

MAY 2022 • VOLUME 16 - ISSUE 5



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Hiding in the Fog Around Sligo's Ben Bulbin

ANNUAL CELTIC & IRISH FESTIVAL FOCUS ISSUE!



EDITOR'S CORNER
By John O'Brien, Jr.
@Jobjr

Young Plato, and Ending the Sectarian Violence

If you follow us on social media, you have seen our praise for the *Young Plato* movie that appeared at the 46th Cleveland International Film Festival. It is a captivating, inspiring and yes, educational look at boys being raised in sectarian Belfast, with *The Troubles* as a backdrop, and finding a way to break the cycle of tit for tat, violence, and cultural hate, passed on from generation to generation by both sides of the conflict.



Ancient Order of Hibernians Medina Division 1 taking a Beer Run break

"Violence breeds violence. You boys have the power to stop it."
—Principal Kevin McArey, of Holy Cross Boys' Primary School, Belfast, IRL.

McArey knows, he grew up there too. His focus on philosophy, teaching students, and their parents, how to use crucial thinking skills to facilitate their own realization of how violence does NOT work. Continuing the violence of the past another generation does not work either. McArey shows we can control anger in many ways – music, stepping away, meditating, see yourself as the other person; things to step away from the conflict in the moment instead of giving in to it, which invariably - makes things worse.

This is our 9th year sponsoring the festival and also a film at CIFF. It is such a clear, self-driven journey to change minds, by highlighting the films, and the message that others are sharing too. Like a parachute, it has to be open to work of course, but we are not born with hate, it is taught. It can be untaught too. Also, our children are watching.

Out of Ireland, *Young Plato* is Directed by Neasa Ní Chianáin, and

Declan McGrath. Well worth seeing when it hits streaming services.
Happy 40th Wedding Anniversary to Joe & Cheryl Casey. Joe has been a bit of a mentor to me at *ilrish*, and I suspect, quite a few others too. He is a man of huge impact in the Ancient Order of Hibernians, and in his community. He is living, transparent model of love, for his spouse, his family, volunteerism, and his faith. Cheryl is the good woman behind the good man, and we are grateful for both.

And Happy 55th Anniversary to Maury and Penny Collins - on fifty-five years of laughter and love.

The Medina AOH held their annual Charity Beer Run earlier this month. It was a fantastic, good time. \$700 was raised for local charities. The organization, entertainment and delivery were all first class.

What happens on the Run, stays on the run, except for this one picture at the top of this page.

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

John

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Hiding in the Fog around Sligo's Ben Bulben
Photo by Michael Garrick

MILESTONE & SWEET SNAPS



Congrats to Team Murphy's Irish Dance Team, winning 2nd Place in the World Championships



Congrats Mickey Coyne on the opening of Micekeys Ice Cream!



Happy 40th Wedding Anniversary to Joe & Cheryl Casey



Happy 55th Anniversary to Maury and Penny Collins



Ohio State Irish Dance Team takes first in 7th annual Intercollegiate Competition at University of Dayton.



Congrats to Erin Gannon of Medina's O'Kennedy- Holland Irish Dance Academy, competing in the 2022 World Irish Dance Championships in Belfast.



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From Gangster to Congressman (Part II)

John Morrissey (called Old Smoke) was on the pig's back, as the saying goes, retired from his boxing career as a champion, acquitted of all charges in the murder of his criminal rival, William "Bill the Butcher" Poole. He was able to focus on his illegal gambling establishments and build his fortune. With his reputation and following he operated, for the most part, without obstruction. Gang wars were still prevalent in Five Points because of the lack of any type of law enforcement and the number of criminal gangs in the area. Since the early 1840s, Captain Rynders was the most powerful of all the

mob bosses in New York. He had used saloons and gambling operations to fund his own political organization, The Empire Club. In 1844, his political influence made certain that James Polk was elected president, someone he felt would treat him and his followers favorably.

Rynders was not the only one to use voter fraud and election tampering, it was a common practice in all the political parties and occurred at all levels of government at the time. Captain Rynders, however, was a master at it. He and his followers had created the powerful political machine that was known as Tammany Hall. His success was well known, and he was asked to visit cities such as Philadelphia, Baltimore, and as far away as New Orleans to educate Democrats in the winning tactics of Tammany Hall style politics. Rynders main obstacle in Five Points was that he wasn't Irish or more precisely, he wasn't Irish-Catholic, in a place where the rank and file of the underworld was largely made up of newly arrived Irish immigrants.

By July 4, 1857, tensions between the rival gangs came to a head, resulting in riotous fighting in the streets of New York. At this time, the city had two rival police forces, The Municipals, who were loyal to the local Democrats, and

The Metropolitan, the Republicans police force. The two factions did little else besides fight with one another, allowing the gangsters to operate with impunity.

THE DEAD RABBITS AND THE BOWERY BOYS

On the evening of the Fourth of July, the rivalry between the Dead Rabbits and the Bowery Boys, which had been brewing for over a decade, erupted. The Dead Rabbits, supported by other gangs, attacked the clubhouse of the Bowery Boys.

The bloody battle, with hundreds of combatants on both sides, went on through the night and into the next day. Without police interference, they fought with all manner of weapons, including guns. The dead and wounded littered the blood soaked streets, as the two groups took turns charging and retreating from one another.

Finally, late in the afternoon of the fifth, the police moved in, viciously attacking all involved. Around 7PM, they reached out to Rynders, believing him to have influence over both sides.

When he arrived at the barricade to defuse the riot, he was met with a barrage of rocks and debris forcing him from the scene. From this point on, Rynders' power and influence in the Sixth Ward was over.

After everything settled, Old Smoke stepped right up to fill the vacancy, and in the process expanded his gambling operations and other enterprises, increasing his power. Morrissey had two types gambling operations, one catered to the poor, and the other to the wealthy and powerful men of New York. Through his upscale establishments, he was able to rub shoulders with all manner of influential people in business and government.

One of his best ideas was the opening of The Saratoga Club House in the resort town of Saratoga Springs, just north of New York City. Here the well to do of the city went to relax in the natural hot springs and escape the bustle of the city. Morrissey was correct in surmising that the town would be a lucrative place for a gaming house.

The Saratoga Club was soon known as "the finest gaming establishment in America." Some of the more famous clients included Rutherford B. Hayes, Ulysses S. Grant, Cornelius Vanderbilt, John D. Rockefeller and Mark Twain.

Morrissey had made a fortune and liked to present himself as such; gold



The Nativist New York City criminal gang the Bowery Boys, the archenemies of the Irish Dead Rabbits gang, wore firemen uniforms (being volunteer fire fighters) and black stovepipe top hats to show their gang colors and pro-American affiliation.

and diamond jewelry and accessories, outlandish dress and being driven about in a custom built gold embellished carriage reputed to have cost him \$2000. His wealth and clientele, however, did not gain him the social status he craved.

It was a shock and disappointment to him when he realized that he was still considered a mobster and not an equal to those he aspired to be accepted by. To gain that status and inclusion, he surmised, politics was the way to go.

BOSS TWEED

In 1868, he called in all the favors owed him as the reigning Irish mob boss and gambling king of New York and was elected to Congress. He aligned himself with William Tweed, an alderman that rose to become the boss of Tammany Hall. Morrissey's endorsement of Tweed five years earlier had made that possible. In congress, Morrissey's interests benefitted himself and the Irish immigrants that helped put him there.

Between the years 1863 and 1871, Boss Tweed and his inner circle stole and looted the city of New York like no one in politics had done before or since. He became a billionaire, through kickbacks, bribery, rigged bidding and awarding of city contracts and embez-

Continued on facing page



New Sisters of Charity Formed

Our lives seem to be getting back to a new normal after the COVID Pandemic. It was great to see St. Patrick's Day Parades and Activities back this past March. I was disappointed to not be able to attend the Cleveland St. Patrick's Day Parade due to an invitation to attend the Irish Ambassador's Reception. I did follow Cleveland's activities on that day on Facebook. What a beautiful day to welcome back the

Gangster to Congressman *Continued from previous page*

zlement. He ran prostitution and gambling houses while filling police and fire departments, city staff and officials and ward bosses with his people.

The Irish benefited greatly from all of this illegal activity, and soon the rest of the citizens of the city took notice; they had enough of Tweed and his cronies. Multiple corruption indictments and numerous accusations were brought against him. Tweed fled the country, fearing lengthy prison time.

He was apprehended in Spain and extradited back to the U.S. to face the charges. Behind bars, he reached a plea agreement with prosecutors and turned on his old friend and supporter, John Morrissey. He told everything he knew about Morrissey's gambling enterprises and other criminal activity.

Morrissey's political career should have been over, instead he broke from Tammany Hall, citing the corruption, and started his own political organization, called The Young Democracy. In 1875, he was elected to the senate and re-elected to a second term.

His personal life was in dire straits however, alcohol and an early form of dementia brought about by the years of physical abuse he endured as a fighter had weakened him severely. He con-

oldest tradition in Ohio on St. Patrick's Day.

Returning home from the Irish Ambassador's Reception in DC, I had the honor and privilege to Install the Officers of the newly established Ladies Ancient Order of Hibernians in the Cleveland area. The Ladies Ancient Order of Hibernians have been active in the Irish Community of Cleveland for over a century. It is wonderful to see the growth of the Hibernians in the Cleveland area.

Ohio State President Teresa Harris of Franklin County welcomed the new Division and Installed the thirty new members into the Ladies Ancient Order of Hibernians. This new Division joins Divisions throughout the State of Ohio in the following areas: Akron, Cleveland, Columbus, Dayton, Toledo and Youngstown.

Witnessing this important moment in Hibernian History in Ohio were the following State Officers; Vice President Nicki Parks Norris of Akron, Tre-

acted pneumonia in mid-April of 1877 and passed away on the first of May, at the age of forty-seven.

There are many ways to look back at the life of John Morrissey, and many lessons to be learned. A boxing enthusiast may see the career of Old Smoke as an American success story, a small time Irish street fighter who becomes America's champion. A criminologist might see the rise of a street punk to New York City's top mob boss.

Hopefully all of us can see what politics should never be. I am sure those that benefited from his actions saw only what they wanted to see, and chose to ignore the tactics he used to get his way. John Morrissey may not have gained the social status and admiration he desired, but he has gone down in history as America's first Irish mob boss. ■

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

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Congratulations and Welcome LAOH Sisters Division 11 Deirfiur of Charity

surer Mary Jo Rawlins of Cleveland, Mission and Charities Marie Rizzo of Akron, Catholic Action JoAnn Shirer of Cleveland and Past State President Maire Manning of Cleveland, Division President Patricia Lavelle represented Our Lady of the Rosary Division of Cleveland.

National Vice President Marilyn Madigan and National Fundraiser Maire Leffel also were present. I think this was the first time that all levels of the organization were present at the Installation of a new Division in the State of Ohio. A special thank you to Dan Hanson of Cleveland People and Amy Schulte of the Our Lady of the Rosary Division for taking fantastic photos of this occasions.

Congratulations to the new Officers of Division 11 Deirfiur of Charity (Sisters of Charity)

- President Sarah O'Brien Dirk
- Vice President Bridgit Waite
- Treasurer Peggy Bennett
- Financial Secretary Melissa Lewis
- Irish Historian Colleen Laffey
- Missions and Charities Kathleen Hatcher
- Mistress at Arms Helen Vura
- Sentinel Linda Walsh

In welcoming the new Division, the Our Lady of the Rosary Division gave the Division a statue of our Patron, St. Brigit, demonstrating the Friendship, Unity and Christian Charity between the Divisions in the Cleveland area as the Division was welcomed into a sisterhood from Coast to Coast. The State also presented gifts to the new Division. The Hibernians in the Cleveland area

are a wonderful group of Brother and Sister Hibernians, demonstrated by the many members of both the AOH and LAOH that were present at this special occasion. For more information on the oldest and in my opinion the greatest women's Irish American Catholic organization that has been serving their heritage, church and community for the past 128 years, please visit www.ladiesaoh.com, find a Division in your area, or contact me at laohnationalvice-president@gmail.com. ■

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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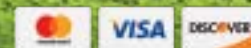
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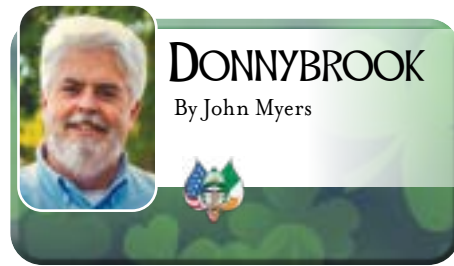
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DONNYBROOK

By John Myers

Time for Real Change

Time for Real Change is the slogan for Sinn Fein's 2022 Northern Ireland Legislative Assembly elections. Sinn Fein is the party most closely associated with the call for a united Irish republic. The election will be held on May 5th, which happens to be the 41st anniversary of the death of Hunger Striker Bobby Sands, MP.

Michelle O'Neil is the Vice President of Sinn Fein, Ireland's oldest political party, and the only party than fully engages in elections, both north and south. She stated in April that "This is the most important election in a generation." Often, we hear that phrase in both American and Irish elections, but this is not just hyperbole; the May 2022 election in the

Six Counties could see Sinn Fein as the top vote getter, resulting in Sinn Fein's Michelle O'Neil being selected as the First Minister of the Northern Ireland Legislative Assembly. She has previously served as Deputy First Minister with DUP's Jeffrey Donaldson as First Minister.

STORMONT

Sinn Fein will be putting forth thirty-four candidates in the eighteen different Constituencies (districts) throughout the Six Counties. The N.I. Assembly was created as a result of the 1998 Good Friday Agreement (GFA). Election of the ninety members of the Assembly uses the proportional representation, single transferable vote system.

The Assembly was dissolved earlier this year upon the resignation of Jeffrey Donaldson, The DUP party leader, and First Minister of the Assembly. Sir Jeffrey Donaldson resigned in protest over unionists' frustrations with the N.I. Protocol Agreement and the implementation of the Irish Sea Border.

The Northern Ireland Assembly meets at Stormont Estate, a regal family estate home built in the 1830s, located in East Belfast, and converted to governmental use in the 1920s. Thus "Stormont" is often used as shorthand for the Northern



Stormont

Ireland Assembly and Government.

LUCID POLL

The Northern Ireland market research and polling company, Lucid Talk, projects the following results based upon voter sampling in early April: Sinn Fein: 26%, Democratic Unionist Party (DUP): 19%, Alliance Party: 16%, Ulster Unionist Party (UUP): 13%, Social Democratic and Labour Party (SDLP): People Before Profit Party (PBP): 2%, Others: 2%. Of course, the old axiom reminds us that the only poll that counts will be on May 5th, election day.

SF KICKOFF

In the kick-off rally for the May election, Sinn Fein's President Mary Lou McDonald stated, "we are Proud, not afraid of our differences on this Island, and we embrace it. We must plan for the change that is coming, to plan for a United Ireland."

Further Ms. McDonald shared that "our success must be judged on the ability to govern and deliver progressive change." McDonald is looking forward "To lead across Ireland. "We want to unite our people; we want to unite our country. We are determined to realize the true potential which is all around us."

SF Vice President Michelle O'Neil continued the program by stating "The change Sinn Fein is looking to lead is about putting workers and families first. Our priority is to make politics work; our priority is to show real change is possible, and to make each day of people's lives better." O'Neil reminded her fellow party members that we are celebrating the 24th anniversary of the Good Friday Agreement, and that it is the "Bedrock of the Peace Process... with the principal of consent, equality and respect at its core."

She said that Donaldson's and the DUP's resignation and subsequent collapse of the Northern Ireland Assembly was an "Act of political vandalism," and that British Prime Minister Boris Johnson had failed the GFA by his silence and acquiescence to this act of vandalism.

The British Government, per the GFA treaty, is obligated to be a co-guarantor of the terms, which also include the failure of

Westminster to address the legacy of the past and protecting basic rights. O'Neil expounded: This "tells us everything we need to know about his interests in the people, place and politics here. This is a British Prime Minister and a Tory Government who never has and never will prioritize the needs of the people here. I represent the Good Friday Generation and I intend to defend it at every turn.

"I was in Washington for St. Patrick's with Mary Lou McDonald and we delivered this message in defense of the GFA. But we equally heard from the Biden Administration that the U.S. will NOT do a free trade agreement with Great Britain if the GFA is jeopardized in any way." Bojo's Westminster Government, used to the "special relationship" treatment, cannot get their heads around this clear and stern admonition from the Biden Whitehouse.

N.I. PROTOCOL

Sinn Fein V.P. Michelle O'Neil shared at the campaign rally that, "We know the solution to the Brexit problem is the Protocol, and while it certainly is imperfect, it does mitigate us from the worst impacts of Brexit. It prevents a hard border; it puts off the complete unraveling of the GFA; and no credible alternative to the N.I. Protocol exists."

While the Unionist claim the sky is falling due to the N.I. Protocol, in reality, the economy has shown many positives: N.I. is at a thirteen year high in economic output; The economy is 3% bigger than pre-covid; and "exports" to the Republic of Ireland were at Four Billion pounds, a 65% increase over 2020.

Michelle O'Neil, the likely next First Minister of the Northern Ireland Assembly, if polls are to be believed, wrapped her message to Sinn Fein supporters in sharing: "Our message is loud and clear: we are only moving forward. Sinn Fein say YES to Peace and Stability, says Yes to the Good Friday Agreement, says YES to the N.I. Protocol, and says YES to a First Minister for ALL. We will be defending the Good Friday Agreement, we will NOT be renegotiating the GFA, not now or in the days ahead. We will not be moving the goal posts to satisfy Unionism."

And yet, while not obviously shying away from the United Irish Republic, O'Neil left the crowd with "While our past was divided, our future will be shared."

AMEN ■

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AKRON IRISH

By Lisa O' Rourke

Back in Business

When you get it wrong, you have to own it. A few years ago, worried about the unpredictable Irish economy and the accompanying difficulty of being an entrepreneur, I advised a new friend to ignore the "follow your passion" of pop psychologists and stick with the steady gig of teaching.

Happily, he ignored me and a horde of others who gave him similar sage advice. But fortune favors the bold and it has certainly favored him.

The young man who followed his passion is Pádraic O'Griallais. While I met Pádraic as a teacher, that is not the important thing about him. The important thing about Pádraic is that he is a Connemara man to the soles of his peaty feet.

Teaching is one aspect of his personality, along with storytelling, whiskey making, farming, horses, and the Irish language. At the time we met, he had been watching the small-batch artisanal movement thrive in other counties along the Irish coast, leaving the more isolated Connemara behind yet again. The left behind quality of Connemara is definitely part of its charm, but charm doesn't pay the bills.

Pádraic had a crazy idea that Connemara would be a great place for a distillery, and like all crazy ideas, it wouldn't leave him alone. Along with crazy, he has a healthy combination of business acumen, energy and hubris. It doesn't hurt anything that Pádraic possesses charming country manners and a teaching ability that educates while it is hooking your curiosity to learn more.

And what Pádraic makes, if you haven't already guessed, are fine spirits. His first ambition was to obtain a license to make and sell a spirit whose recipe originated with his great, great, great grandfather, Micil Mac Chearra, a 170 years ago. The recipe was for the Irish equivalent of moonshine, called *poitín* (putcheen), which, like our moonshine, is a clandes-

tine affair.

Pádraic got the license for poitín in 2016, making history for his family and for Irish spirit production. The company, Micil, named after that same great, great, great grandfather, is a family affair. You would not be talking to Pádraic long before you heard about his family, particularly his grandfather. Pádraic's brother Jimin is a partner, and like any family business, the whole family inevitably pitches in.

Our next visit was two years later, to the then new, Micil Distillery, located in Salthill, the seaside area of Galway. The distillery shared space with a brewery, which seemed like good fit for the laid-back leisure vibe of the area. Pádraic was giving tours and tastings and we were happy to participate.

BATHTUB GIN

I am not a whisky drinker at the best of times, so he had me try a gin that he was working on. It was wonderful. There was no family recipe for gin, but a little research showed how easy gin was to make (think bathtub gin). It is a far simpler distillation process than even moonshine.

Pádraic did use native Connemara botanicals to make his gin singular, just like he did with the poitín. Micil gin is the distillery's biggest seller at the moment.

One business that has proved universally resilient during the pandemic is the alcohol business. Pádraic and Micil have done nothing but thrive in the last few years, and so the urge is there to do more and try a new product. His next project is an interesting one and again, harkening to a sentimental love of Connemara and his own origins.

This project also shows a decent business sense since what could be more Irish than a quality whiskey? Whiskey, after all, originated in Ireland. The name whiskey comes from the evocative Irish, *uisce beatha* (ishka baha) which means the water of life. Over time, the words were shortened and anglicized into whiskey.

The name poitín, is derived from the use of the single small pot that the amateur brewer used to make the native spirit. During the Middle Ages, Galway, along with having its own city distilleries, also had a thriving trade with the Latin influenced countries of mainland Europe. Ships from France, Portugal and Spain came to the Galway port during the Middle Ages, distributing wine among other things. This gave those distillers in the area unique access to some exotic casks for making and storing whiskey.

The old Galway whiskey would have been made from barley primarily, and

then enhanced with some combination of oats, barley and rye. It would have been a lightly peaty, single malt, that had aged in one of those distinctive imported casks. The casks' descriptions at the time would have used similar language to any sommelier, using adjectives like nutty, spicy, winter spice, honeycomb, and leather.

THE ANGEL'S SHARE

Then there is the intriguing opinion that Irish whiskey makers have of how angels spend their free time. Whiskey that sits in casks aging and fermenting for years, ends up losing some of its volume. This loss is called the Angels' Share. The size of the cask and the time spent aging determine the thirst of the angels. All of this information was an education to me.

In 2023, whiskey making will come home to Connemara. Micil Distillery will open a second location at the edge of the Gaeltacht, in a town called Spiddal. Spiddal is an excellent choice since it is in the Gaeltacht proper and just a nice short drive from Galway along the Atlantic.

Pádraic has already made two whiskeys that he is selling, but the expansion of location will mark a big expansion of his whiskey business. Pádraic and his brother Jimin are trying to do everything right in their attempt to make Galway's first local whiskey in over 100 years.

The whiskey will be a peaty single malt, to echo what was made in the past and to rival the treasured small distillery whiskeys of Scotland. The Micil crew aim to keep as much of the production local as possible, from grain to turf to labor and finally, the investors. It is really an exciting idea and will be great for the area.

This may read a little like an ad for the Micil Distillery. But it would be next to impossible not to root for their success. Ventures like this are not only good for

the areas that they grace, but also serve as positive examples for others who have their own crazy dreams, not to mention the thirsty angels. So, if I offer you any advice in the future, my advice is to you is to do whatever you want anyway.

To learn more about Micil, visit <https://micildistillery.com> ■

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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Hibernians Helping Hibernians: Wildfires

by **Joe Casey**,
AOH Ohio State Organizer

During the March meeting of the AOH Irish Brigade Division in Medina, Ohio, I mentioned a group of At-Large Hibernians I've been working with, who are actively trying to get a division formed in Hutchinson, Kansas (Reno County). The first weekend of March brought wildfires to their area of central Kansas and two of the Hibernians are firefighters who worked the fires and assisted in helping people flee their homes.

The entire group of Hibernians there started collecting bottles of water and chap-sticks to aid the firefighters and also worked to collect food, clothing and money for those affected by the carnage. They also were helped by the only other AOH division in Kansas, the Fr. Donnelly Division in Johnson County, over three hours away.

When the fires were finally under control, the damage was announced. One man perished and several other civilians and firefighters received burns that had to be treated at the local hos-

pital. Over 12,000 acres burned with 36 homes being completely destroyed. In addition, 92 outbuildings and 110 vehicles were destroyed. After I told this story of the Hibernians and their plight (over 1,000 miles away), the Medina County Division unanimously voted to send them a check for \$500 to aid their relief fund in helping people who have lost everything. This act of kindness is a great example of following our motto of Friendship, Unity and Christian Charity.

If anyone would be interested in donating to the area relief, the United Way of Reno County has set up a link to donate to those affected in the community.

IN ADDITION:

Some of the Medina County Hibernians have been assisting **Feeding Medina County** at their food distribution location in Brunswick, Ohio for the past several months. They donate their time on the second Thursday of each month with the distribution being held on the grounds of a closed school.

The food recipients stay in their



L to R: Joe Gill, Scott Manley, Dave Manley, Joe Casey and Tony Manley.

cars, register and then drive to where the bags of food have been prepared. Division members assist in the packaging of the food, directing traffic and distribution of the packages into

the vehicles. ■

GET MORE TO THE STORY
More pics, and larger print too!
@www.ilrish.us

Acclaimed Irish Singer Róisín O Releases Long-Awaited "Courageous"

Like so many artists the world over, acclaimed Irish singer Róisín O watched as her plans for 2020 turned to dust in the wake of the Coronavirus pandemic and ensuing lockdowns. As weeks turned to months, she used the down time to rethink her musical trajectory and return to the solo work she had once left behind.

The result is *Courageous*, a ten-song collection of original material that charts a course through love, heartbreak and redemption. Release date is April 29, on Blix Street Records.

Courageous began when the lockdown gave Róisín something she had not experienced since she began recording and touring more than ten years ago, time, and became the impetus for creating new music. The new album mines her emotional depths with soaring vocals that elevates it to something at once intimate and epic. She has termed *Courageous* her "autobiography."

"All of a sudden, all plans were cancelled, and all I could really do was sit at home and write music," she said. "I was able to lock myself away, and the songs just started pouring out of me when there were no other distractions. I wasn't writing with a purpose in mind, and that honesty is what's intriguing about the songs that emerged. I felt the songs that were coming out were completely for myself."

As the pandemic raged, Róisín took refuge in the bucolic coastal fishing village of Dingle, in Ireland's southwest. She sometimes sharing the space with her musician brother, Danny O'Reilly, who fronts Ireland's popular band The Coronas. The Coronas, for their part, were dealing with sharing a name with the virus that was shutting down the world.

While the ups and downs of relationships dominate the themes of *Courageous*, there are also songs that convey an unbridled optimism about what the future will hold, perhaps the result of the world slowly opening up after such a long and frightening lockdown. Hope appears to be the resounding consequence of uncertainty and despair, as evidenced by the title track.

The first song to emerge was "Heart + Bones," co-written with Danny. It is a

powerful anthem, with poignant lyrics that began as a song for The Coronas, until Róisín realized it was her own voice she was hearing in it. "It's a confession, a truth that I'd been suppressing for a long while," she explains. "It wasn't until I got those lyrics down on paper that I began to understand some things about myself. It's the most honest thing I've ever written."

Released as a Róisín O single in January 2021, "Heart + Bones," which RiffMagazine.com referred to it as "a catharsis personified," became the foundation for a new solo project. "It felt like it was the right time to get back to Róisín O," she recalls. Róisín called upon a team of Irish musical talents to bring the project to completion. Producer Philip Magee did much of the heavy lifting, joined by True Cian McSweeney, who also co-produced two of the tracks with Magee and co-wrote the second single "2023," released last May, with Wild Youth, The Script, The Academic Tides' producer/engineer Ruadhri Cushman, and Róisín's long-time collaborator, John, for two of the songs: "Still Gold," which was released as a single in September, and Róisín.

Grammy®-winning Broe, with whom she shared the passion project called *Thanks Brother*, held the reins for "Call It Love."

"*Courageous*' is the last song I wrote for the album," Róisín explains, "so when it came to picking a title for the album, this track stood out instantly because it relates to the circumstances of the album's creation as a whole. With this album I really dove into the lyrics without much restraint, and it became an autobiography of the last few years of my life when I've dealt with a whole range of emotions. Deciding to return to my solo career was a huge step for me, and it took courage I didn't know I had."

Official Website: www.roisino.com
Instagram: www.instagram.com/roisino-music
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Festival Focus 2022

THE HOOLEY AT KAMMS JUNE 18TH

The Hooley, Irish slang for a party, is a street festival held in West Park's Kamm's Corners that honors the neighborhood's roots and embraces its welcoming spirit, showcases local musical acts, and highlights neighborhood businesses. The event provides neighbors and friends the chance to celebrate community, togetherness, and vibrancy with activities geared towards people of all ages. Restaurants open their patios, families play games or create art, booths with vendors and artists line the festival, and music fills the air as the street takes on a joyful atmosphere. Join us on Saturday, June 18th, 2022 for this year's Hooley!

FARMERS MARKET

Kamm's Corners Farmers Market returns Sunday, June 12th and every Sunday through October 16th, from 10:00 am to 1:00 pm. Visit the Market at W. 168th Street and Albers Avenue and shop from local vendors who

offer fresh, locally-grown produce, home-baked goodies, artisan jams, honeys, and marinades, one-of-a-kind home goods and handmade crafts and so much more, showcasing partners who promote good health, live music, family fun, and environmental sustainability.

SNAP, TANF, WIC, and more nutrition assistance benefits are accepted at the market, and EBT and P-EBT will be accepted at the Information Tent every day, with Produce Perks benefits included for all. We look forward to bringing back our Cooking Demonstration Station and invite all of our neighbors to consider showcasing their favorite recipes using market-found ingredients at the Station.

Also, mark your calendars for the following events at KCFM (subject to change as needed):

- 8/21 - KCFM Sweet 16 & Back to School Event
- 9/18 - Halfway to St. Paddy's Day
- 10/16 - Halloween at Kamm's Corners Farmers Market ■



Mark your calendars!
the Market returns:
Jun 12 - Oct 16
Sundays 10am - 1pm

Special Events at the Market

- August 7th | Celebrate KCFM's Sweet 16 with us!**
CLE Market & Back to School Festivities
- September 18th | St. Paddy's Day in September**
Irish Music, Food, and Fun
- October 16th | Halloween at KCFM**
Trick or Treating and Costumes Galore

FOLLOW US FOR UPDATES!

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WEST PARK KAMM'S NEIGHBORHOOD DEVELOPMENT



the hooley
KAMM'S CORNERS
RETURNS ON
JUNE 18, 2022
NOON - 8 PM
Lorain Ave from Rocky River Dr
to W 165th

**Live Music, Family Fun & Games,
Artisan & Craft Vendors, and MORE!**

Get all the updates!
 @thehooley

Festival Focus 2022

20TH ANNUAL PENN-MAR IRISH FESTIVAL JUNE 18

Featuring: Eileen Ivers, Across the Pond, Arise & Go, Barleyjuice, Cas Ceol, Dave Curley, Screaming Orphans, Spain Brothers, Susquehanna Pipes & Drums, McGinley School of Irish Dance, Ni Riain School of Irish Dance, and OH! Gills Irish Dancers,

Plus: Irish dance groups, Irish food, a free children's activity area, and a variety of vendors offering Irish goods including gifts, clothing, jewelry, music, books, pottery, photography, stained glass, and more.

Some festival seating is provided, but lawn chairs and blankets are welcome. Please, no pets or outside food and beverages.

Hours: 10 a.m. to 9 p.m. To purchase discounted advance festival tickets, or for entertainment schedule and complete details, visit PennMarIrishFestival.com. The Markets at Shrewsbury, 12025 Susquehanna Trail, Glen Rock, PA 17327 (in southern York County just north of the Maryland border, off I-83 between exits 4 and 8).

Parking and shuttle bus service will be provided at two nearby locations; please look for signs. The festival host hotel will sell out, so it's recommended to book rooms early! *Bonus:* Receive two free festival tickets when you use the link for the Shrewsbury Hampton Inn by Hilton:

<https://group.hamptoninn.com/rsb6tk>

Info: PennMarIrishFestival.com (717) 235-6611 ext. 100; PennMarIrish@gmail.com; [Facebook.com/PennMarIrish](https://www.facebook.com/PennMarIrish); Twitter: @PennMarIrish; #PennMarIrish ■



OHIO SCOTTISH GAMES & CELTIC FESTIVAL JUNE 24 - 25

The Ohio Scottish Games & Celtic Festival moves to Cuyahoga County Fairgrounds this year. Bands include Seven Nations, Arise & Go, Father, Son & Friends, New Barleycorn and the Andrew McManus Trio.

Friday: open 5 PM-10 PM for a Ceilidh. Adult admission is \$10.00, \$5 for ages 5-17, under 5 free when purchased in advance, with access to the Entertainment Pavilion as well as retail and food vendors, Ohio's Strongest Celt Competition, Calling of the Clans event, genealogy, whisky tasting, professional bagpipe competition, axe throwing by Class Axe and more. There will also be a harp workshop at



6 PM, followed by an open session at 7 PM.

Saturday: opens at 8 AM for the Highland Games. Adult admission is \$17, \$7 for ages 5-17, under 5 is free when purchased in advance. A \$10 Saturday evening ticket, if purchased in advance, will grant 6pm entry. The entertainment pavilion will open mid-day through the evening.

Traditional highland athletic events such as the Caber Toss are featured. The Kilted Mile will take place at 10AM and features men's and woman's divisions, as well as a 12 & under 100-yard dash event.

Plus: piping, drumming, highland dance, harp & fiddle and pipe band competitions. The workshop/open session building will be open with bagpipe, snare drumming, tenor/bass drumming, highland dance and Drum Major. There will be open workshops in fiddle starting at 10 AM, followed by the fiddle competition.

Food & Retail vendors along with axe throwing will be open all day, as will the children's games, genealogy, whisky tasting, clan tents, British cars & motorcycle exhibit and Border Collie herding demonstrations.

New in 2022 is the haggis throw and keg toss; the Ohio Stones of Strength Competition, which is open to all who'd like to enter; and we will be joined by Cleveland Society for Creative Anachronism, Barony of the Cleftlands, bringing the medieval period to life at this year's festival. Archery, fencing, armored combat, costuming and crafts will excite and entertain our audience.

Replacing the traditional opening ceremony at noon will be a parade through the fairgrounds by all pipe bands, competitors and clans in attendance. Once the competitions have concluded, the day will be celebrated with a Tattoo, which will include the massed piped and drums at 6 PM.

For more info/schedules, go to www.ohioscottishgames.com. All proceeds to benefit the Ohio Scottish Arts School, which takes place June 28-July 3 at Baldwin Wallace University. www.ohioscottishartsschool.com ■

35TH DUBLIN IRISH FEST AUGUST 5-7

Featuring: Gaelic Storm, Natalie MacMaster & Donnell, Leahy, We Banjo 3, Dervish, Red Hot Chili Pipers, Skerryvore, Irish Music Masters, Slide, Socks in the Frying Pan, Scythian, Rory Makem & Dónal Clancy, Connla, Seven Nations, The Town Pants, The Byrne Brothers, The John Whelan All-Star Céilí Band, One for the Foxes, Adam Agee & Jon Sousa.

[View the complete entertainment lineup.](#) Tickets are on sale; festival goers can save a little green when they [purchase their tickets now](#). Purchase a weekend pass online and save \$10, or purchase a one-day ticket online and save \$5. Children ages 10 & under are free. Seniors (60+), military and student guests can purchase a ticket online or at the Festival for \$15 (I.D. required at the Festival).



Continued on page 14



Festival Focus 2022

Dublin Irish Fest Continued from page 13

One-day tickets may be purchased for \$15 at the Dublin Community Recreation Center (DCRC) and select Giant Eagle locations starting mid-July. For guests who want an exclusive experience, there are a limited number of [VIP Experience](#) tickets left.

On Sunday, non-perishable food items and monetary donations for the Dublin Food Pantry will be collected at each festival admission gate. Guests arriving between 9:30-11 a.m. on Sunday will receive free admission.

The festival's mobile app will further enhance the guest experience before, during and after the event, providing immediate access to frequently

requested services such as food vendors, restrooms, merchandise, marketplace vendors, and more. Guests can create and share individualized schedules and create schedule reminders, so they don't miss their favorite band or

For more info: DublinIrishFestival.org, and follow the Festival on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#). ■

GODERICH CELTIC ROOTS FESTIVAL

AUGUST 5-7

Top Celtic Artists from Ireland, Scotland, Canada and USA will perform, featuring: Cherish the Ladies, Steve Byrne and Mark Dunlop of Malinky, Kruger Brothers, RUNA, Bourque *Émissaires*, Beaton-Plasse, North Atlantic Drift, Emily Jean Flack, Emory Lester, Windborne and more.

Is your dream to play whistle with Joanie Madden, or Irish fiddle with Nollaig Casey, learn guitar with Fionán de Barra or mandolin with Emory Lester? Join our week-long Celtic College to classes with some of the world's best musicians.

The Celtic College includes instrument, singing, craft art and dance classes. The Celtic Kids Camp runs concurrently.

The festival will also be showcasing the two artists chosen during last year's Virtual Festival as the "Robinson Emerging Artists." They are Clíodhna Ní Aodáin of Ireland, and the Celtic trio from Japan, O'Jizo.

Lions Harbour Park on the shores of Lake Huron in Goderich, Ontario Canada. Day and weekend Festival passes available online or by calling (519) 524-8221. For more information on the 2022 Festival lineup or the Celtic College and Kids Camp, visit www.celticfestival.ca or <https://www.facebook.com/goderichceltic>. ■



LAKWOOD ARTS FESTIVAL

AUGUST 6

Lakewood Arts Festival closes Detroit Avenue, between Belle to Arthur Avenues, to bring artists of all disciplines together, along with 15,000 collectors and art lovers. The juried festival hosts over 170 regional and national artists and makers displaying paintings, prints, photography, art glass, ceramics, jewelry, sculpture, fiber and more.

Featuring: Assane M'Baye, Senegalese Drums, Chris Allen, Punchdrunk Tagalongs and more, PLUS: unique arts-based performances and activities in The Beck Center.

EAT ON THE STREET food court in front of the Lakewood Library on Detroit will offer a selection of the region's best food trucks.

Festival proceeds fund an annual scholarship for Lakewood seniors continuing to art school. After the Festival, the Board will present \$4,000 to the 2022 recipient. The event also funds grants for arts education and programming in the city. Recent awardees include H2O (Help to Others, middle-school students), The Barton Center (senior arts activities), The Beck Center for the Arts (Saturday programs) and Lakewood High School Art, Theater and Photography programs.

For more info: www.lakewoodartsfest.org. ■



Festival Focus 2022

21ST ANNUAL MICHIGAN IRISH MUSIC FESTIVAL

SEPTEMBER 15-18

MIMF returns for its 21st year at the beautiful Heritage Landing in downtown Muskegon, Michigan on the shores of Muskegon Lake.

The festival kicks off with a pub party on Thursday. Multiple stages and over twenty bands are planned for the weekend, featuring traditional, rock, and contemporary Irish music from local, regional, and Ireland-based acts.

Scythian, Old Blind Dogs, The Elders, Aoife Scott, Shane Hennessy, The Alt, Kittel & Co., Rory Makem, The Tossers, Friel Sisters, RUNA, Conna, The Irish Music All Stars, and still more to come.

Plus: Irish food at the Celtic Kitchen, wee ones' activities, cultural workshops, dance stage, marketplace shopping, and craft beer/whiskey tastings.



Thursday's pub preview party is a great value at only \$5, which features four bands on the pub stage.

For tickets and discounts (patrons save \$5 p/ticket online vs. the gate price), visit www.michiganirish.org. A four-day pass is also available online. Children aged 12 and under are free. ■

PENN-MAR IRISH Festival

Saturday, June 18
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Screaming Orphans • Barleyjuice

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12025 Susquehanna Trail
Glen Rock, PA 17327



#PennMarIrish

HOTEL INFO: YorkPA.org

FOR TICKETS AND INFO:
PennMarIrishFestival.com



Cuyahoga County Fairgrounds
June 24-25, 2022

Gates Open Friday 5:00 PM-10:00 PM Saturday 8:00 AM-10:00 PM

Calling of the Clans Event Friday at 9:00 PM
Tattoo Saturday at 6:00 PM

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www.ohioscottishgames.com

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and Andy McManus
Trio



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August 1-7, 2022
Goderich, Ontario, Canada

Cherish the Ladies • Steve Byrne & Mark Dunlop (of Malinky)
Kruger Brothers • RUNA • Winborne
Emory Lester • Inn Echo • North Atlantic Drift
Clíodhna Ní Aodáin • O'Jizo • and more!

celticfestival.ca



WHAT'S THE CRAIC? OUT & ABOUT IRISH

OHIO

BROOKLYN

HOOLEY HOUSE!

5 -Twin B Project, 6 -Sloppy Joe Band, 13 -Bakers Basement, 20 -Old Skool. 10310 Cascade Crossing, Brooklyn 216-362-7700. 1FunPub.com

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3600 West Park Road. Cleveland, Oh 44111 5pointscafe.com

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4408 Detroit Road, 44113 the-harp.com

FLAT IRON CAFÉ

6th - Jim & Eroc 7-10pm, 13th - Company Housing 7-10pm, 20th h-

Cats On Holiday 6:30-9:30pm, 27th - The Rockport Band 7-10pm. 1114 Center St. Cleveland 44113-2406 216.696.6968. flatironcafe.com

TREEHOUSE

820 College Avenue, Cleveland, 44113 treehousecleveland.com

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MUSIC BOX SUPPER CLUB

8th - Mother's Day Brunch ~ Patsy

Cline Tribute, Noon; 22nd - Irish Brunch with Ciaran Quinn and Achill Island; 1148 Main Avenue, Cleveland, OH 44113. musicboxcle.com
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323 East Prospect, Cleveland 44115 216.781.7782 flannerycle.com

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Ahern Banquet Center is booking weddings and special events. Call Tony Ahern / Lucy Balsler @ 440-933-9500. 726 Avon Belden Rd, Avon Lake 44012. aherncatering.com

BAY VILLAGE

GREENISLAND

4th, 18th -Trivia Wednesdays @7pm w ½ price Wine bottles. Thursdays: discounted burger night. Fridays: "Prohibition Night" w special old school craft cocktails & special appetizer pairing menu! 21st - Bourbon Tasting 4-6pm \$50 for 5 pours, each paired with an appetizer or dessert! NEW: look out for new monthly scratch food and craft cocktails! 25517 Eaton Way Bay Village, OH 44140 440.445.9086 greenisland.pub

EUCLID

IRISH AMERICAN CLUB EAST SIDE

PUB: 7:30 - 10:30. IACES 22770 Lake Shore Blvd. Euclid, 44123. 216.731.4003 eastsideirish.org

Submit news, events, releases, memories, milestones, ads and pics for inclusion in the *Irish Out & About* Monthly Events List, blurb features or the Coming Next Month Save the Dates List.

Due date is ALWAYS the 10th of this month, for the following month.

LAKWOOD

PLANK ROAD TAVERN

Happy Hour: M-F 4-7, Sat 12-6. Open Sessiún Every Thursday 7-10, ½ Off Wings, \$1 off drinks. \$3 Guinness and Jamieson. 16719 Detroit Avenue, 44107 plankroadtaVERN.com

MEDINA / MONTROSE

SULLY'S

6- Nathan Henry 7- Crawley and Sofranko 13- Roadhouse Jr and Sr 14- The New Barleycorn 20- Island Doctor 21- Music Men (music trivia) 27- The Other Brothers 28- Dulahan. 117 West Liberty Medina, 44256 sullymedina.com.

HOOLEY HOUSE MONTROSE

27-Twin B Project. 145 Montrose West Avenue Copley, Oh 44321 (234) 466-0060 1funpub.com

MENTOR

HOOLEY HOUSE

7-Abbey Rodeo, 13-Vinyl Arcade, 20-Disco Inferno 27-No Strangers Here. 7861 Reynolds Rd Mentor 1funpub.com (440) 942-6611.

OLMSTED TWP

WEST SIDE

IRISH AMERICAN CLUB

Thursdays 5, 12 - Ceili Dancing 7-9P; 7th - Movie Night "Belfast" 7:30P; 12th - Forever Young Meeting 1:00P; 14th - Night at the Races; 26th - General Meeting 7P; 27th - Stephen L. Mulloy Sr. Reverse Raffle; 28th - Steak Shoot 7P. Great live music and food in The Pub every Friday. WSIA Club 8559 Jennings Rd. 44138 wsia-club.org. 440-235-5868.

CLEVELAND ST. PAT'S / ST. JARLATH'S GAA

(Always defer to the team's WhatsApp group chat or calendar on clevelandgaa.com for updates)

Men's & Ladies Football Practice: run separately at same time by Coaches Jim Coyne, Simon O'Doherty (Sizzler), and Dan Murray. New players always welcomed. West Side Irish American Club (WSIA: 8559 Jennings Road, Olmsted Township, OH 44138).

Men's Practice & Preseason Conditioning Schedule:

3rd, 10th, 17th - 6:15PM- 7:45 PM

TRADITIONAL IRISH SOCIAL DANCE OPPORTUNITIES:

Tuesdays 8-10 pm,
set dancing lessons,
St. Clarence Church,
North Olmsted

Wednesdays 7-9 pm,
set dancing lessons,
Irish American Club - East Side
Thursdays, September 3, 10, 24, 7-9 pm,
West Side Irish American Club

Ceili Mor! Sunday, 4 - 8 pm,
music by The Kilroys,
\$10, kids free!
For information, contact
CeiliClubCleveland@gmail.com

Men's Football May Schedule:
21st - 3rd Annual Cleveland Memorial 7's Tournament @ Home (WSIA); 28th - Cleveland vs. Cincinnati @ Home (WSIA)

Ladies Football Schedule
21st - 3rd Annual Cleveland Memorial 7's Tournament @ Home (WSIA); 28th - Cleveland vs. Pittsburgh @ Home (WSIA)

Annual Night at the Races - Saturday May 14th West Side Irish American Club
The Club's largest fundraiser of the year, we are looking for sponsors and donations.

Continued on page 18

BRING YOUR INSTRUMENTS AND PLAY ALONG!

- Gormley's Pub 2nd Sunday of the Month 5 to 8
- 1035 Bridge Street upstairs', Ashtabula. 1st Saturday of the month 1-3.
- Bardic Circle @The Shamrock Club of Columbus Beginner - friendly, intermediate level Irish session meeting every other Thursdays 8:00 pm - 11:00 pm
- The Harp - 1st Friday of every month, 9pm. 4408 Detroit, Cleveland
- Logan's Irish Pub - 3rd Wednesday of the month, 414 S. Main St., Findlay, 7:30 pm
- Plank Road - Every Thursday 7 - 10. All ages and experience welcome. 16719 Detroit Road, Lakewood, 44107
- Mercedes Tavern, Mondays, 7-9. 1947 W Market Street, Suite 103 Akron. All skill levels welcome.

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WHAT'S THE CRAIC? OUT & ABOUT IRISH

Continued from page 17

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GORMLEY'S

HAPPY HOUR: Monday Thru Friday 2pm – 7pm! \$2 off drafts / \$2 off liquor / \$1 off wine.

4th & 18th - Cigar & Whiskey Nites
19500 Center Ridge Rd, Rocky River, OH 44116 (440) 990-7468 GormleysPub.com

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COLUMBUS

SHAMROCK CLUB EVENTS

1st – General Meeting; 4th, 11th, 18th – Men's Darts; 5th & 19th – Daughters of Erin Darts; 7th – Oldies Night; 17th – Emerald Society Meeting. Happy Hour every Friday from 5-7pm! 60 W. Castle Rd. Columbus 43207 614-491-4449 shamrockclubofcolumbus.com

TARA HALL

5th – The Orange & the Greens, no cover, doors 6pm, music 8pm
20th – Birthday Night, with some (or all of) The Hooligans, no cover, doors 6pm, music 8pm, 30th - IRISH ROAD BOWLING, June 3rd – The Pints, no cover, doors 6pm, music 8pm. Tara Hall 274 E. Innis Ave. Columbus, 43207 614.444.5949.

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PITTSBURGHGAA

Contact PittsburghGAA for more info: Secretary@PittsburghGAA.com pittsburghgaa.com

The Ancient Order of Hibernians Div. 4 (North Hills)

aohdiv4.org or Bob Parry (724-933-0427). ■



THE FITNESS DOCTOR

By Dr. Frederick Peters

Ten Dietary Combinations to Improve Health

Certain foods are nutritionally enhanced by their combination. This concept is known as “food synergy.” One such example of this is exhibited by combining “good fat” with vegetables. Healthy fats help your body absorb protective phytochemicals, like lycopene from tomatoes and lutein from dark-green vegetables.

SALMON WITH CURRY

Purpose: Reducing inflammation in the body

This fish curry is loaded with omega 3 fatty acids found in salmon, and curcumin, which is the active compound found in turmeric. Together, this food synergy can amplify the anti-inflammatory effects of the individual nutrients. Reducing inflammation in the body can help to reduce the risk of many chronic diseases including those of the heart.

ALMONDS AND BERRIES

Purpose: Heart disease prevention
Almonds contain flavonoids that act as powerful antioxidants in the body. Combining almonds with vitamin C has been shown to help reduce the oxidation of LDL cholesterol. The oxidation of LDL cholesterol is now considered a key factor in the development of heart disease.

TOMATOES WITH OLIVE OIL

Purpose: Heart and prostate health
Lycopene is an antioxidant that has been linked to reducing the risk of heart disease and improving prostate health. Tomatoes are the richest source of lycopene, and its absorption is enhanced when combined with the healthy fat in olive oil. Olive oil possesses many health benefits to support good heart health, including reducing inflammation and

increasing HDL cholesterol.

GREEK YOGURT AND BANANA

Purpose: Intestinal and bone health
Greek yogurt delivers beneficial bacteria such as Lactobacillus to the gut. The addition of bananas adds prebiotics (inulin) to the mix. These indigestible fibers are fermented by bacteria in the gut; thus, they are helping to feed the bacteria in your gut allowing it to flourish.

BLACK GRAPES AND RED ONIONS

Purpose: Cardiovascular health
Black grapes are rich in the polyphenol antioxidant catechin, which helps to prevent cardiovascular disease. Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides, and reduce cholesterol levels — all of which may lower heart disease risk. Together, onion and grapes inhibit blood clots and boost cardiovascular health.

APPLES AND SPINACH

Purpose: Cognitive function and mood
Apples are rich in flavonoids, and green leafy vegetables are rich in dietary nitrate. Studies reveal that combination of flavonoids and nitrate could increase nitrous oxide production. The increase in nitrous oxide following consumption of flavonoids and dietary nitrate could improve cognitive function and mood.

BLACK PEPPER AND TURMERIC

Purpose: Joint health
The active ingredient in turmeric is curcumin; it has been widely researched for its anti-inflammatory properties. Curcumin is difficult to absorb in the body, but in combination with black pepper, its absorption is magnified. The active ingredient in pepper is called piperine, which is responsible for this absorptive effect.

BLACK BEANS AND RED PEPPERS

Purpose: Iron deficiency anemia
It is widely understood that non-heme iron is more readily absorbed in the presence of vitamin C. Plant source of iron include beans, pulses, lentils, dark green leafy vegetables, nuts, and dried fruit. Red peppers are the richest dietary source of vitamin C.

GARLIC AND HONEY

Purpose: Upper respiratory tract infections
Garlic and honey are often cited as being singularly antibacterial. However, research shown that in combination they have a greater ability to reduce the growth of pathogenic bacteria which is

due to the synergistic action of phenols and fatty acids. It has also been suggested that in combination these two foods may be a useful alternative treatment for upper respiratory tract infections or can be used alongside pharmaceutically prescribed antibiotics.

GREEN TEA, LEMON, AND MINT

Purpose: Weight loss
Green tea is high in the antioxidant ECGC (Epigallocatechin Gallate), a compound that can burn fat. It's also rich in catechins, another antioxidant that can promote the release of fat, and can help your liver turn fat into energy. Squeeze a lemon in your green tea, which contains pectin and polyphenols, both of which have been proven to help people feel fuller and lose weight, then

add in a sprig of mint, which is a proven appetite suppressant. ■

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. Dr. Peters was born and raised in the Cleveland area and is a graduate of St. Ignatius High School and John Carroll University. He can be reached at fred@thefitnessdoctors.com.

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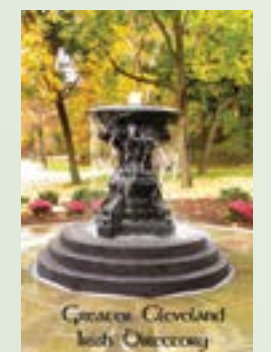
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by John O'Brien, Jr.
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RE-ELECT

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Cuyahoga County Court of Common Pleas

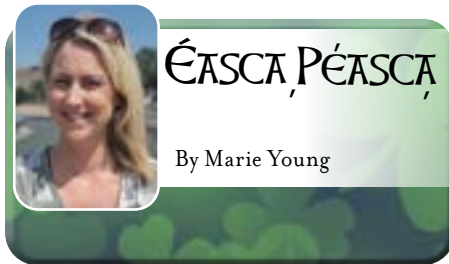
- * 10 years on Court of Common Pleas
- * 5 years as a Mental Health Docket Judge
- * Rated “EXCELLENT” 16 times by Bar Associations
- * Parishioner of Holy Rosary Church
- * Only Supreme Court certified Judge in Ohio for Recovery Court

Congratulations to All of this Year's Honorees!



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Student Stories: Madeline Crisp

Irish is an old and beautiful language. The modern Irish language that we use today is dated to the 17th century, and was the native language of Ireland spoken by all inhabitants before colonization. Today, around 1.7 million people speak Irish in Ireland, with numbers rising. In the US, there are around 20,600 people that speak Irish.

My first introduction to Irish was during a trip I took to Ireland in the summer of 2017. I was there for a youth leadership conference, Foróige Leadership for Life, through 4-H with six other teens and three adults.

I noticed the Irish on the road signs and asked what it was, and was surprised to learn that Ireland had a native language. Throughout the rest of the trip, I had an incredible time and noticed Irish everywhere. We traveled all through the Republic, staying in Waterford, Wexford, Maynooth, and Dublin.

We toured the Waterford Crystal Factory; I bought a rose-shaped paper weight which is right here in front of me as I write this. In Wexford, we stayed at



the Bread and Breakfast, Glorney by the Sea; it was beautiful. The owner of the B&B had an adorable little dog named Gaston, whom we all loved.

The leadership conference was held at the University of Maynooth, and I created a lot of new friendships with people from other parts of the U.S., Ireland, and India. At the conference, we spent time in classrooms learning about different types of leadership and playing games relating to communication abilities.

Apparently, I fit in very well with the Irish youth because my sense of humor matches theirs quite well. I loved every person that I met, and I am still in semi-regular contact with one of my friends from the conference, Elizabeth.

After the Foróige conference, we spent two days in Dublin. Seeing the history in the streets and architecture, along with the differences in cultures, was refreshing and eye opening. I loved every minute of the trip, and I cannot wait to go back.

In the 2017-2018 school year, I took a class on medieval history, and learned about the ancient history of Ireland, Ogham, and the early people of the island. I was very interested to find out more about the history and was not disappointed in my findings.

We spent a bit of time discussing the early pagan Irish myths, and I was in awe knowing that I had seen the Book of Kells in real life. I had heard a little bit about *The Troubles* while I was in Ireland, but I was still very unclear on what had happened in the conflict.

In May of that year, I took a DNA test and found out that I am 50% Irish. I was excited to already know so much of its history, and to have been there. Learning that my ancestors had come from Ireland made me want to learn even more to connect with my very far-removed culture.

When I arrived at college in August of 2018, one of the women speaking at an orientation session mentioned that Irish was offered at Pitt, something very unique to the school. I was floored to hear so, as I needed two semesters of a language to satisfy general education requirements. Little did I know that once I started taking Irish classes, I wouldn't want to stop.

I decided to get a minor in Irish, took the culture class, and passed Irish Level 4. While learning Irish, I was also obtaining degrees in biology and history. Even after satisfying all requirements for the Minor, I still continued into Level 5 and 6 with Marie and 2 other students, our own special group.

My history classes sometimes related to my Irish minor, such as when I took a class on Northern Ireland and The Troubles. Learning about the culture and the language for my minor was very fun and lighthearted, so studying the violence brought about by The Troubles was surprising to me, as every Irish person I had met was kind and easy-going.

However, learning about the bloody history of the conflict between the North and South, I realized that Ireland

will always have more to it than meets the eye, and that the mellow nature of most people hides a long history of trauma, colonization, and violence. After learning more about the history of the island and understanding what some of the deep-rooted issues are, I find myself very interested in Irish politics.

I am also interested to see what implications Brexit will have for the tensions between the North and the Republic, as well as what policy changes may occur in the Republic because Ireland is the only country in the EU with English as one of its national languages. Even with the hurdles before them, I believe that both the North and the Republic will come out of these events stronger.

I have greatly enjoyed learning so much about Ireland, the world, and myself since the last time I was on the Emerald Isle, and I really would love to return. As my time here at the University has come to its end, I have not decided on a career path yet, but many pharmaceutical and biological companies have headquarters based in Ireland. I would love to use my Irish outside of an academic setting; traveling to Ireland and visiting a Gaeltacht or finding a Gaeilgeoir would be a great way to immerse myself in the language.

Tá sé deacair an Ghaeilge a fhoghlaim, ach tá athas orm gur thug mé dúshlán dom féin. Níl a fhios agam cad atá i ndán dom, ach ag féachaint ar m'ardaigh Waterford Crystal anseo os mo chomhair tá a fhios agam go gcoimeádaídh mé mo cheangal le hÉirinn go deo. (Irish is not an easy language to learn but I am proud that I took on the challenge. I have no idea what is out there for me but as I sit here looking at my Waterford Crystal paper weight, I know that I will forever have a connection to my Irish heritage through the Irish language). ■

Madeline Crisp is a graduate of the 2022 Class at the University of Pittsburgh. She is the 10th student to receive the Irish Minor at UP through the Less Commonly Taught Languages Center. She is from Hackettstown N.J. and has a keen interest in all things equestrian.

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Protect Your Skin this Summer

Your skin is your body's largest organ and plays an important role in your overall health. Yet, when those long-awaited summer months hit, pools open and beach vacations are on the horizon, it can be easy to forget how important it is that we protect this vital part of our bodies.

Getting outside and being active is a great way to get vitamin D after a long winter, and it's also a great way to relieve stress – all things that benefit your health.

Too much exposure to the sun's UV rays can damage your skin cells and put you at risk for skin cancer. This is also true if you like to use tanning beds or sun lamps.

There are many ways you can protect yourself from sun damage this summer. From hats and umbrellas to sunscreen and the clothing you wear, you can safely enjoy all your favorite summer activities while also keeping your skin safe from the sun.

The clothes you wear can offer great protection for your skin, especially when wearing long-sleeved shirts, long pants or a maxi dress or skirt. Of course, summer temperatures might make some of those wardrobe choices impractical.

If you're at the pool or beach, be

sure to have a cover up with you and maybe even a t-shirt or rash guard you can wear to be sun safe and comfortable at the same time. Hats and sunglasses are also helpful in protecting your face and eyes from the sun.

SUNHATS

It is best to wear hats with a full brim to fully cover your face, ears and neck. If a baseball cap is more your style, that will work too, but make sure you protect your ears and neck with sunglasses or additional clothing. Wearing sunglasses and protecting your eyes can also reduce the risk of future cataracts. Just make sure they will protect you from UVA and UVB rays.

Whether you're having a picnic under a shady tree or on the beach with your umbrella, shade is another tool that can keep your skin safe while outdoors. If you're going to be in the sun for an extended period, make sure you have covered area to give your skin a break from sun exposure. Applying sunscreen that blocks UVA and UVB rays should also be part of your daily routine and done year-round. Make sure you're using a broad-spectrum sunscreen that has an SPF of 30 or higher. SPF stands for sun protection factor and indicates the level of protection the sunscreen offers, which increases as the number rises.

Reapplication of your sunscreen is also key to keeping your skin safe in the sun. Always reapply your sunscreen if you've been outside for more than one hour or if you've been in water or are sweating.

NATIONAL SUNSCREEN DAY

May 27 is National Sunscreen Day – a day that was established by the National Council on Skin Cancer Prevention to encourage sun safety awareness and reduce the rising rates of skin cancer from overexposure to UV rays. Also known as “Don't Fry Day,” this day serves as a reminder that everyday should be a sunscreen day.

It's important to remember that each of these skin protection options work best when you use them together. While they all offer their own individual benefits, they are far more powerful in protecting your skin from damage when they are used collectively.

Why does protecting your skin matter so much? Skin cancer is the most common cancer in the United States. It's also one that can be prevented with appropriate protections from overexposure to UV light. Some might be more at risk for skin cancer than others, but it can impact anyone.

SKIN CANCER FACTORS

Some skin cancer risk factors include skin that burns or freckles easily, blue or green eyes, blond or red hair, certain types of large moles, a family or personal history of skin cancer or old age. If you think you might be at higher risk for skin cancer or see any unusual changes to moles or your skin, it's important to contact your provider. Summer is a great time to enjoy all nature has to offer, just make sure you're being sun safe and protecting your skin from harmful rays. ■

Michele L Ralofsky, MD, is a board-certified family medicine physician at Mercy Health – Vermillion Pri-

mary Care. She graduated from Wright State University Boonshoft School of Medicine and completed her family medicine residency at Good Samaritan Hospital. She has a special interest in skin health.

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ON THIS DAY IN IRISH HISTORY - MAY

2 May 1916 - “I am to be shot at dawn.

I am glad I am getting a soldier's death. I feared it might be hanging or imprisonment. I have enough of jail”- Thomas Clarke, in a letter to his wife on the eve of his execution.

8 May 1567 - Shane O'Neill of Tyrone was heavily defeated by Hugh O'Donnell at the battle of Faretamore, Co. Donegal.

9 May 1916 - Thomas Kent (50) was executed in Cork.

16 May 1926 - The Fianna Fail Party was founded by Eamon de Valera.

19 May 1870 - The Home Government Association of Ireland was founded by Isaac Butt, with the aim of establishing a federal system for the United Kingdom, which would grant Ireland a parliament responsible for national affairs. It was succeeded by the Home Rule League (1873).

21 May 1980 - After the first of their two summits that year, Taoiseach Charles J. Haughey issued a joint communique with Margaret Thatcher agreeing that

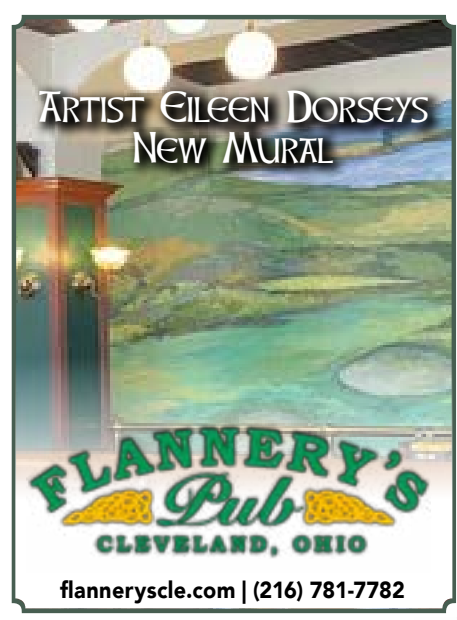
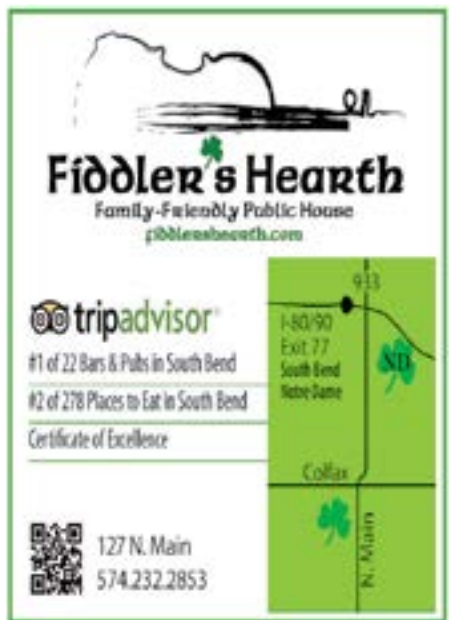
‘any change in the constitutional status of Northern Ireland would only come about with the consent of the majority of the people of Northern Ireland’.

23 May 2011 - U. S. President Barack Obama makes a one-day visit to Ireland, during which he visited his ancestral village of Moneygall, Co. Offaly, and addressed a rapturous 50,000 strong crowd at Dublin's College Green.

24 May 1819 - Birth of Queen Victoria, the last British monarch of the House of Hanover, who reigned for sixty-three years (1837-1901).

28 May 1970 - Former ministers Charles J. Haughey and Neil Blaney, along with Captain Kelly and Albert Luyax, were arrested and charged with conspiracy to import arms and ammunition into the state.

29 May 1969 - Death of Robert Briscoe (75), Dail Deputy for thirty-eight years, and the first Jewish lord mayor of Dublin (1956).





Cuyahoga County Democratic Chair Elizabeth (Liz) Walters

This interview has been edited for brevity; the full interview is available at www.irish.us

You are known nationally as a groundbreaker, the first woman to lead; has being the first woman to do something a plan or a byproduct of your career success?

I appreciate that question. I'm humbled by the trust that folks have put in me for this role, and to be the first woman in this role, I have to say that for me, the leadership of women is not anything out of the norm.

I grew up with that. My mom is the oldest of seven girls, so women being in charge is just in my life, that's the family I grew up in. My grandmother Nancy was the first female manager of a department store while my mom and all her sisters were growing up, so they always had a strong female leader in their household. I was very active in Girl Scouts.

I am truly honored and humbled by it; it has always been the norm for me. I think growing up in a family like that, being involved with Girl Scouts, in an organization where the leadership of women is the norm, you don't question it or observe it in the same way that other folks may.

I will say though, that this this process and this job in this time period of life has given me a renewed appreciation

for just how much women have on their plates.

Whether they work in the workplace and then balance how they're teaching their kids at home through remote learning, or caring for aging parents, I've talked to and think often about women in leadership, and everyday leadership, or in big professional jobs, and all the different challenges on their plate. I am blown away by the many other things that women across Ohio are balancing through the pandemic.

I think this role is a lot different in that it's far more public. You are very much expected to have a presence on social media and interviews like this, with things that didn't often fall on the desk of the executive director [Liz's former position before being selected as Chair]. There is definitely more responsibility as chair and much more accountability to our stakeholders.

I do think that public persona, in public presence, which I'm still getting used to, there is not as much of a comfort level for me, but it's a learning experience, and it's been really exciting to connect with people on new platforms that I hadn't previously, and grow that, for that exposure.

The chair is elected by the sixty-six member Central Committee. Those folks are elected by primary voters in Senate districts all across Ohio every four years. We have them and the Republican Party has them, so we are structured the same way. That is set forth in the Ohio Revised Code.

So, the chair is elected to lead the party and is essentially the chief executive officer. They are accountable for all the fund raising, all the hiring, all the

strategy that we lead forward.

I think strong leaders do that in collaboration with all our stakeholders; I'm not doing it by myself, I'm doing it with the input of all our elected officials from Senator Brown to our city council members. We are also making sure that we are focused on what we need to build, to help all our candidates succeed.

The Executive Director really is where the action happens; they manage the staff, manage the budget, more day-to-day tactical things. I spend a lot of my time talking to our leadership, talking to donors, talking to the media, and then doing more high-level strategy planning with the team. There is always the hope that you get to that perfectly run organization where you are dividing up work that way.

With any transition there are always surprises. When you are taking over an organization from a predecessor, there are good things and bad things; I think there are things that I thought would be hard [that weren't] and there are definitely things that I didn't expect to be that difficult, which have been more challenging, but all in all, it has been a really fabulous experience.

I have been wildly energized by our activists, by our folks running for local office, all of those things that really feed into making it an incredible experience.

What can you offer as advice for people who want to get involved in politics?

At the risk of being a little bit cliché, I really believe in the adage that decisions are made by the people who show up, whether that is showing up in the voting booth every November [or getting involved].

Particularly in a presidential election, you turn on the TV in Ohio and you wouldn't know that there was anything else happening, except for an election. So, it is easy to let ourselves get sick of it, and tune it out, but there are important elections that happen every year in Ohio; every November is an election year in Ohio.

There are important local community members that are running for school board, city councils, for Township councils. Those are some [of the instances] where government really meets people, where local races are critical, so making sure that you are participating by voting every November is a huge step; it makes a huge difference.

Most Ohio communities have really good organizations, like The League of Women Voters, who put together voter guides; people get overwhelmed, [people say] I don't even know how to find information. I don't want to make a bad choice, so I just choose not to participate.

Go to the League of Women Voters' website, or another third party who is politically neutral; you'll get good information to help you make an informed decision.

I think that is number one, but number two is to actually show up and participate in a government meeting. I often share with folks outside of my role as party chair, I serve as the council president in county government in Summit County; it is rare to have members of the public come to our meetings.

We are there to serve the public, so I would encourage folks to come in person. Most of us are broadcasting our meetings on Facebook now, so you could tune in from the comfort of your home and watch, come to those places and ask questions, because it is really an important way to engage with what's happening with your elected officials.

In Cleveland we have worked with getting out the vote and getting the importance of the census out. Proponents emphasized how their city can get significant dollar funding; how every person counted means \$X amount for their city. Time after time, I saw the light go on for people as they realized it has local benefit: "there is government in Washington, government in Columbus, wherever it might be, but this is local." It resonated with people.

We have some big pieces of legislation moving through the federal government now, those census numbers are really important, people's involvement is really important. You are looking at the Build Back Better Act that is moving forward, the infrastructure bill that came through Congress. In Summit County, we're going to see \$190 million come into the county to help with things like broadband access; making sure that the pipes that bring drinking water into our homes are safe and lead free; making sure that our bridges and our roads are getting the necessary repairs. All of that is rooted to census data, so you can tell a positive story with numbers.

Continued on page 24

Cuyahoga County Republican Party Chair Lisa Stikkan

This interview has been edited for brevity; the full interview is available at www.irish.us

You have a record of being a groundbreaker, agree?

That's very complimentary, I'll take it!

Was there a conscious choice, "I wanted to be the first to do something," or just the doors that opened along the way?

I think that it is also where my passion and interest is, in in terms of just growing and leading the party, and also serving the community. Through my other roles, I enjoy community involvement. I'm just very proud to be a Clevelander, so I think this is just a great way to do it. I enjoy politics, I enjoy our local community and in working through the party to make sure we have good candidates and we're offering good choices to our community.

Were you aware that you were the first or would be the first or was that just something that kind of came along the way with it?

No, I was aware, I am very aware that I was following in the footsteps of past chairman; it is just an honor. Bob Hughes, Chairman Bennett, from Cleveland Ohio as well, who went on to be State Chair, Jim Trakas and Rob Frost, who served the party for fifteen years before me, so it's an honor to continue the service.

Who else is in leadership or in politics either/or do you admire or kind of try to model yourself after?

That's a great question. I would say I looked to, I think most recently: Kellyanne Conway gave a speech where she talked about being the first woman to run a presidential campaign and the difficulties and challenges of that, the significance of it.



She was just proud to do that.

That struck a chord with me when I began my run for this position, in terms of trying to break a ceiling and start that conversation within the party. But additionally, I look to quality people in Ohio, George Voinovich, longtime Cleveland figure, is someone who was a mentor to me; I ran our local Young Republican Club. Individuals like that who are proud of our city and did everything they could to advocate for Cuyahoga County.

What are your feelings or your direction on some of the topics that we're seeing a lot of discussion of? We just mentioned the gerrymandering, so why don't we just start with that.

OK. So, you mean the redistricting process in general or specifically? So, what's interesting to me about redistricting is that it is funny; gerrymandering is this word I believe is over-used or thrown around as if it's so negative, but it's funny, it seems to be who's doing the map drawing. If you look to other states, or Democrats are in charge of the process for a Supreme Court, they are drawing maps that favor the Democrats, because they are in charge.

But the reality in Ohio is, if you look at the last presidential cycle, it used to be what they called the backward C of counties. It was just this row of counties that would go for Democrat presidential candidates, and you just don't see that anymore. You saw great areas that have transitioned into I would call Republican friendly or leaning, or even republican strongholds now.

It takes away opportunities to have [equal] districts. So, in drawing these districts, to try to create more Democratic districts on this most recent map for example, that was submitted to the Supreme Court, they created very odd, shaped districts, wiggles you know, drawing around communities to try to create districts that would lean Democrat, to satisfy the recent [Supreme Court] decision.

We joke about what was called "the snake on the lake," which is Marcy Kaptur's district, which was like a little squiggle that came all the way over to Lorain County, to get her the numbers she needs. You have to draw an odd-shaped district like that.

So, I think when we talk about redistricting, we have to keep in mind that there are elected offices that do sit on the Commission; that is part of the discussion when these people or positions are up for election. They are elected by the people they serve. They draw pretty balanced maps.

I thought for example, that second map that came through that was struck down was pretty reasonable. So, we're not drawing every district overwhelmingly Republican; they are actually within the Democrat index.

I think redistricting is a complicated process. I think people get sound bites. If you truly want districts where communities have shared interest, or if you want districts where they're not so obviously drawn, you know it's kind of interesting because Democrats tend to cluster in certain counties or areas, and that is what makes it difficult to try to draw more districts for a certain party.

So, I guess, my short answer is, it's a complicated process, but I think the sound bites are giving the wrong idea of the challenges the mapmakers are facing.

Is there a better way to do it?

No. I think we have had no issues in the past really. People come to agreements. They have agreed on ten-year maps. Right now, is a polarizing time. I think there is a resistance to agree, unfortunately. You have a situation where courts are weighing in. Each state has different laws on the books.

Is there a way to get around it, to get things done, when a lot of things are voted down, or not even heard, solely because they were proposed

by a Republican or proposed by a Democrat, which shouldn't be relevant – either the idea has merit, or it does not?

We've had no issues in the past really. I mean people come to agreements. They've agreed on ten-year maps. I just think right now is a bit of a polarizing time, so I think there is perhaps a resistance to agree unfortunately. Also, you do have a situation where you have courts weighing in as opposed to, in some states, drawing the maps, which I don't think that necessarily makes sense either, but each state has different laws on the books.

Where there may be issues that the public doesn't know about, how do we make sure that the education is coming through, factual education, but have an equal balance of opinion, so that things are getting done at a faster pace?

Well, I also think it's a bit of different agendas too, perhaps; unfortunately, less agreement on some sort of middle of the road issues. We're seeing differences in philosophy and ideology. Maybe we're seeing splits, but also too I would say, listening to the State of the Union, some of the things that President Biden was saying were different than the response of the progressive caucus, where they disagreed with some of the things he even said in the state of the union.

I think it shows some splits within, not just within the parties, in terms of different wings, if you will, but additionally too, I think there are just these big issues that seem to want to be tackled, where there is a split within the parties of how it should be handled. Those are the focus issues being touted in the press.

I think federally you're witnessing that. I don't think it's really anything new. If you go back to when President Trump was in, the Democrats, when they took the Chamber of the Senate and the House, there [was] similar gridlock.

They didn't approve many of his appointees for a few years. So, it's unfortunate, but this isn't anything new we're experiencing now; it's part of the state of politics, part of the state of where people are at on the issues.

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Elizabeth (Liz) Walters

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But there are also other things that are important to tell the story of too, when numbers or when government falls short. For example, the House Bill 6 scandal in the state legislature that is still costing Ohio voters \$232,000 every month because that bill is still in place.

The Republican leadership in the statehouse sold us down the river to get bailouts for these corporations; they are not looking out for voters.

I think the important thing to remember is that there is real cost to everything government does or fails to do, so when we're telling those stories for Ohio voters, when we're talking about who is on their side, we talk about the dollars and cents of what good investment looks like. [There are] also ways that we have to get better at holding our government accountable for when they are failing to do, to invest wisely with Ohio's money.

I think that is something that you could change from local to national - federal accountability aspect has faded. There is a level of frustration,

a feeling that we really don't matter; they are going to do what they want to do?

I think that it's understandable why a lot of Ohio voters just tune it out; they think it doesn't matter. It's kind of a pox on both their houses. The reality is, there are clear, concrete ways we, as a Democratic Party, can show voters that we are on their side.

That is ultimately the question any voter asks when they are walking into the voting booth; who's on my side; who's got my back; who's got the back of my family and the people I care about?

With the investment that we are seeing through the infrastructure bill; electing bright new energetic leaders in places like Cleveland who have a strong vision and strong priorities for leading their communities forward, we have a really good story to tell.

How is the party funded for the kind of things that you have to do?

Parties are complex beasts. As an entity we are overseen by several different regulatory bodies, from the Federal Elections Commission to the Secretary of State to the judicial canons. So how we fund ourselves depends not on raising dollars, but from the collaboration of donors; our candidates raise funds into the party; organized labor; individual donors; national partners like the DNC, The Democratic Senatorial Campaign Committee, etc.

We have grassroots donors, we have people who chip in \$2 a month or \$5 a month. We have a lot of different streams from which we raise the funds we need to be functional, and it's never enough. You could always do more.

Nationally, are the Democratic Party and the Ohio Democratic Party on the same wavelength?

I think that we as a state party, our job is to build the apparatus that our candidates can use to set priorities. So, for us, working with our candidates to focus on what is the message that the Ohio voter needs to hear that responds to the needs in their community?

While there is definitely a clear track record, whether it's Senator Sherrod Brown, who is focused on the dignity of work and making sure that we are a working families party who's focused on supporting all the folks out there who need a little extra fight in their representatives, our federal folks are

focused in that space.

But also, all the candidates running statewide here in Ohio are very aligned with that messaging; we value and support the dignity of work in Ohio. There is alignment with that in the national party; there is certainly overlap, but we are really on an Ohio families focused message.

How do you keep that honest? How do you contrast David Brinkley, Peter Jennings, who really just gave the news, vs. today's newscasters? Are we ever able to go back to that, where the truth is the truth?

You are asking me some deep questions, John. I think that first and foremost for us, the conversation that is the most important and the most impactful is the one that we have with voters at their door. For us, nothing compares to the impact that having someone who lives in your community come knock on your door and talk about why they are voting for a certain candidate or why they support a specific party [cannot be minimized].

I think it's really important for us to recognize and acknowledge as we do this work just how much the media landscape has changed. I'm sure I don't need to tell you about that. We have gone from a place of state where it was common for all the communities in our state to have a daily newspaper and have local broadcast television that covered news in their community, but that doesn't really happen as much in Ohio anymore.

I live in Akron; we don't have our own broadcast news. We are covered in the Cleveland market, sometimes they tell some Akron stories, but most of the time it's Cleveland stories. We still have a daily paper which is great, but it's owned by a company that also owns seven other newspapers in Ohio; they have a shared newsroom.

The reality that, for most folks, they are consuming their news online, mostly through social media platforms, is something that as a party we have to be cognizant of and start to build in that space so that we can deliver our message straight to voters in that way.

Do you still feel the grass roots route is a strong way to get messaging out? Justin Bibb masterfully used grassroots and social media. How do we keep reaching people when the world is turning to twenty second attention

spans?

You are highlighting perfectly the power of a well-run grassroots campaign. There is no single thing that a campaign does. It is usually many things. But I think for Mayor Bibb and for his team, they made two important investments.

One was in a robust, grassroots organizing apparatus; you take your message straight to voters and have that conversation in their neighborhoods, but you also make a big investment in telling your message to voters online. I think that with those two pathways, they showed us a lot.

We have a lot of ground we can gain in getting out what we think are the facts, and we believe from a science perspective are the facts, into the hands of voters. So, it pays off. Even short-term work can make a big impact.

The voter turnout in the city of Cleveland was 13% previously. In the Bibb race they got it up to 26%. 26% is not where we want to stop. We want to keep going. A 13% increase in turn out? That's a huge number. That's a huge change.

How do we get more people involved?

I think you're hitting the nail on the head here about why this moment in Ohio politics is so important. In 2015 and 2018, Ohio voters overwhelmingly supported a constitutional reform to ensure that we had fair districts.

Why do fair districts matter? What does that mean? It means that people have representation that is reflective of their geographic identity, of where they live. It keeps communities compact.

It also makes sure that there is a balance of voices in the statehouse, and having fair districts, having competitive districts, also ensures that voters get the really important opportunity to hear from both sides, to have a reasoned discussion.

Have each candidate put their ideas forward and be judged by the voters. When districts are overwhelmingly drawn to favor one candidate, you don't really get that debate; you don't get the opportunity to hear from both sides and make an informed judgment about what your community needs. ■

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Lisa Stickan

Continued from page 23

Sure, it is tricky ground; you are trying to push through the agenda; you're never going to get 100% but try at least to get progress. Do you feel that there is there is loyalty to party over country, voting party over people or party over ideas, no matter who it is presented by?

No, I don't know that; I don't know that I 100% agree with that. I think in some instances within the party, people obviously have a platform that we support, so in terms of our platform, if there's an issue, we will be loyal to those platform points.

When you see people, Republicans, that might not support an issue that is important to the party, you see people feel like that person isn't having a backbone or representing the party or their constituents properly. So, you'll have those discussions. That is in both parties. But what I would say too, is there's a great chunk of unaffiliated voters as well out there, and I think those voters will also swing to the issues too.

You mentioned that you really like to dig down when you are researching, both an issue and going out among voters and talking, in a door-to-door type thing. How do you find what's most important for someone else within your party? How do you work together?

We do have ward leaders who are our go to people in different communities or cities. We also have local elected officials. So in terms of personalizing it on a Cuyahoga County level, having a discussion, that's why I love our county so much, because there are different issues or hot button things going on in different cities.

It's good to dial down into that and know what's going on, [to] just plug into our local groups. We have political groups around the county, as well as city groups that need addressing those [issues] and getting the candidates in those areas out to talk about and address those specific issues.

I am going to restate your view and make sure I have it correct. You are saying that things are always going to change, but on a long-term basis, it moves back and forth from parties, and moves back and forth between the issues; overall, there is an agenda

for the Republican Party; there is an agenda for the Independent Party; there is an agenda for the Democratic Party, and that doesn't change as much in the long term, it's just how you frame it?

Well, I would say there's some truth to that, but I also think we are experiencing an interesting time, perhaps the shift or realignment of the parties right now in terms of some interesting trends. You do see some communities that were traditionally very Democratic, for example locally, that have started to elect local Republicans, or have started, for example, in the presidential election, they went for President Trump.

[There are] areas in the county that we ran out of Republican slate cards on Election Day, multiple times. Historically you wouldn't have seen that. So, I do think we do have some realignment.

When you have different groups who are interested in realigning politically or shifting, or interested in the party that previously weren't, that does start a new conversation; over time, it tends to balance out, there may be spikes or drops, but you feel that it does balance out, over a long time?

I think it could be balanced out. I think as you get different groups that that may look to vote Republican for example, or be interested in a Republican candidate, I guess it's always an evolving conversation. As we move forward on different issues, it becomes more important than now, even nationally.

Do you think the door to door, grassroots type thing is seeing a bit of a resurgence in the last couple of elections?

Oh yes. I will say the Ohio Republican Party traditionally runs operations, victory operations, we call it, for the state. We've always had a really good ground game, particularly the last few cycles. Stores, phones, you name it. [It is] very labor intensive but would keep in touch with people; they may tell you more at their door than they would at a big meeting of thirty or fifty people.

What can tell me about the model, the mantra, for the Cuyahoga County Republican Party going forward under your leadership?

When I ran, it was Cuyahoga first, so that was just to say we want to really dig down and focus on our county and

how we could grow the party. In a state like Ohio, you are in what I would call an urban or blue county. Sometimes there's this thought, well this isn't part of the Republican stronghold, but we have one of the largest groups of registered Republicans in the state here in Cuyahoga County, just because of our size.

We have some great candidates that are elected here, like State Rep Tom Patton; we have State Senator Matt Dolan. So, we have people that we're sending to Columbus from our area.

You mention Reps. Patton and Dolan, longtime servants; how do you balance that want for the experience - nobody knows it like somebody who's been through it - with trying to find young leaders, up and coming people that haven't been involved before; they want to make a difference; how do you recruit them to take office?

My background was Young Republican politics, so I that is something near and dear to my heart. I was the local chair for Cleveland Young Republicans back in the day, and in the state chair, then I ended up being the national chair about 2013, so this is something I'm very particularly interested in. It's always important to look to the future, but also to have people empowered and create a good diverse group of people who have different backgrounds they can bring to the table to really facilitate a full discussion.

You are going out there and meeting the voters, but additionally you always have to look to the future, so it's about making sure we have a strong Young Republicans Club; it's making sure we

are engaged with College Republicans, that we're a resource for them.

That is your next wave of leaders and local leadership. They can move up the ladder and advance to Columbus; that's important to us to make sure we provide people with resources and mentorship. Mentorship is the key word here.

I imagine that Tom Patton is a fantastic mentor to help people?

Yes, he is. To have our candidates [match with] our current elected with mentorship, we have a number of Senate candidates from Cuyahoga County, so we're very much [able to do that]. We have congressional candidates from here that are battling it out too in the primary, there's a lot of excitement around the county with these different candidates that are offered mentorship and discussion, but also creating interest from people to get involved in some way.

You've been a member of the Board of Elections for exactly one year. Happy Anniversary! What is working, and what is broken, from your view now that you've been in place there for a year?

Well, I think Ohio has some good laws on the books. Also, the way we do things in Cuyahoga County by having a paper ballot, we have the voter scan; I think it is a great system. I think it creates an ultimate record and back up, and I think it creates less problems or speculation. So, I do feel strongly about that. I am pleased where we're at as a state with the laws. ■

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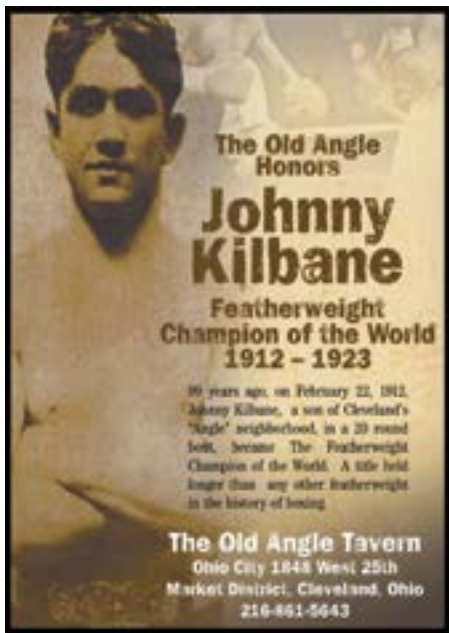
A Family Affair

Before we get started on this months topic focusing on family, an teaghlach, on behalf of all of us that have been involved in the Speak Irish Cleveland classes, I'd like to express our gratitude to everyone at PJ McIntyre's. Pat And Doug and all the servers and staff who have gone out of their way to accommodate us these past nine years. McIntyre's has become home for us and part of our family. Go raibh míle maith agaibh!

As we get to know someone better, we often discuss our families and marital status, how many children or grandchildren we have or brothers and sisters. One thing that came up in a recent class was about answering questions. In the past we've talked about the lack of a universal word to express yes or no in Irish.

When responding to a question, the correct way is to use the positive or negative version of the verb used in posing the question. HOWEVER! In actual conversation, sometimes the word sea (shah) will be used for yes and ní hea (nee-ha) for no for a simple response.

In our examples, I will use the correct verb to respond, but you do have that option.



AN TEAGHLACH (AHN TYE-LOHK) THE FAMILY

tuismitheoir (toosh-ma-hor) parent
tuismitheoirí (toosh-ma-hor-ee) parents
athair (ah-her) father
aithreacha (ah-rahk-ah) fathers
máthair (ma-her) mother
máithreacha (mah-rahk-ah) mothers
páiste (paw-stchuh) child
páistí (paw-stchee) children
leanbh (lah-niv) baby
leanaí (lah-nee) babies
mac (mack) son
mic (mick) sons
iníon (in-yeen) daughter
iníonacha (in-yeen-ah-ka) daughters
deartháir (dreh-har) brother
deartháireacha (dreh-har-uh-kuh) brothers

deirfiúr (drih-foor) sister
deirfiúracha (drih-foor-uh-kuh) sisters
cailín (kall-yeen) girl

ASKING AND ANSWERING QUESTIONS IN IRISH

An bhfuil tú pósta? (ahn will too poe-sta)
An bhfuil tú fein pósta? (ahn will too fayne poe-sta)
An bhfuil tusa pósta? (ahn will tuh-suh poe-sta)

Tá/níl (taw/neel)
Tá me pósta. (taw may poe-sta)
Níl mé pósta. (neel may poe-sta)
Tá mé singil. (taw may shing-el)
Tá mé scartha. (taw may skar-huh)
Tá me colscartha. (taw may kohl-skar-huh)
Is baintreach mé. (iss byne-truhk may)
An bhfuil páistí agat? (ahn will paw-schtee ah-gut)
An bhfuil páistí agatsa? (ahn will paw-schtee ah-gut-sa)
An bhfuil páistí agaibh? (ahn will paw-schtee ah-giv)

QUESTIONS IN IRISH CONCERNING CHILDREN

In the above questions concening children, we are asking if there are children at you. The second question uses the emphatic form of agat (at you) and the third uses the plural form for asking more than one person. The asking verb is still a form of tá, an bhfuil, so tá and níl are acceptable as a response.

Níl páistí ar bith agam. (neel paw-schtee ar bih ah-gum) I have no children. There are no children at me.

Níl páistí ar bith againn. (neel paw-schtee ar bih ah-gihn) We have no children.

Tá, tá beirt agam, mac agus iníon. (taw,taw byurt ah-gum, mack ah-gus in-yeen) Yes, I have two, a son and daughter.

Cén aois atá siad? (kayne eesh ah-taw shee-ud) What ages are they?

Tá Siobhán seacht mbliana agus Seán deich. (taw shih-von shohkt mleena ah-gus shawn jeh) Siobhán is seven years and Sean is ten.

In the above examples two counting systems were used, one for counting people and the other for counting things, years. See the January issue of iIrish for more on counting. We can also change the pronoun at the end of the question to be more specific. Cén aois atá sé? What age is he? Or, cénao is atá sí? What age is she?

Cé mhéad deartháir atá agat? (kah vayd dreh-har ah-taw ah-gut) How many brothers do you have?

Duine amháin (din-uh uh-woyn) One (lit. one person)

Cé mhéad deirfiúr atá agat? (kah vayd drih-foor ah-taw ah-gut) how many sisters do you have?

fear céile (far kay-lee) husband
bean chéile (ban kay-lee) wife
uncail (un-kel) uncle
uncailí (un-kel-ee) uncles
aintín (ahn-teen) aunt
aintíní (ahn-teen-ee) aunts
nia (nee-uh) nephew
nianna (nee-uh-na) nephews
neacht (nohkt) niece
neachtanna (nohkt-ah-na) nieces
seanathair (shan ah-her) grandfather
seanmháithair (shan-ma-her) grandmother
garmhac (gar-vahk) grandson
garmhic (gar-vick) grandsons
gariníon (gar-in-yeen) granddaughter
gariníonacha (gar-i-yeen-uh-kuh) granddaughters
buachaill (boo-uh-kill) boy
buachaillí (boo-uh-kuh-lee) boys
cailíní (kall-yeen-ee) girls

Are you married?
Are you married yourself?
Are you married? (using the emphatic pronoun for you)
yes/no
I'm married.

I'm single.
I'm seperated.
I'm divorced.
I'm a widow/widower.
Do you have children?
Do you have children?
Do y'all have children?

Continued on facing page

Speak Irish Continued from previous page

ee-ud moe hoosh-muh-hor-ee) These are my parents.

Seo í mo dheirfiúr. (sho ee moe yer-foor) This is my sister.

Seo é mo dheartháir. (sho ay moe yer-har) This is my brother.

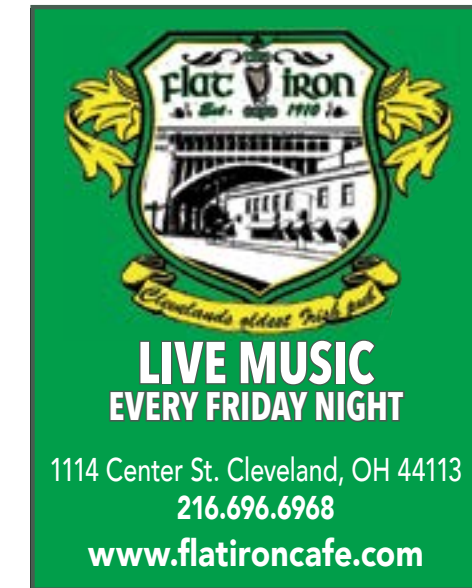
To get practice with the language, we will sometimes enact different situations in our Speak Irish Cleveland classes. This allows us to use what we have learned and customize what we know to use appropriately. You can try this easily by changing the vocabulary to talk about your own family.
SLÁN GO FÓILL! ■

Bob Carney is a student of Irish history and language and teaches the Speak Irish Cleveland class held



every Tuesday at PJ McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rian and Aisling and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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RETAIN

Cornelius J. O'Sullivan, Jr.



Judge on the 8th District Court of Appeals

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 November 2022 election and asks for your support!

In November, vote to retain Cornelius J. O'Sullivan, Jr. Judge for the 8th District Court of Appeals

Paid for by the Committee to Retain Judge O'Sullivan





PICT Theatre Celebrates 25th Anniversary

Patricia Sharkey, news correspondent from Donegal, has completed twenty years on Echoes of Erin and The Ireland Report. She presents the news from Ireland and specifically Donegal. Her reports provide the news of the day throughout the island, plus she shares many human-interest stories. You can listen to Echoes of Erin and The Ireland Report every Wednesday online at

www.kdwradio.com at 1:30pm, then click on Listen Live.

PICT Classic Theatre is celebrating its 25th Anniversary and has scheduled an impressive line-up of programs. The Endgame, written by Samuel Beckett, has changed its opening Run to May 14-28 at the Fred Rogers Studio at WQED. Starring in the performance are Martin Giles, James FitzGerald, Karen Baum & Ken Bolden. *Endgame* is an exploration of ending – ending life, ending time, and what we find at the conclusion. The magnificent and timely production will be directed by Alan Stanford.

In March I attended the PICT 25th Anniversary Gala, here I met some of the talented actors. Several prestigious awards were presented to the artists.

One of the amazing things I have found with PICT is that all of their actors have moved to the Pittsburgh area. Years ago, they came in from New York or maybe Chicago. They find it a most livable city in which to dwell.

PICT has also expanded the staged reading series, “Expand the Cannon

Titles” with a final two programs. All readings will be presented under the beautiful atrium at Rodef Shalom including, “*A Bold Stroke for A Wife*” by Susanna Centlivre on May 8, and “*The Black Eyed*” by Betty Shamieh on May 29.

Closing out the inaugural season is Betty Shamieh’s riveting “*The Black Eyed.*” Four strong Arab women from different eras find themselves occupying an anteroom of the afterlife, hauntingly connected by violence. Written right after September 11, 2001, this political abstract piece echos with ancient choruses and modern themes. A thought-provoking and powerful experience.

PICT is a very strong theatrical company that not only brings us marvelous entertainment they are also very dedicated to education. With us being involved in Irish programs, isn’t it vital to the prosperity and continuation of such to encourage our youth to learn, and involve themselves in the lessons available? Go out and support your local theatre and artists.

GAELIC ARTS SOCIETY OF PITTSBURGH

On April 24th, the Gaelic Arts Society of Pittsburgh had Rebecca Kitcha Miller as a speaker from the Western Pennsylvania Genealogical Society (WPGS). Rebecca is the President of WPGS and has been involved in genealogy for many years.

She visits the various festivals and events around the area and makes a fabulous presentation. WPGS is a non-profit, 501(c)(3), tax-exempt organization of amateur and professional family historians and genealogists

dedicated to the study and preservation of family history mainly in Western Pennsylvania.

On Saturday, April 30, the LAOH St. Bridget Division 4 in the North Hills sponsored a ‘Spring Paint Par-Tea’. The Ladies made a beautiful “Wine Glass Centerpiece.”

That evening, the AOH Monsignor Charles Owen Rice Division 1 in the South Hills sponsored their annual fundraiser, “Night of Irish Music & More.” Irish Ballad singer Mark Guiser started the night off with ballads, then was joined later by John McCann and Hamish.

A very enjoyable feature was Julia McManus, a stand-up Comedian. Julia is daughter of AOH Division 1 member Ed McManus. Other activities included an Irish Auction, 50/50 Raffle, and a Basket of Cheer & Culture. Cancelled the past two years, this year it was a sell-out crowd. Chairman Rich O’Malley (pghsaintpat@verizon.net) assembled a great committee.

May 7th is “The Walk for a Healthy Community” to benefit the Greater Pittsburgh Community Food Bank and pantries at St. Mary Magdalene Parish, St. James Pantry in Wilkensburg and Holy Rosary Pantry serving Home-wood and Lincoln-Lemington. Joyce Rothermel, previously the President of the Greater Pittsburgh Community Food Bank, is requesting donations to help her and her husband, Michael Drohan, raise funds as they walk the route.

The Documentary, “Ireland” is still being viewed through July 31 at the Carnegie Science Center. Liam Neeson narrates, and the film is family friendly. Check out www.irelandmovie.com.

The Daughters of Erin will host “*A Night at the Races*” on Saturday, May 14 at the Ross Community Center in the North Hills. Ticket price includes liquid refreshments and food (BYOB & snacks). Raffles will be held throughout the night. Info & Reservations: 412.735.5893. ■

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

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Let’s Talk about Mental Health

I have an anxiety disorder. This manifests in numerous ways: insomnia, hyperventilating, loss of appetite, panic attacks, a hand tremor, and a frequent sense of dread. Nearly every morning, I wake up with a racing heart as I remember all the items on the day’s to-do list. The COVID-19 pandemic has done little to help this problem: situations I normally handled without issue, such as sitting in a crowded audience, now make me feel shaky and claustrophobic. I have some coping mechanisms, such as breathing exercises, but in general, my anxiety is a shadow that dogs my every step.

UNDERSTANDING MENTAL ILLNESS

It’s hard to admit this, because many people mistake mental illness for weakness or fragility.

Members of older generations — for whom the topic of mental illness was more taboo — often remark that people my age are “too sensitive” and “easily triggered” because they reveal our distress in the face of overwhelming circumstances. We assume there is something fundamentally wrong with young people rather than something fundamentally wrong with the world they inhabit.

I believe mental illness is on the rise because as society advances, it becomes increasingly more out-of-sync with human nature. Human beings were not made for a five-day work week, nor the stresses of money, nor the constant intrusion of social media in our daily lives. These pressures lead to fatigue, burn-out, and yes — mental health disorders.

While some may judge me for admitting I have an anxiety disorder, others do something far worse: they don’t believe me. I have been told on

multiple occasions that there’s “no way” I have an anxiety disorder. “But you always seem so calm!” they tell me. “But you’re so warm and friendly! You make friends so easily! You’ve moved across the world twice — how could someone with an anxiety disorder do that?”

How indeed?

TAKING THE PLUNGE

During a recent re-watch of *The Princess Diaries*, a movie I’ve loved since childhood, I felt validated by this line: “Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”

This is how I have chosen to live. My days are a constant battle between my life-preserving instincts and my life-affirming ambitions. One voice in my head shouts, “No, don’t do that! It’s scary! It will end horribly!” while another, louder voice declares, “I’m doing it anyway.” And I have never once regretted any of the plunges I’ve taken — even those that did, in fact, end horribly.

I wasn’t always so daring. When I applied to colleges, I didn’t send a single application outside of Ohio because leaving the state seemed entirely out of the question. Even my final choice — Kenyon College, a whopping hour and a half drive from my hometown — produced a vast and petrifying distance: I had a panic attack the day my parents dropped me off for orientation week. Those who came to Kenyon from the other side of the country were inspiring and intimidating to me; I could never be that brave.

Until I embarked upon the study abroad program that led me to England in 2017, and two years later, when I moved to Ireland with little more than the clothes on my back.

TRIUMPHING OVER ANXIETY

While I had various mentors guiding me through my study abroad year in England, my move to Ireland was fraught with worry. I arrived without a job or apartment, and only two weeks in an AirBnB to obtain both. I remember a conversation I had with my boyfriend of the time, who moved with me. After our fourteen days were nearly up, and neither of us had secured a job or place to live, he said to me, “We should consider the very real possibility that we might have to go home.” I knew he was right, but my heart broke in my chest. The whole



thing was my idea, and if it were a colossal failure, it would feel like my fault. I wondered how our relationship would survive this, if we both moved back to our respective countries. I fretted about all the money I’d lose. I called my mom and cried on the phone. My anxiety hit an all-time, screeching high.

But, through one miracle or another, it worked out. We found jobs and a beautiful apartment within our budget in the perfect location. I made phenomenal Irish friends. I had some thrilling adventures. It wasn’t all perfect: I went home six months early, and my relationship didn’t survive after all, but I was able to overcome my initial fears because I harbored something stronger: a little bugger called hope.

I will always consider my time living in Ireland as a triumph. Now that I am back in my American hometown, reunited with my family, I look back on that period of my life with admiration for the girl I was: someone who was brave enough to risk everything for her impossible dreams, and against all odds, obtained them. On the days when my anxiety gets the better of me, when my hands shake and my knees grow weak and I feel on the verge of falling apart, I remind myself: I am still that girl.

MENTAL HEALTH AWARENESS

While I harbor far more anxiety than the average person, my worry is

equally matched by my desire to live a unique life, to form meaningful relationships, and to gather as many wondrous experiences into my pockets as possible, so that one day my descendants might look at me in my rocking chair and say, “Wow, Grandma lived one heck of a life.”

Moving to Ireland was one of the most terrifying and important decisions I ever made, which involved leaving my family, my friends, my cat, and my entire structure of life in pursuit of adventure.

And I did it with an anxiety disorder, proving that my mental illness — while a very real obstacle — is not so high a hurdle that I cannot jump over. Like Georgia O’Keeffe says, “I’ve been absolutely terrified every moment of my life, and I’ve never let it keep me from doing a single thing I wanted to do.”

May is Mental Health Awareness Month, so take a moment to educate yourself on mental illness and speak to someone who has one, listening with a compassionate and empathetic ear. And if that someone is you, clap yourself on the back, brew yourself a hot cup of tea, and take a bubble bath, because you’re not weak, or fragile, or broken — you’re a badass.

References:

The Princess Diaries, directed by Garry Marshall ■

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, and she is currently editing a novel, much of which is set in the Emerald Isle. She loves to hear from readers at nataliekeller.writer@gmail.com.

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CLEVELAND IRISH

By Francis McGarry

Ward 25, 1940

The City of Cleveland created a list of construction projects in 1938, which included the replacement of the Central Viaduct. The Central Viaduct was one of the Cleveland bridges built in the 19th century. The bridges would replace the ferry and chained platforms of logs.

The Central Viaduct had its share of tragedy. In 1888, multiple workers were killed as part of the bridge collapsed during construction. In 1892, a street-car derailed and struck oncoming traffic. In 1895, an electric railcar failed to stop at the gate and crashed 100 feet into the Cuyahoga, killing seventeen of its twenty-one passengers.

INCONCEIVABLE

The Columbus Road Bridge was built in 1835 by James S. Clark. It was replaced in 1940 as part of the municipal construction projects federal funding request of over \$30,000,000. After James Clark built the bridge, he gifted it to the

City of Cleveland.

Ohio City, which at the time was a city, felt slighted. The two cities previously failed in 1832 to jointly construct a bridge at Euclid Avenue. Technically, not an Eastside vs. Westside beef, but no love lost.

Ohio City received its charter from the state before Cleveland. Ohio City's attempt to build an independent harbor and canal system failed. The Columbus Street Bridge was assisting the economy of Cleveland while many Ohio City residents were concurrently boycotting it.

In 1837, Cleveland City Council voted to remove its half of the Main Street floating bridge to force Ohio City folks to use the Columbus Street Bridge. Ohio City Council determined the bridge to be a "public nuisance."

The Ohio City Marshall dynamited the west end of the bridge, and a large group of Ohio City residents attacked the bridge with a variety of tools. The City of Cleveland mobilized its militia and an actual battle took place that included artillery. Major Hoopples did not participate in the combat. The animosity was taken to the courts. The county rebuilt the bridge in 1870, with iron replacing the wood, and in 1895 that was replaced by the first double-wing lift bridge in the world.

THE ORIGINAL OHIO LOTTERY

In the late 1930s, Cleveland was not just attempting to update the physical

façade of the city, it had crime on the agenda as well, with all types of transgressions. Traffic tickets were a big issue. 1,502 of the 4,221 persons issued tickets in 1936 never went to court.

Safety Director Eliot Ness and Justice Griffin instituted a new system so that officers could complete all traffic paperwork at the scene of the ticket. In 1939, the City of Cleveland began utilizing chemical analysis for impaired motorists. That year, 1,072 DWI arrests resulted in 997 convictions.

Cleveland looked to copy New York and Cincinnati laws that made it illegal to possess a gambling slip. The City was also using the "Suspicious Person Ordinance" to detain "known mobsters."

Some of those "known mobsters" were living in Ward 25 on the Eastside. The 25th Ward is to the south of St. Aloysius, at 110th and St. Clair, bordered on the west by the Cultural Gardens, on the east by Eddy Road and on the south by University Circle. East 110th becomes Lakeview Road south of St. Clair. That was the home of the Lakeview Road Gang, mentioned in Godfather II. Suspected members were detained as suspicious persons.

In 1940, unlike Ward 24 to the west and Ward 27 to the east, Ward 25 had a substantial number of Italian inhabitants, over 600 native born Italians. A small percentage of that population

were members of the Lakeview Road Gang, and later the Mayfield Road Mob.

The Italian population in Ward 25 lived close to Little Italy. There were also a significant number of arrests of suspected members of Jewish and other crime organizations. Sometimes they were arrested together.

TRANSCULTURATION

Ward 25 consisted of 1,705 native born Russians, many of the Jewish faith, almost 800 native born Hungarians, 400 native Germans, and slightly over 300 Lithuanians. Those general numbers and proportional relationships are similar to neighboring wards.

The native born Irish in Ward 25 numbered 169. American born with Irish surnames, following the pattern of Ward 27, brings that portion of the population to almost 1,500 people. However, that number does not include the immigrants from Canada (234), England (334), Scotland (115), and Wales (31) with Irish surnames.

In the general narrative of the Irish Diaspora, those inhabitants are potentially Irish, but that introduces methodology that I have not embraced. What is of note is the larger number of immigrants from countries that were under the threat of war. Many in Europe were on the move, including Ireland's neighbors.

Ward 25 did have a higher percentage of native Clevelanders than Wards 24 and 27. 14,326 inhabitants were born in Ohio, and 98% of those were born in Cleveland. The City was still attracting large numbers of domestic migrants from Pennsylvania, 1,516, and New York State, 796.

Continued on facing page

Ward 25, 1940

Continued from previous page

The 25th Ward had comparatively more American born living in its borders than its neighboring wards. It had a larger African American population as well.

91 people migrated to Cleveland's 25th Ward from Alabama: 59 African Americans, 28 European Americans and four Chinese. 116 people from Georgia: 78 African Americans, 34 European Americans and four Chinese. Domestic migration of various population groups indicates the attractiveness of Cleveland.

Educational diversity is also shown in the census data. Alabama migrants included 12 people with some college, 6 African American and 6 European American. 10% of German immigrants had some college and 6 of the native born Irish had some college.

CULTURAL LOCI

There was cultural location affinity of the Italians on south Lakeview Road, the Jewish on 105th and the Irish near St. Aloysius, albeit not as much of an enclave. It is best to understand cultural population in pockets. African Americans tended to live in a series of adjunct houses, owned and rented. That

is similar to the Irish and other ethnic groups, numerically proportional to the totality of each group.

The 25th Ward's census data indicates that many were attracted to the location and opportunities available in proximity to the ward and in Cleveland as a whole. The City's population was growing and there was a financial commitment to improving the physical and functional aspects of city life. Those endeavors would change the city in the next decade and continues to influence how the Cleveland area interacts with each other and the rest of the world. ■

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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- 12th - Forever Young Meeting 1:00P
- 14th - Night at the Races
- 26th - General Meeting 7P
- 27th - Stephen L. Mulloy Sr. Reverse Raffle
- 28th - Steak Shoot 7P

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TAKING THE FIELDS OF GLORY

By Vincent Beach

Summer Play Begins

MIDWEST GAELIC SPORTS NEWS

An bhfuil sibh réidh? Tá súil againn é. Nearly the start of Monday night football there – are you ready ... for some GAA? The schedule is posted; The Cleveland Memorial 7's kicks-off the action for men's and ladies' football on May 21 in Cleveland. Thereafter, championship play begins for all codes (football, hurling, and camogie).

The men's football is divided into pools: Detroit, Cleveland, & Cincinnati; Buffalo Fenians, Buffalo Na Fianna, Pittsburgh; and Albany, Syracuse & Roc City (Rochester). The clubs will play one home and one away with those in their pool and are free to arrange friendly matches during off-weekends.

The ladies' football will also play a home and away series, but the pool is limited to Cleveland, Buffalo Fenians, & Pittsburgh. To facilitate the newly formed camogie (ladies' hurling) games and dual plays, football and camogie matches are scheduled for the same day/same city. That is, the Cleveland ladies and Pittsburgh ladies will each host a double header of football and camogie.

On the hurling-side, the clubs arranged for each city to host a Blitz. There, the host club will play a double header and all three other clubs will travel in for one match each. The summer-game play record will be the base for the Midwest GAA Finals seeding. This year the games will be played in Rochester on Saturday August 6 and Sunday August 7th. *Comhairdeas ag Rochester!* Just a reminder – the USGAA Finals are close this year in Chicago, starting August 19 through August 21.



Steve Mulloy (kneeling) with Owen and Joe Lowry.

CLEVELAND 7-A-SIDE GAELIC FOOTBALL TOURNAMENT - A SPECIAL MEMORIAL

This year we honor a great GAA family, the Mulloy's, and specifically Steve Sr. and Steve Jr. Thomas Mulloy and the family provided Irish with the following words about their father and brother: Steve Mulloy Sr. was born and raised in the town of Keel, on Achill Island, Co. Mayo, a teenage Steve Mulloy Sr. attended St.

Jarlath's College, Tuam, Co. Galway. Founded in 1801, the institution was a

renowned secondary school for young men in Ireland's western counties, including Steve's native Co. Mayo. He played many years with Cleveland St. Patrick's Gaelic Football Club.

Around 1980, Steve and a handful of other Irish immigrant footballers helped a group of young footballers, mostly American born to Irish parents, start their own club, after feeling passed over on game days in favor of the older, longtime players who may have lost a step or two. Along with other older former players for St. Pat's club, Steve Sr. aided the young "narrowbacks" with organization, fundraising and other details to launch a new club (narrowback is an American-born offspring of Irish parents).

Shortly after the establishment of St. Jarlath's Gaelic Football Club in Cleveland, Steve returned from a trip to Ireland. He brought with him a beat up, old brown suitcase. Inside were full uniforms – jerseys, shorts and long socks that rose up and cuffed just under the knee. For as long as I can remember, my dad was always helping young Irish Americans get involved in their Irish culture, whether teaching young West Side IA junior fife & drum marchers or encouraging them to form traditional Irish music or Celtic rock bands, he understood the importance of grooming the next generation to become caretakers of the heritage.

He had also served on WSIA board and as club president, served as delegate and executive director of the United Irish Societies in putting on the St. Patrick's Day parade, was involved with



MIDWEST GAA SCHEDULE				
Date	Men's Football	Ladies' Football	Camogie	Hurling
21-May	Cleveland Memorial 7's			
28-May	Fenians @ Na Fianna	Cincy @ Saints	Banshees @ Saints	Na Laochra @ Saints
04-Jun	Fenians @ Celtics	Saints @ Wolfetones	Camogie 360 Clinic - CLE	
11-Jun		Fenians @ Saints		Fenians @ Roc
18-Jun	Celtics @ Fenians	Wolfetones @ Saints	Banshees @ Fenians	
25-Jun	Cincy @ Wolfetones		Fenians @ Banshees	Akron Blitz Saints @ Celtic Guards Fenians v Pucas Roc @ Celtic Guards
09-Jul		Saints @ Fenians		Buffalo Blitz Saints @ Fenians Pucas v Roc Celtic Guards @ Fenians
10-Jul	Na Fianna @ Fenians			
16-Jul	Na Fianna @ Celtics	Wolfetones @ Cincy		Cleveland Blitz Fenians @ Saints Celtic Guards v Pucas Roc @ Saints
23-Jul		Saints @ Banshees	Saints @ Na Laochra	Pittsburgh Blitz Celtics @ Pucas Saints @ Pucas Fenians v Roc
30-Jul	Celtics @ Na Fianna	Saints @ Cincy		
6-Aug	Midwest GAA Finals at Rochester, Nua Eabhair			
7-Aug				
19-Aug	USGAA Finals at Chicago			
20-Aug				
21-Aug				

CLEVELAND ST. PAT'S - ST. JARLATH'S GAA SCHEDULE			
Date	Event	Location	Time
21-May	Cleveland Memorial 7's	WSIA	10AM - 4PM
28-May	Ladies' Football: Pittsburgh @ Cleveland	WSIA	12:30 PM
	Men's Football: Cincinnati @ Cleveland		2:00 PM
04-Jun	Camogie: Pittsburgh @ Cleveland	Detroit	3:30 PM
	Men's Football: Cleveland @ Detroit		TBD
11-Jun	Camogie 360	WSIA	TBD
18-Jun	Ladies' Football: Buffalo Fenians @ Cleveland	WSIA	2:00 PM
25-Jun	Men's Football: Detroit @ Cleveland	WSIA	2:00 PM
09-Jul	Hurling: Cleveland @ Akron	Akron Indoor	TBD
	Hurling: Cleveland @ Buffalo		TBD
16-Jul	Ladies' Football: Cleveland @ Buffalo Fenians	Buffalo	TBD
	Hurling: Buffalo @ Cleveland		12:30 PM
23-Jul	Hurling: Akron v Pittsburgh	WSIA	2:00 PM
	Hurling: Rochester @ Cleveland		3:30 PM
	Hurling: Cleveland @ Pittsburgh		TBD
30-Jul	Ladies' Football: Cleveland @ Pittsburgh	Pittsburgh	TBD
	Camogie: Cleveland @ Pittsburgh		TBD
06-Aug	Men's Football: Cleveland @ Cincinnati	Cincinnati	TBD
07-Aug	Midwest Finals		Rochester
19-Aug	USGAA Finals		Chicago
20-Aug			
21-Aug			



Irish Northern Aid, the Ancient Order of Hibernians, and so many other organizations, especially leading roles in raising funds for causes.

Steve and his wife Anne raised eight boys and two girls in Cleveland. Stephen Mulloy Sr. passed away on June 29, 2008, at the age of 74.

Steve Mulloy Jr. Young Steve or Steve was an ardent young footballer with St. Patrick's Football club minors and juniors. He was a founding member of St. Jarlath GFC. After retiring from the game, Steve faithfully supported the club at its fundraisers and other events, not only attending home matches, but also following the team for Midwest road games. But Young Steve took it further than that – he would routinely pop up at GAA North American County Board Finals across the country to show his support to the lads.

On those trips, his exploits and adventures are legendary among the fellow footballers who conspired with him in all sorts of road-trip mischief and mishaps. Young Steve loved all sports – but the Gaelic game was very close to his heart; his Cleveland Gaelic football team and friends were even closer.

Young Steve passed away this past July 8, 2021, at the age of 62. *Suaimeas síoraí dár n-anam.* Join the

Cleveland Irish community and Gaelic Athletic Association on Saturday, May 21st at the West Side Irish American Club for a day of Irish games, Irish hospitality, traditional music, *agus craic!*

CLEVELAND ST. PAT'S ST. JARLATH'S

Over thirty new players have been out to training for the adult football, hurling, and camogie teams, and it is not too late to join them. Join what? Join a great group of fun people to play competitive sports and socialize.

It is literally the cheapest personal training you will get! Kicking and catching balls with friends will take you back to the fun you may have had on your youth teams, but then there is advantage of the occasional barley-pop afterwards.

TRAININGS

Men's and ladies' football is Tuesdays and Thursdays at the WSIA (see below) from 6:30PM to 8PM. Hurling and camogie is Wednesdays 6PM-8PM in Seven Hills, and Sundays at the WSIA. **Cleveland Hurling/Camogie City Series**

Draft day for the 4-team league was April 16th, with games beginning May 1st. The games will be played at the WSIA on Sunday late-mornings. Switching gears slightly, the GAA

and WSIA will co-host their annual Night at the Races on May 14th, up at the club (WSIA). Once again, the best deal in town for fun and pints of the plain stuff. Tickets go fast, so reach out to either the GAA or WSIA soon.

CLEVELAND YOUTH CONTINENTAL YOUTH CHAMPIONSHIPS

St. Pat's – St. Jarlath's will hosted a series of free Friday indoor sessions, where new players learned the skills and played a few games. The regular spring/summer series will cover eleven weeks, as the program is gearing up to amass youth teams for the largest GAA event 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. Youth training sessions for all ages will be on Fridays in May (6, 13, 20) from 630PM – 730PM. In June and July, trainings will be on Thursdays ahead of the adult football practices, from 5PM-615PM. All training sessions are at the WSIA. For more info on the youth program, contact ClevelandYouthGAA@gmail.com.

GO RAIBH MÍLE MAITH AGAIBH
Thanks y'all) to our readers and

supporters. We need your help and involvement, but would most like to share the fun of Irish sport and Cleveland community with you. Consider getting involved at any level. **Fáilte** (welcome) to all. The Gaelic Athletic Association is Ireland's largest sporting organization, and a bit of home for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all ages.

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

Vincent Thomas Francis Xavier Beach is a proud Greater Cleveland and emigrant of Michigan. He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA.

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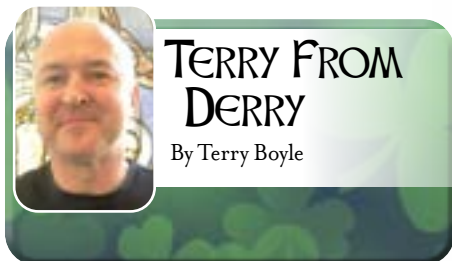
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| 4th – Cleveland St. Pat's Men @Detroit | 16th – West Side Irish American Club (WSIA) Monthly Meeting |
| 5th – Shamrock Club of Columbus General Meeting | 17th – Irish Roots Festival for May Dugan Center @MusicBoxCLE |
| 5th – Nora's Public House Golf Outing | 18th – The Hooley @Kamms |
| 6th – D-Day | 18th – Penn-Mar Irish Fest |
| 6th – #Irish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans | 18th – St. Pat's Men Host Detroit (WSIA) |
| 9th – The Druids @ St. Clement's Hall, Toledo | 19th – Father's Day |
| 10th thru 12th – Motor City Irish Fest | 20th – #Irish eBulletin drops in your inbox at 3:10 p.m. Signup: ilrish.us #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans |
| 11th – Cleveland St. Pat's Ladies Host Buffalo (WSIA) | 21st – Summer Begins |
| 13th – Irish American Club East Side Monthly Meeting | 24 thru 25 – Ohio Scottish Games @ Berea Fairgrounds |
| 14th – Flag Day | 29th – July Issue of ilrish hits the street #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican |





TERRY FROM DERRY

By Terry Boyle

Spring Awakening

To quote T. S. Eliot, *April is the cruelest month*. When I lived in Derry, April could well be the wettest month. When I lived in Chicago, even though April was the beginning of spring, the appearance of snow was still an active threat. And, here in the Coachella Valley desert, temperatures can occasionally spike to 100 degrees, a foretaste of what summer will be like.

I think no matter where you live, spring is always considered to be a time of transition and change. And, let's face it, spring has provided inspiration for poets, preachers and politicians, all of whom have cashed in on the positive attributes to change.

However, Eliot's *The Waste Land* is less than hopeful about the emergence of winter. Some would say, it's a matter of perspective. Eliot was the sort of person for whom the glass was half empty, one of those modernist writers who saw the 20th Century as the dawning of the apocalypse, preceded by futility and anarchy.



Springtime in the desert is something that I'm still trying to understand. I'd never seen myself as a 'desert rat.' Originating from a place where it constantly rains, I could not conceive of living somewhere where the liquid sunshine of Ireland, as my English friend calls it, rarely happens.

But it has been almost three years since we moved to the parched, dry land of Southern California, and I'm still here. If Eliot thought the English springtime was a good metaphor for his *Waste Land*, I wonder what images this environment would have conjured up in his mind, probably something more akin to Dante's *Inferno*.

I never thought that I'd love the desert. It even seems odd, if not mad, to consider the notion of loving such

an inhospitable place, but, believe it or not, it has its charms. Our arrival here, complete with the foreboding earthquake, was, in my mind, an escape from the Chicago winters. I still can't believe that I lived, or should I say survived, in the windy city for fourteen years.

And, while there was so much that I loved about Chicago, I could never get used to wearing a duvet-like coat for months on end. No matter how much I tried to convince myself that the city was a treasure trove of cultural delights, and it is, I could not escape the fact that the cruelest months began with the sudden drop in temperature.

Since coming to the desert, I've not missed the city as much as I thought that I would. I do miss going to the theatre. It seems that desert dwellers prefer to be entertained by what I would term as tickle shops, instead of serious theatre. Retirees, it would seem, prefer the company of drag queens and comedians to that of Shakespeare or Shaw.

However, if I put that small gripe aside, there is much that I love about living here. Who wouldn't love escaping rush hour traffic of the city, where the word gridlock rarely comes into your mind when driving. It's a joy to be able to get out into the countryside without an hour of stressful maneuvering in and out of the city.

Apart from the traffic, the pace of life is slower here in the desert. The frenetic jostling is now a thing of the past and not fondly remembered.

When I was in Ireland, I used to love hill walking in Donegal. The damp bog land leading up to Errigal was one of my favourite hikes. The heather and the gorse greeting you as you slogged your way up to the top of the highest mountain in the county was beautiful.

From the top, the views were spectacular, that is, if you had a clear day. Hiking there was a sheer pleasure.

Hiking in the desert is quite a different experience. For one thing, the severe barren look of the desert can be initially intimidating. This is not a place where you can simply wander in the hope of accidentally finding your way back. The desert is less forgiving than that of the Irish countryside, and I was not going to foolheartedly try and navigate my way around without some instruction. We joined the Friends of the Desert

Mountains, and soon discovered that while hiking in the desert you need to be prepared for all sorts of eventualities. Having sufficient water was paramount to survival; never wandering off the trail ensured your safety; and simply using commonsense made hiking a less worrying experience.

Once I got used to the landscape, my former misconceptions of the desert began to disappear. The rugged landscape was less barren than I previously thought. Plant life might be scarce, but it is there if you know where to look for it. As I walked with the experienced hikers, my appreciation for desert spaces grew into a sense of wonder.

Here, in what I formerly would have thought as God-forsaken, life survived, despite the cruelest summer months. One of our guides used the acronym HAT to describe the desert plant survivors. There were the hoarders, those like the cactus who stored water the avoiders, seasonal plants who bloomed/seeded and disappeared before the worst of the heat; and those that tolerated the heat of summer but did not store water.

As I began to understand the immense struggle of these plants for survival, my respect for life in the desert increased. Nature demonstrates how necessity can bring out some ingenious schemes for continuance.

This natural way of living on what is available is a contrast to how humans in the desert act. In a place where water is in short supply, desert communities continue to expand, building golf courses, and water features, all in a time of extreme drought. It seems that nature might know how to live with less, but humans prefer to deny such realities.

So, when I'm walking up a desert mountain, I can look around me and see small signs of life. Little flowers that may have waited for years for rain. They bloom for a few weeks and die, leaving their seeds to wait for the next rainfall. Or I can look down from the mountain and see the many rich resorts with lush golf courses, and huge lakes dotted through the Coachella valley.

Spring is a time of change. Nature has learned to adapt and survive, but will we as humans ever learn from nature to live within our means? ■

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By Megan Lardie

KIDS CRAIC

May: The month to Celebrate Moms and Nurses!

May is, of course, the month we celebrate Mother's Day, but May also honors nurses with International Nurses Day on May 12th, which is the birthday of Florence Nightingale. Mothers are usually our primary nurse as we grow up. The first one to check out whatever hurts and always make it better with maybe just a kiss or maybe an ice pack and a band aid.

Nurses are amazing human beings. They are there to help mothers welcome babies into the world. They are there to help people who are not well feel better. And they are there to help people who are dying, to pass as peacefully as possible.

Florence Nightingale is credited with making hospitals cleaner and safer. She is often referred to as "The Mother of Modern Nursing." When she was a teenager, she believed she received a calling from God to help the poor and the sick. Her parents wanted her to get married and raise a family, but she felt she needed to go to Germany and study to become a nurse.

When a war started in the 1850s, Florence Nightingale was one of the most important people in nursing. The British were not prepared to deal with the number of sick and injured soldiers. The Secretary of War in Britain asked Florence Nightingale to get a team of nurses together and go to the frontlines to take care of the wounded soldiers.



The nurses brought supplies, healthy food, and sanitary (cleaning) practices to the military hospital. The nurses also provided individual care and support to the soldiers. At night, Nightingale would take a lantern and check on the soldiers, so they gave her the nickname, "The Lady with the Lamp." Due to her sanitary ideas and practices, the death rate dropped for 40% all the way down to 2%.

International Nurses Day is celebrated all over the world, including the United States and Ireland. The theme for 2022 is *Nursing the World to Health*. Over the past two years, nurses have been taking care of all the sick Covid-19 patients and have done incredible work. Celebrating Interna-

tional Nurses Day is so important. It is a celebration that brings nurses together from all countries, all races, and all genders for the goal of making people

healthy. When you see a nurse or if you know a nurse, always let them know how grateful you are for all that they provide for you! ■

Kids in the Kitchen

Peanut Butter and Jelly French Toast Try this twist for Mother's Day Brunch!



INGREDIENTS

- 3/4 cup peanut butter
- 12 slices bread
- 6 tablespoons jelly or jam
- 3 large eggs
- 3/4 cup 2% milk
- 1/4 teaspoon salt
- 2 tablespoons butter

1. Spread peanut butter on 6 slices of bread; spread jelly on the remaining 6 slices of bread. Put 1 slice of each together to form sandwiches. In a large bowl, whisk the eggs, milk and salt. Dip both sides of sandwiches in egg mixture.
2. In a large skillet, melt butter over medium heat. Cook sandwiches for 2-3 minutes on each side or until golden brown.

Literature Corner

• **Florence Nightingale** by Shannon Zemlicka
Read this biography to learn more about Florence Nightingale. When she was growing up, nursing was not a job that her parents wanted her to have, but after sixty years in the field, she made it a very honorable profession. Ages 7-10, 46 pages.

• **Kindness is my Superpower: A Children's Book About Empathy, Kindness, and Compassion** by Alicia Ortego
This charming story will help you teach your child that being kind is a superpower. Lucas will explain that it is okay to make mistakes and say I'm sorry and teach your child good manners and behavior at home and at school. Readers will learn what kindness means and understand what it takes to be kind, sensitive, caring, and generous. Ages 3-7, 38 pages.





BLOWIN' IN

By Susan Mangan

@SueMangan

Spring Swans

"Nine- and-fifty swans . . .

*Scatter wheeling in great
broken rings . . .*

And now my heart is sore . . .

All's changed since I, hearing at twilight,

The first time on this shore . . .

But now they drift on the still water,

Mysterious, beautiful.

Among what rushes will they build . . .

When I awake some day

To find they have all flown away?"

William Butler Yeats

"The Wild Swans at Coole"

Recently, cold spring winds blew over Crooked Lake. Drifts of ice wafted with winter rhythm against the sea wall. There were no boaters, no children skating on ice, no water skiers, no brilliant sunsets.

All was grey; but in this grey horizon there was beauty, for on the cold, lapping waves swam a family of swans. Beautiful and austere, they floated and ducked beneath the waves searching for food. A pair of ducks sailed nearby, while a flotilla of geese flew high above the grey waters, their

cries mingling with loud whistling wind.

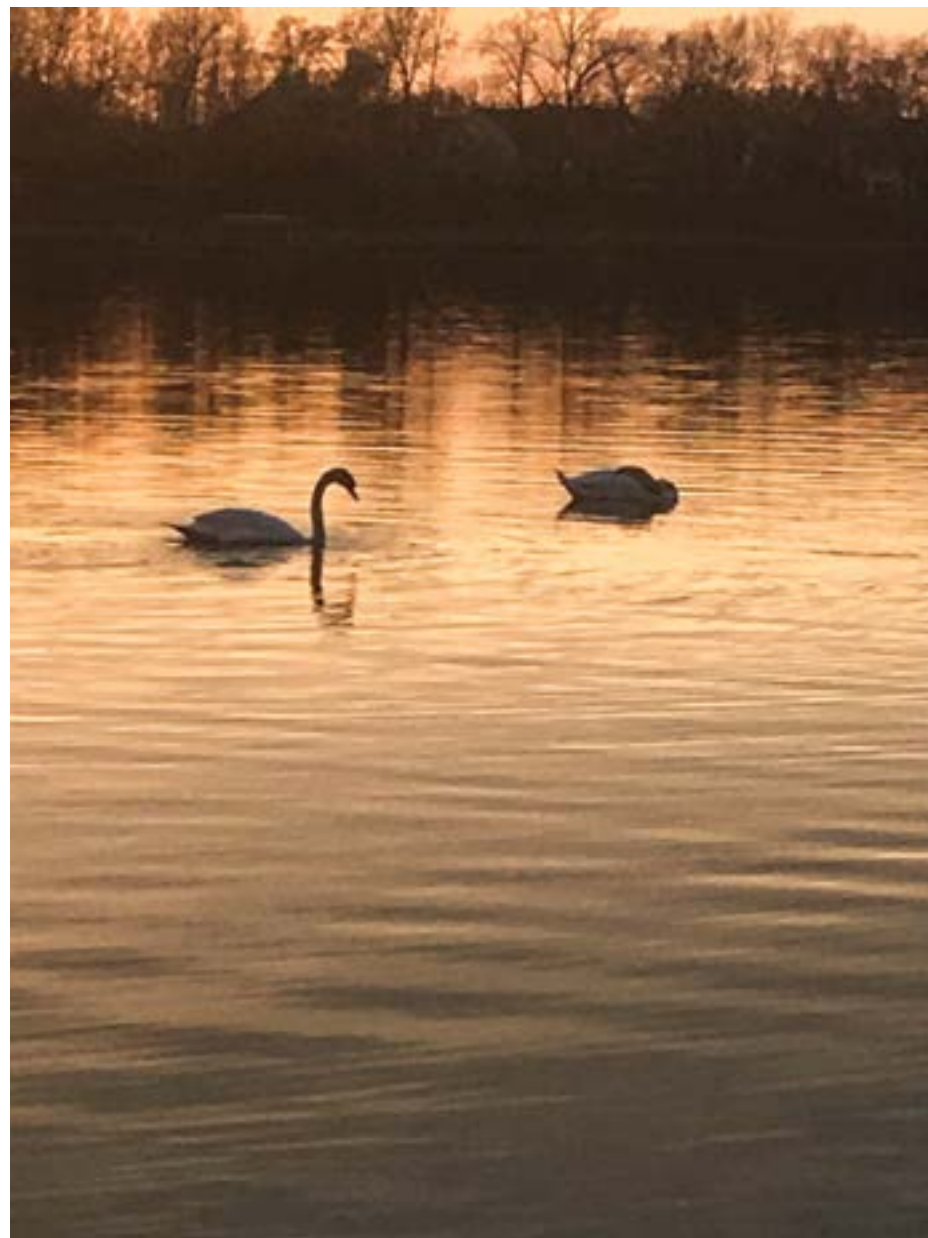
My father joined me at the porch window where I stood watching this avian scene, powerless to the chill of nature, humbled by the strength of these downy creatures.

He said, "I wonder if this is the same family of swans that were here five years ago?" When your 89-year-old dad reflects, you listen and your heart stills in recognition. Five years ago, my mother was still alive, and they started to plan for their 60th wedding anniversary.

On that warm spring night, the swans were swimming and my parents shared with them a sunset filled with promise. My mother loved the birds. The pages of her bird book are well worn. On dog-eared pages, my mother circled the birds she spied on Crooked Lake.

Once she told me about the Baltimore oriole that visited her feeder. It was the only one she had ever attracted, and she was so proud, so happy. For Christmas one year, my parents bought each other a set of binoculars to share, as couples do who have spent a lifetime together. They share life's simple joys.

This past summer I spied a trio of sandhill cranes. Prehistoric remnants, they were quite comfortable with their awkward bearings. I had never witnessed these birds in their natural state, feeding amongst the pussy willows and lily pads, their eyes, feathered slits of red, brilliant through the distorted lenses of the old binoculars. At once, I felt as though I were intruding upon their family table. Who was I to share in this remarkable dinner with such unique creatures?



THE NAMES OF BIRDS

My mother taught me the names of the birds that hovered at her feeders and fished in the waters outside of her kitchen windows. Tufted-titmouse, nuthatches, coots, ruby-throated hummingbirds, a lone rare bluebird, and of course the mute swans.

My mother warned me of the mute swans. They can be vicious while protecting their nests. In truth, when a swan unfolds her wings and proudly rises to her full height, she is almost the size of my petite frame, and probably fiercer. While I keep my spaniel far away from the swans when they near the shore of the lake, I do enjoy their beauty. For all their noted aggression, they appear serene and mark the lake in early spring with elegance and memory.

May is a month for mothers. Trees explode with fragrant blooms, the

earth warms, and mother birds teach their fledglings to fly. This is perhaps the hardest lesson of motherhood, when does one rise like a protective swan or when does one nudge her babies from the nest?

My ears ring with my mother's words: "You never know what it is like to be a mother until you are one yourself," "Pretty is as pretty does," "Fretting does not control that which you cannot control." How I wish that I could listen to the patient advice of my mother once again.

THE BOND BETWEEN A MOTHER AND CHILD

I remember the last time I held her. She was weak and could not bathe herself. I opened the box of luxury soaps and lotions that I purchased for her the previous Mother's Day.

My mother was so small, like a

child. She shrank with the worries she quietly carried for those she loved and her tireless effort as a mother.

On that day, it was time for me to hold and pamper her with delicate fragrance and soothing lavender. For her, I extended my arms like a confident swan tucking my tears away and embraced my mother on the last day I would see her alive. The bond between a mother and child is strong; it is no wonder that spring birds protect their nests with such ferocity. Strength hides in the guise of beauty.

This Mother's Day will be my first as an "empty nester." I disagree with this colloquialism; a mother's nest is never truly empty. While her house may quiet, a mother's heart is always alert; her nest filled with joy and memory, sadness and worry, strength and perseverance. A mother's nest is cloaked in the economy of life: a twig here, a tuft of lint there, and always, a place of comfort to which her young can return, unconditionally.

For now, I celebrate my children, their joy and accomplishments, and share in their sadness. Despite my mother's advice, I worry about the

safety and health of my young. How am I different from the red-wing blackbird that guards her nest with the tireless flutter of frantic wings? Knowing that I have loved and guided my children with my whole heart, I am at least comforted as they journey into the world. I am here keeping their home safe, a refuge from the uncertainty of adult life.

On that cold day in early spring, as my father and I looked out at the family of swans swimming in the frigid waters of Crooked Lake, some of their plumes washed ashore, ephemeral reminders of warmth and commitment. Silently, we acknowledged the familiarity of the swans as they swam toward the reed-lined shore and settled in their hidden nests. ■

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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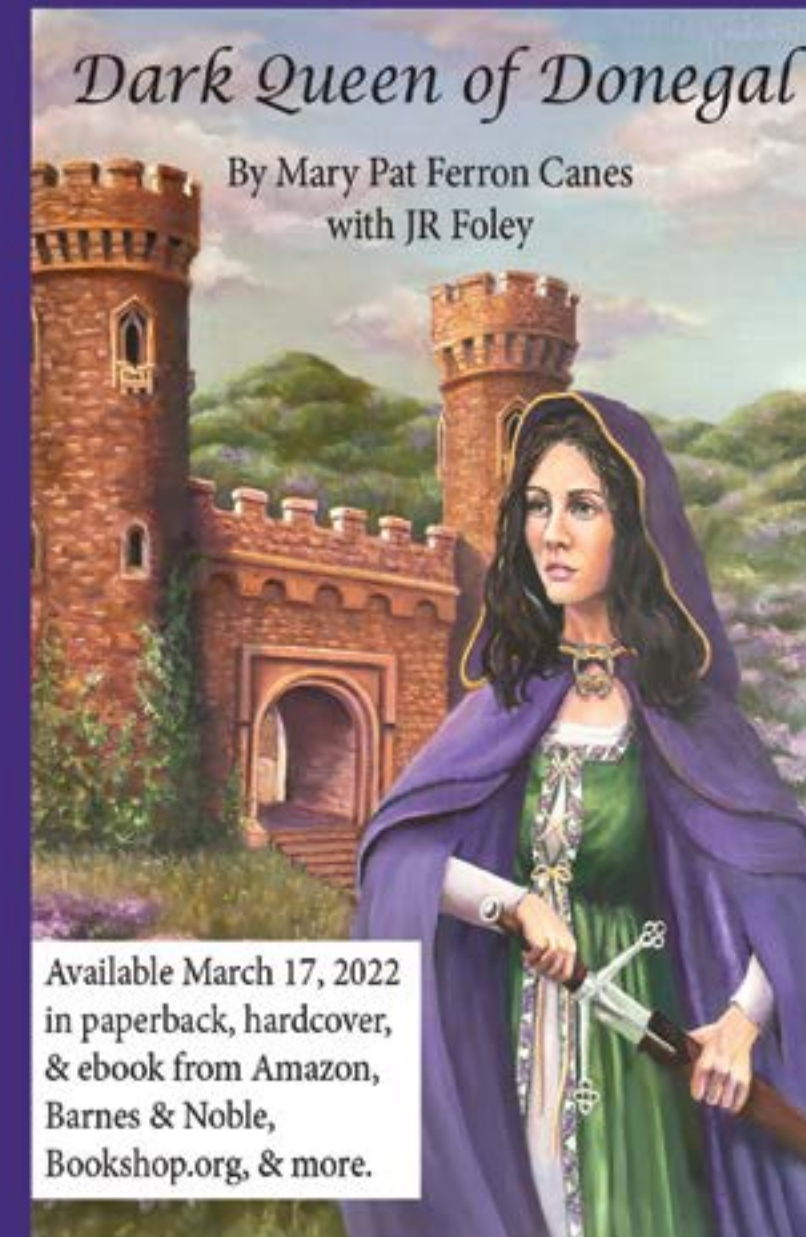


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TOLEDO IRISH

By Molly McHugh

The Druids are Coming to Toledo

It's with great excitement I share that the award winning international folk band, *The Druids*, straight from



County Kildare, will be coming to the Glass City for the first time in June. The Toledo Ancient Order of Hibernians, in partnership with the Toledo Irish American Club, will be hosting the band at St. Clements Hall on Thursday, June 9th at 6:00pm.

The night will consist of two parts, kicking-off with band member Mick O'Brien, hosting a half hour educational talk about Irish songs as historical artifacts. After the educational session

is over, the Druids will start their performance, which energizes every crowd.

The Druids formed in 2008 and have consistently grown in popularity throughout Ireland and abroad. In 2017, they were the recipient of "The Best Live Act" award at the Irish Folk Music Awards hosted in Dublin, Ireland. Throughout the pandemic, The Druids collaborated on a new album titled 'Just Grateful to Be Here,' which

according to their website, contains fresh new sounds with powerful vocals and amazing musical arrangements and is hailed as the best music The Druids have delivered to date. Included in the brand-new album are songs such as "Go Lassie Go" and "Caladonia"

Tickets can be purchased online through Eventbrite.com. For both the talk and the concert, tickets are \$25 in advance/\$30 at the door; for just the concert, tickets are \$20 in advance/\$25 at the door.

Of course, there will be alcohol, soda and a special performance by local Irish dancers.

Speaking of local Irish dancers, as I write this column, Toledo native Irish dancer, Rylie Young, is on her way to Ireland to compete in the World Irish Dance Championships; Best of Luck to Rylie!

It feels as if it has been ages since we have seen Irish music come to life in Toledo. Of course, the pandemic had a lot to do with that, but it warms my heart to see the Irish community here start to come alive again. Huge thank you to both the Toledo AOH and Toledo Irish American Club for joining forces to make this special night happen. ■

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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ERIN GO BRAGH



AN EEJIT ABROAD

By Conor Makem

Does New Mexico Count as Abroad?

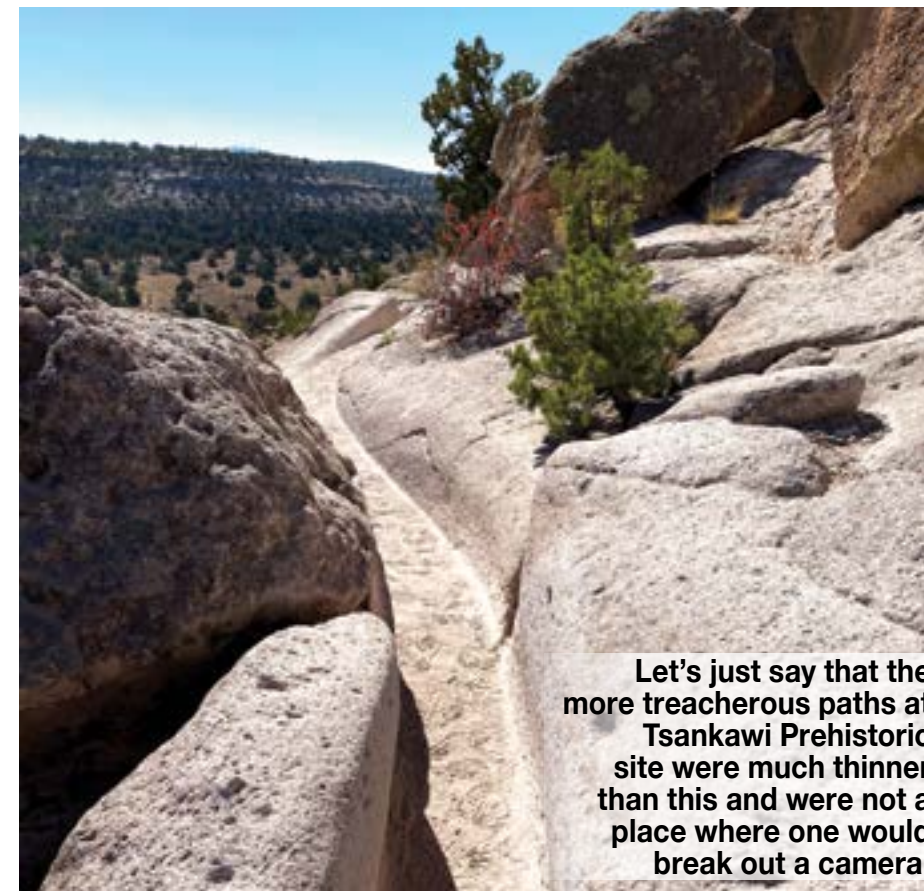
I'm not going to beat around the bush. Traveling internationally has become slightly less dependable of late. Sure, you might be able to visit foreign climes if you're fully vaxxed, but you're still not assured of getting back into the old U.S. of A. One bad test can set you back another week or more (hello unexpected expenses).

Luckily, the other half and I have a favorite haunt within our borders: New Mexico. Libby loves it because her father lives there. For me, I love the landscape and southwestern cuisine. If you ever visit, you'll need to be ready to answer the server when they ask, "red or green?" (What flavor sauce do you want?) Her father and his wife are pretty good folks as well, I'll not deny.

And so it was that we set off for our first flight in over two years, flying from Boston's Logan Airport to Denver International.

Now, I know the airlines are lobbying for mask requirements on planes to be loosened and I don't know what the outcome will be when this issue of *iIrish* sees the light, but this trip was several months ago, and face coverings were required. At the time, anyone wanting to eschew the mask simply needed to purchase a coffee. Apparently, as long as you're holding one, you can't catch or spread Covid-19 and your mask can be stowed under your chin. Who knew?

I'll skip the visit with old college friends in Colorado and move right on to the meat of the column, New Mexico. Libby's father and his wife live in a Abiquiú, a "census-designated place, about fifty-three miles north of Santa Fe. With only a little over 200 people, I'm guessing it doesn't have enough of a population to qualify as a town, but what it has is a high percentage of artists (Georgia O'Keefe lived here).



Let's just say that the more treacherous paths at Tsankawi Prehistoric site were much thinner than this and were not a place where one would break out a camera.

If you're ever, per chance, passing through, make sure to stop off at Bode's General Store. As the only shop in the area, it carries an impressive array of goods, from local wine and homemade tamales to cattle and chicken feed to t-shirts and gardening supplies. I just love it.

PREHISTORIC CAVES

Libby and I always try to visit interesting places while we're vacationing (something I'm sure never dawns on anyone else) and on this trip, we decided to explore the Tsankawi Prehistoric Site, a Bandelier National Monument. You've surely seen sites like this on documentaries. Cave dwellings dotted throughout steep rock faces.

Starting around 1150 A.D., hunter gatherers formed communities here. They're now referred to as the Ancestral Pueblo people (Anasazi). Centuries ago, there was a combination of cave dwellings and, on the base of the cliffs, masonry structures (open pueblos). The caves remain.

Visitors are allowed into many of the dwellings, but it isn't the easiest of access, as you can well imagine. The Anasazi created thin walkways, but into the stone and oftentimes barely wide enough to fit your feet into. You really don't want to lose your balance in some areas.

For those who make the trip, the dwellings are exceptional. There is still soot on the ceilings (apparently used to help seal cracks so rain and sand wouldn't filter down inside. There are petroglyphs and pictographs to set your mind wandering. It is truly awe-inspiring to contemplate the native population living inside these caves, gazing over the beautiful landscape, growing crops and forming communities for the first time. Consider that people arrived in the area 11,000 years ago.

Walking the trails at Tsankawi will be difficult for some people, but for those who are worried about Covid-19, it provides a unique outdoor experience.

LOS ALAMOS

After leaving the prehistoric site, we made our way north to the storied town of Los Alamos. You may have heard of it. Referred to, even in their own transit system, as Atomic City, it was the base for the Manhattan Project, where the first atomic bomb was created.

Having been raised in New England, it was obvious that this town was built. It didn't come in dribs and drabs as people moved into the area over centuries. Not too ironically, it reminded me of a town where you might find the average nuclear family.

The proprietor of a local art shop noted that the locals can be quite stand-off-

ish to newcomers, but that that was to be expected. For decades, top military scientists have tried to keep the country's secrets from prying eyes and anyone unknown would likely be considered a possible spy.

COOL!

But enough of that. We had been instructed to visit the town for the sole purpose of visiting Señor Tortas, a food truck located between two bank parking lots. Food is sometimes the only driving force for us to visit an area. I'll admit that Los Alamos held a mystical quality in my mind, but a Mexican food truck in New Mexico? I'm not going to need a cattle prod.

I ordered the barbacoa tacos (barbecued meat, and in this case, beef) and a Fanta, served in a glass bottle from a cooler. I can only say that there is a reason Mexican food is so popular. It's simple, hearty and delicious.

DISASTER

The day before we were to drive back to Denver was a Sunday. Picture, if you will, blowing a tire in the middle of nowhere on a Sunday, with only the donut replacement tire available. Now consider that Denver was six hours away on the highway, with a tire that isn't supposed to go over forty miles per hour and isn't intended for great distances.

We were sunk. There were no service stations open within a half hour. The puncture was on the side wall and was big, so we couldn't plug it. The rental agency could only get us a replacement car the following day, and the office was hours in the wrong direction.

Long story short, a man named Jo-El, at a Wal-Mart in Española, stayed late to help us out and afterward wouldn't accept a tip. We notified the store of his above and beyond work ethic (and humanity) and I'm sending thanks his way again. Thank you Jo-El. ■

Conor Makem spent 22 years traveling and honing petty gripes as an Irish musician, and enjoyed a further 13 years of people not returning his calls as a journalist. He is fluent in English, American and old Kerry farmer. More of his photos are on Instagram under [cb.makem](https://www.instagram.com/cb.makem).

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IRISH TRIVIA

1. What is camogie?
2. Where is the home of the famous Claddagh ring?
3. What happened to Roger Casement?
4. What county are the Aran Islands in?
5. What is the smallest county in Ireland?
6. What is the name of the river that runs below Lismore Castle in County Waterford?
7. Where and when was Michael Collins killed?
8. Who founded Fiana Fail?
9. Which city is referred to in "The Town I Love So Well?"
10. What film did Walt Disney make about Ireland?

1. Women's hurling
2. Claddagh, Co. Galway
3. He was hanged for treason in London in 1916
4. County Galway
5. County Louth
6. River Blackwater
7. Béal na mBláth
8. Co. Cork on August 22, 1922
9. Eamon de Valera
10. Darby O'Gill & the Little People



ILLUMINATIONS

By J. Michael Finn

Roddy McCorley

"There was never a one of all your dead, more bravely fell in fray Than he who marches to his fate on the bridge of Toome today True to the last, true to the last, he treads the upward way And young Roddy McCorley goes to die on the bridge of Toome today."

It is well known that the history of Ireland is often found in its poetry and song. This month we will explore the popular poem and song, *Roddy McCorley*.

The words of the song originally came from a poem written in 1898 by Irish poet, journalist and nationalist Ethna Carbery (1866-1902). Her intent was to commemorate the 100th Anniversary of the 1798 United Irish Rebellion. The origin of the melody is unknown, as the tune actually appears in several older traditional Irish songs.

Some of McCorley's life is unknown and some of it is in dispute. We know that he was born near Toome in the civil parish of Duneane, County Antrim, Ireland. The date of his birth is unknown; it was likely in the 1770s. He and his family were Presbyterians.

A few years before the 1798 rebellion, McCorley's father, a miller, was executed for stealing sheep. The charges may have been politically motivated in an attempt to remove a troublesome agitator. Following his father's execution, his family was evicted from their home. In those days in the north of Ireland it was common to evict both Catholics and Presbyterians (since both faiths were not part of the "established church," that is, the Church of Ireland).

The 1798 United Irish Rebellion was an insurrection launched by the United Irishmen, an underground republican society, composed of both Protestants

(known as Dissenters) and Catholics, aimed at severing the connection with England and establishing an Irish Republic based on the principles of the French Revolution.

There is uncertainty as to whether McCorley was actively involved with the predominantly Presbyterian United Irishmen. It is suggested that he was one of the leaders of the United Irishmen at the Battle of Antrim; however, there is no documented evidence to support this claim.

After the rebellion failed, McCorley joined a notorious outlaw gang known as Archer's Gang, made up of former rebels, and led by Thomas Archer. Some of the gang, like Archer, had deserted from the British Army and fought on the Irish side, and as such were guilty of treason. This meant that they were always on the run in an attempt to evade capture.

The gang attacked Loyalists and participated in other mischief against the Loyalist population around Ballymena. It is believed that McCorley was caught while in hiding, having been betrayed by an informer.

McCorley was arrested and tried by court martial in Ballymena on February 20, 1800 and sentenced to be hanged "near the Bridge of Toome," in the parish of Duneane. His execution occurred on February 28, 1800.

His body was dismembered and buried under the gallows, on the main Antrim to Derry Road, where the traffic from Antrim to Derry would pass over it. The bridge at Toome had been partially destroyed by rebels in 1798 to prevent the arrival of Loyalist reinforcements from west of the River Bann.

A letter published in the *Belfast Newsletter* a few days after McCorley's execution gave an account of the execution and how McCorley was viewed by some (in it he is called Roger McCorley, which may have been his proper Christian name).

"Upon Friday last, a most awful procession took place here, namely the execution of Roger McCorley who was lately convicted at a court-martial, to the place of execution, Toome



Roddy McCorley

Bridge, the unfortunate man having been born in that neighborhood. As a warning to others, it is proper to observe that the whole of his life was devoted to disorderly proceedings of every kind, for many years past, scarcely a Quarter-sessions occurred but what the name of Roger McCorley appeared in a variety of criminal cases.

His body was given up to dissection and afterwards buried under the gallows...thus of late we have got rid of six of those nefarious wretches who have kept this neighborhood in the greatest misery for some time past, namely, Stewart, Dunn, Ryan, McCorley, Caskey and the notorious Dr. Linn. The noted Archer will soon be in our Guard-room."

Thomas Archer was caught soon after McCorley's execution, probably based on information provided by the same informer who brought about McCorley's capture. Archer was also tried by court martial on March 5, 1800 and sentenced to "death, dissection and the gibbet." He was hanged from an ash tree at Ballymena. His death marked the virtual end of organized United Irish resistance in Antrim.

In 1852, it was decided that a new bridge would be erected on the site of the original bridge over the Riv-

er Bann in Toome. The foreman in charge of the work was a nephew of Roddy, named Hugh McCorley. Knowing where his uncle's martyred body lay, he carefully laid plans to recover it.

On June 29, 1852, he unearthed his uncle's remains with the help of a group of friends and relatives, placed them in a coffin, and a funeral was held. It was described as the largest ever seen in the area. McCorley's body was re-interred in Duneane Churchyard in an unmarked grave, where he rests today (it was not until 1909 that historian Francis Bigger erected a tombstone over the grave).

In April 2009, a memorial Celtic Cross was erected in front of the PSNI (Police Services of Northern Ireland) station in the village of Toome, County Antrim, Northern Ireland. The inscription reads as follows: "In memory of Roddy McCorley who was hanged here for his part in the rising of 1798. The dead, who died for Ireland, let not their memory die."

The popular song *Roddy McCor-*

ley has been recorded by The Clancy Brothers and Tommy Makem, The Dubliners, The Kingston Trio, and many others during the folk music revival of the 1960s, and it was recorded in 1995 by Shane MacGowan and The Pogues.

McCorley's great-grandson, Roger McCorley (1901-1993), was an officer in the Irish Republican Army in the Irish War of Independence (1919-1922). He is buried in the Republican Plot in Glasnevin Cemetery in Dublin. ■

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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OFF THE SHELF

By Terry Kenneally

These Days

By Lucy Caldwell
Faber ISBN 978-0-571-37130-3
2022 275 pp.

Belfast remained relatively unscathed during the first two years of World War II. Locals believed it was outside the range of German bombers. But the city's shipyards become a target for the Nazis.

About 200 of the Luftwaffe set off to target Northern Ireland's capital. The city was not prepared for such a large-scale attack. Hundreds of tons of explosives and incendiaries rained down on the city. About 1,000 people were killed and the city left in ruins.

It was the worst wartime air raid in any city outside of London. It is against that backdrop that this month's Off the Shelf selection, *These Days*, was written by Lucy Caldwell, one of the "Ire-

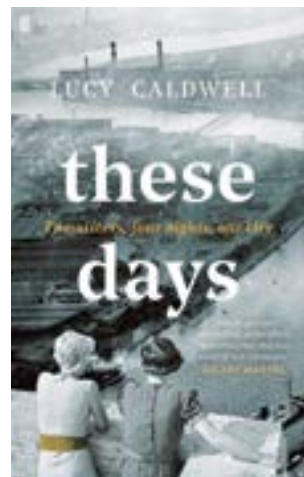
land-born most essential writers." Following the lives of two sisters, Emma and Audrey, one engaged to be married, the other in a secret relationship with another woman, as they try to survive the horrors of the four nights of bombing which were the Belfast Blitz. The book presages the current catastrophic events in the Ukraine, which we read about and watch on television daily.

These Days takes as its focal point a series of attacks: the Docks Raid, the Easter Raid and the Fireside Raids, that took place in Belfast from April to May 1941.

900 people died and more than a thousand were injured in the Easter Raid alone. "Over the course of the night, and the next, close to 1,000,000 incendiaries were dropped over the city, more than in almost any other raid anywhere in the United Kingdom. Many of them this time are fitted with anti-handling devices.

The fierce old woman that Emma talked about in the book, going to

pick them up and throw them out of their houses with fire tongs, lose their hands and lives. Men shovel them from the roofs of the streets in the east, until those roofs collapse beneath them. "



Audrey, a junior clerk at the Belfast tax office, has just become engaged to Richard, a respectable but somewhat stiff doctor who views marriage as the logical step in their relationship. Meanwhile, at the local first aid post, Emma is experiencing the first flashes of love, having fallen for Sylvia, a re-

laxed self-assured woman who works alongside her at the station. These relationships form the personal side of the story. *These Days* is a timeless and heartwarming novel about being under duress, about family, and about how we try to stay true to ourselves. I rate this book a TOP SHELF read. ■

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May
6- Nathan Henry
7- Crawley and Sofranko
13- Roadhouse Jr and Sr
14- Barleycorn
20- Island Doctor
21- Music Men (music trivia)
27- The Other Brothers
28- Dulahan.

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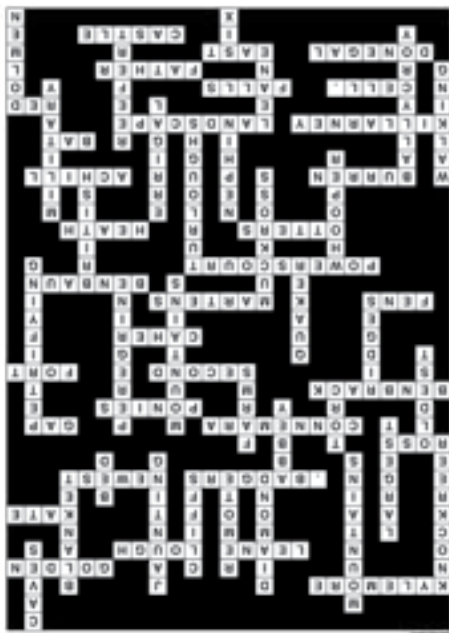


CROSSWORD PUZZLE

By Linda Fulton Burke

ACROSS

- 3 _____ Abbey Estate was once part of it. CNP
- 9 Special Protection Area for the _____ eagle. GNP
- 10 Lough _____ KNP
- 11 _____ Veagh GNP
- 13 _____ Kearney's Cottage KNP
- 15 pine marten, _____, foxes and stoats BNP
- 17 Ireland's _____ national park WNBPNP
- 18 _____ Castle KNP
- 22 _____ National Park in County Galway
- 25 _____ of Dunloe KNP
- 27 herdmof Connemara _____ CNP
- 28 _____ and Muckanaght CNP
- 30 the _____ largest of the national parks of Ireland. GNP
- 31 Iron Age stone _____ of Cahercommaun BNP
- 33 The _____ WMNP
- 34 _____ and calcareous grasslands BNP
- 35 Foxes, badgers, owls, pine _____ and peregrine falcon are residents GNP
- 36 _____ and Bencullagh CNP
- 38 The _____ Estate WMNP
- 41 _____ and seals inhabit the coastal shores of the park BNP
- 42 A mix of upland blanket bog and _____ wooded valleys, lowlands, streams and forests WMNP
- 47 _____ National Park in County Clare BNP
- 48 _____ Island is visible WNBPNP
- 50 Protected species of animals include rare otters and ten _____ species WMNP
- 51 _____ National Park in County Kerry



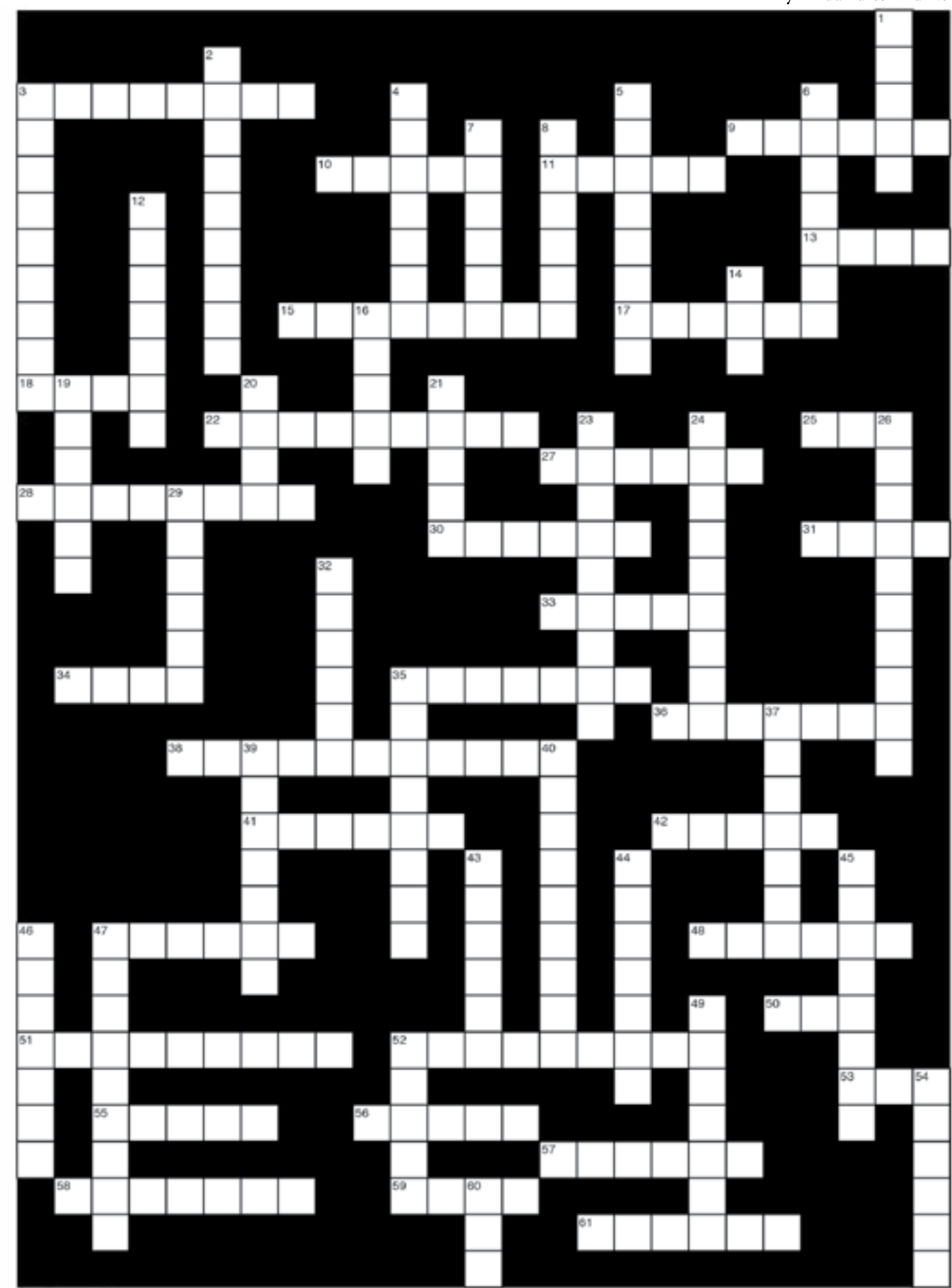
- 52 Atlantic bog and mountainous terrain form much of the _____ WNBPNP
- 53 largest herd of _____ deer in Ireland GNP
- 55 St. Kevin's _____ WMNP
- 56 Astellen _____ GNP
- 57 The house featured in the TV series " _____ Ted" BNP
- 58 Glenveagh National Park in County _____
- 59 Only national park in Ireland located in the _____ of the country. WMNP
- 61 Glenveagh _____ GNP

DOWN

- 1 Aillwee _____ BNP
- 2 Wicklow _____ National Park
- 3 _____ House and Gardens KNP
- 4 _____ Hill CNP
- 5 _____ Cart rides KNP
- 6 Owenduff Bog one of the last intact active _____ bogs in Western Europe WNBPNP
- 7 one of the most _____ parks in Ireland GNP
- 8 lakes and _____, BNP
- 12 Ireland's _____ national park WMNP
- 14 St. Kevin's _____ WMNP
- 16 The Muckcross _____ KNP
- 19 the _____ National Park KNP
- 20 _____ Waterfall KNP
- 21 Muckcross Traditional _____ KNP
- 23 Derryveagh _____ dominated by lakes, mountains, waterfalls, and native oak woodlands GNP
- 24 Threatened birds species found include _____ falcon and the whooper swan. WMNP
- 26 ash/hazel woodlands and _____ springs BNP
- 29 4,000-year-old megalithic tombs and old farmer _____ CNP
- 32 Entrance in Letterfrack, a 19th-century _____-founded village CNP
- 35 _____ House KNP
- 37 A hiding place for opponents of _____ Rule in the 17th and 18th centuries MNP
- 39 _____ swans and peregrine falcons WNBPNP
- 40 hazel scrub and _____ BNP
- 43 _____ Beg range of mountains WNBPNP
- 44 Mount _____ GNP
- 45 _____ Road The oldest established walking route in Ireland WMNP
- 46 The oldest established _____ route in Ireland WMNP
- 47 Wild Nephin _____ National Park in County Mayo
- 49 _____ Church WMNP
- 52 Ladies _____ KNP
- 54 The Poulabrone _____ BNP
- 60 _____ National Parks in Ireland

Ireland's National Parks

By Linda Fulton Burke



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