocated to Sylvania, Ohio for a time and eventually took up permanent residence in Pittsburgh, PA.

I live about four miles from where they first settled around 1870, so the Connolly's have been in Pittsburgh for 150 years or so. I often wonder if that would be considered a family tradition or a lack of progress!

Coming from Connemara, Martin and Margaret were Irish speakers. But when they came to the United States, they worked hard to embrace their adopted culture and spoke their native language less and less. My dad knew hardly any Irish and spoke sadly about Gaelige becoming a "dead language" because, so few spoke it ... even in Ireland.

But he taught us what little he knew: How are you- "Cén chaoi a bhfuil tú?" How are you, yourself- "Cén chaoi a bhfuil tú, féin?" and Thank you- "Go raibh maith agat."

PUCAS AND BANSHEES AND FAIRY FOLK

Growing up we experienced and odd array of Irish spirits, including Púcas ("Pookas") Banshees, and fairy folk. A Púca is a ghost or gremlin. The Banshee, or "Fairy Woman," forewarns families when a death is imminent. And Fairy Folk are Leprechauns, But, sadly, no pots of gold ever showed up ... just mischief!

By the same token, in my experience, there is nothing mythical about any of it. My father avidly followed events in Ireland and talked about the latest exploits of the IRA, which he likened

to the Minute Men of the American Revolution.

Dad also loved listening to the "Real" Irish music of the newly arrived Clancy Brothers. So my boyhood was filled with Púcas, baseball, swimming, Banshees, Rock n' Roll, and Irish ballads & rebels!

By 8th or 9th grade, I came to the conclusion that culture represented how we interpret the world, and that view is expressed through language. If a language disappears (dies) the culture will die also. So, I made the decision that learning Irish would honor and preserve the spirit of my great-grandparents. The problem was that there was no place to go to learn it (It was also around this time that I began to realize I had a tendency for overthinking things a bit!).

In 1969 I was discharged from the Army from Valley Forge Army Hospital near Philadelphia. We lived in a small town called Phoenixville, and I found work in a steel mill in town. I was working part-time as a photojournalist for the local paper when someone mentioned one of the colleges in Philadelphia had an extensive collection of books on Ireland and I went to investigate.

I found a small paperback Gaelige/English phonetic phrasebook that had been written in 1921. It made references to the IRA, an ambush on an English lorry to "free some hostages," and several other incidents about the war for independence. VERY exciting stuff for me! The only drawback was that the Gaelige part was written in Irish Script, which was confusing for me to figure out.

IRISH PRAYERS

But I brought it home anyway and made a copy of it before I returned it. It contained a section on prayers: Grace before and after meals, Hail Mary, Our Father, The Confiteor, and the Nicene Creed. I tried learning from that for quite a while, but it was difficult ... especially without any feedback. My family learned how to say the Sign of the Cross and Grace before meals. We still say it at family gatherings and holidays.

We moved back to Pittsburgh in 1975 and with the advent of cassette tapes, CDs, books, and especially on the internet, there has been an explosion of material available for learning Gaelige, or anything else for that matter! I have taken advantage of those mediums as

well as some classes offered by the Gaelic League here in Pittsburgh. It was still hit or miss, but I stumbled along as best I could.

Several years ago, I found out that the University of Pittsburgh offered courses in "uncommon" languages-including Gaelige. Not only that, but people of a certain age (Seniors aka Post Youth) can audit classes for a very reasonable fee through a program called OSHER Lifelong Learning Institute. If you haven't heard of it look for it. I believe it's a nationwide program.

I doubt if every college or university will offer Gaelige, but it certainly won't hurt, or cost anything, to investigate. You can't earn college credits auditing classes, but you get the knowledge they offer. Also, the instructor establishes the guidelines for class participation, homework, etc.

Marie Young is the Gaelige professor at Pitt. She has a very dynamic, but controlled, style and is demanding yet nurturing at the same time. She encouraged me to freely participate, turn in homework, and take tests with the rest of the class. I probably learned more in the first semester of her class (Level 1) than I have in the last forty years! Because of Covid restrictions, Level 2 was "remote learning," and it threw me off a bit. Then OSHER, or the university, decided not to allow auditing of classes in what would have been my 3rd semester, even though they were remote learning. I generously offered to wear a mask while watching on my computer screen, but my offer was rejected! I wonder if they thought that was as funny as I did?

Anyway, having missed a semester, when auditing resumed, at Marie's suggestion, I took Level 2 again to keep sharp. This past Autumn I began Level 3 but was ambushed by silly things like



Michael Connolly

brain tumors, cancer, and pneumonia. (BUT NO COVID thanks!!)

Everyone is different as far as learning is concerned. I think I learned more, by far, in a formal class setting than I could have doing self-study. Whatever your preferred learning style, language takes discipline and perseverance.

I feel as though I've accomplished what I set out to do those many years ago. If I return to Pitt, I'll start at Level 2 again. But that decision will depend on my health and whether I am up to doing the work.

If you decide you would like to learn Gaelige, may I suggest you make it fun and start now. There is an Irish expression that says, "A field doesn't get ploughed by turning it over in your mind." ♦

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Two for 22

Our Cleveland tradition of celebrating St. Patrick's Day came to a sudden halt in 2020, when the Parade and many other events were cancelled due to the pandemic. Unfortunately, we were not able to celebrate again in 2021. The past two years have caused us to look at how we celebrate our Patron Saints and Irish Heritage.

The Ancient Order of Hibernians and the Ladies Ancient Order of Hibernians have a long history of celebrating their Patron Saints, St. Brigid and St. Patrick. In 2022, the Celebration of St. Brigid and St. Patrick will be held on February 5th, with a Mass, Dinner and a Dance. A Grand Celebration for our two Patron Saints in 22.

The Ancient Order of Hibernians Boland Berry Division and the Ladies Ancient Order of Hibernians Our Lady of the Rosary Division are proud to Honor our patrons, St. Brigid and St. Patrick, on Saturday February 5, 2022, at the West Side Irish American Club, 8559 Jennings Road, in Olmsted Township. The evening will start with

a Mass celebrated by the Hibernian of the Year and the LAOH Chaplain Fr. Thomas Mahoney at 4:30pm.

After Mass, a dinner and dance will be held. Cost of the event is \$65, and reservations need to be made by January 30 to Mary Jo Rawlins, at 216-410-6273.

At this event, the United Irish Societies Honorees will be introduced to the Irish Community. Congratulations to the Parade Grand Marshal, Thomas McManamon Jr.; Irish Mother, Rita Lally; Parade Co-Chairs, Patricia Coleman Lavelle and Eileen Mangan Stull.

There will be a commemorative book available to honor the Hibernian of the Year and the United Irish Societies Honorees. For more information on the book, please email Patricia Lavelle at plave31228@gmail.com. Please join us at this event to honor our patrons, and those individuals who have given service to our community to preserve our proud Irish Heritage. ♦

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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COMING NEXT MONTH: FEBRUARY 2022

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

SESSIUNS – Plank Road Tavern, Lakewood, OH. Every Thursday
Gormley's Irish Pub, Rocky River. 5-8 on Sundays

- | | |
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| 6th - Shamrock Club of Columbus General Meeting | 26th - February Issue of ilrish hits the street, with stories on the Return of Celtic Woman to Ohio and PA. #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican |
| 14th - #ilrish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans | 26th - Gaelic Storm @HouseofBlues Cleveland |
| 14th - Irish American Club East Side Monthly Meeting | 28th - #ilrish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans |
| 14th - Valentine's Day | |
| 21st - President's Day | |
| 24th - West Side Irish American Club (WSIA) Monthly Meeting | |

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OFF THE SHELF

By Terry Kenneally

being treated. Something hits him even harder when he discovers a traumatized young mother locked in a freezing coalhouse.

Bill cannot wipe his memory of the horrors of what he has seen as he wrestles with his conscience. He reflects on what his life might have been had Mrs. Wilson did not accept his mother, and in turn himself, after his mother died when he was twelve.

Eileen asks him to ignore it, drawing attention on the need to protect his family. A Mrs. Kehoe reminds him of the power and influence of the Catholic Church during this time.

Despite the fearful and compliant community that shields the sins of the church, Bill cannot walk away.

The denouement of the story is gripping. The novel is a damning indictment of the morally bankrupt Catholic Church in Ireland at the time. It evidences the cruel judgementalism of girls and women who got pregnant outside wedlock, their babies taken, their enslavement and the exploitation in the laundries.

It is estimated approximately 30,000 women were imprisoned, until the laundries were finally closed in 1996. A hard, but poignant book that is a TOP SHELF read. ♦

Terrence J. Kenneally is an attorney and owner of Terrence J. Kenneally & Assoc. Co. in Rocky River, Ohio. He received his Masters Degree from John Carroll University in Irish Studies and has taught Irish Literature and History.

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Small Things Like These

By Claire Keegan

Grove Press

ISBN 978-0-8021-5874-1

2021 118 pp

Small Things Like These is the second book by Claire Keegan reviewed in this space. Like her first book, Foster, Small Things is a novella, a short novel.

It is set in 1985 in a small Irish town. Its chief protagonist is Bill Furlong, a coal and timber merchant, born to a sixteen-year-old unmarried mother, ostracized by her Catholic family, but employed by a Mrs. Wilson, who was Protestant, but unlike many Catholic parents of the time, did not turn her out when she became pregnant.

Bill is married to Eileen, and they have five daughters. The community that they live in is suffering the ravages of redundancies (layoffs) and poverty. While Bill and his family manage to survive, he does his best to help the less fortunate, much to the chagrin of his wife, who berates him for it.

When making a delivery to the local convent and Magdalen laundry, Bill uncovers some of the unwed girls and single mothers incarcerated there that have him concerned as to how they are



CROSSWORD PUZZLE

By Linda Fulton Burke

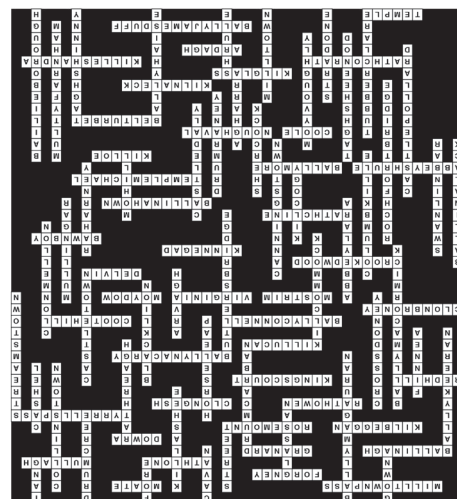
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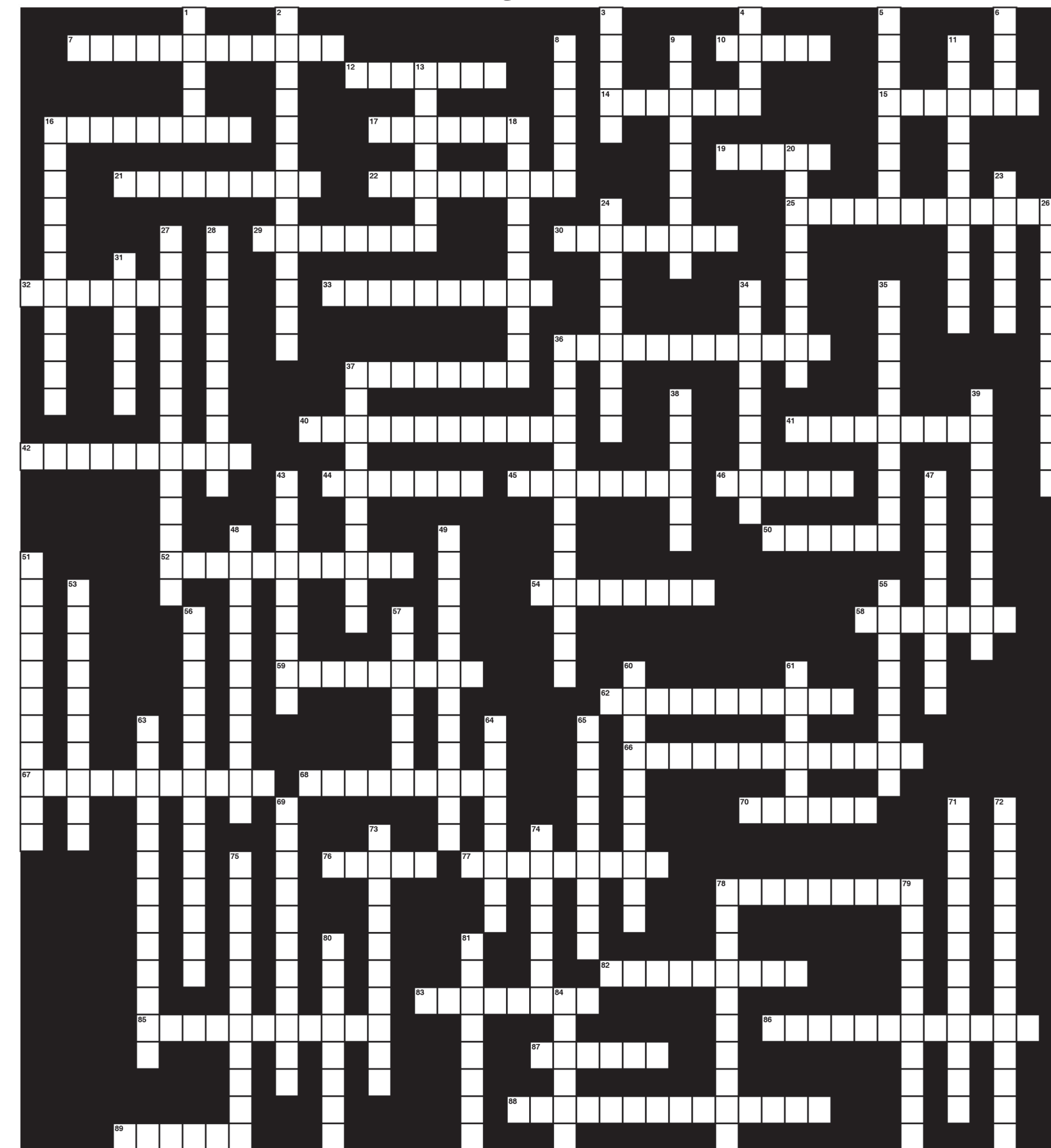
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Towns in Counties Cavan, Longford, and Westmeath

Towns in Counties Cavan, Longford, and Westmeath

By Linda Fulton Burke





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