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Cleveland Post Parade Party in the Historic Old Arcade





EDITOR'S CORNER

By John O'Brien, Jr.

@Jobjr

The Week That Was, and Became, Irish Heritage Month

When St. Patrick Speaks ... It started as a bit of a quiet week & weekend: it started with **Jim Lamb** at **Riley's Pour House** then the **Ancient Order of Hibernians Allegheny County, Pennsylvania** @Ancient Order of Hibernians - Patrick Pearse Division Nine Communion Breakfast, then the @PeterShovlin Grand Marshall Party at **Mullaney's Harp and Fiddle Irish Pub**.

We slept, then, the Columbus Irish Proclamation Day Breakfast at **Byrne's Pub**, then The Proclamation, then **Pug Mahones Irish Pub & Grill**, then **Dempsey's Food & Spirits** and then **The Jury Room Columbus**, then the **Shamrock Club of Columbus** (then THE snowstorm).

On Saturday, the **Akron Celtic Guards Hurling Club (GAA)** hosted food & music after the bitterly cold (19 degrees) St. Patrick's Day Parade Saturday, and then **Barley House Akron** before the **Ancient Order of Hibernians** Akron Division party on Brown Street (then the next snowstorm).

Cleveland G.O.A.T. Festival at the **West Side Irish American Club** on Sunday was PACKED, and so very fun. I heard Friday and Saturday was much the same. Many bands, dancers; it was so good to see those we haven't seen in years long COVID isolation.

Of course, that was all the PRE-St. Patrick's Day fun. On the 17th, more than 14,000 marchers celebrated in glorious 69-degree blessings, from Mass to Parade, to The Harp to Pj's, and wrapping up where my life always starts and ends, my folk's house.

Within we have great stories, recipes, reviews, events, profiles, *Illuminations*, a bit of advice (*Don't Feck with the Irish*), apps and new advertisers, *The Fields of Glory*, A new Ohio Rose of Tralee and other breaking news. We hope you enjoy what is within, and for *More to the Story*, more text, more pics and more stories we couldn't fit within, see www.ilrish.us.

Our **iIrish Win an Ad Placement Contest** wrapped up; the winner was chosen on St. Patrick's Day of course and received a free ad placement for their business or favorite charity. Join Us in advertising your business, passionate about non-profit or cause too.

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

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

John



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About Our Cover:
Post United Irish Societies Greater Cleveland St. Patrick's Day Parade Party in the Historic Old Arcade
Photo by Colin Cunningham

Sarah McInerney to Represent Ohio in the Rose of Tralee International Festival

The Ohio Rose Centre announced that Sarah McInerney will represent Ohio in the 2022 Rose of Tralee International Festival, taking place this August in Ireland. Sarah is an Irish citizen from Co. Clare and just received her PhD in Biomimicry from the University of Akron.

Her interest in conservation has led to focusing her career on promoting environmentally sustainable behavior through education and innovation by looking to nature for inspiration. Outside of work, Sarah plays Gaelic Football and Camogie, enjoys horse-riding and rock-climbing and exploring the beautiful Ohio Metroparks.

Due to other commitments, 2020 Ohio Rose Christine Smyth is unable to represent Ohio at the Festival this year. Thank you, Christine, for your time and dedication to the Rose over the last two years.

The Ohio Rose Centre has a tradition in recent years of selecting the first rose for the international festival, and the excitement is really



ramping up in Ireland after the 2022 Festival was launched on Friday to great fanfare.

Sarah is so excited to head home, especially after the last two years of the pandemic delaying travel plans. She said, "The Rose is just the cherry on top of it all!" ■

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The Nightingale's Song

by Terry Boyle

The little nightingale sang a song of freedom.
Its voice clear and the joyous sound echoed unceasingly.
Capturing the world with its tune,
People who had never heard it sing before
Stopped and listened to the enchanting melody.
Good people, cheered by the song,
Happily, welcomed the little bird into their hearts.

A bear passing, its ears twitching, was not pleased,
Caught the song in a passing breeze.
Though he could not decipher nor comprehend the meaning,
It was the strength of the song that irked him most.
Roaring brusquely, brandishing his immense bulk, he cursed air.

And, while other animals and birds hid for fear of the bear's wrath,
The unperturbed nightingale sang louder and longer.

Incensed by the bird's defiance and lack of respect,
The bear determined to put an end to its song,
Besieged the beautifully feathered bird in its nest,
Muscled its brute form onwards to the tower of song,
Ruthlessly, tearing at everything that got in his way.
No one was safe from his bullying tactics.

Eyes watched as the bear came dangerously close,
Innocent blood dripping from the massive black paws.

Still, the little heart would not surrender to the beast,
Refusing silence, continuing at the peril of its existence,
Its soulful pathos resounded in the hearts of all who heard it.
The Goliath bear began to terrorize the little bird's sanctuary,
And, for a moment the world was silent, Angels wept.
Nothing could be heard but the bearish growl of antipathy.

Thinking himself victorious, the bear's snarl boomed out.
The earth shuddering beneath the animal's bloody trail.

Strained by its resistance, the little bird chirped once more.
And, thinking he'd heard the death rattle of the vanquished,
The bear laughed,
Until the air around him was suddenly full of joyous singing,
Angels and people everywhere began to echo the nightingale's song.

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This Just In: Boris and Brexit Disconnect on Ireland: U.S. Sees Green

By Michael J. Cummings

One year on, the folly of Brexit endures; its benefits, not so much! For Ireland, there is good news and bad news. Thanks to the European Union's demand for the Northern Ireland Protocol (NIP) of the EU-UK Withdrawal Treaty, there have been significant increases in all of Ireland in commercial activity, financial cooperation, and predictions for growth in many sectors of the economy.

The bad news is that Britain's Six-County colonial carve out known as Northern Ireland still survives. That may be changing. This is the centenary of their misrule consisting of garrison payroll pacification, low wage exploitation, huge public subsidies, industrial scale religious discrimination, corruption of the law, justice, and police. The EU protection of the Protocol and America's demand that Britain fulfill the Good Friday Agreement (GFA) legacy obligations pose a pivotal 'fish or cut bait' Brexit moment with serious implications for Prime Minister Johnson, Ireland's future and US-UK relations.

Unfortunately, Boris and the Conservatives prefer the old ways of bullying Ireland over the Protocol and by ignoring GFA rule of law and human rights requirements and, hopefully, bury its lawless legacy and the label of a state sponsor of terror.

Prime Minister Johnson has instructed his new Foreign Secretary, Liz Truss, to, if necessary, scupper the Northern Ireland Protocol, thus signaling his willingness to bring instability and restore troops and the partition border. Ms. Truss proved her mettle for the job when, as International Trade Secretary, she approved Parliamentary-banned weapons sales to Saudi Arabia not once, not twice but three separate times.

With that legacy, she seems perfect for the poisoned chalice of invoking Article 16 of the Treaty and disregarding the legal obligations of domestic and international law. In a recently released report, anti-Irish Baroness Kate Hoey of Rathlin endorsed a basic NI unionist claim that the Protocol violates the Act of Union of 1800. Unionists/loyalists are all about the old days and the old ways!

Justice Minister Dominic Raab is unilaterally crafting a bill that will

permanently defer the investigation and prosecution of the killings of as many as 1,000 British subjects and Irish citizens whose families will be denied truth, justice, and the ability to hold Britain accountable. Many of the killings involve British security forces colluding with loyalist death squads like the Glennane gang. The bill will mask the State's secret campaign to terrorize and kill Sinn Fein voters, elected officials and activists.

Britain claims too much time has passed to prosecute. But just last year, two German citizens who worked in Sachsenhausen and Stutthof SS concentration camps eighty years ago were charged by Germany with conspiracy to commit murder.

The Brexiteers response to such comparisons is to arrogantly insist Britain is a rule maker not a rule taker. This signals 'Global Britain's' new 'Brexit Light' foreign policy that fundamentally compromises EU values like the rule of law, democracy, and human rights and undermines President Biden's ad-

vocacy for democratic governance.

Such, UK tactics, of course, include a U. S. media massage. Brexiteer Lord Hannan recently trashed Irish and American hopes for the GFA unity referendum (Washington Examiner 12/21), by claiming that unionists have always accommodated Irish nationalism. That, of course, is a big lie. From the time of Cromwell's confiscation of 10m acres of land to pay the wages of his marauding soldiers and to import Scottish settlers, up to the present undermining of the 1998 GFA, the British have smeared, criminalized, suppressed, dismissed, and obstructed Irish culture and nationalism. But Brexiteers, like their Trumper cousins, tend to believe "big lies." Americans are in no mood for the reimposition of the unjust partition border or for bailing out Britain from its self-inflicted Brexit maladies. President Biden is selling democracy and the rule of law, but Boris isn't buying. One would expect more from a nation that considers itself a special friend. ■

Michael J. Cummings 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 can be reached at castlecomer@gmail.com

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The 2022 Irish American Archives Society 25th Walks of Life Awards Dinner

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CLEVELAND IRISH

By Francis McGarry

Ward 27, 1940

My Grandma Grace meet Florence while they attended a series of priestly talks at St. Aloysius. Florence would attend with her soon-to-be husband, Louie. Louie was French and a friend of the working man. You had to call him Louie.

If anyone called him Louis, he was overtaken by memories of Bastille Day, even though he wasn't born yet, and could not hold his tongue nor suppress his profanity. Coach Holtz said profanity only illustrated lack of discipline and lack of vocabulary. Well, for Louie it illustrated what happens when you call him Louis.

CHECK PLEASE

At one of the priestly talks as the three of them sat together, a young fella was trying with my Grandma Grace. That is not surprising since she was a Willard Lovely during the war. It would appear this fella was a proper gentleman and asked her to go for a sandwich and a beer after the priest was done with his lecture.

Grandma Grace accepted as long as her friends could also partake. They had a pleasant time and the young fella excused himself to go to the men's room. It was during that moment Louie revealed he was running low on cash flow; the conscious was there was not a dime among the three of them. Times were hard in the streets of the Eastside. My Grandma Grace dined and dashed with Florence and Louie.

TOUSSAINT

Grandma Grace admonished me to never do such a thing, in part because the young fella was at the St. Aloysius priestly talk the next week, awkward. She also advised me, "If you want a good life, find a nice Jewish family to work for."

Louie and Florence adhered to that advice. They were hired as the butler and cook, respectively, at a home up Cedar Hill. On the first day, Louie was in his butler uniform and began to serve dinner to the family. Florence had



Blustone Grandma Grace at Willard Plant.

carefully prepared the dinner. Biscuits were carefully arranged on a large silver tray poised on Louie's left hand.

As the lady of the house reached for a biscuit, she questioned Louie in her aristocratic shrilly voice, "Louis, what are these?" Well, Florence was doing the best she knew how, but failed to include baking soda in the biscuits. Louie eluded verbal restraint and invoked Marius, but there was no Jean Valjean to save him. They never made it to dessert.

RIVETING

Grandma Grace had worked for a Jewish family after she graduated from John Hay, before Jesse Owens and before Irish Club Co-Member of the Year Michael Byrne graduated from Cathedral Latin located across the street. She got a job during the war at the Willard Plant in Ward 27.

Willard was just south of Kirby Avenue and west of 131st street, or for you I-90 folks, just southeast of the Bratenahl PD speed trap at the Eddy Road exit.

John Francis, my grandfather, worked two factories north of Grandma Grace at the National Acme plant during the war. In 1940, that area was bordered on the north by the Lake Shore and Michigan Southern line and east by the Cleveland short line of the New York Central Railroad.

If you crossed the tracks to the east, you were no longer in Cleveland. Lincoln Electric, National Acme, Steel and Tubes, Weatherhead, Willard, Briggs Manufacturing, Hamilton Steel,

Enamel Products, Lake Erie Steel, Hupp Motor Car and Tremco Manufacturing were all adjunctly located there with the Foote-Burt Company just across St. Clair Avenue.

Just east of the St. Clair and Shaw Avenue fork and directly east of Foote-Burt, was the Cleveland Railway Company and the St. Clair Avenue Yards. The B'nai Jeshurum Cemetery of the Hungarian Congregation had a footprint close in acreage to its neighbors, the Railway and Foote-Burt.

It is one on the three religiously affiliated properties in the entire ward, depending on your opinion of the East Glenville M.E. Church and a small building owned by the Church of Christ. If you recall, in Ward 24 you had holy land in every direction. St. Aloysius, at 110th, was the last place of worship heading east until you left city limits.

Cemeteries don't indicate ethnic population density like places of worship, especially with the modes of transportation and spatial paradigm of 1940. There was no I-90. The demographics of Ward 27 are similar to Ward 24, directly to the west. Comparatively Ward 27 had roughly 8,000 fewer inhabitants, yet still relatively large numbers of native born Eastern Europeans. Presumably many of them were Jewish, utilizing place of worship heuristics. That also agrees with both world history and development of the City of Cleveland.

OUR PEOPLE

There were ninety-four people in Ward 27 who listed Ireland as their place of birth. Their households totaled 186 inhabitants of the ward. That does not count spouses who were not born in Ireland, although it is probable that the spouse was of Irish ancestry. My calculations are conservative.

Those calculations tabulated 998 citizens that were native born Irish or had an Irish surname that was clearly Irish. Brannons, Dowds, Murphys, Mullins,

Jamisons, Madigans, O'Briens, Fitzgeralds, Gallaghers, Lallys and Boyles made the cut.

It was also clear that those declared to be of Irish ancestry were more likely to live in clusters. At least 121 people with Irish blood lived on East 120th Street, at least seventy-two on Woodside Avenue and at least sixty-five on Eddy Road. In all fairness, Eddy Road is a lot of road, but the majority of the Eddy Road Irish were neighbors and East 120th is just two city blocks long before it becomes Thornhill Drive. If you lived on East 120th your backyard was abutted to the backyards of those who lived on Eddy Road.

Ward 25 is the third of the three wards that are circumjacent to St. Aloysius. That data should assist in illustrating the community demographics of the parish. St. Aloysius was the last Irish parish on the eastern frontier of the City of Cleveland. The next migrations were to Collinwood and East Cleveland, which had already begun in 1940, and then to Euclid and the Heights.

Google Maps inverts that migratory path when I travel from the Heights to I-90. Until this article, I did not know it directs me past the Willard plant that Grandma Grace worked at during the war. Thankfully, it steers clear of the bar she dined and dashed at; in case they hold a grudge like Irish folk. ■

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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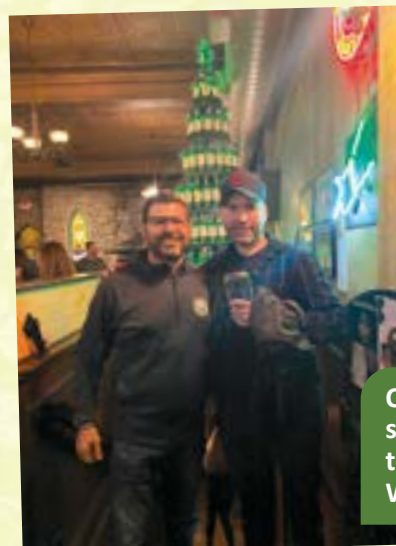
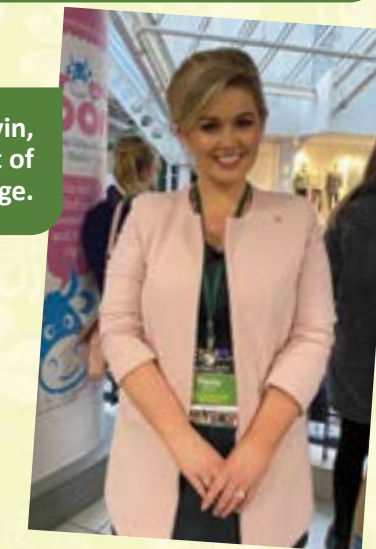
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MILESTONE & SWEET SNAPS



Congratulations to James "Jimmy" Kilbane on his retirement with AFSCM Local 3924. Jim is also a member of Plumbers Local 55 ... Such a Smart man ~ just in time for St. Patrick's Day!

Meet Dubliner Paula Melvin, the newly elected President of Conradh na Gaeilge.



Congratulations to Ryan Blatt, representing West Park Station, winner of the 2022 Perfect Pour Contest, with West Park Station owner Jason Salupo.

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IRISH AT HEART

By Natalie Keller

The Derry Girl State of Mind

Shortly before I moved to Ireland, my friend Siobhan gave me a homework assignment: watch the show *Derry Girls* on Netflix. She told me it would be a good launching pad for understanding the modern history of the country and, most particularly, the ethno-nationalist conflict known as *The Troubles*, which plagued Ireland from 1968 to 1998. She also informed me that it would make me laugh like hell.

But how could I laugh at a show set in such a dark time in Irish history, rife with murder, bombings, and violence? It was

an uncomfortable thought. However, as I quickly learned, the beauty of *Derry Girls* is not that you are laughing at The Troubles – it is that you are laughing *despite* The Troubles.

DERRY GIRLS

Derry Girls is a dark comedy set in Derry, Northern Ireland in the nineties. It follows the lives of five teenagers navigating a Catholic secondary school in an era of low-level war. The female-led cast is joined by James Maguire, a British cousin who grew up in London but is abandoned in Derry by his eccentric mother.

Much of the show's humor lies in the playful (or is it hateful?) dynamic between the Irish girls and the British counterpart they eventually — after much bullying — come to love. The show is written by Lisa McGee and is based on her own experiences growing up in Derry during the final years of *The Troubles*.

The show walks a tightrope between seriousness and silliness that can be epitomized by this interaction between Erin and her cousin Orla, who reads aloud from Erin's diary, "The thing is, life isn't fair. You see, injustice is something

I've become accustomed to. I am, after all, a child of the crossfire, surrounded by conflict. But I choose to rise above it. The path to peace is paved with tolerance and understanding. Violence is never the answer."

Erin is so furious at this invasion of her privacy that she threatens Orla, "I am going to ram that so far up your arse!"

Though classified as "black comedy" for its lighthearted approach to tragic, deadly events, *Derry Girls* inspires feelings of resilience and defiant hope in the face of violence. The Troubles form the backdrop — not the forefront — of the show, where a ticking bomb is seen as a minor inconvenience to a family going about their daily lives.

While a bomb squad defuses the threat, which shuts down a major bridge in Derry and disrupts the day's travel, Aunt Sarah muses, "I don't know about you, but I'm not enjoying this bomb. I've an appointment at Tropicana at 12."

Her niece then replies, "I'm pretty sure interfering with your sunbed sessions isn't very high up on anyone's political agenda."

There is something endearing about a human being's insistence on normality in

situations of chaos, and *Derry Girls* riffs on the business-as-usual attitude that can be so humorous and heartwarming in scary times. Despite being an indie show with a seemingly niche audience, *Derry Girls* surprised everyone — including its creator — by becoming a worldwide phenomenon.

IRISH ACCENTS

This is even more surprising considering the regional slang and thick Irish accents of the characters, which many international viewers may struggle to understand. Streaming services recognized this barrier: when Netflix purchased the rights to the show, it included subtitles everywhere the show aired. However, The Guardian reported that "sustained word of mouth has led to an average audience of 2.5 million an episode." Clearly, the distinct Irish atmosphere and dialect of the show was not a deterrent, but a draw.

McGee describes the challenge of creating *Derry Girls* as "getting a balance between making it recognizable to the people of Derry, and understandable for everyone else." Despite its specific — some might say alienating — time and location, *Derry Girls* manages to strike

universal chords while remaining authentic to Derry life and culture, inviting global audiences into Northern Irish life while instilling Irish citizens with cultural pride, even prompting residents to paint a wall mural in honor of the sitcom's characters.

Americans may find some scenes utterly foreign, for example, when police stop and search buses for dissidents at Army Checkpoints. However, everyone can relate to the timeless struggle between rebellious teens and their parents, empathizing with the main character when she declares, "Look, I wanted to be an individual, but my ma wouldn't let me."

SQUID GAME

McGee seamlessly combines regional specificity with universal appeal, and by doing so, has created a smash hit appreciated by audiences the world over. A similar example that comes to mind is the South Korean show *Squid Game*, which premiered in the fall of 2021.

There is something exciting about a show that transcends the borders of its country and dominates the world stage, entertaining global viewers while exposing them to the values, economics, politics, and ideas of a specific culture. It is a beautiful kind of cultural exchange, proving that stories are one of the most important tools we have for understanding each other across states, countries, and continents.

I'm embarrassed to admit that, when I first watched this show, I didn't know much, if anything, about *The Troubles*. Perhaps it was mentioned briefly in my European history textbook during my

school years, but if asked, I wouldn't be able to explain the cause or sides of the war.

The wonderful thing about *Derry Girls* is that it is accessible to all viewers, regardless of background knowledge. In fact, for a comedy sitcom, it will teach you a fair bit.

At the end of Season 2, when James is faced with a choice to stay in Derry or return to London, his cousin Michelle declares, "It doesn't matter that you've got that stupid accent, or that [you're a boy], because being a Derry Girl, well, it's a state of mind. And you're one of us." This show makes you feel that you, too, are an honorary Derry Girl.

War tends to fuel binary thinking. We figure there are usually two sides, be it the British and the Irish, the Catholic and the Protestant, the "good guys" and the "bad guys," us and them. But there is a third group, often ignored but far larger: the people who simply want to buy groceries, attend school, get jobs, fall in love, fall out of love, use a tanning bed, and get by. This is a show for those people — for you, and for me. ■

Natalie Keller is a former resident of Galway, Ireland and works in the world of libraries. Her poetry and fiction have appeared in various online platforms. She is currently editing a novel, much of which is set in the Emerald Isle. Email: nataliekeller.writer@gmail.com.

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BLOWIN' IN

By Susan Mangan

@SueMangan

Lucy in the Garden

"Flopsy, Mopsy, and Cotton-tail, who were good little bunnies went down the lane to gather blackberries, but Peter, who was very naughty, ran straight away to Mr. McGregor's garden . . . He ate some lettuces and some French beans . . ."

—The Tale of Peter Rabbit
by Beatrix Potter



April dawn and serenades the earth to sleep at dusk. Red-breasted robins begin to nest; apple blossom trees veil blue-speckled eggs from hungry hawks. A fragrant canopy indeed.

Rabbits burrow deeper into our spring pea patch to birth their kittens. Truth be told, it is a struggle every year to keep our English Springer Spaniel away from the den of the mother rabbit.

If the kittens survive and grow into young rabbits, they spring and hop more rapidly than our Lucy could ever run, but each morning the race is on, as dog chases the flash of cotton-tail over garden beds and dandelion covered lawn. Unlike Peter Rabbit's nemesis Mr. McGregor, my husband is certainly more caring of the rabbits

and covers the beds with extra piles of oak leaf mulch to deter our Lucy away from the burrow.

It is quite the show to watch the squirrels tease the Spaniel, as they lithely scamper atop the fence with the grace of tightrope walkers, only to laugh at the frantic antics of the overexcited dog. The smells of the earth are almost too much for our Lucy to bear. She nudges the ground with the desperation of an anteater and raises her snout to the scent of creatures that float like phantoms on the wind.

Toads awake from hibernation and hide beneath clusters of English ivy. Lucy pounces about trying to catch the wise toads when they roll belly-up and play dead. Lucy barks until we come running, at which time we scoop the unassuming toad up in a spade, away from the unhinged spaniel, and pop the creature through the holes in the old fence. It is no wonder that we seem to have an overpopulation of toads in our garden, as there is surely a meet and greet among the slick amphibians.

Mark Twain once remarked that "truth is stranger than fiction." If one pauses from the whirlwind that is life and observes the subtle sights and sounds of nature for an hour or two, wonderful marvels will be revealed.

Much like Beatrix Potter's precocious Peter Rabbit, Lucy was quite a handful as a young pup. She would dig holes in the asparagus bed and get caught up in the bean trellis. Running about with my husband's planting buckets, Lucy was at his heels and in his way at every turn.

One day, my husband set a bale of hay by the shed for future use, and Lucy, with the inquiring nose, unearthed yet another toad. The toad almost seemed at play with the spaniel as it tucked beneath the shed and hopped out the other side.

Ears flopping wildly, Lucy began to dig in search of the clever toad. I went around the shed to see what the ruckus was about, and there was Lucy, nose stuck in the ground by the hay bale with the toad perched on top overseeing the desperation of the frantic spaniel. A childhood tale come to life.

Helen Beatrix Potter was a much beloved author, illustrator, naturalist, scholar, and farmer. Born in 1866, South Kensington, London, Beatrix Potter identified with the natural world and was greatly influenced by her family holidays to Scotland and England's Lake Districts. Beatrix and her brother

Bertram cherished pets of all of kinds: hedgehogs, bats, mice, cats, and even a Springer Spaniel.

Fascinated by animals, insects, as well as flora and fauna indigenous to the English Lake District, particularly fungi, Beatrix spent her childhood, adolescent, and young adult years sketching, studying, and writing about the beauty and curiosity of nature. Potter's first, and arguably most famous, story is *The Tale of Peter Rabbit*.

What began as a tale that she wrote and illustrated for her governess's youngest child, Potter could not get the story published and so published it herself to share with children that she knew. In 1902, Frederick Warne & Company finally recognized Potter's talents and brought the story to the world.

Beatrix Potter, a savvy business-woman knew there would be a market for the delightful bunny, and history began. From the advent of Peter Rabbit, Potter created whimsical animal characters like Jeremy Fisher and Jemima Puddleduck. Even Potter's pet mice, Hunca Munca and Tom Thumb, are immortalized in her legendary tales.

Interestingly, Potter did not marry until she was 47 years old, at which time she had completed most of her writing, and then dedicated the rest of her life to land management and environmental concerns. She went on to raise the threatened Herdwick Sheep and received many accolades for her devotion to farming.

Upon her death at the age of 77, Beatrix Potter bequeathed fourteen farms and 4,000 acres in the Lake District to the National Trust of Britain. Her house, Hill Top, is a popular literary pilgrimage for lovers of the life and world of Beatrix Potter.

As April dawns and rain showers bring May flowers, consider looking to our natural world for inspiration and peace. We can all learn a great deal from the ever-fascinating cycle of life; the wonder that lies beneath the nose of a Springer Spaniel, and along the path of a wily hare. ■

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

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Heart of a Volunteer, Queen of Irish Hospitality

Christine McCarthy 2/14/69 – 2/28/22

By Maureen Conway Reich

Many in the Cleveland Irish Community knew Christine McCarthy. It wasn't hard to find her at one of her favorite pubs: Sully's, Gormley's, PJ McIntyres, or at an Irish Festival.

The party never seemed to get started until Christine arrived. She had an exuberant spirit, enormous smile, and infectious laugh. Her love for all things Irish connected her to so many in our tight-knit community. She was always one to say, "I've got two tickets for (name the event), wanna go?" Why would anyone say no to hanging out with the most fun person in the room!

I met Christine as volunteers at Cleveland Irish Cultural Festival. The Temple Bar area of the festival was gaining popularity, and I needed to clone myself to get the job done. Christine was there, always asking what else could be done, and how could she help. I didn't just clone myself but found someone who gave 100% of her time and devotion to making the festival fun and memorable for attendees and musicians alike. She seemed to have an endless supply of energy!

Christine took care of our visiting musicians like no other. I've heard from many that Cleveland is their favorite place to visit, and much of that was due to the incredible hospitality that Christine McCarthy provided. She was a true ambassador of our Irish Community, and of Cleveland.

It was common to see Christine running with a tray of snacks for hungry musical guests or bringing cold beverages to thirsty performers. I don't think they knew that she often paid out of her pocket for those thirst quenchers!

Birthday cakes, home-cooked dinners, guided tours, shuttles, and booze cruises are just some of the ways she took care of her musical friends that visited our town.

Irish musicians always felt welcome, knowing their own personal Queen of Hospitality was there to mind them.

Christine was a major part of the more recent Whale Irish Festival and gave of her time to the Ohio Celtic Festival as well. I'm sorry that she never made it to the Milwaukee Festival, although she might've loved that one so much that we would have lost her to it!

We traveled to Ireland together in 2019 and talked endlessly about our common heritage. My parents emigrated from Mayo, and Christine's mother emigrated from Cork, carrying Christine, who would be born in the U.S. a few months later. She loved that trip and couldn't wait to go back.

I know that her spirit is there now, but also with us. We'll feel her presence



Maureen Conway Reich and Christine McCarthy

whenever we listen to our favorite Irish bands and take that first sip of a pint of Guinness. She loved volunteering, the Cleveland Indians, concord grapes, Irish music, and Guinness. Mostly she loved her friends. She brought out the best in people.

May we all celebrate her life by living each day to the fullest, making new friends, and generously giving of our

time to sustain our Irish heritage and culture. Christine left the party too soon and we will miss her. Somewhere in heaven there is a grand hooley that just got going when she arrived. I'm sure she brought some cake and a smile. ■

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Celtic Woman's Tara McNeill Takes the Stage, and Takes the Audience, on a Journey of Gratitude

When you are on stage, do you find it hard to stay in the moment? Are you tempted to lose yourself in the song that you are performing, or do you see the audience and see your Costars?

I can get completely lost in it and then other times, if I think too much, I can get in my own head and then, I'm like, oh my goodness, I don't even know what what's coming next! It's pieces that I played hundreds of times.

There are these precious and magical moments where you don't think about anything, and you just enjoy being up there with these incredible women, this incredible band; looking out and seeing these wonderful audiences; those are the magical moments that you look forward to.

Tell me about your journey to Celtic Woman; talk about the dream of it, what attracted you to it and then the steps that you took to get to where you are now.

I grew up watching Celtic Woman on YouTube. We don't have PBS in Ireland, so I was watching all those amazing and specials over the years, and I just thought that it was the ideal job for me, that's where I wanted to be. I wanted to be an ambassador for Irish music and to be an ambassador for Irish women across the world.

It's funny, it was my dad more so than anybody that was watching these videos and saying how can we get you in there, this is where you're supposed to be. So, I've always loved music. I was from a very musical family. I am the youngest of four; my sister plays violin, my brother cello, my brother Ryan plays piano and has little music school. Well, everyone plays piano, everyone sings. So definitely, I was going to be a musician as well.

So, you have good genes in the family?

What's funny, is mom and dad actually never played anything themselves. I think they just didn't have the opportunities growing up. There are musical genes there, but they just didn't try them on. I had orchestras and choirs and projects growing up; I tried groups and things, but my heart went to the violin, it was my true calling. I studied it.

I always had Celtic Woman in my mind, even though I was still going

down that classical and violin [road]. I had a classical performance degree in orchestral music that I was doing, but then the opportunity came to play the harp in the band for the Destiny special; I was just thrilled to be involved. I just jumped at the chance to be part of it because it was a group that I've always admired. I love the music, I love the arrangements, and it was just something different that no one else in Ireland was doing.

It was also representing women in such a way [that hadn't been done before]. The year after, the position of the violinist came up. I jumped at that because that was the dream job, and luckily, I got it.

I auditioned with a number of other fiddlers and violinists, and they went for me! How often does that dream come true? I definitely have worked hard. [I strive] to be the best violinist I can be, but I also worked very hard to show off in that audition. I wanted to make sure that I went in and couldn't give them an option.

A lot of the movements and the choreography of everything that you're doing, that's important to an audience, because they can't see. They might be back a fair few seats, so that's all a big part of it. I have a lot of dance I'm training; I did ballet, tap and jazz, the tiniest bit of Irish dancing when I was younger. I did ballet up until I was like 16 or 17, so I think that has really stood by me.

At times you say the fiddle and at times the violin; do you consider yourself playing both?

It is exactly the same instrument. Sometimes I call it [playing with] violence. It is more so to do with the style of playing. If I am playing classical music on it, I call it violin, and if I'm playing trad Irish music, I'd call it a fiddle. But it is the same instrument.

How old were you when Celtic Woman first popped into your head?

I think I was about 15 when I really started to get serious about violin, to see where I wanted to go with the music. I love Orchestral music. Hopefully I will get to do more of that again in the future. I just wanted to do something bigger, I wanted to get up on the stage and travel the world. I have always loved the Celtic Woman music, the arrange-

ments, and the songs from my own country, these beautiful ballads.

I felt like there is nothing else in this world like Celtic Woman; it is incredible. It is the most successful all-female Irish group ever; to be part of that legacy is incredible. It is such an honor.

You mentioned earlier that you worked really hard on your professional part of this being a gifted violinist and then also on the other parts what makes for you what were the things you really had to work on to make you a gifted violinist

I really focused on the classical side of things. I have a wonderful teacher, Michael D'arcy, who you mentioned earlier. We really worked on my technique, getting technique, he went into such detail - you could spend an hour lesson on one bar of music, four notes, because there is so much that goes into to create the best side that you, musically, technically, everything. So, it was really about focusing and becoming the best player that I can.

I definitely still need to be actively thinking about things in in the performance because if you don't, if there is a tricky passage or something and you lose concentration, things can go wrong. My teacher always said to me that you have to be prepared to 120%, because in a performance, you lose 20% of accuracy, so you need to be at 120% to have 100% performance. I didn't know that if you want to get it up to 100%, then it leads to only be 80%, so no one sees less than 100% from you.

Besides the musical people we have talked about, who are other mega influencers in your life?

I love like Martin Hayes from the traditional world. I have lots of violinist influencers, but then I am also a big fan of so many genres. One of my biggest loves is film music; I love John Williams, sure there's so many. I love film scores, so I'd love to get into that world.

Do you have to put the personal career aspirations aside while you are on tour, or as you're preparing for it?

Definitely. Celtic Woman is my full-time career. Maybe I could bring more solo work into the future, but I feel like with the year ahead in 2022, there's no

time for it. Definitely it is something that I will do more off when I leave Celtic Woman, but honestly, I just want to, and have always wanted to, just completely throw myself into the Celtic Woman experience, just taking in every moment. We are away so much when we're touring, time at home is precious.

We are touring from mid-February until June, so I'll have July - at that time, I just want to be with family. I wouldn't want to be starting off on my own tour somewhere else back-to-back.

So, for three and a half months we are in the States, but my husband actually works in America, so he's so leaving at the end of this week, so that means we will have another month apart before I even start touring; so time together is precious. He is a piano professor in the Shenandoah Conservatory in Virginia

Do you guys have like mad jam sessions at home?

No, we really don't! I've been like trying to get him to play with me a lot recently, but we just end up doing other things, like watching Netflix or going for nice walks, which I also love, but it's funny, you would think that we'd always be playing together.

We definitely have plans for the future. We want to release an album together at some point, and we've tried composing some music together, so that's in the pipeline for the future.

You can see the feedback energizes you, the give and take with your audience.

I just I love it. Every show is different because every audience is different; they have different favorites in the show. We just never know how they're going to react.

What is the memory that endures, those moments where you really said, wow, that is something that has shaped me, or that I will always remember?

Definitely the Red Rock shows have always stayed with me. A lot of Celtic Woman shows would be indoors, in theaters, but there, having the wind blowing our dresses back, blowing the hair back, and me actually trying to remember, having to push down my bow onto the strings because the wind was trying to blow my bow away! Three years ago, there was even a lightning storm happening behind us in the sky; some of the fans took photos, videos; we didn't even know it was happening. I was running across the stage and then there was lightning strikes everywhere; it was incredible.

In this journey of six years or seven



Tara McNeill

years now, what are some of the most surprising things to you?

I suppose it's the thing that's really important is the friendships that I've made through Celtic Woman, like these women who have become my sisters, my family. You are with them sometimes more than your own family. You are out on the road six months of the year or more, and especially that four month period in the states in spring.

You really get to know these people; I've been so lucky to make friends that I know I will have for the rest of my life; I know will always be there for me no matter what. Even the newest member, Muirgen O'Mahoney, she is just the sweetest and most beautiful woman in the world, I cannot wait to get on tour with her because I just know we're going to get on so well; we're going to have such great times.

It is tough; it's hard work, but having these women around you is a life-saver, they understand your experience more than say the guitar player.

I have definitely traveled the world more with Celtic Woman than I ever would have with anybody else. I got to see places that I wouldn't have; I have travelled to six continents.

I adore travel, I adore seeing the world. A lot of the time, we don't quite get to

see as much as we would like because we're on to the next city after the show, but I've had some amazing times: Australia, got to climb the Sydney Harbour Bridge, got to see the Opera House. I am going to see China, Japan, amazing places.

My very first show ever with Celtic Woman was in Johannesburg, South Africa; that was quite a debut. I have gotten to see more of the States than my own American husband. The experiences of just being around the world, I am very grateful to Celtic Woman for that. I encourage people to do that as much as possible when you're younger because later, your family, all those kinds of things, it gets harder.

For someone that has the same dream, of being in Celtic Women, what advice would you give?

My advice for a future Celtic Woman would be to try and take in as much as you possibly can. It is an incredible time, but it can't last forever. Take in every moment, appreciate every day, be filled with gratitude for being able to make music for your career, to bring music to people all over the world, especially people from your own homeland.

Be filled with gratitude for being an ambassador for Irish women and Irish musicians; I feel strongly that to be

proud of being a woman performing on stage with these other incredibly talented women [is important].

What I think is amazing about Irish music is that people connect to it no matter where we are in the world. Definitely in America people really relate to it because there are so many with an Irish heritage, but then we go somewhere like China and I think, how are these people feeling this music like we do?

The thing is, Irish music is all about love, and loss, like leaving home, losing the family and losing loved ones. So much of Irish music is just melody, and these melodies carry much weight and history, and they tell the story without words, so in that way, the universal language is music. People feel that no matter where they are. I think that is why people love our music, no matter where they are. ■

Postcards from Ireland Tour has eighty-four shows in North America. Check www.celticwoman.com for more info, CD's, DVD's, music and merch.

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Midwest Gaelic Athletic Association

The Midwest Board and clubs teeter on the edge of releasing the summer schedule and Midwest Finals location. Although tentative until final registration is complete on April 30th, anticipated clubs include: Men's Football - Cincinnati, Detroit, Cleveland, Pittsburgh, Buffalo Fenians, Buffalo NaFianna, Rochester, Syracuse, and Albany; Ladies' Football: Cleveland, Pittsburgh, Buffalo; Hurling: Cleveland, Akron, Pittsburgh, Buffalo, Rochester; Camogie: Cleveland, Pittsburgh.

At the moment, it does not appear there will be a Midwest Invitational as we saw in Detroit last year. The Midwest Finals will take place August 6-7, while the USGAA Finals will occur August 19-21 in Chicago.

Around the Division, several clubs took advantage of a break in the winter weather to kick and puck around outdoors; and a few others continue to recruit through indoor sessions. Congratulations to the Buffalo Fenians on their Banquet, the Akron Celtic Guards for their volunteer efforts during the green season, and all the clubs who marched in pre-St. Patrick's Day Parades in Akron,

Pittsburgh, and Rochester.

REFEREES

As the Midwest continues to grow, the need for new referees also grows. There are plenty of opportunities to stay involved in GAA after your playing days are done; great way is to referee. The Midwest provides Referee Clinics each year and most years referee upskilling is required due to minor rule changes from Congress. If you are interested, contact Cleveland GAA and they can link you up with the Midwest referee coordinator.

Cleveland St. Pat's - St. Jarlath's

The hardy bucks and belles of the Cleveland GAA once again took part in the annual St. Malachi Church Run on Saturday, March 12. Braving 19 degree temperatures and a stiff lake breeze, twelve members of club trotted the streets of Cleveland. Footballer and Camóg,

Angie Dietz, took 2nd place in her age group. *An-deas.*

In classic Cleveland weather, St. Patrick's Day will see sunny skies and mid-60s temperatures just days after the brutal Church Run. The Club and the rest of Cleveland are

excited to once again march and celebrate Irish American culture after two years away. Special congratulations and thanks to Cleveland GAA's Maureen Mohney (2020 Inside Co-Chair), for helping to organize the parade each year, along with the many other members of the United Irish Societies.

CLEVELAND YOUTH

St. Pat's - St. Jarlath's will host a series of FREE FRIDAYS for all players, boys and girls, ages 5 to 17, for Gaelic Football at the Soccer Sportsplex in North Olmsted from 6 to 8pm on 3/25, 4/1, and 4/8. Following Easter, there will be another series of games-based activities.

The Program is gearing up to amass youth teams for the largest GAA event



Cleveland GAA at the St. Malachi Church Run.



Akron Celtic Guards Green Season Volunteers.



Rochester St. Patrick's Parade

outside of Ireland - the Continental Youth Championships. The CYC's will take place in Chicago this year over four days, July 28-31. The tournament is great fun for the children and minors, while very exciting for the parents. For more in-

formation on the youth program, contact ClevelandYouthGAA@gmail.com.

APRIL-MAY

As the weather breaks in April, both codes (football, hurling/camogie) will begin to hit the outdoor field, but there

will likely be some group conditioning sessions ahead of time. Please see the Club's website or social media.

May will seriously kick-off the GAA season in Cleveland, with the club's Night at the Races co-hosted by the WSIA on the 14th. The following weekend, **May 21, the Cleveland Memorial 7's** will also take place at the WSIA, with teams coming from around the Midwest, Heartland, and Central Divisions to compete in men's and ladies' Gaelic football.

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

Fáilte (welcome) to all. The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home

for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all ages.

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2022 activities for Men, Women, and Youth. Or visit ClevelandGAA.com.

See More to the Story, and more pics, at www.irish.us. ■

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and and, with much help, is the current caretaker of the Cleveland GAA.

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CLEVELAND YOUTH GAEIC FOOTBALL

Come join Cleveland Youth Gaelic Football at Soccer Sportsplex in North Olmsted. Our new player skills sessions makes for the perfect introduction. Our youth program is Co-ed and split into age groups from 5-17 years old. No previous experience is needed, all are welcome!

INDOOR NEW PLAYER SKILLS SESSIONS:

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TERRY FROM DERRY

By Terry Boyle

Trouble and Strife

In one slight shift between a global pandemic, we find ourselves faced with the threat of war. It seems that we're beyond learning anything from our history. We seem doomed to push ourselves over the precipice and into our annihilation.

Given our record of warmongering as a species, it's a miracle that we've survived as long as we have. Of course, that could all change at the flip of a switch. There is little to assure us that commonsense will prevail. For those who would like to believe in the best of humankind, the past decade has certainly tested our

faith in humanity.

Ukraine has become the focus of our thoughts. Our hearts go out to those who are facing down a bully who is committed to getting what he wants regardless of man suffering. Russia bears down on the nation of Ukraine baiting the west to intervene and risk another world war. The man Trump called a genius is a monster, who used the former president's stupidity to weaken the U.S. Trump was an effective fifth columnist for Putin and his cohorts. For years they played Trump for the fool he is, and it's paid off.

The United States has become increasingly divided. Any hope of collaboration has fallen foul of divisive and petty point-scoring. Trump's need to be liked and egocentric politics has weakened democracy. He has unwittingly played into Putin's hands and continues to do so with his terminal selfishness.

It is even speculated that had Trump been given a second term, he would've withdrawn the U.S from NATO. Of course, this decision would've pleased his followers. After all, it's someone else's problem and not ours. I'm sure that as oil prices go up and we have to pay more at the pumps, there will be the usual whiners complaining about interfering in global politics.

The inconvenience of paying more at the pump will no doubt be seen as a greater hardship than watching the sick, elderly, and children being bombed. The isolationism that Trump hoped he would garner would let us all off the hook from feeling any obligation to help anyone else out.

What is even more alarming is that this sort of thinking would be sanctioned by some Christian churches. There are those bible believing individuals who twist the words of Christ to justify their second amendment rights to bear arms, abandon the need (if they're not American) and essentially allow them to remain preoccupied with selfish desires. I'm sure Heaven for such people is simply another piece of real estate.

ALTRUISM

When it comes to people of faith, I'm not impressed by those who protest their self-serving agendas. If that's what they want, then Trump is their saviour and role model. However, those who

really take their faith seriously are less concerned with their own welfare and extend themselves to serve others.

Those are the people who rarely get recognized for their altruism. They work tirelessly for the good of others. And those people are not simply believers. Many of those who feel moved to serve others don't believe in God. They are not working to either get themselves into heaven or earn Brownie points with a deity.

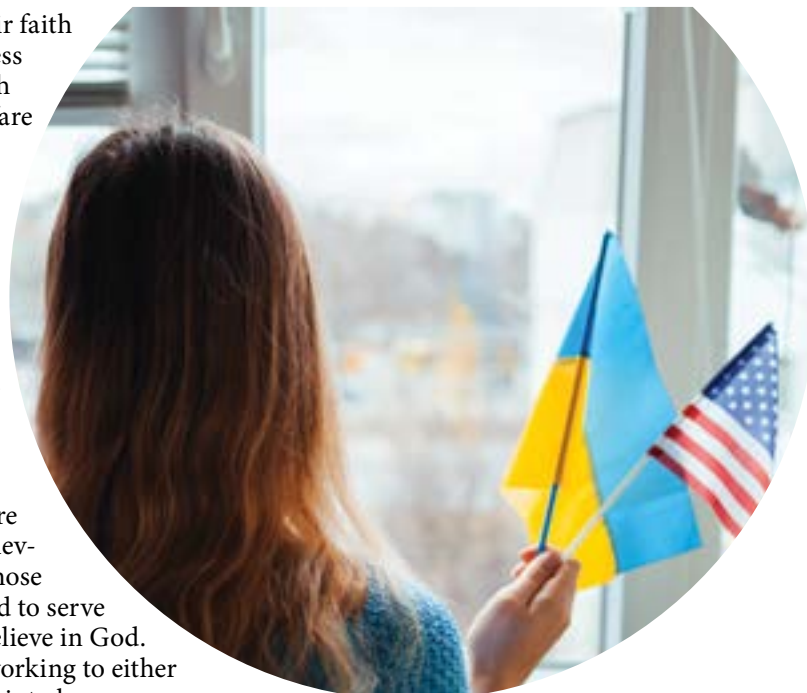
Faith is not exclusive to those who believe in a God. There are those who simply do good because they believe in the goodness of humankind. Even in the face of global atrocities they put their lives at risk to help those who cannot help themselves. They are not stuck in making America great again at the expense of others.

We need to get over our myopic nationalism and see that we're part of a global community. What happens in Ukraine will affect us. If we allow the bully to wreak devastation outside our borders and do nothing, we're no better than those who did nothing when Hitler started exterminating the Jews. We cannot look to God, like Cain, and say 'am I my brother's keeper'.

ARCHBISHOP ROMERO

We can be like Bob Geldof who, tired of watching people die of starvation, did something about it. Or we can be like those Catholic priests who died opposing fascist governments in South America, some of which were being financed by the U.S. Archbishop Romero, not a liberation theologian, who was murdered while saying mass for speaking out against injustice. These are people who have made the world a better place, not a bitter place.

There are a number of exemplary examples of people who, out of the goodness of their own hearts, have extended themselves in the service of others. In times of darkness, it's the light of their souls and their deeds



that inspire us to believe in goodness.

Ukraine is facing an apocalypse of its own. Putin is ruthlessly killing its citizens while the world watches. Our governments are cautiously taking measures to show their disdain. These sanctions come at a cost to us. We may have to tighten our belts.

Our lifestyles may have to adjust to accommodate fewer luxuries but we're doing it for a reason. What is happening in Ukraine could happen to us. If we don't act against the bullies of this world, we will suffer the consequences of our inaction. We run the risk of blinding ourselves to the sufferings of others.

Ukraine needs our help. Can we sit back and watch innocent people suffer and die without doing something? I, for one, am quite proud of what President Biden has done. He has led the way in demonstrating our distaste for Russia's invasion. I am confident that he and world leaders will continue to put pressure on Russia to stop the bombing and killing of Ukrainians.

It's only when we see world leaders come together to fight against tyranny that we can begin to believe again in the goodness of humankind. For our part, we need to vote in people who are not isolationists, or bigots, and who work to make the world a better place, not a bitter one. ■

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HEALTH MATTERS

By Dr. Joseph George

A Spring in Your Step and Pain in Your Hip: What to Know About Your Hip Pain

As we welcome spring and its warmer temperatures, we often want to jump back into our outdoor activities, but that sometimes brings with it an unwanted side effect – hip pain. Whether you enjoy a relaxing afternoon tending to a garden or are eager to start training for an upcoming marathon, our favorite springtime activities can stress our joints and even cause injuries to our muscles if we don't care for them properly.

Osteoarthritis of the hip is a common condition that can lead to hip pain after normal, everyday activities. The hip is a ball and socket joint, made up of the top of the thigh bone (femur) and the pelvis. The ends of these bones are covered with cartilage.

Cartilage is essentially a bumper that cushions the impact of our feet striking the ground when walking. It is smooth, soft, and spongy. All that osteoarthritis means is that the cartilage on the ends of the bones has been ground away, leaving naked bone to grind against naked bone.

The bone has many nerve endings, and this leads to pain and inflammation in the joint. This can result in the formation of painful bone spurs, stiffness, and a disruption of daily activities and hobbies.

The progression of osteoarthritis can even make seemingly low-impact activities tough to do. Whether you want to go for an evening walk or plant some new bulbs, hip pain caused by osteoarthritis can prevent some people from taking advantage of all springtime has to offer.

TREATMENTS

There are various treatment options for hip osteoarthritis that can aid in the relief of pain and help us to maintain an active lifestyle. These include activity and lifestyle modifications, physical therapy, the use of heating pads to decrease stiffness in the joint, anti-inflammatory medications such as ibuprofen, and steroid injections.

When these treatments fail to provide adequate pain relief, and when the pain and loss of function affect our quality of life, a hip replacement surgery may be indicated. This consists of removing the arthritis and using artificial implants to replace the worn-out hip joint.

Certainly, arthritis is not the only source of hip pain. If you don't have osteoarthritis but you are still experiencing hip pain that flares up when you go for a run or hit the links, there are many other potential causes for the discomfort. It could be due to tendonitis, muscle tightness and strains, bursitis, or a tear to the hip labrum.

Athletes are particularly prone to these injuries. Hip tendonitis is caused by inflammation or irritation of a tendon in the hip. Tendonitis often occurs with overuse of the hip muscles, something that can easily occur as

one resumes warm-weather activities too quickly after a winter of decreased exercise.

Similarly, overuse can lead to muscle strains, including straining of the psoas muscle, which enables you to flex your hip joint and lift your leg. Hip labral tears are another common sports injury, where the labrum – a ring of cartilage on the lip of the socket in the ball and socket joint – tears and causes pain. Untreated labral tears can lead to osteoarthritis in the joint.

Thankfully, most of these non-arthritic causes of hip pain are treated non-operatively. Beginning with rest and activity modification, anti-inflammatory medications, and sometimes progressing to supervised physical therapy, many hip pain conditions can be treated without surgery.

STRETCH BEFORE EXERCISING

In order to minimize the chance of injury to the structures around the hip, always be sure to stretch before exercising to loosen up your muscles and warm up your joints. Furthermore, it is important to mix up your exercise routine to avoid over-working muscles and joints.

The key to avoiding hip pain as we transition into spring is to ease into your favorite activities. If you're itching for

a run, it's probably best to start with a short jog over trying to clock your best half marathon time. If you're ready to get back to your prized garden, take it slow and avoid spending hours in positions that put stress on your joints.

If you find yourself suffering from hip pain, be sure to contact your doctor for help. Your primary care doctor can treat many minor causes of hip pain, but sometimes a consult to an Orthopedics or Sports Medicine doctor may be necessary. Our goal is to keep you moving and to help you enjoy the activities that bring meaning to your life. ■

Joseph George, MD, is a board-certified orthopedic surgeon with Mercy Health – Lorain, practicing at Lorain Hospital and Allen Hospital. Dr. George graduated from The University of Toledo College of Medicine and completed his residency at McLaren Flint Hospital, which is an affiliate of Michigan State University. He completed his fellowship in adult reconstructive orthopedic surgery at Cleveland Clinic.

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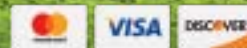
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Phrases for Travel

Tá súil agam, go bhfuil sibh go maith. We've all got our fingers crossed that this is the year to reconnect, to travel, perhaps back to Ireland or maybe visit for the first time. English is spoken universally in Ireland, even though Irish is the official language. It is required in school and is necessary to hold a government job. That being said, as of 2011, the Central Statistics Office found that Irish is the third most spoken language, after English and Polish. Even an ghaeltacht has experienced a decrease in the use of Irish outside of the schools.

As I'm sitting here, I'm reminded of

the 2003 short film "Yu Ming is Anim Dom". It tells the story of a young man from China who picks Ireland as his future home. He learns as much as he can about Ireland, including Irish before he leaves China. When he finally arrives in his new home, he finds he cannot be understood by the Irish people he encounters. He speaks Chinese and Irish, no English. All works out in the end, and he finds happiness in his new home. This is a great film, only thirteen minutes long and can be viewed on [YOU TUBE](#).

BEATHA TEANGA Í A LABHAIR

The life of a Language is to Speak It. Many times in the past we've talked about using what we know. If we only have a couple of words or phrases, we should use them. If you manage to make it to Ireland in the near future, picture yourself saying hello or thank you to those you encounter. Learning a language requires time and dedication, learning a couple of words or phrases does not, in fact in can be quite fun, but be careful you just might become infatuated!

GREETINGS

Dia duit (dee-uh gwit) hello lit. God to you
Dia's Muire duit (dee-uh smorra gwit) response to hello lit. God and Mary to you

Dia duit ar maidin (dee-uh gwit er mohd-jin) good morning lit. God to you this morning
Oiche mhaith agat (ee-ha wah ah-gut) good night
Slán (slawn) goodbye
Tá sé deas bualadh leat. (taw shay jess boo-la lyat) It's nice to meet you.
Conas atá tú? (kunass ah-taw too) How are you? (Munster)
Cén chaoi a bhfuil tú? (kay hee will too) How are you? (Connacht)
Cad é mar atá tu? (ka jay ah mar ah-taw too) How are you? (Ulster)
Tá mé go maith, go raibh maith agat. (taw may guh mah, gorra mah ah-gut) I am well, thank you.

ESSENTIAL PHRASES

Go raibh maith agat (gorra mah ah-gut) thank you lit. May there be good at you.
Le do thoil (leh duh hull) please
Tá fáilte romhat (taw fal-cha roe-it) You're welcome
Go mo leithscéal (guh muh lesh-skale) excuse me
An mhaith (ahn wah) very good
Ceart go leor (kyart guh lore) ok or all right
An bhfuil sé ceart go leor? (ahn will shay kyart guh lore) Is it all right?
Tá brón orm (taw brawn or-um) I'm sorry
Comhghairdeas (kah-hor-jess) congratulations

Go n-éirí leat (guh nye-ree lyat) good luck
Cad as duit? (kahd ahs gwit) Where are you from?
Is as Meiriceá mé. (iss ahs mer-i-kaw may) I am from America.
Cad is ainm duit? (kahd iss an-im gwit) What is your name?
Robert is ainm dom. (robert iss an-im dom) Robert is my name.
Tá mé ar saoire. (taw may er seera) I am on holiday.

COMMON QUESTIONS

Cá bhfuil an leithreas? (kaw will un lyeh-riss) Where is the restroom?
Cén chaoi a raibh an aimsir? (ken hee a riv un am-sheer) How was the weather?
Cá bhfuil? (kaw will) Where is?
Cá bhfuil an tsráid? (kaw will un straj) Where is the street?
An bhfuil sé seo go deas? (un will shay sho guh jess) Is this good?
Ar mhaith leat? (ar wah lyat) Would you like?
Cén áit? (ken ought) Where?
Cathain? (kah-hinn) When?
Cár mhaith leat? (kar wah lyat) Where would you like?
Cad é? (kaj ay) What is it?
Cad ba mhaith leat? (kad ba wah lyat) What would you like?
Cén t-am é? (ken tahm ay) What time is it?
Cén scéal agat? (ken shkale ah-gut) What's up?

I think the easiest phrases and the most useful, are the ones our parents taught us early on, please and thank you. Being kind and polite is correct in all languages. I use those two multiple times every day, always following up with the english when using it the first time with someone, after a while people will respond back without the translation. It's a great way to share a small part of our culture. ■

Bob Carney is a student of Irish history and language 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 Rian and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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Sessiún – Plank Road Tavern, Lakewood, OH. Every Thursday
Gormley's Pub, 2nd Rocky River, OH. 2nd Sunday of the Month 5 to 8

1st – Shamrock Club of Columbus General Meeting	20th & 21st – Greater Cleveland Peace Officer's Memorial Events
6th – National Day of Prayer	21st – St. Pat's Gaelic Football Memorial Severn's Tournament at the West Side Irish American Club
8th – Mother's Day	21st – Asian Festival
9th – #ilrish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans	22nd – AOH Pancake Breakfast
9th – Irish American Club East Side Monthly Meeting	23rd – ilrish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans
14th – St. Pat's/St. Jarlath's Night at the Races, co-hosted by the WSIA.	30th – Memorial Day
19th – West Side Irish American Club (WSIA) Monthly Meeting Walks of Life Awards Dinner	6/1 – June Fantastic Festival Focus Issue of ilrish hits the street #ilrish #LiveMoreLifeBeMoreIrish #Irish American

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Happy St. Patrick's Day!

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Judge on the 8th District
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Judge O'Sullivan is currently serving the people of Cuyahoga County as a Judge on the Eighth District Court of Appeals.



**Judge Cornelius J.
O'Sullivan, Jr.**

Judge O'Sullivan has more than 30 years of legal experience with over 25 years in civil litigation. He routinely handled large loss matters and has tried over 40 cases as the first chair attorney. His practice areas included catastrophic claims, general commercial liability, wrongful death, construction defect, professional liability, long term care, trucking and UM/UIM litigation. In 2015 he was named a Premier 100 Trial Attorney by the American Academy of Trial Attorneys. In 2020, Judge O'Sullivan was trained and certified by The Cleveland Mediation Center and became a Professional Mediator.

Judge O'Sullivan worked to establish the MacBride Principles in Cuyahoga County. He also served on the board of the Irish Music Academy of Cleveland.

Judge O'Sullivan currently serves as Director of the Flock Community Meals in Lakewood; an organization that prepares and serves 200 plus meals a month at two locations. He is a past-president of the Cleveland Association of Civil Trial Attorneys and was recognized by an international organization, DRI, for his exceptional service. In 2021, Judge O'Sullivan was named to the DRI Construction Law Steering Committee. The father of four Eagle Scouts, he is a Scout Leader in BSA Troop 287 in Lakewood, Ohio.

**Judge O'Sullivan will be running in the
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**In November, vote to retain
Cornelius J. O'Sullivan, Jr. Judge for
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ILLUMINATIONS

By J. Michael Finn

Na Fianna Éireann

Countess Constance de Markievicz was born Constance Georgina Gore-Booth, in London on February 4, 1868. Her father was Henry Gore-Booth, a wealthy Anglo-Irish landowner and arctic explorer.

At Lissadel, the Gore-Booth estate in County Sligo, Constance was raised in a life of wealth. Her father taught her how to hunt and shoot at an early age. She also became a skilled and fearless horsewoman.

In 1898, while enrolled in an art school in Paris, France she met Count Casimir Dunin Markievicz. He was a Russian-Polish count and artist from Ukraine. They were married in London in 1900. Constance and Casimir settled in Dublin, where they soon became a part of Dublin's Anglo-Irish society.

The event that changed her life occurred in 1906, when Constance rented a cottage at Balally, near Dublin. The Irish poet Padraic Colum had once lived there and he left behind issues of Arthur Griffith's nationalist newspaper, *Sinn Féin* (pron: *shin fain*).

Reading these papers, Constance became enlightened to the cause of Irish nationalism. From then on, Countess de Markievicz spent the rest of her life and a large part of her own fortune in furthering the fight for Irish freedom. She joined Sinn Féin in 1908, as well as, several other nationalist organizations.

In March 1909, the Countess read that the Viceroy of Ireland, John Hamilton-Gordon, had founded several Boy Scout troops in Ireland and that a large ceremony was planned to occur at Clontarf near Dublin. She was angered at the sight of the young Scouts, whose fathers "had thrown in their lot with the Fenians" saluting the British flag. She wrote, "Nothing could be sadder than to see these boys saluting the flag that flew in triumph over every defeat

their nation has known."

Her biographer wrote: "For Constance emotion and action went hand-in-glove, so she immediately started to plan what to do about the Viceroy's scouts." She decided to start her own scouting organization for Irish boys. The boys would be held together by their great love for Ireland.

She called her troop The Red Branch Knights; it consisted of only eight boys. The Countess took on training them in her home, much to the amusement and frustration of her husband (he referred to the boys who were always under foot as "sprouts").

In time, the Countess became convinced that the scout troop would have to be run more on the basis of a "Boy's Republic," with a military-style organization. The Countess invited Bulmer Hobson to assist her, as he had run a similar organization in Belfast. Hobson, a Quaker from Belfast, had joined the Irish Republican Brotherhood (IRB) in 1904 and was an early member of Sinn Féin.

Hobson accepted the invitation and a new organization was founded at a meeting in 34 Lower Camden Street, Dublin, on August 16, 1909, at which Hobson was elected as president (thus ensuring a strong IRB influence), the Countess as vice-president and Pádraig O'Riain as secretary. Seán Heuston was the leader on Dublin's north side, while Cornelius "Con" Colbert was the leader on the south side.

At Hobson's request and inspired by the Fianna of third century Ireland, they called the new organization Na Fianna *Éireann* (pron: *nah fee-uh-nuh air-uhn*) meaning Soldiers (or warriors) of Erin. Their motto was, "Strength in our arms, truth on our lips, and purity in our hearts."

Most people referred to them in English as the "Fianna Boys." Na Fianna grew rapidly and established hurling and football teams, pipe bands and ambulance-corps, in every part of the country.

The Countess owned a large rambling house at Rathmines called Surrey House. It became the unofficial headquarters of Na Fianna. The older boys gathered and trained there, and a mini firing range was set up in the basement.

The boys always referred to the Countess as "Madam" and they were introduced to visitors as "Madam's Boys." The coming and going of individuals from the home was often under



Fianna Éireann scouts carrying out signal training with flags.

surveillance by the intelligence section of the Dublin Metropolitan Police.

When the Irish Volunteers were formed in January 1913, the value of the work undertaken by Na Fianna became clear. The senior boys were ready and competent to train the Volunteers and to transform raw recruits into disciplined soldiers. Four Na Fianna officers were elected to the first Executive Council of the Volunteers, including Liam Mellows, who became the first secretary.

Na Fianna drill halls and equipment were at the disposal of the Volunteers, and they grew rapidly in strength, along with Na Fianna. Patrick Pearse wrote in his essay "To the Boys of Ireland" in February 1914: "We believe that Na Fianna Éireann has kept the military spirit alive in Ireland over the past four years, and that if the Fianna had not been founded in 1909, the Volunteers of 1913 would never have arisen."

The year 1914 marked Na Fianna's first event of national importance, the Howth Gun running. The Fianna Boys marched from Dublin with the Volunteers to Howth, bringing their hand-carts with them, and were the first to reach Erskine Childers' yacht, The Asgard.

From 1915 onwards, Na Fianna *Éireann* threw themselves wholeheartedly into anti-British activities. Their participation at the funeral of O'Donovan Rossa in August was the occasion of a great display of strength by the Na Fianna.

Seven years of intensive effort and dedicated service to the nation culminated in the 1916 Rising of Easter Week, when Na Fianna Éireann officers were given command of important sections of the operations. Seán Heuston

Courtesy of the National Library of Ireland on The Commons

was in charge at the Mendicity Institution and defended his position for three days.

Con Colbert was second in command in Marrowbone Lane and assumed command at the surrender. The Countess with Michael Mallin held the College of Surgeons with the Irish Citizen Army and a troop of Fianna Boys.

Members of Na Fianna were engaged in the fighting in other parts of the city and carried out the dangerous work of dispatch carrying and scouting. Six Fianna Boys were killed during the Rising and several were wounded. Na Fianna members Seán Heuston and Con Colbert suffered execution by the British on May 8, 1916.

Countess Constance de Markievicz was an Irish woman of determination, independence, idealism and self-sacrifice constantly in pursuit of freedom for the Irish people. Her work in founding Na Fianna Éireann directly contributed to the fight for Irish independence.

The Countess died at the age of 59 on July 15, 1927 in a Dublin hospital of complication from appendicitis. She had given away the last of her wealth, and died in a public ward "among the poor where she wanted to be." ■

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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TOLEDO IRISH

By Molly McHugh



The 2022 Kilt Contest participants.

Toledo Irish American Club Kilt Contest

The Toledo Irish American Club hosted its 4th annual Kilt Contest at Earnest Brew Works in downtown Toledo on March 9th. It was a night to remember.

What is a Kilt contest you may ask? Well, exactly what it sounds like of course! A total of seven men and one woman (first time ever that a woman competed), dressed and came downtown to impress in their best-looking kilts.

The contestants paraded around to show off their outfits alongside the Toledo Firefighters Bagpipes and Drums. Towards the middle of the night, the contestants were called up to the front of the brewery, and the winner was chosen based on applause.

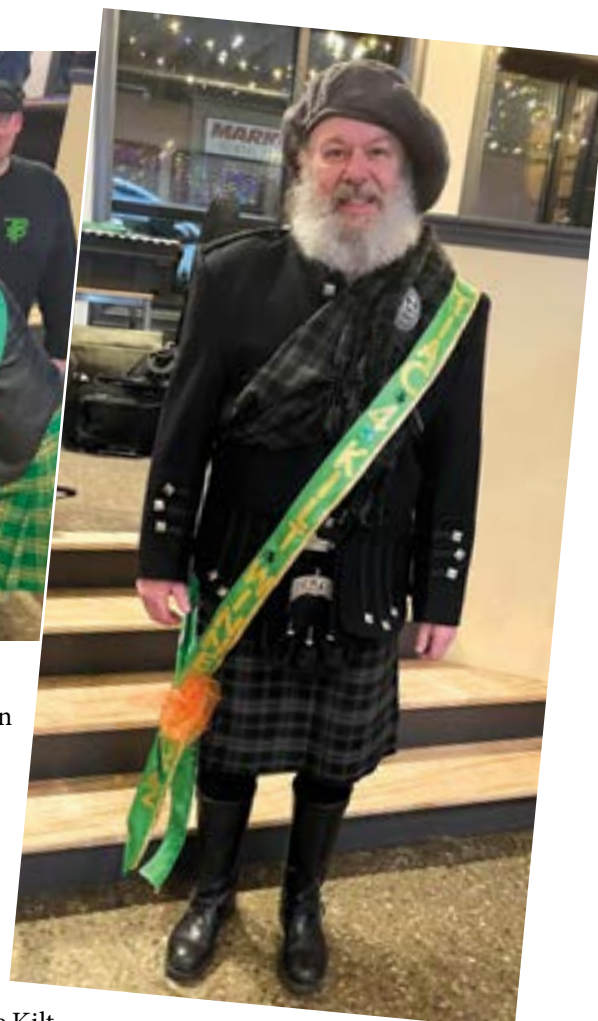
Eight contestants went down to four, then down to three, two and finally the winner, Chris Rynn, was announced. Chris was decked out head to toe. The night continued with entertainment by Padraig's Top Shelf, a local Irish band.

According to Kelly Zawierucha, President of the Toledo Irish American Club, The Kilt Contest started back in 2018, "as a way to generate buzz and get people out to our events." Kelly resurrected the Toledo Irish American Club back in 2017, and has been partnering with Earnest Brew Works, a local brewery here in Toledo, on various events and fundraisers ever since.

Of course, Earnest Brew Works had just the right drinks on tap, too! They were serving Killarney-Irish Red Cream Ale, which is described as "The beer that made the village of Killarney famous"; O'Byrne's Dry Irish Stout, a "Traditional dry Irish Stout"; Red Panda, another Irish Cream Ale served in a can, all amongst several other options and flavors, such as their Peanut Butter/Chocolate Stout.

ACROSS THE POND

Not only did the night provide great drinks and entertainment, but the Kilt contest was also a fundraiser event to support Toledo's own Irish Dancer, Rylei Young. Rylei will be heading over to Belfast in April for the World Dance Competition. She started Irish dancing at the age of six and qualified for her first World Competition at the age of ten and has qualified every year since. However, what makes this year so



Chris Rynn, the 2022 Kilt Contest winner.

special is that the competition is taking place in Belfast, which will mark Rylei's first time heading across the pond, not only to visit Ireland for the first time, but to participate in the highest level of Irish dance competition. Only ten to fifteen dance students in each age group from around the world qualify to complete. We wish Rylei the best of luck and thank the Toledo Irish American Club for helping to make her dreams come true.

The Kilt Contest was the perfect way to kick off the St. Patrick's Day festivities in Toledo, and we look forward to many more years to come. ■

Molly McHugh is a Toledo native and holds her MSc in Strategy, Innovation and People Management from National University of Ireland, Galway. Molly can be reached at molly.mchugh16@gmail.com

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INNER VIEW

By John O'Brien, Jr.

Peter Shovlin Pittsburgh's Grandest Marshall

Amidst all of the great celebrations of our St. Patrick's Day Honorees, news of one arrived after we went to print with the March issue. The Grand Marshall of the 2022 Pittsburgh St. Patrick's Day Parade is Peter J. Shovlin, Sr.

If you haven't met him, hurry up; he is one of the great leaders in our Irish community, a legacy reinforced many times over by the efforts of his family and friends to follow the example lived every day by the dedicated, insightful and generous with his time and talents Pittsburgh fixture.

A Bit About My Dad

By Sheila Shovlin, TCRG and Liz (Shovlin) Grinko, TMRF

Our dad was born June 27, 1931, in Liskerraghan, outside Ardara, Co. Donegal. He met our mother, Sheila Sweeney, at the Shamrock Irish Dance Hall in London, while they were both living and working there. They married in September 1956 and together immigrated to the U.S., arriving on March 13, 1957.

Mom passed away in 1997 but shared fully in Dad's life described



ahead. Dad is the father of eight: Liz, Ralph, Peter Jr, Patsy (d. 2007), John, Michael, Kevin, and Sheila, all who married and made him a grandfather of seventeen and great-grandfather of three.

Dad was one of the charter members of the Irish Centre of Pittsburgh (ICP), a club formed for the purpose of bringing Irish families together. He was among those members who helped turn the property into a welcoming gathering place.

Dad played the violin and provided music at many of the early dances, sometimes with other ICP members. He served on the ICP Board of Directors as a board member and Treasurer, Vice-President and then President in 1980-81. The club no longer exists as we remember it, but the memories of time spent there, and the many friendships made endure.

One of the main objectives of the ICP was to pass on Irish culture to

the members' children. In 1970, Dad arranged with other members to have Irish step-dancing taught at the ICP by an instructor certified by the Irish Dancing Commission (An Coimisiun le Rince na Gaelacha). That school still continues today and spawned the creation of others, including the Shovlin Academy of Irish Dance. Ripples.

FIRST FEIS

Dad was the founder and chairman of the first Irish Centre of Pittsburgh Feis in 1971. He chaired through 1975 and then later from 1979-1981. He also played his fiddle at every Pittsburgh Feis up through the 2000s, one of the musicians who providing live music for the dance competitors. He also used his carpentry skills to help build the outdoor stages used for the dance competitions.

Many of Dad's grandchildren are also now involved in Irish dance and Irish football as well as playing the fiddle.

FIDDLE MAKER

Dad finally got time to create and make his first fiddle in 1991. Since then, he has made twenty-four more; some are still featured on his website: <https://pshovlin.com>.

Each of his children received a hand-crafted fiddle, and others were donated to causes close to his heart. In 2003, he made a musical recording of some of his favorite tunes, "Beyond the Wee Strand" <https://pshovlin.com/audios>.

Dad was a union carpenter for the United Brotherhood of Carpenters and Joiners, Local 432, Eastern Atlantic States, Regional Council of Carpenters. Retired since the mid-90s, he is a lifetime member and just received his 55-year pin. He is a member of St. John Fisher Catholic Church in Churchill. ■

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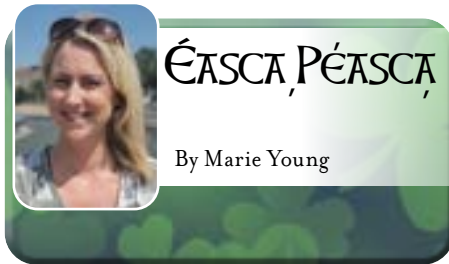
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My Story

By Patrick Devlin Miller

Cen chaoi ina bhfuil tú? Two years ago, those five words greeted me as I jumped on a Zoom meeting for my first Irish language class. The phrase translates to “how are you?” and it was an appropriate greeting for me.

It was my first day of classes at the University of Pittsburgh. I had grown up in Squirrel Hill and spent years wandering Oakland; now Oakland was my home. I sat in my chair and thought maybe this was all a mistake, maybe this Irish class wasn't going to be what I thought it would be, *how am I?*

The fifty minutes that followed set up the next two years, and this very moment. I learned very quickly that I loved the Irish language, Gaeilge. I loved



speaking it, I loved the history that came with it and the souls of not only the people that speak it but of the words themselves. I've learned a lot since that first day in class.

I was born in Pittsburgh to American parents a generation removed from Ireland. My middle name comes from my great grandmother, who emigrated

for a new life in America. I always felt a strong connection to this heritage, it was something I longed to connect with and claim as my own, my identity, my history.

My father was the only person in my family who ever got to speak with Grandma Devlin, but even then, she kept her identity close to her, not giving up much. Maybe it was the trauma she endured during the Irish War of Independence or the desire to assimilate and leave it all behind, but he never learned much more than that we were from Portadown, County Armagh.

THE WORD FOR
“LADYBUG” IN THE IRISH
LANGUAGE IS BÓIN DÉ,
IT MEANS “GOD’S
LITTLE COW.”

My mother's father was a Hungarian immigrant. Her mother, the daughter of Irish immigrants, we knew even less about. I am Irish-American and proud but back then I wanted more, I wanted to connect with my ancestors and my heritage on a deeper level.

As I looked for schools to transfer to during my freshman year, I looked for places with programs where I felt like I could have a greater purpose. Being from Pittsburgh, Pitt was an obvious choice, but more than just being home, it had an Irish minor offered.

I knew there was an Irish language, I knew it as the misnomer “Gaelic” back then, and I was instantly intrigued. When it came time to sign up for classes in the summer, Irish 0101 was the first class to drop into my cart.

Taking four days a week to learn a language I knew little to nothing about and had never heard spoken appealed to me. I didn't know what to expect, so it naturally exceeded my expectations. My professor, Marie Young, I can simply describe as the best. A fluent speaker from Dublin she was the first person to expose me to the soul of Gaeilge.

The word for “ladybug” in the Irish language is bóin Dé, it means “God's little cow.” The word for jelly fish? Smugairle roín, which literally translates to seal snot.

The language is full of little beautiful words like that, it's incredibly poetic and full of life. It's no wonder that the

motto of many who seek to promote the speaking of Gaeilge is, “*tír gan teanga, tír gan anam.*” A country without a language is a country without a soul. I've fallen in love with Gaeilge, it's a language under threat though; not many people in Ireland speak it actively and not many in the United States know of it, despite the huge population of Irish Americans. Part of my goals at Pitt is to support the revival of Gaeilge as is being done in Ireland right now and encourage people at Pitt to participate in its revival here.

The revival of Gaeilge in Ireland is in full swing. For a long time, Gaeilge had been loathed or stigmatized due to colonialism; speaking it was seen as peasant-like and often met with violence and as discrimination. It has undergone a rebranding of sorts, with many of the faces of the revival of the language being young people and popular creatives/artists.

These people are making Irish ‘cool again’ and bringing it back into the global conversation with the support of the government backing them. Gaeilge is making a serious comeback, and I think now is as good a time as any to bring it into the conversation here in America.

Recently, the Irish government passed a plan to bring Gaeilge to prominence in Ireland's capital, Dublin, to raise awareness of the language and advocate for speaking it. Dublin, a truly international city, is the perfect place to launch a cultural movement to revive Gaeilge, and when I see that, I think, “why can't I do a similar thing here at Pitt?”

It is inspiring, and it motivates me to share Gaeilge here in my own community. To raise awareness of this beautiful language and culture with a rich history and so much soul excites me. I'm passionate about Gaeilge, it's part of my identity, and I can't wait to use my platform to advocate for it, educate, and promote the language here at Pitt. ■

Patrick Miller was born and raised in Pittsburgh. He attends the University of Pittsburgh, with a Major in English and a Minor in Irish. Outside of the classroom, he works for a non-profit youth golf organization and is a member of the Pi Kappa Alpha fraternity.

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In 2022, a united, prosperous, and peaceful Ireland is closer than ever.

We believe that it is imperative for the Irish Government to plan, prepare and advocate for Irish Unity as provided for in the Good Friday Agreement.

We call on the Irish Government to convene a Citizens Assembly to plan for Irish Unity.

The relationship between Ireland and America is a bond of kinship and family forged over generations.

We Irish Americans are proud of the role we played in securing the Good Friday Agreement.

The Agreement has delivered peace. It remains the framework to resolve current political differences and the roadmap for future peaceful and democratic constitutional change.

One constant in an ever-changing world has been the bipartisan support in the U.S. for the Agreement in Congress, by successive Administrations, and by all those who share a common bond with Ireland.

We believe that Irish Unity is the firm will of the Irish Nation and will serve the best interests of all who share the Island, citizens abroad, and the wider diaspora.

We can be the generation to deliver Irish Unity in our time.

Is muidhe



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April Activities

Many things have occurred since last I submitted my column, so I want to take a few steps back and give an update. The information is important, and about the Royalty of our St. Patrick's Day Parade that took place March 12, 2022.

Peter Shovlin, Sr. was chosen as our St. Patrick's Day Grand Marshall. Peter has been one of the mainstays of Irish traditional music in our region for decades. He and his wife Sheila (RIP) were two of the founders of the Irish Centre of Pittsburgh, with Pete as a charter member of the Centre.

At one time, Pittsburgh had many Irish-born residents; they needed a place to gather, so the Irish Centre was created. It has served many functions over the years. Peter and Sheila were some of the creative forces involved here, with Peter serving as a member on the Board of Directors, Treasurer, Vice-President, and in 1980, President.

MAKING FIDDLES

Not only is Peter a fiddler, but he makes them too. He has played for many Feis, every one up until 2000, that took place during the summers. He is a founder and was chairman of the Irish Centre Feis.

These dance events grew and needed a larger venue. Now they usually take place at one of the airport hotels, which

are more accommodating to out-of-town guests.

Peter made beautiful fiddles for each one of his eight children and their children, along with fiddles for special purposes. Echoes of Erin was a beneficiary of a fiddle that was used for a fundraiser a few years back as well.

The entire Shovlin family actively participates in our Irish culture. Three of Peter's children, Liz, Sheila, and Peter, Jr. are the proprietors of and teachers at *The Shovlin Academy of Irish Dance*. They have taught many of our young people how to step-dance, both hard shoe and soft shoe, with several champions among them.

Often times they are invited to showcase their skills for many of the national and international shows that come to town. Peter's sons, Peter Jr., Johnny, Michael and Kevin have all been step-dancers, winning many awards. His daughter Patsy (RIP 2007) was a dancer and organizer for the Feis'.

Peter Shovlin, Sr. is a treasure in our midst. I have had the pleasure of knowing Peter for a long time and have even shared a jar or two in his company; he is a treasure in our midst, and such a lovely human being. He is also an excellent choice for the Pittsburgh St. Patrick's Day 2022 Grand Marshall.

A party to celebrate the Grand Marshall was held at Mullaney's Harp & Fiddle in The Strip ~ what a wonderful gathering! Peter had such an impact on so many lives over his ninety years that they wanted to come share their congratulations in person. I had conversation with so many friends and acquaintances; it was marvelous and a great testament to Peter's impact and influence with so many friends along with many workers in the City of Pittsburgh.

MISS SMILING IRISH EYES

Our Miss Smiling Irish Eyes and her Court included three beautiful young women: MacKenzie Ridge is a freshman at North Carolina University. Her parents are Dan and Bridie O'Connor Ridge, who live in Mt. Lebanon.

Erin Mary Burkhart is part of the Court. She is a senior at the Pitt-Johnstown Campus of the University of Pittsburgh. She and her parents, Mike and Kathleen Riser Burkhart, live in the Fox Chapel area. Tom Riser, Erin's grandfather, was a previous president of AOH Division 23 in Lawrenceville.

Zoe Mulkerrins, the second young woman of the Court, is a senior at Seneca Valley High School. Zoe and her parents, Mike and Sarah Connolly Mulkerrins, are from Seven Hills in Butler County.

Mike Mulkerrins and his brothers Joe and Pete are originally from Minish, County Galway. They have been Curragh boat builders, including ones that many of the teams across America have used in their races.

ST. BRIGID'S COURT

With March being Women's History Month, this honor is most appropriate. St. Brigid's Court is an acknowledgment of women who have endured physical hardship through sickness or some other impairment which has affected their lives. This year, the winners are Theresa Lynne Cruell with her court, Madeline McClain. Both of these women have endured much physical pain and hardship throughout their lives.

HIBERNIAN OF THE YEAR

The Hibernian of the Year award was presented to Bob Kelly of AOH Sean MacBride Division 32. Bob is a previous President of Division 32 and is now Treasurer of the Allegheny County Board of Directors.

A BOOK ABOUT CARRICK

John F. (Jack) Webber is writing a book about the South-Hills community of Carrick, settled in 1853 by J.H. O'Brien from Carrick-on-Suir River, Ireland. If you know anything of Carrick, an Information Index is available and can be sent to you by email; contact Jack jfwnamesman@aol.com.

AOH Sean MacBride Division 32 in Carnegie will begin a weekly Fish Fry at the Fox Chapel area. Tom Riser, Erin's grandfather, was a previous president of AOH Division 23 in Lawrenceville.

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

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DONNYBROOK
By John Myers

Easter Lily

106 years in not a memorable number, but every anniversary of the 1916 Easter Uprising is worthy of celebration. The 1916 Proclamation was read by Padraic Pearse at high noon from the front steps of the General Post Office (GPO) on what is now called O'Connell Street in downtown Dublin. O'Connell Street was called "Sackville Street" prior to the establishment of the Irish State.

The GPO was one of many sites in Dublin that rebels were located on that Easter Monday, 1916. The one-hundred-year-old GPO building was a prominent government building, centrally located and was a key nerve center for the telegraph (communications) throughout the Country, a strategic as well as symbolic siting.

Americans celebrate the Fourth of July as the date of the American Declaration of Independence. In Ireland. The Irish Proclamation was read on Easter Monday which was April 24th in 1916. However, as Easter is a different date each year, "April 24th" is not universally observed.

For instance, this year (2022) Easter Monday is April 18th. The Irish speak of the Easter Rising and Easter Monday as the officially recognized date and annual celebration of Irish Independence.

Padraic Pearse led the uprising and was plainly using the tie to the Resurrection of the Easter holiday to link the 1916 uprising to the resurrection of the ancient nation of Eire. This is why the Easter Lily is worn as a remembrance of those that gave their life in the cause of Irish Liberty and the Easter Rising. **Note:** *The Irish Easter lily pin usually shows green, white and orange. Please wear your Lily pins with sober pride this April and throughout the year.*

I take a few moments every July to



re-read the Declaration of Independence. This month, perhaps take a moment to re-read the 1916 Proclamation; read it out loud to your family (they'll love it...). Note that this proclamation is rare in that it clearly speaks of "Irishmen AND IrishWOMEN," recognizing the equal status and contribution of women in the cause of a free Ireland and in the eyes of the authors.

Also note the unique recognition of the support of Ireland's "Exiled children in America" (that means YOU). The leaders of 1916 took on fully the issue of sectarian divide, calling out the

English ('ALIEN') government for fostering animosity (conquer and divide) between the Protestant and Catholic traditions on the Island of Ireland in the fifth paragraph: *cherishing ALL of the children of the nation EQUALLY, and oblivious of the differences carefully fostered by an ALIEN Government, which have divided a minority (Protestant) from the majority (Catholic) in the past.*

All seven signatories of the Proclamation were executed by the English within weeks of the Rising.

**POBLACHT NA HEIREANN
THE PROVISIONAL GOVERNMENT
OF THE IRISH REPUBLIC
TO THE PEOPLE OF IRELAND**

*IRISHMEN AND IRISHWOMEN:
In the name of God and of the dead generations from which she receives her old tradition of nationhood, Ireland, through us, summons her children to her flag and strikes for her freedom.*

Having organised and trained her manhood through her secret revolutionary organisation, the Irish Republican Brotherhood, and through her open military organisations, the Irish Volunteers and the Irish Citizen Army, having patiently perfected her discipline, having resolutely waited for the right moment to reveal itself, she now seizes that moment, and supported by her exiled children in America and by gallant allies in Europe, but relying in the first on her own strength, she strikes in full confidence of victory.

We declare the right of the people of Ireland to the ownership of Ireland and to the unfettered control of Irish desti-



...nies, to be sovereign and infeasible. The long usurpation of that right by a foreign people and government has not extinguished the right, nor can it ever be extinguished except by the destruction of the Irish people. In every generation the Irish people have asserted their right to national freedom and sovereignty; six times during the past three hundred years they have asserted it in arms.

Standing on that fundamental right and again asserting it in arms in the face of the world, we hereby proclaim the Irish Republic as a Sovereign Independent State, and we pledge our lives and the lives of our comrades in arms to the cause of its freedom, of its welfare, and of its exaltation among the nations.

The Irish Republic is entitled to, and hereby claims, the allegiance of every Irishman and Irishwoman. The Republic guarantees religious and civil liberty, equal rights and equal opportunities to all its citizens, and declares its resolve to pursue the happiness and prosperity of the whole nation and of all its parts, cherishing all of the children of the nation equally, and oblivious of the differences carefully fostered by an alien Government, which have divided a minority from the majority in the past. all

Until our arms have brought the opportune moment for the establishment of a permanent National Government, representative of the whole people of

Ireland and elected by the suffrages of all her men and women, the Provisional Government, hereby constituted, will administer the civil and military affairs of the Republic in trust for the people.

We place the cause of the Irish Republic under the protection of the Most High God, Whose blessing we invoke upon our arms, and we pray that no one who serves that cause will dishonour it by cowardice, inhumanity, or rapine. In this supreme hour the Irish nation must, by its valour and discipline, and by the readiness of its children to sacrifice themselves for the common good, prove itself worthy of the august destiny to which it is called.

Signed on behalf of the Provisional Government:

THOMAS J. CLARKE
SEAN Mac DIARMADA
THOMAS MacDONAGH
P. H. PEARSE
EAMONN CEANNT
JAMES CONNOLLY
JOSEPH PLUNKETT ■

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**MADIGAN
MUSES**
By Marilyn Madigan

Helping Others

Throughout their history, members of the Ladies Ancient Order of Hibernians (LAOH) have assisted those in need. Many of the members have asked how we could help the Ukrainian people. On Saturday March 5, the Ladies Ancient Order of Hibernians have appealed to their membership to help Ukraine. The appeal was initiated by the Catholic Action Officer, Peggy Cornish, of California, with the approval of National President Karen Keane, of New York.

The need is great with 2.9 million people affected in Ukraine and the bordering countries. The LAOH is an Irish American Catholic Organization

with Christian Charity as an integral part of the motto. Individual members, Divisions, County and State Boards of the Organization are requested to assist in this Appeal. The suggested donation is \$50 per Division.

Any amount large or small is greatly appreciated; you do not have to be a Hibernian to make a donation. We welcome donations from all those who want to help those affected by this war in the Ukraine. All LAOH donations will be sent to Catholic Relief Services to be distributed to those in need.

PLEASE MAKE OUT CHECKS TO:
Ladies Ancient Order
of Hibernians, Inc.
with Ukraine in the memo

MAIL TO:
Peggy Cornish, LAOH Catholic
Action Officer
141 N. Kinsella Avenue
Covina, CA. 91724

Along with requesting monetary



donations, the LAOH membership were asked to say prayers to our Blessed Mother for peace in the world. Let us remember the words of Pope John Paul II: "Peace is founded not only on human rights but also on respect for the rights of peoples, in particular the rights of independence"

He also taught us "Peace is the fruit of solidarity."

The LAOH is united in solidarity with the people of Ukraine through our prayers and monetary support. ■

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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AKRON IRISH

By Lisa O' Rourke

Don't Feck with the Irish

There is a tricky wind moving over Europe. We didn't see it coming even though we did. Like a long forecast storm, we had to watch the clouds condense and darken and feel the cold steely drops before we believed it was here. This seems to be another chapter in our Chinese curse of a new century.

My plea to the universe is enough of interesting times, bring back boring. The people of one nation certainly sensed trouble and were not shy to act on it. Those people have known hard times and they know how quickly those hard times can appear. The Irish have seen both famine and war and they are sensitive to the signs.



Forces were circling Ireland last August. A Russian naval vessel was spotted just outside Irish territorial waters around Donegal. The Irish Times, pulling no punches, led with the headline calling it a "Russian spy ship," a claim which the Russians were quick to deny. Russia countered that their ship was an oceanographic research vessel.

Ireland wasn't buying it. The Times reported that the ship was host to

several small, unmanned submersibles. The submersibles are small submarines which are capable of cutting or tapping the undersea internet cables which carry global communication, some of which is sensitive NATO information. The Irish naval forces had been monitoring the ship's activity.

Perhaps the Russians thought that Ireland was neutral or oblivious. While Ireland as a country has been politically neutral, that has never stopped its citizens from acting on their beliefs. The spy ship story faded without further incident since the Russians were not caught doing anything wrong.

But it is experience that has made the Irish sensitive to the moves of colonizing bullies. A few months passed and the Russian Navy wanted to come back, this time further down the coast.

The Russians announced that they wanted to conduct drills off the Irish coast, close to Castletownbere, in Cork. The proposed drills were to be done during the first week of February of this year. Now things got personal.

If the Irish government were miffed by the Russian proposition, the local fishermen were furious. The Cork fishermen felt that the planned activ-

ity would interfere with fishing and furthermore, the intended site was too close their European designated economic zone.

The fishermen planned a protest, with the tagline, "Our protest is our presence." They decided to take to the water, using up to sixty trawlers at any one time, "fishing" in the area and interfering with the drills.

While economic factors were significant in their decision, the Russians and their shifty conduct were already on the Irish radar. Their feints and masked escalations did not go unnoticed in Ireland. The highly reported standoff between the fishermen and the Navy ended with the Russian Minister to Ireland announcing that the military drill site would be relocated.

That same Russian Minister to Ireland who made the announcement about the cessation of the military drills, featured in another story in no time flat. The Minister, Yuriy Filatov, sat down for a news interview with RTE, the Irish national broadcast network.

If Mr. Filatov was expecting a softball interview, he got hardballs and quite a few of them. During the interview, Mr.

Filatov's dismissive responses were aggressively challenged by RTE presenter David McCullagh. Mr. McCullagh accused Filatov of being either stupid or a liar, and "an apologist for slaughter."

McCullagh concluded the interview by asking Filatov why the Irish government should allow him to stay in the country, to which Mr. Filatov responded, "It's a good question." David McCullagh wasn't there to look like a good guy, but to act like one. This was the second recent story of the Irish David standing up to the Russia Goliath that went viral.

It is personal. Every day listening to the Irish news or reading their papers, there is evidence of the personal in this conflict. The Irish are responding to direct requests for aid. In Galway, there is a group asking for wooden pallets in order to stock and ship supplies to Ukraine. While wooden pallets are not common household items here, they are in rural Ireland.

Glamorous Ballybrit racetrack in Galway has been converted to an impromptu warehouse for donations. Northern Irish actress Catriona Balfe has been on Instagram highlighting charities and other ways to help the people of Ukraine.

There are the typical disaster pleas for food and clothing donations. Drivers and translators are needed to help transport refugees, mainly across the Polish border. There are also requests for host families who would be willing to house Ukrainian refugees in their homes. I saw a Ukrainian family smiling from an Irish home on Instagram yesterday.

There is a disconnected, surreal quality to these events for us. Part of it

is simple geography. We are not on the same continent. We look at these events from the aerial perspective of our news. We are birds, flying over and watching. The Irish have their feet on the ground.

Ireland is an island, but they are committed to being part of Europe. More importantly to restate, they do not like colonizing bullies, and they are not shy about that. They feel the ill wind.

While in the U.S., we know that a percentage our tax dollars lays in wait to respond to global disaster. This is a good thing, but it also removes an element of personal responsibility. The Irish government does not have much of a navy or disaster war chest. But they do have people who are engaged and eager to act.

What the government lacks, the fishermen and everyday people are happy to fill in. They will be the Navy, government officials and Red Cross themselves. If you wonder what part you would have played at the beginning of an event like the Second World War, you are doing it now. ■

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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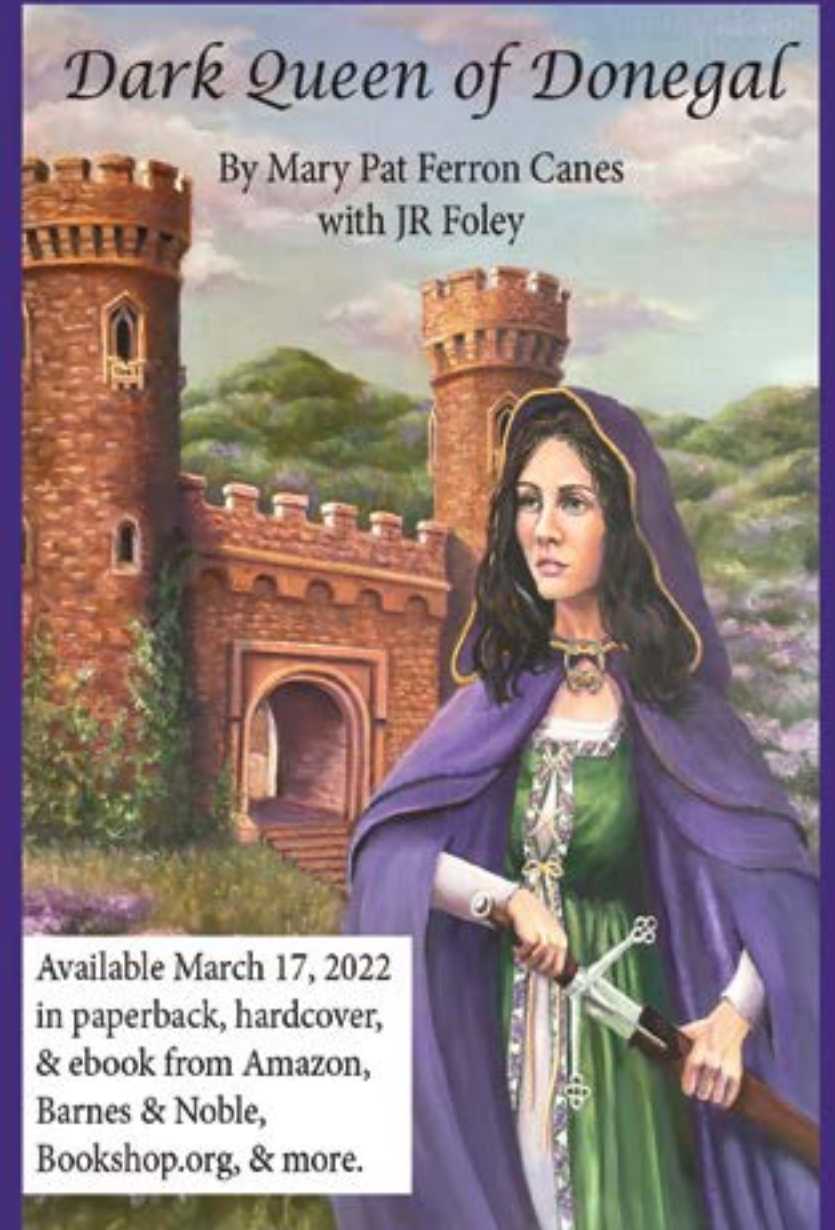
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APRIL 2022



All Hail Holy Name: The Emigration of Souls

By Sheldon Firem

The “present” is that infinitesimal small half-second of reality we are briefly aware of as we emigrate to the next half-second of reality. On either side of the present are two infinite, temporal worlds, the past and the future. These are countries from which we leave as emigrants and enter as immigrants, respectively.

We are never truly a permanent resident of the present; the present is but a fleeting way station for our body, mind, and spirit as we irresistibly depart the past and enter the future. Our memory is the existential glue that interprets and unifies this emigration and immigration of the soul.

This time travel requires guides. The guides are the people we encounter along the way. I found memorable guides at Holy Name. “All Hail Holy Name!”

I grew aware of the transformative nature of time travel when Holy Name High School was located near the intersection of Broadway and Harvard in Cleveland, Ohio. Holy Name Parish, the Gallagher Building, and the Carroll Building were the tangible spiritual home of Irish immigrants, founded in 1864 as a parish with an elementary school, that later added a high school, in 1914.

The Holy Name High School community now continues its successful mission in Parma Heights (1978). Their colors are green and white. The “Green Wave” is its emblem. “The Schools the

Thing” is its motto.

I entered Holy Name in 1962. My mother paid somewhat less than \$200 for tuition each year. Each class level had about 200 students. Surprising the teacher’s lunchroom pool, I graduated in 1966.

I thought I was merely going to school, a continuance of an elementary education begun at Holy Family Parish on East 131st Street and St. Mary of Czestochowa Parish on East 141st Street in Cleveland. What actually happened was that I was transformed into an emigrant soul through the education I received from the lay educators, and Sisters of Charity of Cincinnati.

High school students can be reluctant time travelers, sometimes refusing to leave their comfortable childhood cocoons, sometimes fixated on the “kicks and bangs and thrills” of the adolescent’s present, sometimes projecting themselves into a future of undefined hopes.

This is precisely the juncture where emigration guides are needed. This is precisely when the educator-guides at Holy Name invited me to time travel.

Who were these educator-guides? While many names are recalled, some examples will illustrate this guided time travel.

Mr. Emil Maras, English teacher: Mr. Maras led students to literature, offering them classics like *The Odyssey*; he required a weekly essay; he passed out Hoar Hounds while we read silently every Friday. Above all, he led by exam-



ple, regaling us with an occasional, personal war story, giving pep talks about living fully (the “triple threat” of mind, body and spirit) and privately saying the rosary in church. Emil Maras guided us with logos, the word.

VINYL RECORDS

Sister Jeanne Pierre, French Teacher: Sister Jeanne Pierre taught me French for four years. Most students took Latin. Sister not only taught French, but she taught that there was a broader cultural world about which we were ignorant.

Her diminutive stature was superseded by her creativity, as she used vinyl “records” to instruct the class. One of the French essays we translated even involved the making of Beaujolais wine. Sister Jeanne Pierre guided us with eyes to peer over the cultural horizon.

Father George Eppley, Principal: Father Eppley directed the administration of Holy Name, but his guidance shown brightest in the monthly Friday mass he conducted for students and staff. His homilies were rooted in scripture but driven by social justice themes, as he used President John Kennedy, current events and a challenge to students to make a difference in the world. Father Eppley (who later became Mr. Eppley and wrote guest op-eds for the Plain Dealer) guided us with the challenge of social justice through action.

Mr. Robert Gale, Business Law Teacher: Mr. Gale taught law classes to students who thought, as many students

still believe, that things have to be “fair.” Well, Robert Gale taught that “fair” is a nice concept, but that a well-reasoned argument, preparedness, facts, and the law are essential to attain justice. Robert Gale guided us with the logic of the law.

Ms. Jean Sperling, History Teacher: Ms. Sperling presented history to high school students whose personal history began in 1948 and was then reaching its zenith in the early to mid-1960s. We were humbled to learn that the people of the past lived and died and mattered. Ms. Sperling also unobtrusively infused the precepts of the Catholic Church into history class in a liberal/enlightenment manner, with which Jefferson, Augustine and Luther would have agreed. Jean Sperling guided histrionic adolescents into historians.

These time travel guides of Holy Name High School positively transformed my emigration from the past and immigration into the future. We rarely if ever can emigrate alone. The journey is not assured. We may resist guidance or the guides we encounter may not be true guides or fate steps in to thwart our transformational journey.

HENRY DAVID THOREAU

Henry David Thoreau relates in his book, *Cape Cod*, a true story of ninety-nine hopeful Irish Immigrants sailing from Galway, Ireland to America in 1849. A fierce storm crashes their brig, the St. John (also dubbed a “coffin” or “famine” ship), upon Grampus Rock, a mile from shore near Cohasset, Massachusetts.

Most of the immigrants were tragically lost. The shore was strewn with wreckage and bodies. Thoreau states “...they were within a mile of its shores; but, before they could reach it, they emigrated to a newer world than Columbus dreamed of ...”

We are never truly a permanent resident of the present; the present is but a fleeting way station for our mind, body and spirit as we irresistibly depart the past and enter the future. As Danu, the ancient Irish goddess of wisdom, pointed the way for her charges, the educators of the Green Wave illuminated signposts for their students, for their emigration of souls. ■

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By Megan Lardie

KIDS CRAIC

EARTH DAY 2022: INVEST IN OUR PLANET

Earth Day is celebrated every year on April 22nd, and it is celebrated all over the world. The theme for 2022 is Invest in Our Planet. Earth Day first began in the United States in 1970, and was to be a day to honor the Earth and the concept of peace. Earth Day is now celebrated in 193 countries.

Gaylord Nelson, a senator from the state of Wisconsin thought that the United States needed to take better care of our country. He began to think about this after some major environmental disasters, including one that happened in Cleveland, Ohio. I know it sounds unbelievable, but the Cuyahoga River actually caught on fire because of all the trash and chemicals in the river! Senator Nelson led the drive to

make Earth Day a day to help teach the public all about air and water pollution. A year after the first Earth Day, the Environmental Protection Agency was created.

It was not until 1990 that Earth Day was celebrated in other countries around the world. Two hundred million people took part in the celebration, with all kinds of displays. In France, they created a 500-mile human chain to celebrate. In Poland, celebrations included teaching

about ways to separate waste and where to dispose of electronic waste such as batteries.

Last year in Ireland, small and large businesses were invited to plant one-million trees to offset their carbon footprint. Trees are a great way to reduce pollution in the air that we breathe.

You can do your part to celebrate Earth Day on April 22, and all year long. You can take steps to help reduce your waste, such as using a refillable water bottle instead of

using plastic bottles. You could avoid using so many disposable items such as napkins, plates, and spoons and instead use more reusable items like reusable straws and cups and take reusable shopping bags with you to the store.

You could also walk or ride your bike more places instead of driving. Planting trees in your yard are also a terrific way to help the environment. However you want to celebrate Earth Day, remember that we only have this one planet that we all share, and we all must take care of it for future generations. ■



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Book Nook

My Friend Earth

Written by Patricia MacLachlan, illustrated by Francesca Sanna. This delightful book teaches about all the wonderful things Earth does for us. The spectacular illustrations encourage exploration. A great reminder that we need to be a good friend in return. For ages 3-5, 44 pages.



The Wisdom of Trees: How Trees Work Together to Form a Natural Kingdom

Written by Lita Judge, through fantastic illustrations, poems, and scientific information this book explains how trees form communities to strengthen themselves and others. It shows how trees form a network that sustains our planet and teaches us valuable lessons about patience, survival, and teamwork. For ages 7-12, 48 pages.



Lardie’s Laughs

Q. What do you call it when worms take over the world? A. Global worming.

Q. What can run but never walks, has a mouth but never talks, and a bed but never sleeps? A. A river.

Gab in Gaelic

The sky is blue = Ta an t-adhar gorm
(pronounced: taw an tat/hir gur/imm)

Kids in the Kitchen

Try these easy scones for Easter morning!

Ingredients:

- 1 cup of sour cream
- 1 tsp baking soda
- 4 cups of flour
- 1 cup of white sugar
- 1 cup of blueberries or raisins, or

- whatever fruit you want, chocolate chips could even work
- 1 cup of margarine or butter
- 1 egg
- 2 tsp baking powder
- 1 tsp salt

Directions

Preheat the oven to 350 degrees. Mix sour cream and baking soda in small bowl. Stir until it “poofs up.” Set aside. In a large mixing bowl, combine the flour, sugar, and salt. Stir until well mixed. Add the butter and cut it in. Use a pastry blender if you have one. If not, use two knives in a scissoring motion. (This will take a few minutes and your arms should be hurting!)

Once the butter is cut in, add the eggs and mix. Then add the sour cream mixture. Stir all together.

Then add your fruit and stir gently until all mixed together. Divide into three equal circles and pat down until each circle is about one-inch thick. Cut each circle into six equal triangles.

Place on a very well-greased baking sheet. Bake until the bottoms are nice and brown, and the tops are slightly brown about 15-20 minutes depending on thickness.



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“Old Smoke”

In 1849, at the Five Points, New York, eighteen year old John Morrissey arrived from the upstate town of Troy, where he had lived since coming from Ireland at the age of three with his parents. He had gained the reputation of a trouble maker and hooligan in Troy; he was a brawler and had been indicted for burglary, assault and assault with intent to kill. He spent time in the county jail and was continually harrassed by local authorities, who considered him a gangster.

Morrissey took a job bartending in Troy and his boss soon attempted to arrange a boxing match between his employee and a fighter named “Dutch” Charlie Duane. Morrissey traveled to New York to challenge “Dutch” at a Tammany Hall location known as the Empire Club.

He walked into the club and faced the gaming tables boldly exclaiming, “I’m here to say I can lick any man in this place.” Captain Rynders, the man presiding over the club and one of the leaders of the many local gang factions in the area, asked him who he was?

“My name is John Morrissey and I’m the toughest fighter on the eastern seaboard, and I’m here to prove it.” Captain Rynders nodded to his underlings to advance. Morrissey held his own for a time, but the odds were against him.

When he awoke, he found himself on a cot in the back of the Empire Club with a large knot on his skull and the Captain standing over him. Captain Rynders fancied himself a gentleman of sorts, and dressed in finery foreign to the young Irishman. Rynders was impressed with the brash young man and told him he wanted him to work for him in his organization as a “shoulder hitter.” It was in this capacity that he earned the moniker that would remain with him the rest of his life. During a fight, his opponent pushed him into a fireplace; even with his clothes smoldering he wouldn’t give up, eventually winning. He bore the name “Old Smoke” as a badge of courage.

Photo by Mathew Brady, Library of Congress, Public Domain



John Morrissey

Morrissey started work on the docks as an immigrant runner, one of hundreds who worked Castle Garden Wharf in Lower Manhattan. It was his job to greet newly arrived immigrants as they exited the ships and direct them to soup kitchens or boarding houses controlled by Rynders organization.

Born in Templemore, Co. Tipperary in 1831, he was raised in an Irish slum in Troy, he was no stranger to poverty and hardship. Still, he was unprepared for his early encounters with his newly arriving fellow Irishmen. They were gaunt from hunger and disease, and told stories of the Great Famine that ravaged his homeland the past few years; they told of the horrors of the disease-ridden voyage that brought them to America.

Among the immigrant runners were con artists and predators, preying on the weak and gullible. The work at best walked a fine line between charity and exploitation. Morrissey developed a reputation as being a tough but fair man who directed his charges to food and lodging in exchange for their loyalty. They had to sign voter cards and pledge their support for the party Morrissey represented.

On election day “Old Smoke” saw to it that they kept their pledge by whatever means necessary.

FIVE POINTS

Morrissey, along with the tens of thousands of other Irish immigrants arriving in New York every month, took up residence in Five Points. The slum neighborhood dominated the Sixth Ward at the lower tip of Manhattan Island.

The site was a former industrial district of tanneries, glue factories and other toxic emitting enterprises that was built on top of a raw sewage pond called The Collect. It was now home to poverty-stricken Irish, Germans, Jews, and newly freed African-Americans, all living in poorly constructed two story wooden structures, built atop an unstable landfill.

THE FIRST TENEMENT

Five Points also was home to the first tenement in our nation. The Old Brewery was a former beer factory converted into living quarters. For two dollars a month, you lived in a five story, overcrowded, airless, unsanitary building that

was routinely hit with cholera outbreaks of epic proportions.

Violence and criminal activity was everywhere in the Five Points, but the sprawling basement of the Old Brewery became the epicenter. With secret rooms and excavations deeper underground, it became known as The Den of Thieves. Gambling, dog fights, prostitution, rape and murder were common and spilled out into the surrounding area.

For local police and authorities, it was a no-go zone, if you entered uninvited, odds were you didn’t come out. When the building was finally demolished, workers were observed carrying out bags of bones, murder victims that had been buried beneath the floors and behind the walls.

Morrissey was not a stranger to gang life. Back in Troy, he became the leader of gang of German and Irish immigrants known as the Downtowns. Aside from criminal behavior, they were also at war with a group of American born youths known as the Uptowns. It was in that capacity that Morrissey gained his reputation as a street fighter and his criminal record.

THE DEAD RABBITS

Gangs were everywhere in Five Points, most of the originals were Irish, the Forty Thieves, the Shirttails, the Patsy Conroys and the Dead Rabbits to name just a few. The native-born American gangs, such as the Bowery Boys, the True Blue Americans and the American Guard tended to base themselves in the Bowery, just north of Five Points. Battles between the rival factions were fought with hatchets, knives, guns and tomahawks.

By the middle of 1851, Morrissey had made a name for himself and had accumulated enough wealth to buy in as a co-owner of the Gem Saloon. Being a business owner, especially a saloon owner, gave a person a platform needed to launch a career in politics.

Old Smoke still aspired to become a professional fighter as well, another way to gather a following. He began his professional fighting career in 1852, when he travelled to California and challenged and defeated the California State Champion. While there, he established a dockside gambling operation that earned him a significant income.

One night a man claiming to have been cheated challenged Morrissey to a duel. Morrissey accepted, as long as he could choose the weapons. The next night, as the crowd gathered for the expected fight, they were left disappointed when the accuser caught sight of Morrissey waiting,

with two meat cleavers under his arms. Morrissey’s would-be opponent turned and ran for his life.

Old Smoke returned home more popular than ever, and after a series of brutal fights, was named Champion of America. Back in Five Points, he married and at the urging of his wife gave up his boxing career, saying it was time to focus on his duties to his family and society.

His gambling operations grew and many thought he should challenge Captain Rynders for control of Five Points. He refused at first, saying only if events dictated a change would he consider that move.

On the night of July 26, 1854, that event happened. Morrissey came face to face with a rival nativist, a former Bowery Boy who now fronted his own organization, known as the Poole Association.

BILL THE BUTCHER

William Poole was a butcher by trade, skilled with knives as well as his fists. He was known as Bill the Butcher (his portrayal in the film “The Gangs of New York” is fairly accurate), and had been involved in numerous gang wars between the Bowery Boys and the Dead Rabbits in the past.

In recent months, Poole had become a representative of the Know-Nothing Party, a political organization that originated in Pennsylvania and spread into New York, Boston, and south to New Orleans.

It started as a secret group, it’s name coming from the denials of it’s members when confronted about their activities. They were anti-Catholic and anti-immigrant and engaged in the burning of Catholic churches, murder and election tampering. They considered themselves as purifiers of American values.

The two men had been at odds for some time before and at that chance meeting arranged to determine who was to be “Top Dog” of the Sixth Ward. The following day the men were encircled by their followers and battled till both were bloodied and battered. The fight ended in a draw, but the war between the two gangs continued for months, ending when two of Morrissey’s men gunned down Bill the Butcher in a bar on Broadway Avenue. Poole lingered near death for two weeks before uttering his last words, “Goodbye boys. I die a true American.”

Morrissey and three others were indicted and tried for Poole’s murder, multiple trials ended in a hung jury, and they were acquitted of all charges. John Morrissey had become the most popular man in the Irish-American underworld.

Next month: From Gangster to Congressman. ■

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ON THIS DAY IN IRISH HISTORY - APRIL

- 3 April 1900** - Queen Victoria arrives at Kingstown (now Dun Laoghaire) for a three-day visit to Ireland.
- 4 April 1774** - Death of Oliver Goldsmith, novelist, poet, and playwright. His works include *The Vicar of Wakefield* and *She Stoops to Conquer*.
- 5 April 1962** - Guinness formally adopts the harp as its symbol.
- 7 April 1941** - A Luftwaffe bomb kills thirteen people in Belfast in the first German bombing of Northern Ireland. Ultimately, the city is devastated by air raids; 700 people are killed and 400 seriously injured in what becomes known as the “Belfast Blitz.”
- 11 April 1912** - The Titanic stops in Cobh to pick up seventy-nine people on the second day of her maiden (and final) voyage.
- 13 April 1939** - Poet Seamus Heaney was born in Mossbawn near Belfast. His collections include *Death of a Naturalist* (1966) and *North* (1975).

- 15 April 1848** - Thomas Francis Meagher presents the tricolor national flag of Ireland to the public for the first time. He was inspired by the French tricolor.
- 18 April 1792** - Catholic Relief Act allows Catholics to practice law, own property, inherit land, and join the army. It also allowed Protestants and Catholics to intermarry.
- 21 April 1916** - Sir Roger Casement is arrested by The Crown after an attempt to obtain German help to win Irish independence. After his arrest, copies of his “Black Diaries” (alleging homosexual activity) were circulated to erode U. S. sympathy for him. He was hung in August 1916.
- 26 April 1784** - Death of Nano (Honorina) Nagle, founder of the Sisters of the Presentation of the Blessed Virgin Mary (also known as the “Presentation Sisters”). Sr. Honorina worked tirelessly to educate children and the poor.

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THE FITNESS DOCTOR

By Dr. Frederick Peters

Even Light Drinking Can Be Harmful To Your Health

Research reveals cardiovascular risk of consuming even small quantities of alcohol. Drinking less than the recommended limit of fourteen units of alcohol per week still increases the risk of cardiovascular issues such as heart and cerebrovascular disease, according to new research published in the Journal of Clinical Nutrition.

Researchers examined hospitalizations related to cardiovascular events among more than 350,000 UK residents aged between 40 and 69 from data obtained from the UK Biobank study. The sample included 333,259 people who drank alcohol.

Participants had been asked about their overall weekly alcohol intake and their intake of specific types of alcohol, including beer, wine, and spirits. Those participants were followed up for a median of approximately seven years, capturing all incidents where patients had been hospitalized through cardiovascular events.

Anyone who had suffered a previous cardiovascular event was excluded from the analysis, as were former drinkers or those who had not completed information on alcohol intake. The analysis found that for those participants that drank less than fourteen units of alcohol per week — the limit recommended by the UK's Chief Medical Officers — each additional 1.5 pints of beer at 4% strength (alcohol by volume) is associated with a 23% increased risk of suffering a cardiovascular event.

The authors argue that biases in existing epidemiological evidence have resulted in the widespread acceptance of the “J-shaped curve” that wrongly suggests low to moderate alcohol consumption can be beneficial to cardiovascular health. These biases include using

non-drinkers as a reference group when many do not drink for reasons of existing poor health, pooling of all drink types when determining the alcohol intake of a study population, and embedding the lower risk observed of coronary artery disease among wine drinkers, potentially distorting the overall cardiovascular risk from the drink.

“The so-called J-shaped curve of the cardiovascular disease-alcohol consumption relationship suggesting health benefit from low to moderate alcohol consumption is the biggest myth since we were told smoking was good for us,” said Lead author Dr. Rudolph Schutte,

Among drinkers of beer, cider, and spirits, even those consuming under fourteen units a week had an increased risk of ending up in hospital through a cardiovascular event involving the heart or the blood vessels. While we hear much about wine drinkers having lower risk of coronary artery disease, our data shows their risk of other cardiovascular events is not reduced.

Biases embedded in epidemiological evidence mask or underestimate the hazards associated with alcohol consumption. When these biases are accounted for, the adverse effects of even low-level alcohol consumption are revealed.

ADDING TEN YEARS TO YOUR LIFE

Everyone wants to live longer. And we're often told that the key to doing this is making healthier lifestyle choices, such as exercising, avoiding smoking, and not drinking too much alcohol. Studies have also shown that diet can increase lifespan.

A new study has found that eating healthier could extend lifespan by six to seven years in middle-aged age adults, and in young adults, could increase lifespan by about ten years. The researchers brought together data from many studies that looked at diet and longevity, alongside data from the Global Burden of Disease study, which provides a summary of population health from many countries. Combining this data, the authors were then able to estimate how life expectancy varied with continuous changes in intake

of fruit, vegetables, whole grains, refined grains, nuts, legumes, fish, eggs, dairy, red meat, processed meat, and sugary drinks.

The authors were then able to produce an optimal diet for longevity, which they then compared with the typical western diet — which mostly contains high amounts of processed foods, red meat, high-fat dairy products, high-sugar foods, pre-packed foods and low fruit and vegetable intake. According to their research, an optimal diet included more legumes (beans, peas and lentils), whole grains (oats, barley

and brown rice) and nuts, and less red and processed meat.

OPTIMAL DIET

The researchers found that eating an optimal diet from age twenty would increase life expectancy by more than a decade for women and men from the U.S., China, and Europe. They also found that changing from a western diet to the optimal diet at age sixty would increase life expectancy by eight years. For eighty-year-olds, life expectancy could increase by almost three and a half years.

But given it isn't always possible for people to completely change their diet, the researchers also calculated what would happen if people changed from a western diet to a diet that was halfway between the optimal diet and the typical western diet. They found that even this kind of diet — which they called a “feasibility approach diet” — could still increase life expectancy for twenty-year-olds by just over six years for women and just over seven years for men.

How many grams of each food group a person should aim to consume on each of the three diets researchers looked at in their study.

These results show us that making long-term diet changes at any age may have substantial benefits to life expectancy. But the gains are largest if these changes start early in life. The life expectancy estimates this study makes come from the most thorough and recent meta-analyses (a study that combines the results of multiple scientific studies) on diet and mortality.



There are also a few things the study didn't consider. First, to see these benefits, people needed to make changes to their diet within a ten-year period. This means it's uncertain if people may still see benefits to their lifespan if they make changes to their diet over a longer period.

The study also didn't take past ill-health into account, which can affect life expectancy. This means that the benefits of diet on life expectancy only reflect an average and may be different for each person depending on a variety of other factors, such as ongoing health issues, genetics, and lifestyle, such as smoking, drinking alcohol and exercise.

MODEST CHANGES, SIGNIFICANT BENEFITS

But the evidence the researchers looked at was still robust and drawn from many studies on this subject. These findings also align with previous research which has shown that modest but long-term improvements to diet and lifestyle can have significant health benefits — including longevity.

It's not yet entirely clear all the mechanisms that explain why diet can improve lifespan. But the optimal diet that the researchers uncovered in this study includes many foods that are high in antioxidants. Some research in human cells suggests that these substances may slow or prevent damage to cells, which is one cause of aging.

However, research in this area is still ongoing, so it's uncertain whether antioxidants that we consume as part of our diet will have the same effect. Many of the foods included within this study also have anti-inflammatory properties, which may also delay the onset of various diseases — and the aging process. Of course, changing your diet completely can be difficult. But even introducing some of the foods shown to increase longevity may still have some benefit. ■

Dr. Peters is the founder of “The Fitness Doctor” (www.thefitnessdoctors.com). He is also a Professor of Applied Exercise Science at Concordia University. He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. fred@thefitnessdoctors.com.

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COOKING UP A HOOLEY

By Katie Gagne

A Little Something for Spring

Once the snow stops flying, all I can think about is my garden and fresh vegetables. Even though it is still quite a way off until fresh veggies can be picked, I love to start bringing those flavors into my spring kitchen. This pasta dish is beautifully green, very simple and practical to make, bursting with savory flavors, and is great meatless dish for the last few weeks of Lent.

SHRIMP PESTO PASTA

1 lb Shrimp - I use cooked, peeled, and deveined for expediency.

½ Box Thin Spaghetti

1 6oz jar Basil Pesto

1 8oz jar Sundried Tomatoes – Julienne cut, packed in oil

1 bunch Fresh Asparagus

5 oz Fresh Baby Spinach Leaves

4 oz Goat Cheese Garlic and Herb

Zest and juice of 1 Lemon



1 tbsp Olive Oil

2-3 teasp Kosher Salt

2-3 teasp Black Pepper

4 Garlic Cloves – minced

Set a pot of water to boil for the pasta. Make sure you generously season the water with salt,

Season shrimp with some salt and pepper, garlic, and a teaspoon of the lemon juice

Wash and cut asparagus. In a skillet, sauté it in olive oil until soft.

Add in the sundried tomatoes and spinach. Cook until spinach is wilted. Add in the salt, pepper, and remaining lemon juice. Stir until combined.

Add in the shrimp. Cook until shrimp are slightly charred.

Add in the goat cheese and stir until melted and creamy. Keep mixture warm.

Prepare pasta according to directions. Once pasta is cooked, drain and stir in the pesto.

Place pesto pasta in a bowl and top with the shrimp veggie mixture. Top with lemon zest. ■

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](https://www.facebook.com/sassyssweetsandmore).

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1. What is the most common surname in Ireland?
2. “Black Pool” is another name for which Irish city?
3. What office does the Taoiseach hold?
4. What is the largest lake in Ireland?
5. What saint lived in Glendalough?
6. Where is the Puck Fair held every year?
7. Who was Ireland's ally in the Battle of Kinsale in 1601?
8. Who was the last undisputed High King of all Ireland?
9. What does Sinn Fein mean?
10. Who wrote the song Four Green Fields?

1. Murphy
2. Dublin
3. Prime Minister
4. Lake Neagh - 153 square miles
5. St. Kevin
6. Killorglin, County Kerry
7. Spain
8. Brian Boru
9. Ourselves Alone
10. Tommy Makem





OFF THE SHELF

By Terry Kenneally

The Story of Lucy Gault

By William Trevor
Viking Published by the Penguin
ISBN 0-670-03154-2 2002 228 pp.

Arguably one of the greatest writers in modern Irish history, and at the top

of my list, Trevor (1928-2016) was best known as a contemporary writer of short stories in the English language, but he also wrote fifteen novels, including *Fools of Fortune*.

This month's selection, *The Story of Lucy Gault*, was published more than twenty years ago, but it has contemporary relevance to the 100th anniversary of the Irish civil war, which is the setting of the novel. The novel explores the decaying institution of the Protestant "Big House."

Lucy's story begins on June 21, 1921, during the period of post-treaty civil unrest that already sounded the death

knell to the Protestant Ascendancy way of life. Captain Everhard Gault, Lucy's father, fired a shot with his long gun at three trespassers on his property, known as Lahardane, striking one of them in the shoulder.

Gault's "single shot" in the night is the logical conclusion of the long history of division between Big House residents, represented by Gault himself, and the Celtic Catholic population, represented by one of the men, Holahan, and his companions. The three men had come to Lahardane to burn it down.

After the shot in the night, Everhard

and his wife decide to leave Lahardane, despite the family having lived for generations in Ireland and Lahardane. Gault tries to explain this to her:



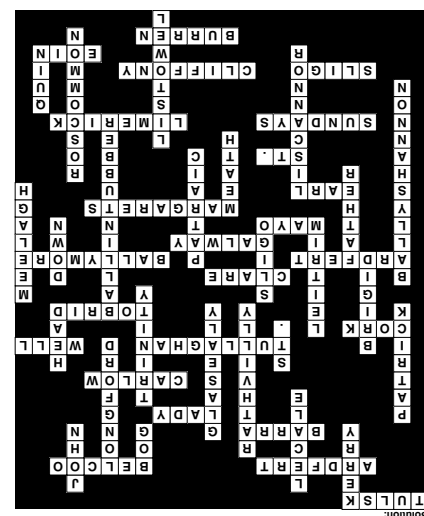
"Why must we go? she cried
"Because they don't want us here," her papa said.
It seems as if Gault has oversimplified the situation to correspond to the level of a child, but in fact his six-word explanation is an effective condensation of eight hundred years of Irish history. The elder Gaults decide to remove Lucy from the only home she has ever known; so, she runs away, and is presumed dead. Her parents live in self-imposed exile from the scene of all this suffering. Heloise never sees her daughter again; Everhard suffers years of misery.

While the book could be classified as historical fiction, there are several moral events in the play-the shot in the night is literally triggered by a chain of events begun long before. Had England not established plantations in Ireland in the seventeenth century, taking away the land rightfully belonging to the native Celts, Holahan and his fellows would not be aggrieved nor Gault defensive.

A subtle moving story of love, guilt and forgiveness, Trevor has written a novel which stands among the best literature in the English language and a Top Shelf selection this month. ■

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CROSSWORD PUZZLE

By Linda Fulton Burke

ACROSS

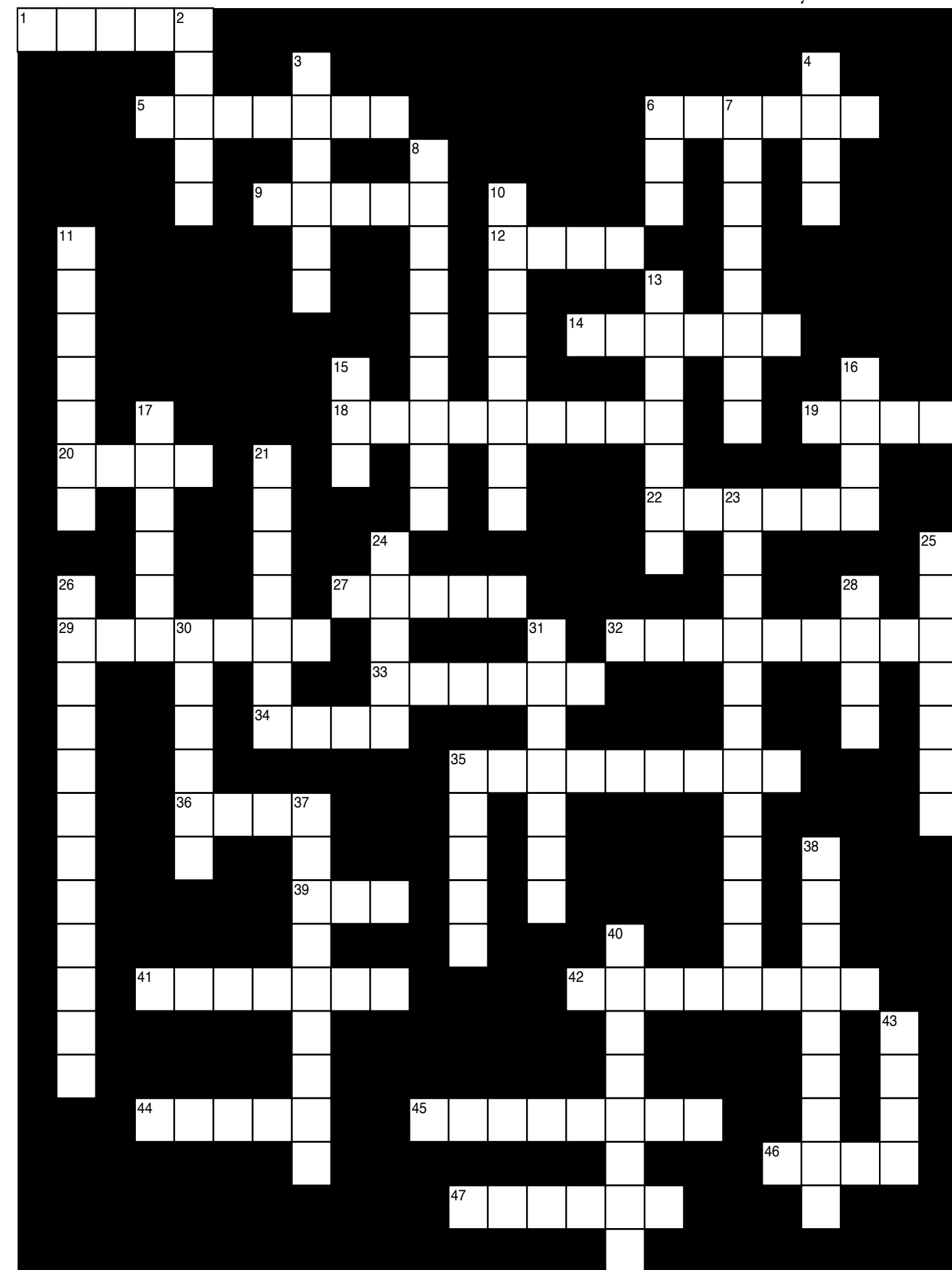
- 1 Tober Oglalla - _____, Co. Roscommon
- 5 St. Patrick's Well (Well of the Wethers), Tubbrid More, _____, Co. Kerry
- 6 St. Patrick's Well - _____, Co. Fermanagh
- 9 St. Finbar's Well, Gougane _____, Co. Cork
- 12 _____ Well - Ballyheige, Co. Kerry
- 14 St. Patrick's Well, Tullow, Co. _____
- 18 Tobair na Bhearthra' (Well of the Shaving), _____, Co. Leitrim
- 19 Mary's _____ Walshestown, Co. Cork
- 20 St. Olan's Well - Aghbullogue, Co. _____
- 22 _____ Well - Millstreet, Co. Cork
- 27 St. Augustine's Well - Kilshanny, Co. _____
- 29 Well of the Wethers - _____, Co. Kerry
- 32 St. Michael's Well - _____ West, Co. Kerry
- 33 St. Patrick's Well, Mám Éan (Maumeen), Co. _____
- 34 St. Patrick's Well, Ballyhaunis, Co. _____
- 35 _____ Well - Ennis, Co. Clare
- 36 _____'s Well - Kildare, Co. Kildare
- 39 Attracta's Well - Monasteraden, Co. _____
- 41 _____ Well, Walshestown, Co. Cork
- 42 St. Patrick's Well, Ardpatrick Parish, Co. _____
- 44 St. Patrick's Well - Aughris, Co. _____
- 45 St. Brigid's Well - _____ Co. Sligo
- 46 St. _____'s Well - Listowel, Co. Kerry
- 47 Tooth Well - _____, Co. Clare

DOWN

- 2 St. Dahlin's - Ballyheige, Co. _____
- 3 St. Patrick's Well, Sheeplands East, _____, Co. Down
- 4 St. _____'s Well - Warrenstown, Co. Meath
- 6 The _____ The Culleens, Co. Sligo
- 7 St. Patrick's Well, Cartron, Granard, Co. _____
- 8 St. Patrick's Well, Patrickswell, _____, Co. Carlow
- 10 St. Patrick's Well, _____, Co. Kildare
- 11 St. _____'s Well - Dromard, Co. Sligo
- 13 St. Patrick's Well, (in the grounds of _____ College), Dublin, Co. Dublin
- 15 John's Well - Dingle, Co. K
- 16 St. Patrick's Well, Downpatrick _____, Co. Mayo
- 17 St. _____'s Well - Kildare, Co. Kildare
- 21 Tobair Phadhraig' (Patrick's Well), Co. _____
- 23 St. Patrick's Well, _____, Co. Mayo
- 24 Tullaghan Well - Tullaghan, Co. _____
- 25 St. Lassair's Well - Lough _____, Co. Roscommon
- 26 St. Patrick's Well, _____, Co. Donegal
- 28 St. Patrick's well, Saul (Mearne well), Co. _____
- 30 _____ Moore's Well - Kildare, Co. Kildare
- 31 Tobar _____ - Ardmulchan, Co. Meath
- 35 Tara (Neamach, Toberfin, and Leacht) - Castlebye, Co. _____
- 37 St. Brigid's Well, _____ Co. Clare
- 38 Tobernault - Sligo, Co. Sligo
- 40 St. Erc's Well - _____ Co. Kerry
- 43 Magh Adhair - _____, Co. Clare

Holy Wells in Ireland Pt. 1

By Linda Fulton Burke



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American Brexit Committee

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Britain continues to obstruct **Good Friday Agreement (GFA)** obligations and to undermine the **Northern Ireland Protocol of the EU-UK Withdrawal Treaty**. Both agreements protect Irish citizens rights and promote economic development in all of Ireland. We ask U. S. Secretary of State Antony Blinken: a) to oppose Britain's so-called amnesty plan to cover-up collusion killings in N. I.; b) to evaluate and report to the American people and to Congress British policies and actions in N. I. since 1998; and c) to oppose Britain's announced intention to repeal the 1998 Human Rights Act of N. I. We thank Representatives Keating, Cicilline, Connolly and Fitzpatrick as well as Senators Booker, Casey and Collins for their support of the Good Friday Agreement.

We ask Members of Congress and all Americans to join in this appeal.

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