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*i*Irish Columnist

Marilyn Madigan

Elected National President
of The Ladies Ancient Order
of Hibernians in America!

ANNUAL CELTIC & IRISH FESTIVAL FOCUS ISSUE!



EDITOR'S CORNER

By John O'Brien, Jr.

@Jobjr

Hibernian? What's a Hibernian?

Perhaps you have heard of the Ancient Order of Hibernians in America (AOH), and their magnificent counterpart, the Ladies Ancient Order of Hibernians in America (LAOH). The Hibernians are a group of like-minded men and women, issues based, and dedicated to: promoting friendship, unity and Christian charity; to foster and sustain loyalty to our faith and to the United States of America among our members; to aid and advance by all legitimate means the aspirations and endeavors of the Irish people for complete and absolute independence; to foster the ideals and perpetuate the history and traditions of the Irish people; and to promote Irish culture.

Hibernians are the oldest and largest Catholic organization in the world. I've been a member of the AOH for a long time; I joined maybe fifteen, maybe twenty, maybe more, years ago; I honestly don't know. The sense of working together for a greater good is the river that runs through the Hibernians, fueling and inspiring by the good works of member that have left an impact filled and lasting legacy since the AOH first formed in America on May 4th, 1836.

I haven't been a member quite that long, but I do see and strive for the legacy left

behind by those that came before me. God willing, I, and those brothers and sisters at the convention, and not, will add to that legacy too, with what we leave behind us.

Preserving, presenting and promoting our rich Irish heritage is the primary reason we started Cleveland Irish Cultural Festival, almost forty years ago. It is the primary reason I started *ilrish* newsmagazine, more than sixteen years ago. It isn't about me. We don't do it for credit, we do it for a higher purpose – maybe friendship, maybe faith, maybe charity, maybe more.

Unity, Friendship and Christian Charity are things I have been working toward, seeking endlessly. I would work toward those causes whether I was a Hibernian or not. I suspect my Brother and Sister Hibernians would say the same. It is a branch of the river that runs through us. Seeking reunification for a united and free Ireland is most frequently heard about in the songs and stories of our bards, but Only Our Rivers Run Free.

Irish independence leader Patrick Pearse said, "... believe that we too love freedom and desire it. To us it is more desirable than anything in the world. If you strike us down now, we shall rise again and renew the fight. You cannot conquer Ireland. You cannot extinguish the Irish [or American] passion for freedom. If our deed has not been sufficient to win freedom, then our children will win it by a better deed.

The Ancient order of Hibernians in America and the Ladies Ancient Order of Hibernians in America are working to create better deeds - today, and a legacy of better deeds for as long as we have the gift of life. We are grass-roots Irish America.

The Hibernians held their Biannual National Convention, this year in Pittsburgh, PA. I am blessed, and I was able to attend. We expanded *ilrish* to the Greater Pittsburgh area September 1st, almost a year ago. The chance to see in person the

many wonderful people who have been helping *ilrish* to flourish was also too good to pass up.

Both Ohio and PA were very well represented at the convention, as *ilrish* Madigan was elected National President of the Ladies (LAOH) order and Danny O'Connell was reelected as National President of the Men's (AOH) order. Throughout the Hibernian's organizations, both Ohio and PA. are filling many positions of responsibility with dedication, and the desire to continue the evolution of the largest Irish Catholic organization outside of Ireland.

Even with its age, there are many in America who do not know that the AOH exists, and even more do not know that the equally impactful LAOH exists too. We strive to work hand in hand to fulfill those aforementioned goals that are our mission.

If you have Irish roots, are Catholic, and want to do the good things that we are able to do, Join us. Call me, email me, message me ... and I will connect you with all the information you want, male or female, to leave a lasting legacy, too.

See the What's the Craic? Taking the Fields of Glory, and the Annual Festival Focus pages within for all the craic, and the details too, going on this month. There is so much more inside, and I have taken up enough of your precious time today.

Hope to see you at the Mahoning, Dublin, Ohio Celtic, Kansas City, Pittsburgh and Michigan Irish Festivals this summer.

We'll have the one, on me.

ilrish is made in America. We have always been green and are proudly Irish, all year long. ■

Nuair a stapann an ceol, an damhsa déanann an amhlaidh (When the music stops, so does the dance)
John

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About Our Cover:

Cleveland's Marilyn Madigan Elected as President of the Ladies Ancient Order of Hibernians in America (LAOH) Inc.

Photo by John O'Brien, Jr.

Cleveland's Marilyn Madigan Elected as President of LAOH

Photo by John O'Brien, Jr.

PITTSBURGH, PENNSYLVANIA – July 16, 2022 – The Ladies Ancient Order of Hibernians (LAOH) Inc., a national Irish Catholic women's organization, today elected Marilyn Madigan of Cleveland, Ohio, to serve as its President for a two-year term. The LAOH's motto is friendship, unity and Christian charity and has more than 10,000 members in thirty states.

Since joining the LAOH in 1977 as a member of Our Lady of the Rosary Division in Cleveland, she has risen through the ranks of officers on the local division, county, state and national levels. In addition to serving in many offices, she also was a founding member of the Ohio Degree team, serving as Treasurer and Guardian. In 1988, when Cleveland hosted the LAOH national convention, she served on the local committee. Ms. Madigan's dedication, respect and devotion to her Irish heritage, the Roman Catholic religion and to helping the community at large propelled her as she ascended the LAOH chain of command.

During her more than forty years with the LAOH, Ms. Madigan has worked tirelessly on behalf of the order and served as an officer in many roles. For the national board of the LAOH, she has been elected to the positions of National Irish Historian, Treasurer, Secretary, Vice President and now President. She has served in most of the offices on the local and State levels, including service as division, county

and state president.

Marilyn is very proud and honored to have served as LAOH National Irish Historian during the Centennial of the Easter Rising in 2016. Ms. Madigan has been very diligent and enthusiastic in promoting the Women of 1916 in the cause of Irish freedom, speaking in Maryland, Michigan, Missouri, New York and Ohio on the topic.

In 2019, Ms. Madigan was honored with the prestigious distinction of induction into the Cleveland International Hall of Fame. In 2002, the Boland Berry Division of the Ancient Order of Hibernians selected her as the Hibernian of the Year. In 1994, the United Irish Societies of Cleveland selected her as Co-Chair of the St. Patrick's Day Parade.

An active member of Cleveland's Irish community, in addition to the LAOH, she is a member and has served in leadership roles in the Cleveland Comhaltas, Gaelic Society, Irish American Club East Side, Irish Northern Aid, United Irish Societies, West Side Irish American Club, Irish Music Academy of Cleveland and Cleveland Feis. She also was a dancer with the O'Leary Manning School of Irish Dance and has served as Co-Chair of the Ohio Irish Festival. She has volunteered for many years at the Cleveland Irish Cultural Festival and with the Irish American Archives Society at the Annual Walks of Life event.

As she embarks on this new leader-



The Ladies Ancient Order of Hibernians in America Our Lady of the Rosary, Divisions 5 and 10, Cleveland, Ohio, celebrate the election of their Sister, Marilyn Madigan, to National President of the Order.

ship role as President of the LAOH, Ms. Madigan referenced one of her heroes, President John F. Kennedy, by asking her fellow Hibernians, "Ask not what the Hibernians or your community can do for the Hibernians and your community."

Ms. Madigan added, "I am humbled and honored to be elected President of this prestigious organization and I'm excited to be leading the world's largest organization of Irish, Catholic women. The LAOH is at a critical juncture. Our profile has been raised over the past few years and I will continue to work to grow the membership while continuing

to champion social justice issues and empower Irish, Catholic women."

She earned a Bachelor of Science in Nursing from St. John College and began her nursing career in the Pediatric Intensive Care Unit of Rainbow Babies and Children's Hospital. Her work in nursing continued for thirty-eight years as an Advanced Clinical Nurse in the Department of Operative Services. She retired in 2018 after forty-one years of service at University Hospital Cleveland Medical Center. ■

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Submit news, events, releases, memories, milestones, ads and pics for inclusion in the *ilrish* 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.**



Mayo Society of Greater Cleveland Green and Red Ball Returns September 17th!

The Annual Ball of the Mayo Society of Greater Cleveland takes place at the InterContinental Cleveland Hotel, 9801 Carnegie Avenue September 17th. This year's honorees include Mike Gibbons as Mayo Society Person of the Year. Mike is a lifetime resident of Northeast Ohio and the founder of Brown Gibbons Lang & Co., an international investment banking firm with headquarters in Northeast Ohio.

A cocktail reception with traditional Irish music begins the event at 6:30pm, followed by dinner, the Murphy Irish dancers, live music, and a raffle. Guests may buy raffle tickets for prize baskets on site. The Conference, Ball, and raffle support the Society's mission of forging connections between County Mayo and our local Irish community.

Funds raised enable students from John Carroll University, as well as National University of Ireland Galway (NUI Galway), to participate in a semester abroad scholarship program, among other charitable aims of the society.

The Ball tops off a weekend conference bringing County Mayo, Ireland officials and business leaders to Cleveland to enhance collaboration.

Tickets are \$150 per person; VIP tickets are \$250 and include VIP reception.

The Mayo Society of Greater Cleveland was founded in 1995; the first meeting, held in the home of Marie and Paul McHugh included Gerry Quinn, Marie McHugh, Kevin McGinty, Steve Mulloy, Jimmy Goggin, and Bridie Talty.

A Constitution and Bylaws were implemented by Neil Conway. They were later revised by Jack Kilroy. During the following years, the membership grew to approximately 200.

In 2005, Tom Scanlon joined the board and recommended becoming a 502c3 tax exempt organization. The first fundraiser was held at Windows



Mayo Society president Gerry Quinn.

on the River in 2005; Enda Kenny from the Irish Government was guest of honor. He was later to become Prime Minister.

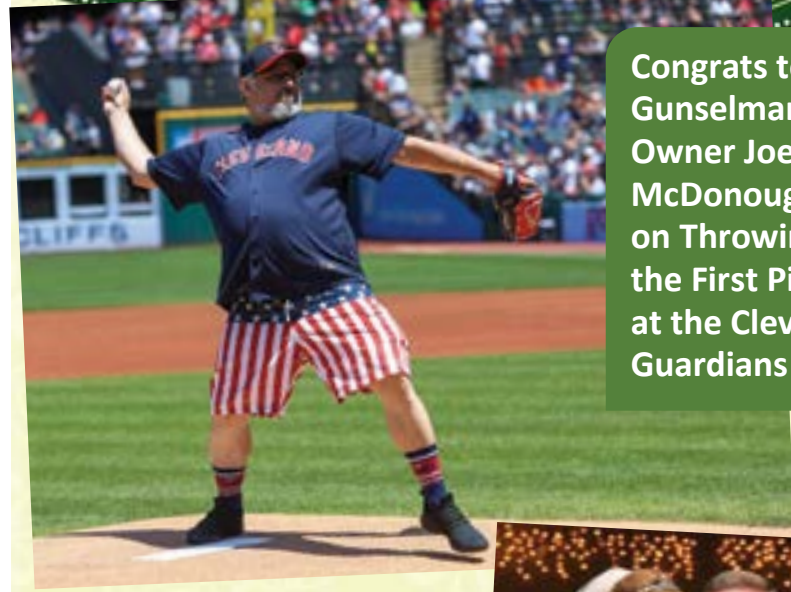
James Kilbane from Achill Island sang the National Anthem and all in attendance enjoyed this gala event. Most of the money raised was donated to Fr. Michael Tracey's parish in Mississippi, which was destroyed by a hurricane. That was the beginning of the Mayo Society's charitable giving.

Since then, many organizations have been the beneficiaries of the society's work. Total donations up to COVID have exceeded \$250,000. The society will continue to fund programs important to our community, such as the scholarship program with John Carrol University and NUI Galway, and funding for the maintenance of the Irish Cultural Garden.

Visit www.ClevelandMayoSociety.org; and become a member! Info: ClevelandMayoSociety@gmail.com or [216-241-6742](tel:216-241-6742). ■

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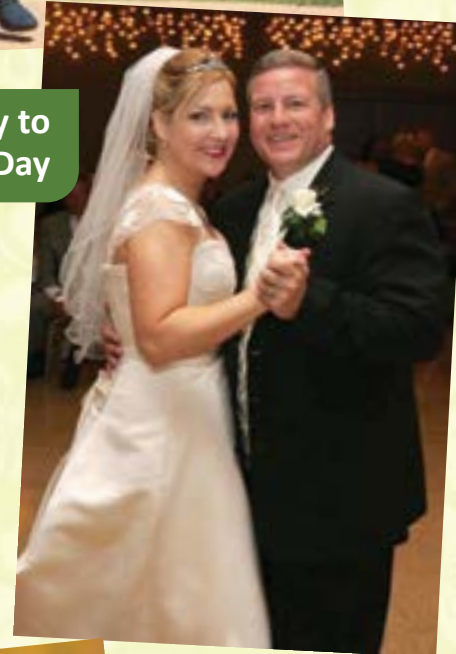


Congrats to Gunselman's Owner Joe McDonough on Throwing out the First Pitch at the Cleveland Guardians Game

Happy 15th Anniversary to Brian and Colleen Day



Congrats to The Public House on their 20th Anniversary



Happy 15th Wedding Anniversary Patricia and Jason Gompf



Really Knotted

It can be hard to get up from under the duvet of expectations that blanket you when a family member is getting married. I am in this muddle myself as a MOG, that is Mother of the Groom, for the uninitiated. Some well-intentioned friends and family speak to me as if I think of nothing else, I do.

However, I do not envy the happy couple in their planning, as everyone has their own ideas and expectations for their event, and they are happy to share them. To say that our culture sends mixed messages about weddings and marriage is the understatement of the century.

The current cultural wedding stereotypes are the image obsessed Bridezilla and the reluctant Frat Boy Groom. We can agree that neither are positive images, are they?

But we love weddings! So many happy stories end in one, or at least the promise of one. We live in a country that speaks of the sanctity of marriage so much so that it only guarantees a person exclusive rights, like hospital visitation to a sick partner, if they have undertaken it.

For all this seriousness, marriage can be a frivolous affair. There is no delineation between a marriage presided over by Elvis in Vegas and one by a priest in a church. Add to this, the many cultural traditions and it is a wonder that anyone can make a decision at all.

The typical American wedding is definitely image and brand conscious. All the choices, from music, food, and attire, reflect the couples' personal aesthetic. And really, that has been that way since I can remember; country, sophisticated or nerdy anyone?

These are all the same choices that we make in everything. American weddings come in all shapes and sizes, as behooves a freedom-loving people. You can get married outside on a lake or in a church. You could have a breakfast,

lunch or dinner wedding with or without the benefit of alcohol.

I have to say, that I dread any social occasion which necessitates sobriety when there are so many strangers. American weddings can be concluded in just a few hours. Like so many festivities here, they are expensive, hyperbolic, emotional and over way too soon to be worth it, in my opinion. Saying that, we have been to a few that couldn't be over quick enough.

The gaff that I think those weddings had in common was putting way too



much emphasis on one group of guests. Weddings are meant to be communal and therefore have to hit some middle ground to be pleasing. Everything in moderation.

An Irish Wedding

That middle of the road approach is where Irish weddings excel. They are old-fashioned to an extent, but that is what makes them fun. You see that the bad groom speech coming, and you are ready for it.

The average Yank wedding would compare to an Irish one much the way Christmas does: a lot of spending and over too quick to savor. While, we have been in and out of weddings here in as little as two hours, the service is just under that in Ireland, what with Communion and all.

There are no Elvis weddings in Ireland; you're getting married by the priest. You had better leave yourself a day if you get invited to an Irish wedding, and I mean a day. Any decent wedding starts before noon. Then you have to go to the pub for a quick one and maybe a snack while the hour of photos is going on for the bridal party.

They all know where you are, so you will be alerted when it is time to join the wedding procession and everyone must drive through at least one good size town and three villages, horns blazing, to call it a good wedding procession.

An hour or so traveling has the whole car a little sober, besides the designated driver of course, so it is a thirsty car

that arrives in the hall parking lot for the reception. Thank goodness that a shot or a sherry are waiting at the door, to re-socialize the humors of guests. There is usually an hour or so of socializing before it is time to sit down for the dinner. After that, there are speeches and lots of them, and telegrams from America or Australia to be read aloud.

Then you get down to the dancing, which should get more boisterous and rowdier as the night progresses and the older crowd sit down or go home. You know that you are at a good one when

the evening ends with singing, just because.

Zombie Wedding

It seems that I have seen a puzzling abundance of monster and zombie stories. Sure, they are a metaphor for the phone thing and how everyone is a partially distracted cyborg. But beyond that, I think that they are connected to weddings.

I promise that I am not iconoclast when it comes to marriage. It is an institution that I have been kept in for many years, to paraphrase a borscht belt comedian.

This generation is different. They are facing, what look like some diffi-

cult problems. They are a little tribal and culture is what connects them. What we have somehow created is a fractured society where you can make your own reality.

Institutions like marriage, house-buying and child rearing have become rites of passage, that through their fanfare and ritual, morph into great opportunities for building community. Where do zombies fit? Zombies also create an opportunity for building community to fight a common enemy.

Beyond the difficulties of sustaining a relationship, the world that this generation is inheriting is full of problems that only can be solved through group effort. I applaud everyone who is making that brave step to choose a partner for their journey, and hope that we support them all as best we can. ■

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge. She runs a Gaeilge study group at the AOH/Mark Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music, and travel. She likes spending time with her dog, cats and fish. Lisa can be contacted at olisa07@icloud.com.

Please send any Akron events to my email!

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Student Stories Shannon O'Brien

Dia duit. Hello. A simple greeting that packs a lot of meaning. For me and my family, it means a sense of revival. It means connections, belonging, roots. History being uncovered, rediscovered, cherished. To understand how such a simple phrase like *dia duit* holds such meaning to my family, you need to know the history of my family.

My great-great-great grandfather, Jeremiah, immigrated to the United States from County Clare between 1866 and 1872. With him came a devout Catholic faith, the knowledge of masonry, and the only family heirloom: a wooden rosary.

My great-great-grandfather, Anthony, followed in his father's footsteps. He learned the trade of masonry, followed in his devoutness in the Catholic faith, and inherited the wooden rosary from Jeremiah. My great-grandmother, Edna, was one of Anthony's daughters. It is with my great-grandmother that our culture was entirely lost.

Anthony passed away in 1910 when



my great-grandmother, Edna, was only two. Not long after, she lost her mother, thus leaving her and her sisters orphaned. They were taken in by family on their mother's side, but it was far from perfect.

They discouraged practicing Irish culture, never passing on religion or teaching my great-grandmother her heritage. The only thing that remained was the wooden rosary from Anthony. The last piece of Ireland.

Great-grandma Edna always wanted to know more. She wanted to know where she came from, know who she was? What she was able to know and find, through resources available to her, she was fiercely proud of.

This desire and passion she had was passed down to my grandfather, Jack. Sadly, there wasn't much that could be done. The technology to retrieve the information she was searching for was not always feasible. However, my grandfather wouldn't give up. He found what he could on Irish culture and traditions, passing down what he knew to his children.

My grandfather's passion burned in his sons. It seemed to burn the brightest in my uncle, Jeff. With my great-grandmother and grandfather's help, he was able to start looking into our genealogy.

He was able to find birth records, marriage records, death records. He was able to piece together the hearsay of our family history and back it up with evidence. Finally, our family story was coming together. However, it's not complete and we were only able to find so much here in

our United States records.

With the knowledge of our family, we were still collectively missing the culture. We gained the knowledge of where in Ireland our family immigrated, when they immigrated, their names, their families, but that didn't fill the void. We were still left questioning, "Who are we?" That's a burning question that then filtered down to me.

In University, you're asked the question: "Who are you?" Sometimes, you can give a simple answer. I'm a student at Pitt. I'm 22 years old. I'm of Swedish, German, Irish, Scottish, and Welsh descent.

But what does it really mean to be those things? What does it mean to be a student? To be 22? To be of these countries' descent?

Tír gan teanga, tír gan anam. A country without a language is a country without a soul. I never knew how much was missing until I decided to minor in Irish studies. I remember in my second semester freshman year, my advisor told me I had room for 3-4 elective classes. This was roughly enough to pick up a second minor. When looking through the list of minors available, I found the Irish minor offered at Pitt.

I immediately called my dad. I remember asking him if I should pick up the Irish minor to which he replied, it would be amazing, and he would support my decision. It was there within those next few days of registering that I was able to secure my seat in "Irish Cultures and Traditions." A course taught by none other than Marie Young.

I didn't know what I was getting myself into when I was registering, but the entire summer, I was excited to take this one specific class.

I still remember the room and where I sat on that very first day of "Cultures and Traditions." I still remember being curious if Marie would have an accent, what I would learn, if this was even right for me.

Through that course, I was able to learn the mythology of Ireland. I learned the counties, the provinces. I was introduced to the language, the art, the history. I learned of the small Irish store around the corner, I created an ogham, I found a hunger. A hunger of wanting to learn more of Ireland, of its people, of my heritage.

It was this hunger that led me to continue on with Marie as we navigated (not always easily) Gaeilge 1, 2, 3, and 4.

As the semesters came and our classes got smaller, I found myself with a second family, a family that shared a hunger for a connection to Ireland, just like me.

We challenged ourselves to learn more, helping each other when one struggled. Soon all the pieces fell together, and every class soon just became class discussions as *Gaeilge*.

While I found a second family through *Gaeilge*, I still had my biological family needs. Only one of my cousins had been to Ireland, and that was the last time my grandfather had gone as well; it has been close to twenty years since then. The *Gaeilge* they had picked up is fuzzy and faint in memory.

Jumping ahead to this past Christmas, after four semesters of hard work, I was able to finally teach my family a few phrases and terms as *Gaeilge*. *Tír gan teanga, tír gan anam*. Finally, we are gaining what was lost so long ago.

That brings us back to the beginning. *Dia duit.* Hello. A simple phrase that I had learned on the first day of *Gaeilge* in the Fall of 2020, a phrase I had learned in the Fall of 2019 in *Culture* class. It's such a small phrase, meaningless to some.

For me and my family, it means so much more. It means Ireland. It means bridging that lost connection. It means taking back what was suppressed.

It means home, family, pride. I've found friends, passion, and myself in finding *Gaeilge*.

Dia Duit. Cén chaoi a bhfuil tú? Is mise Shannon. Tá mé dhá bhliain is fiche d'aois. Is as Sharpsville, Pennsylvania mé. Tá beirt deirfiúracha agam.

I am my family's revival. I am a part of *Gaeilge's* future. I am proud to call myself Irish. ■

Shannon O'Brien is finishing her last semester at The University of Pittsburgh. She is majoring in Biology, with a dual minor in Chemistry and Irish, along with two certificates in The Conceptual Foundations of Medicine and European Studies with a focus on Irish Studies. She is former president of The Imagination Project and current social director for Pitt AMWA. Her future plans are to attend medical school and visit Ireland next summer with her roommate, Maggie.

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Festival Focus 2022



35th Dublin Irish Fest August 5-7

Seven stages set on 38 acres in Coffman Park provide the backdrop to one of the largest festivals of Irish music, entertainment and culture in the world. Gaelic Storm, Natalie MacMaster & Donnell Leahy, We Banjo 3, Dervish, Red Hot Chillii 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, just to name a few.

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 and 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). On Sunday, August 7, 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.

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



Goderich Celtic Roots Festival August 5th - 7th, 2022

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](#) ●

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2022
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Clíodhna Ní Aodáin • O'Jizo • and more!



Festival Focus 2022



Lakewood 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.

Irish Dance, Leneghan Irish Dancers, Brady Campbell School of Dance and O'Malley Irish Dance Academy.

Celtic Canines, Inflatables for the Kids, vendors with Celtic authentic merchandise, Irish & American food, beverages, local and imported beer, wine and whiskey tastings, wine tasting and more. Lake County Fairgrounds 1301 Mentor Avenue, Painesville Township, Ohio 44077 www.ohiocelticfestival.com

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Kittel and Co. **The Elders**
The Alt & Kevin Burke Old Blind Dogs
Runa Irish Music All Stars
and many more!

MichiganIrish.org



Ohio Celtic Festival August 12-14

On August 12th, 13th and 14th, the Ohio Celtic Festival will transform the Lake County Fairgrounds into a Celtic island of music and fun for the entire family. This year is the 23rd anniversary of the festival and features an impressive line-up of More than 150 musicians, singers, bagpipe bands, dancers and other entertainers from across the US, Ireland and around the world will be featured, including The New Barleycorn, Tartan Terrors, The Elders, Chelsea Celtic Orchestra, and Byrne & Kelly. Plus, Pipe Bands: The Black Sheep, the East Side Irish American Club, the Red Hackles and West Side Irish American Club; Dancers: Ohio's World Champion Murphy's School of



20th Kansas City Irish Fest September 2 -4

Featuring: The Elders, Gaelic Storm, We Bajo 3, The Narrowbacks, Byrne & Kelly, Shane Hennessy, KCIF Mix Tape, Ashley Davis Band, Carswell & Hope, Seamus Kelleher, Aoife Scott, The Friel Sisters, Kian Burne, Eddie Delahunt, Bob Reeder, Ella Harp, Gerald Trimble & Jamboroque, Calvin Arsenia, Tullamore, KC St Andrew Pipe & Drum, Eileen Gannon & Eimear Arkins, Jump 2 3's.

Fans can follow the fest on Facebook, Instagram and Twitter. Crown Center Square – Downtown Kansas City: A complete list of performers and other info can be found on-line at www.kcirishtest.com

Continued on page 14



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www.OhioCelticFestival.com

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Festival Focus 2022



31st Pittsburgh Irish Festival
September 9-11, 2022



21st Michigan Irish Music Festival
September 15-18

Pittsburgh Irish Festival will be held at Carrie Blast Furnaces National Historic Landmark. "We could not be more excited to present this year's Festival at such a historic destination," said Mairin Petrone,

Pittsburgh Irish Festival Executive Director. "The venue will provide a unique atmosphere where the region's only remaining non-operative blast furnaces will serve as the backdrop to the vibrancy of our annual Celtic Celebration."

The Carrie Furnace Company began operations in 1884, was acquired by Andrew Carnegie in 1898, and then purchased by J.P. Morgan in 1901, who created the U.S. Steel Corporation. It is currently owned by Allegheny County and managed by Rivers of Steel.

For more information on the Pittsburgh Irish Festival, to see photos, and watch video highlights, please visit www.pghirishfest.org.

The Lots at Sandcastle, Pittsburgh, PA. Visit www.pghirishfest.org Facebook.com/PittsburghIrishFestival Twitter: @pittsburghirish Instagram: @pghirishfest for info. Fun for the entire family. ●

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, Connla, The Irish Music All Stars, Blachthorn, The Moxie Strings, Kennedy's Kitchen, Enda Reilly Music, Ian Gould, Crossbow, Conklin Ceili Band, The Barley Saints, Black Muray, Toby Bresnahan Music, Uneven Ground Traditional Celtic Music, 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.

Whiskey service will now be available at our three main bars and at an expanded craft beer area. MIMF

Festival Focus 2022

will feature two cultural stages and the Irish Store and Marketplace return for great "shopopportunities." Wee Ones' activities will be available, as well as a variety of food and Irish fare in our Celtic Kitchen. On Sunday, Catholic mass will be held at a new time, 11 a.m., and followed by a traditional Irish breakfast. 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. ●

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TAKING THE FIELDS OF GLORY
By Vincent Beach

Midwest Gaelic Athletic Association

Midwest Results

June 18 - Buffalo hosted Pittsburgh for a football double header. The Celtics and Banshees both won over the Fenians' teams. Cleveland extracted revenge on Detroit when they hosted, winning out 3-15 to 2-6.

The game started slow, until Cleveland's Dan "Murzy" Murray and the Tyrone Tiger, Rhys Quinn, heated up swinging scores over and under the bar. In Ladies Football, the Fenians host the Banshees.

On June 25, Akron hosted the first hurling blitz of the Midwest season. In order of play, Cleveland beat Akron (23-11), Pittsburgh beat Buffalo Fenians, and Roc City closed out the day with a win over Akron.

Meanwhile over in Pittsburgh, the Banshees bested the Buffalo Ladies in football. July 2 - The Cleveland ladies and Pittsburgh ladies partook in a double header starting with the Banshees winning in football. The second battle was a back-and-forth game of camogie. In the first camogie match held in the Midwest in many years, the Na Loachra club and the Cleveland Saints tied (4-6



Yi Want scores for the Cleveland Saints versus Na Laochra

to 5-3, respectively).

Round two will be in Pittsburgh on July 23rd. July 9 - The Buffalo Hurling Blitz was played along the banks of the Niagara River at Gratwick Waterfront Park (North Tonawanda, NY). The hosting Fenians hurled against the visiting Saints and held them relatively quiet in the second half. The final tally was Cleveland 3-10 to Buffalo's 1-2.

The Buffalo and Cleveland ladies then took the pitch in a football rematch. After tasty scores from both clubs, the Lady Saints won the day.

The third and fourth games were back to the hurling. Pittsburgh Pucas traveled up to meet the Roc City Gaelic club. The Pucas were able to put up 7-16 to Rochester's 1-2. The Fenians were then back on the pitch for the final game, as is the blitz format for this season where the home team plays two games.

They faced a light-sided Akron Celtic Guards who were forced to forfeit (1-0 win for Buffalo). July 10 - It was a quick turn-around for the Fenians when they engaged in the Battle of Buffalo with Na Fianna, again at Gratwick Park. The reigning Jnr D USGAA champions, Na Fianna, stuck to their winning ways with a final score of 2-13 to 2-0.

Upcoming Gaelic Sports Matches
Remember, the Midwest Finals are being hosted by Roc City Gaelic (Rochester, NY) on August 6th and 7th. The Divisional Finals will determine who goes on the USGAA Finals on August 19-21 in Chicago.

Midwest Memory: This month's history corner tidbit is brought to us by Howard Elbert of Pittsburgh GAA, on the topic of all-star teams in the division. Howard writes, "There was a Midwest All Star team assembled for the 1989 North American County



Na Fianna Man of the Match, Fergus Gould

Board Finals held at St. Mary's Catholic School, Berea (Cleveland), Ohio. They were entered at the intermediate level as there were no junior levels at that time. There was also no ladies football at the time.

The all-stars came from St. Pat's, the Celtics, and the JFK's. St. Jarlath's was ineligible to contribute members since they were divisional representatives." To backcheck or read more history, check out the USGAA's archives: <https://usgaa.org/historical-documents-page/>

Cleveland Youth Sports

Good luck to the Cleveland Youth GAA players who will be joined by a handful of Detroit and Buffalo youth for the Continental Youth Championships held at Gaelic Park, Chicago from July 28-31. Teams are set for the U9s (coed), U11s (coed), U13 boy, U13 girls, and U15 boys. After CYC's, the youth program is looking to shift from football to hurling. For more info on the youth program, contact

Men's Football - Central

	Wins	Losses	Points
Pittsburgh	2	0	4
Buffalo NF	2	0	4
Buffalo F	0	4	0

Ladies' Football

	Wins	Losses	Points
Pittsburgh	3	0	6
Cleveland	2	1	4
Buffalo	0	4	0

Hurling

	Wins	Losses	Points
Pittsburgh	2	0	4
Cleveland	2	0	4
Roc City	2	1	4
Buffalo	1	3	2
Akron	0	3	0

Camogie

	Wins	Losses	Ties	Points
Cleveland	0	0	1	1
Pittsburgh	0	0	1	1

ClevelandYouthGAA@gmail.com.

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

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

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

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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St. Ignatius High School Student Athlete Named Gatorade Ohio Boys Soccer Player of the Year

In its 37th year of honoring the nation's best high school athletes, Gatorade announced Nolan Spicer of Saint Ignatius High School as the 2021-22 Gatorade Ohio Boys Soccer Player of the Year. Spicer is the sixth Gatorade Ohio Boys Soccer Player of the Year to be chosen from Saint Ignatius High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Spicer as Ohio's best high school boys' soccer player. Now a finalist for the prestigious Gatorade National Boys Soccer Player of the Year award, the 5-9", 145-pound junior midfielder led the Wildcats to a 23-0 record and a third-straight Division I state championship this past season.

Spicer tallied 26 goals and 12 assists, including the overtime game-winner in St. Ignatius' 2-1 win over Centerville High in the state title game. A First Team All-State selection, he concluded his junior year with 43 goals and 22 assists in his prep soccer career.

"When watching Nolan play, it is easy to identify that he is the most talented player on the field on almost every single occasion," said Chris Dore, head coach of Avon High School. "He takes over games with his ability to weave his way through defenses and find dangerous areas to create and eventually assist on or score goals. It almost seems like when Nolan decides to score, he scores. He could be the most creative and fluid playmaker that has ever come through our area."

Spicer has maintained a weighted 4.16 GPA in the classroom. He has made a verbal commitment to play soccer on scholarship at the University of Notre Dame beginning in the fall of 2023.

Gatorade Player of the Year Program The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys

and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to



help evaluate and determine the state winners in each sport.

Spicer joins recent Gatorade Ohio Boys Soccer Players of the Year Luciano Pechota (2020-21, Saint Ignatius High School), Kyle Folds (2019-20, Saint Ignatius High School), Brennan Callow (2018-19, The Seven Hills School), and Luke Kiley (2017-18, Dublin Coffman High School), among the state's list of former award winners.

Gatorade has a long-standing history of serving athlete communities and understands how sports instill valuable lifelong skills on and off the field. Through Gatorade's "Play it Forward"

platform, Spicer could award a \$ 1,000 grant to a local or national organization of their choosing that helps young athletes realize the benefits of playing sports. Spicer is also eligible to submit a short video explaining why the organization they chose is deserving of one of twelve \$10,000 spotlight grants, which will be announced throughout the year. To date, Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations. ■

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Endurance

"Fortitudine Vincimus"
By Endurance We Conquer

Earlier this year, March 5, 2022, a team of researchers discovered the wreck of *The Endurance*, 9,842 feet below the surface of the Wendell Sea, in the Southern Ocean, east of the Antarctic Peninsula. Although the story of *The Endurance* was well documented by it's crew, the exact location of the ship was a mystery until scientists, who were privately funded in the ten million dollar project by an anonymous individual, used hi-tech submersibles to locate and photographed the ship.

The team travelled aboard the *S.A. Agulhas*, a South African icebreaker and

research ship, and searched a one-hundred and fifty square mile area. The extreme Antarctic temperatures have kept the 144ft, three masted ship in excellent condition, despite being almost two miles below the surface for over one-hundred years. The conditions are also responsible for the difficulty in locating the wreck.

Images taken by the cameras aboard the submersibles clearly show the capitol letters of the ship's name visible above the stern.

Ernest Shackleton

Ernest Henry Shackleton was born Feb.15,1874 to Henry and Henrietta Shackleton in Kilkea, Co. Kildare Ireland. Henry was a landowner and worked as a farmer in Kilkea, just thirty miles from Dublin. Ernest was the only boy and was doted on by his sisters, who would eventually number eight. They listened to his stories and encouraged him to tell more. Later, his sister Kathleen would say the young boy "ruled the roost," a trait that continued his entire life.

By 1880, agriculture in Ireland was facing an economic depression; Henry made the decision to sell the farm and move the family to Dublin, where he took up medicine at Trinity College Dublin.



Ernest Shackleton

When his studies were completed, they moved to London, where Henry set up a practice in Croyden. Six months later, he found a better opportunity for his practice in Sydeham, and moved the family there.

Now aged ten, the young Shackleton was used to being the center of attention. That all changed when he started school at Fir Lodge Preparatory School in Dulwich.

There he was an outcast and teased about his Irish roots and accent; he was given the nickname "Mick," and often responded to the teasing and taunts with his fists. One classmate recalled, "If there was a scrap he was usually in it."

I am an Irishman

Eventually he lost his brogue; although the nickname stuck with him the rest of his life, he adopted it as his own, taking away some of the ammunition of his antagonists. He even signed his letters in his later years, Mickey. Shackleton, with lifelong pride always told others, "I am an Irishman."

At thirteen he attended Dulwich College. Still a bit of an outcast, he disliked team sports and was a poor student. Most of his teachers said he was lazy, doing the minimum of what was required. His only real interest was literature.

His father encouraged all his children to read poetry and Ernest was an avid admirer of Tennyson and could quote the poet verse after verse. He also enjoyed fictional tales of heroism by authors such as Rider Haggard and Jules Verne.

Ernest loved reading about the true-life adventures that happened in the farthest corners of the British Empire. These explorers and adventurers became heroes to

the young man. Tales of exploration on the seas held the greatest interest to him. He gathered a group of friends who he would regale with the stories and many of them would skip school just to listen to Ernest's retelling of the adventures.

When it was almost time to leave school, Shackleton announced to his family that he was ready to explore the world on the ocean. His father was not pleased with the decision; the family could not afford to send him to the Royal Navy and Henry had hoped his only son would follow in his footsteps and become a doctor.

Henry also knew how determined his son could be, and thought if his apprenticeship was a difficult one, it might change his son's mind. With help from a family member, Henry found his son a berth on board the *Houghton Tower*, a three masted cargo sailing ship.

Shackleton's last three months at school saw a drastic change in his studies, especially in mathematics, since it was the basis of navigation. In April of 1890, he made his way to Liverpool and joined the crew of the *Houghton Tower* at the age of sixteen.

The ship was operated by the North Western Shipping Co. and for the next four years, Ernest learned his trade. In August of 1894, he passed the exam for second mate and became third officer on a steamer. Two years later, he passed the exam for first mate and in 1898, he became certified as a master mariner, qualifying him to command a British ship anywhere in the world.

Heroic Age of Antarctic Exploration

The late 1800s and early 1900s are known as the Heroic Age of Antarctic Exploration and Shackleton had worked hard to become a part of it. He became third officer on Capt. Robert Falcon Scott's Discovery Expedition of 1901-1904, but was sent home early for health reasons. During the Nimrod Expedition of 1907-1909, Shackleton and three of his crew set a new record for Furthest South Latitude, 97 miles from the South Pole.

The race to the pole ended when Roald Amundsen and his team reached it on December 14, 1911. Disappointed, Shackleton turned his attention to a new goal, to be the first to cross Antarctica from sea to sea. He started preparations for the Imperial Trans-Antarctica Expedition 1914-1917.

Shackleton purchased a ship, *The Polar*; it was purpose built for a business venture, taking polar bear hunting parties to the Arctic, but the business never saw fruition. When Shackleton acquired it, he rechristened it the *Endurance*, after the Shackleton family motto "Fortitudine

Vincimus". A name that would prove prophetic.

On the 8th of August, 1914, The *Endurance* sailed from Plymouth to Buenos Aires. From Buenos Aires, the *Endurance* made for South Georgia Island. Arriving on November 5, they were welcomed by the Norwegian whalers who manned the Grytvike Whaling Station during the summer months, a community of two thousand.

Shackleton had planned on staying for a couple of days, but the whalers warned him that the ice was bad that year and as the days turned into weeks, the *Endurance* finally set sail on the 5th of December. Three days later, they came upon their first ice pack; they were a thousand

miles away from their intended landing spot. The ship and crew battled through the ice, coming to within sixty miles of their destination before becoming trapped in the ice pack.

Shackleton and the crew resigned themselves to spending the winter on the ice, hoping to resume their journey in the spring, when the ice would break up. For now they were at the mercy of the ice and currents in perhaps the most inhospitable place on earth. ■

Next Month: On the Ice

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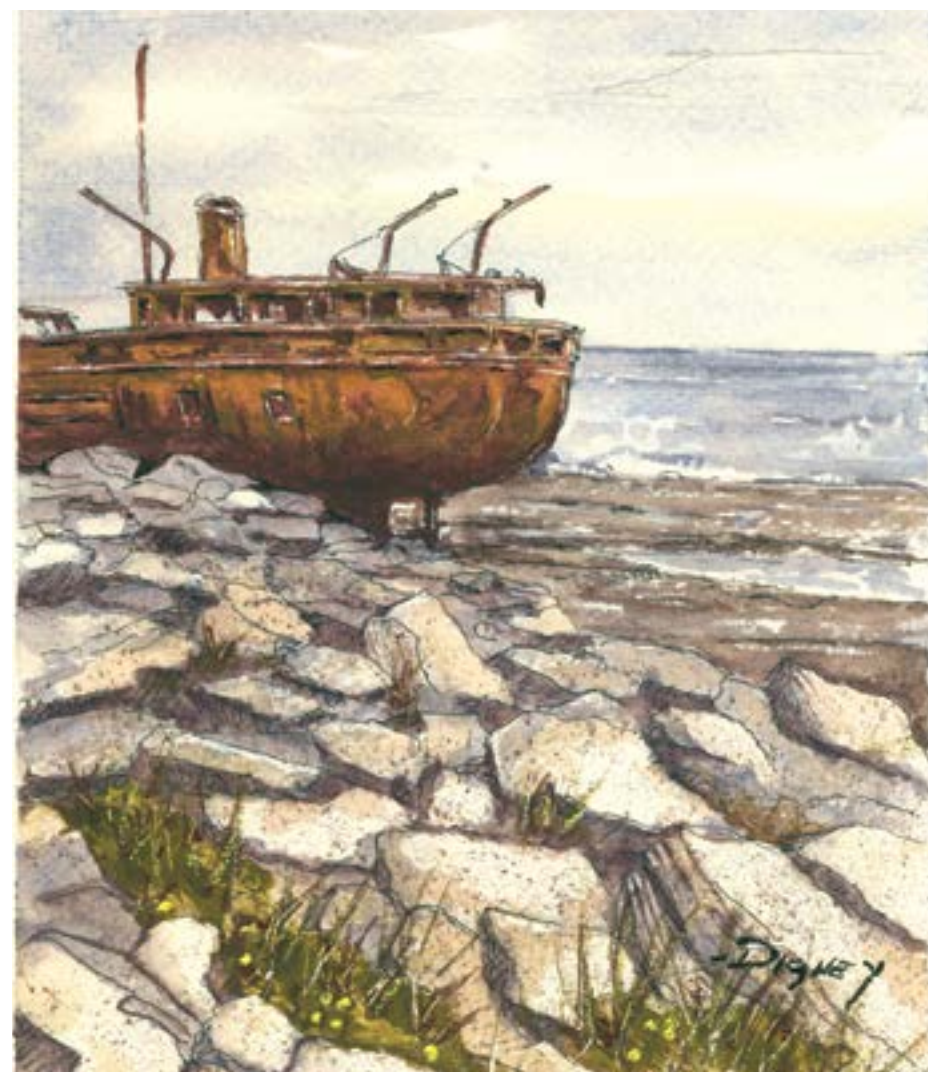
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STONE MAD: Partnering for a Purpose

Stone Mad Artist and Designer John Digney is partnering with the Drystone Wall Association of Ireland (DSWAI) to bring unique artworks and products to showcase the distinct beauty of stone and stone built structures throughout Ireland. John will be creating prints, posters and promotional items that will be reproduced from his original works and introduced exclusively through the DSWAI website. These works will be sold under the banner of The Stone Mad Collection through the DSWAI website with all proceeds going directly to the DSWAI to support and promote the development of educational programs and conservation of stone structures in Ireland.

If you've followed John's Stone Mad articles over the past couple of years in iIrish, www.iirish.us, you have learned of his passion for stone and stone structures. In addition to his love of stone built structures and Irish heritage, John believes strongly in preserving these historical structures and our ancestral heritage. Check out the DSWAI website store to see some of the artwork and products that are available. www.dswai.ie.

John Digney is an Artist /Designer who received his BFA in Industrial Design from the Cleveland Institute of Art. He was raised in the Cleveland neighborhood of Westpark near Kamm's Corner, and he and his wife Kathleen, now reside in Greenville, SC. John can be reached at jdigney59@gmail.com

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



COOKING UP A HOOLEY
By Katie Gagne

Time for a Cuppa and Something Sweet

Anytime of year, or any time of day, is the perfect time to sit down with a cuppa your favorite tea and something sweet. What is even better is to have some tea inside these tasty treats. These black tea infused muffins have just the right amount of sweetness and the vanilla adds a heavenly touch to them.

Vanilla and Black Tea Muffins
Makes 12 standard size muffins

- Ingredients:**
8 ounces Unsalted Butter
1 Vanilla Bean
2 bags of Irish Breakfast Tea
2 ½ cups All Purpose Flour
1 ½ teaspoons Baking Powder
¼ teaspoon Salt
½ teaspoon Baking Soda
½ cup White Granulated Sugar
¼ cup Brown Sugar
2 Eggs
1 cup Buttermilk
2 teaspoons Vanilla Extract

Directions
Preheat the oven to 425*. Place muffin liners in a 12-count regular size muffin tin.

Place the butter in a medium sized saucepan over medium heat. Once the butter begins to melt, scrap the vanilla bean seeds into the pan and add two tea bags. Stir the butter and seeds and tea bags. The butter will start to foam. You should see some brown bits in the pan as the butter browns and the tea seeps into it. Once it begins to smell nutty and is browned slightly, remove from the heat and let cool slightly. After ten minutes, remove the tea bags.

While the butter cools, in a large bowl, sift together the flour, sugars, baking soda, baking powder, and salt.



In another bowl, whisk the butter, eggs, buttermilk, and vanilla together until completely combined. Do not overmix as it will make the muffins tough.

Spoon or scoop the thick batter into the muffin cups, filling 2/3 of the way. Bake at 425* for 5 minutes. Then without opening the oven door, reduce the heat to 350* and continue cooking for approximately fifteen minutes. Check the doneness by inserting a knife and if it comes out clean, they are done.

Remove from the oven and let cool for five minutes and then remove from the muffin pan.

These are delish with some Kerrygold butter and your favorite jam.

Store the muffins in an airtight container for up to five days. They freeze wonderfully for up to three months. ■

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

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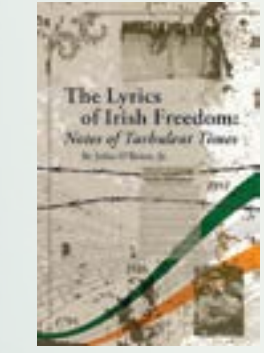
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TOLEDO IRISH

By Molly McHugh

Toledo Sister Cities: 11th International Festival

After two years of postponement, the Toledo Sister Cities International Festival returned to downtown Toledo on June 25th at Levis Square Park, marking the 11th festival to date. The festival is



sponsored by Toledo Sister Cities International (TSCI) which is a non-profit, "that strives to promote cultural, economic and educational development between United States cities and their partner cities throughout the world." Established August 1, 1992, the goal was "to create an organization that would unite the already created sister city relationships, speak for them with

one voice, and promote the development of future affiliations" (ToledoSisterCities.Org).

Toledo established the first sister city partnership in the world with Toledo, Spain in 1931. Since then, the sister cities have vastly expanded to areas all around the globe. Toledo now has Sister City agreements in place with Coburg (Germany); Coimbatore (India); Delmenhorst (Germany); Hyderabad (Pakistan); Nanchong (China); Poznan (Poland); Qinhuangdao (China); Szeged (Hungary); Tanga (Tanzania); and Toyohashi (Japan). A regional agreement is in place with Bekaa Valley (Lebanon).

These agreements must be signed by the same level of local governments in each city to promote and recognize mutual benefits for citizens of both communities. While the footprint of our sister cities is vast, TSCI's mission is simple: To act as a bridge to foster international activity for world peace and global concerns in education, culture and business in an atmosphere of understanding and mutual respect.

In order to accomplish that goal, sister cities continue to come together to host exchange students, offer scholarships to study abroad, provide summer learning language programs promote group travel. A few examples of how this is accomplished:

Toledo, Spain

The Toledo Diocesan Choir is making a 10-day trip to Spain his summer to perform concerts, with the focus being on Toledo, Spain during the feast of Corpus Christi.

Qinhuangdao, China (also known as the Glass City) / Nanchong

This sister city relationship has established partnerships between Yanshan University and The University of Toledo, as well as with UPMC and Qin-

huangdao's First People's Hospital. Separately, in 2021, the sister cities worked to exchange forty pieces of art; poetry, calligraphy and paintings, which were put on display in Nanchong, China.

Pozan, Poland

Since its inception, the Toledo-Pozan Alliance has assisted children in an orphanage in Pozan. Toledo travelers have visited Pozen 'Children's Home' and many pictures and communicates continue to flow back and forth.

Beqaa Valley, Lebanon

Sister city partnership projects included a shipment of wheat and medical equipment to Lebanon. In addition, the committees have strengthened their bond by supporting exchange students between Beqaa Valley and The University of Toledo.

Tanga, Tanzania

Toledo-Tanga sister city relationship led to the opening of a maternity ward for women of rural Tanga who previously had no access to pre or post-natal care, and in addition, three sets of bathroom facilities were opened throughout the city.

These are just a few examples of how the success of the sister cities have fostered community and cultural bonds between Toledo and the rest of the world. In addition to these ongoing events, the festival was one place to bring the richness of these cultures to life in one spot. Many sister cities performed cultural dances, provided a variety of entertainment, and of course brought the best culinary experience.

While there is not an 'Irish' sister city of Toledo, the Irish culture was still represented at the festival. Molly's Irish Dancers (not me!) performed modern and traditional Irish dances along with traditional Irish music to get the crowd going.

Thank you TSCI for all the hard work and coordination it took to bring this festival to life and illuminate our city with smiles from all around the world. ■

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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HEALTH MATTERS

By Kathleen Malear, CNP

Back to School Tips to Make Returning to School a Breeze

The first day of school is right around the corner, and it's almost time to kick off the new school year. The weeks leading up to a student's return to school can shape the rest of their academic year, which is why it can be beneficial to make a back-to-school game plan, helping promote a healthy transition back to the classroom.

HELPING YOUR CHILD FEEL ENGAGED AND MOTIVATED TO START OFF THE YEAR IS ONE OF THE MOST IMPORTANT WAYS TO PROMOTE SUCCESS ALL YEAR LONG.

To get your kids ready for a school schedule, going to bed at a consistent time and waking up earlier is a great way to help their internal alarm clocks. By starting a more regular sleep schedule a week or two before the first day of school, kids can begin adjusting to a new routine that ensures they have adequate sleep for long days of learning in the classroom. Rest is key to supporting healthy minds.

Since we are constantly feeding our brain information and sometimes overstimulating ourselves with technology, limiting screen time before bed is another way to promote healthy sleep and recovery. Shutting devices down thirty minutes before bed, or even setting phones in another room for the night can help your kids be more alert the following day and ready to learn.

In addition to sleep, practicing listening skills ahead of the school year can benefit children of all ages. One way to do this is to have your child complete household chores each day. Not only does this enable them to practice following instructions, but it can also boost a child's sense of responsibility, independence and pride.

You can also have your children plan meals or make a schedule for the day to help encourage holistic development while using goal-directed behaviors seen within the classroom walls. Incorporating small academic habits, such as reading a little each day, can strengthen skills used in school and a child's retention of previous lessons.

A Healthy Mind

Learning also requires a healthy mind. That's why supporting your child's mental health is important as you prepare to send them back to school. If your child struggles with anxiety or other mental health challenges, creating a sense of belonging and building strong, positive relationships among students, teachers and other parents can be beneficial in helping them cope with their feelings.

Connection is essential to boosting a child's self-esteem and sense of trust in others and themselves. Additionally, it's important to also remember that the effects of the COVID-19 pandemic continue to impact how children learn, even though much of life feels like it's returning to normal. Having strategies in place at home and at school to support safe, in-person learning for kids can ease their transition back to school this fall. At home, this could include reinforcing and practicing healthy hygiene habits, such as proper hand washing techniques, before kids return to school.

Helping your child feel engaged and motivated to start off the year is one of the most important ways to promote success all year long. Whether your child is heading to school for the first time or ready to graduate, make sure they get a running start as the new school year begins. ■

Kathleen Malear is a certified nurse practitioner for Mercy Health - Lorain. Kathleen manages the Mercy Health clinic located in Washington in partnership with Lorain City Schools.

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CLEVELAND IRISH

By Francis McGarry

The Mature Son

Each ferry docks for twenty-five minutes at Ellis Island, and the trip to Battery Park takes about ten minutes. Passengers flock to the upper deck to individually take phone pics of the Statue of Liberty. If you are not selfie-photogenic, there are multiple gift shops with that exact same picture, sans people.

As the ferry rocked to and fro and phone pic people collided, various languages could be recognized, and some could not. Polish, Portuguese, Castilian Spanish, South American Spanish, French, Mandarin and Indonesian (I think). Obviously, I do not have the

names of those I did not recognize, but one could have been Armenian and another Yoruba.

The Polish fellows sometimes do not need to even speak. The uniform gives them away; Capri pants, or capri jeans, Puma sneakers, t-shirt with abnormally short sleeves for a short sleeve shirt and a fanny pack over their shoulders. You can just begin talking about Lech Walesa.

Cleveland Americanization

Once you enter the museum, you enter the Baggage Room, where all immigrants waited to begin the process. The Journey's: New Eras of Immigration, 1945-Present has a poster by the Cleveland Americanization Committee entitled "Cleveland: Many peoples, one language." That was not the case for the ferry, not to mention the poster was in six different languages.

It was 1875 when the first federal laws were enacted for immigration, not allowing Chinese contract laborers, convicts and prostitutes to enter the country. The federal government took control of immigration in 1890 and ordered the construction of an immigration center on Ellis Island.

President Benjamin Harrison made



the decision to locate the center near the Statue of Liberty, which is why he is held in high regard by Polish tourists to this day. This is how the vast majority of immigrants from the Atlantic world entered America.

My people arrived at Ellis Island in 1903, on the *Celtic*. That was the year anarchists were added to the exclusion list, mere coincidence. It would have taken them roughly two weeks to cross the Atlantic.

It took the Nina, Pinta and Santa Maria two months, and they named a day after that guy. In 1840 it would have taken six weeks from Irish ports to

Canada and five weeks from Liverpool to New York. The advances in ship-building allowed for more passengers and less travel time. Compound steam engines, iron hulls and screw propulsion improved the trip. Steamships would eventually cut the 3,000 nautical mile trip to two weeks and increase passengers from 200 to 2,000.

The first regular commercial flights across the Atlantic were in the 1950s. The 1960s witnessed transatlantic flights gain supremacy over ships for travel over the Atlantic. Trips were now a matter of hours and not days.

Transatlantic liner services were de-

funct, and those ships that withstood that transition became the initial cruise ships. Today, passenger vessels can make the voyage in five days.

The Atlantic Voyage

Even with improved technology and faster ships, the Atlantic voyage still was not an easy one. Unlike the larger Pacific Ocean, from the Latin *pacificus* meaning tranquil, the Atlantic was rough. In Greek mythology, Atlas is a Titan condemned to hold the heavens aloft and he fought Zeus. The Atlantic Ocean, or "Sea of Atlas," is first mentioned in *The Histories of Herodotus* in 450 BCE. Europeans gain a better understanding of the ocean from the travels of Ferdinand Magellan (1519-1522) and Francis Drake (1577-1580).

Ellis Island processed over twelve million immigrants from its opening in 1892 to its closing in 1954. It was closed before Jim Neary would immigrate from Ireland, not a mere coincidence.

The Great Depression and World War II decreased immigration and America's foreign-born population decreased from almost twelve percent to seven percent, some four million people.

Those international and national events altered the demographics of America and of Cleveland. The Census data for Cleveland illustrates those socio-political phenomena.

Every tourist at the Museum is well aware of the Cleveland effect and the Irish too. It was me Ma who wanted to visit Ellis Island. I prefer to get into the neighborhoods and interact with New Yorkers.

Ya Ma is Ya Ma, so you go to Ellis Island and say, "thank you," in a positive tone every time she yells like she has on headphones: "Did you see the Cleveland poster?" or "This one is for the Irish."

An immature son would have shared that he had already viewed all the exhibits and saw all the Cleveland and Irish displays. A mature son knows that will not stop her sharing what she discovered, discovered in the same sense as that guy who got a day named after him.

All the visitors, regardless of tongue and national origin, knew she was Irish and from Cleveland. It was so impressive to maneuver the museum in the presence of all the visitors. Me Ma was not the only tourist displaying pride and a connection to history. This

was not a Times Square experience or merely a photo opportunity.

The computers were full of families searching the archives and taking photos of the displays. These visitors were from all over the world, and they expressed in their actions that this is a country of immigrants.

Cleveland's First Church

To focus on the Irish in Cleveland has the potential to limit your scope of knowledge. That visit reaffirmed that the Irish did not live in a vacuum. One display has a picture from 1903 of the laborers who built Trinity Cathedral. The parish's first church building was consecrated in 1829 on the corner of St. Clair and Seneca Street (West 3rd). It was the first church in the limits of the village of Cleveland.

If Aunt Irene knew I was writing about Episcopalians, I would have to defend myself; a mature nephew knows about her right hook. The laborers in the photo looked like they could defend themselves. If one looks at them like the Polish tourists, it is clear in their haberdashery that various cultures are present.

That would be supported by phenotypic generalizations. It is a picture of the diversity that was, and is, Cleveland.

Last article the discussion was on increasing the connectivity of the today to the yesterday. Our excursion to the island the Mohegan's, called "Kioshk," and early New Yorkers called it, "little oyster island," was just that. It was an inspiring moment to be surrounded by active visitors from other cultures.

Then it was time for Dorlan's Tavern and Oyster Bar. As we entered, I yelled like I had on headphones, "Hey Ma, they got Guinness." ■

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 Executive Director of Bluestone Hibernian Charities and proprietor of McGarry Consulting. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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IRISH AT HEART

By Natalie Keller

To Expat or Not to Expat?

As someone who has lived abroad before, the question crosses my mind from time to time: should I move permanently to another country? In the shadow of this summer's horrific gun violence and attack on women's rights, the dilemma haunts me more and more. For millions of us, the American dream is beginning to feel more like a nightmare.

I sometimes joke that I've had two chances at a green card marriage, having dated a British and Canadian citizen before, that might have been my one-way ticket out of the States. Now the joke has turned solemn. For those of us privileged enough to consider the dilemma: at what point do you decide that the laws of your home country no longer align with your personal values, and that it's in the best interest of your life, liberty, and safety to leave?

I consider the United Kingdom my second home, and there was a stretch of time that I envisioned myself putting down roots there long-term. Though I did not end up attending, I was once enrolled in a master's program in England, and at a later point, I pondered going to graduate school in Scotland.

But so many factors pull me back to America, time and time again: my huge, loving family, my network of friends, our country's beautifully diverse geography, the security of my job, the comfort and familiarity of my homeland. Leaving is not a decision to be taken lightly.

Even during my short-term time abroad, homesickness was an ever-present ache. No matter how well I acclimated to different cultures and countries, there was always a little corner of my heart that felt out of place, like I didn't fully belong — a puzzle piece that almost fit, but not quite. It's a sentiment I've also heard echoed by my aunt, a French-born woman and expat who settled permanently in the States after marrying my uncle.

These experiences give me newfound appreciation for the struggles of immigrants such as my great-grandparents, who fled Hungary during World War II, or Ukrainians currently seeking refuge in neighboring countries, leaving behind the world they know and love in search of peace and security. I would never pretend my plight is as dire as theirs, but as America falls further and further into disrepair, I have a certain level of empathy for those who flee their home country in search of fundamental human rights.

Immigrants or Expats?

Let's not ignore the implications of the word "expat." As a white Westerner moving to the United Kingdom, I would be called an "expat" rather than an immigrant — why? Mawuna Remarque Koutonin writes in *The Guardian*, "You should expect that any person going to work outside of his or her country for a period of time would be an expat, regardless of [their] skin



The Irish flag flies over Bunnratty Castle in County Clare, Ireland.

colour or country. But... expat is a term reserved exclusively for western white people going to work abroad.

Africans are immigrants. Arabs are immigrants. Asians are immigrants... Immigrants is a term set aside for 'inferior races.'" With this critique in mind, I will be using the words "expat" and "immigrant" interchangeably, because

in a just world, they would mean the same thing.

The Central Statistics Office of Ireland reports that in 2016, over 10,000 non-Irish nationals from the United States resided in Ireland. This number represents a significant percentage of the country's population, so I delved into the motivations behind these

American immigrants relocating to the Emerald Isle.

THE UNITED NATIONS RANKED IRELAND AS ONE OF THE TOP COUNTRIES FOR QUALITY OF LIFE, OUTRANKING AMERICA WHEN COMPARING LIFE EXPECTANCY, STANDARD OF LIVING, AND ACCESS TO KNOWLEDGE.

Ireland's Appeal

There are many reasons why people move abroad: in pursuit of better healthcare, job opportunities, or to reside with romantic partners. Ireland in particular attracts immigrants on the basis of its safety, affordable education, and work-life balance.

In 2020, ECA International named Dublin one of the top ten most livable cities in the world for expats, and in 2019, the United Nations ranked Ireland as one of the top countries for quality of life, outranking America when comparing life expectancy, standard of living, and access to knowledge. Moreover, with firearms outlawed for most citizens, Ireland is an incredibly safe country.

In the entire year of 2015, there were only twenty-eight deaths from gun-related violence in Ireland. Compare that to the average of 124 people who died from gun violence every day in the US in 2020 according to the Center for Gun Violence Solutions. When considering the threat firearms pose to everyday life, Ireland offers a tempting draw.

Cheaper education is also an incentive for many to study or move to Ireland. James Reilly writes on LinkedIn that "the most glaring difference between higher education in Ireland versus the U.S. is cost. In the 2019-20 academic year, college in Ireland cost €12,171, or \$13,900 ... In the U.S., the average net price for the 2020-21 academic year at public colleges was \$19,490, a full 40% higher."

While American citizens will pay more than Irish citizens to attend college in Ireland, the fees nonetheless pale in comparison to American colleges, which are also known to

overburden students with debt. To put that into perspective, America's federal loan balance (of which student loans make up 91.2%) is over \$1.6 trillion. That number surpasses the GDP of Australia, New Zealand, and Ireland, combined.

For those who value a work-life balance, vacation time is another consideration. By law, full-time workers in Ireland are entitled to twenty days of annual leave, and most employers grant extra vacation days to long-term employees. By contrast, America has no national requirement for paid holidays, vacation days, or paid sick days.

The Decision to Stay

These reasons make sense for many American immigrants seeking life, liberty, and the pursuit of happiness outside the United States. And yet, patriotism for my home country still beats in my chest. George Takei wrote beautifully, "The greatest love you can show your country is to make it live up to its promises and ideals. After my family and 120,000 other Japanese Americans were sent to internment camps, I chose to hold America accountable. I did so not because I hated it, but because I believed in it."

I still believe in America, though at

times I feel like Captain Von Trapp singing "Edelweiss" in *The Sound of Music* as tyrants overtake his homeland. For many, immigrating elsewhere is the right choice — sometimes the only choice. But right now, for me, I will stay and fight for the country I call home: America, this land of duality, of broken promises yet resilient hope. ■

Sources consulted:

Student Loan Debt Statistics from educationdata.org

LinkedIn.com: *On Higher Education: Should the U.S. Be More Like Ireland?*

Ireland Gun Homicide statistics from gunpolicy.org

The Guardian: Why are white people expats when the rest of us are immigrants?

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, including Mirror Dance, Asymmetry Fiction, and The Peace Chronicle. She loves to hear from readers at natalie-keller.writer@gmail.com.

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9 August 1971 - Internment was introduced by the Stormont government with the arrest of 342 men, of which 226 were detained.

11 August 1835 - Death of Henry Grattan Guinness, Protestant Christian preacher, evangelist, and author.

12 August 1971 - With over 4,000 refugees from Northern Ireland in refugee camps in the Republic, Taoiseach Jack Lynch called for the abolition of Stormont.

13 August 1974 - Death of Kate O'Brien, novelist and playwright, best known for the play, *Distinguished Villa* and novels *Without My Cloak* and *The AnteRoom*.

14 August 1814 - Birth of Mary O'Connell, known as Sister Anthony,

who served in the American Civil War as a nurse and was called "the Angel of the Battlefield."

15 August 1992 - Michael Carruth, southpaw Irish boxer from Dublin, wins the welterweight gold medal at the Summer Olympics in Barcelona; the medal is Ireland's first ever gold medal in boxing.

23 August 1826 - Death of Michael Dwyer, a Society of the United Irishman leader in the 1798 rebellion. He was transported to Australia in 1803 as an unsentenced exile, where he became High Constable of Sydney.

27 August 1979 - Lord Louis Mountbatten and two others are killed by an IRA bomb on his boat in Mullaghmore.

28 August 1871 - Birth of Jack Butler Yeats, illustrator and painter, in London; the youngest child of the portraitist, John Butler Yeats, and brother of W B Yeats.



- Who are the "White Moths?"
- What is the oldest of the great Irish illuminated manuscripts?
- What is the smallest county in Ireland?
- When was Belfast first blitzed by the Germans?
- According to W. B. Yeats, what were the four tragic moments in Irish history?
- Where did the S.S. Lusitania sink?
- Who was known as "Meagher of the Sword" in the Civil War?
- The Irish dominated which two sports in the first half of the nineteenth century?
- What is Bord Failte Eirann?
- What happened to Nelson's Pillar?

- The Tinkers
- Book of Durrow (650 AD)
- County Louth
- April 15, 1941
- The Flight of the Earls, the Battle of the Boyne, the influence of the French Revolution on Ireland, and Parnell's fall from power.
- Off the coast of Castleown, Co. Cork
- General Thomas Francis Meagher
- Prize fighting and gambling
- The Irish Tourist Board, founded in 1952.
- It was blown up in 1966 by Irish nationalists who resented a memorial to a British admiral in downtown Dublin.

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 5- Crawley and Sofranko, 6- Joshua Rizzo, 12- The Island Doctor, 13- Greg Crowe, 19- The Other Brothers, 20- Music Men (Music Trivia), 26- The New Barleycorn, 27- Dougie Manross. **Now offering extended Summer Kitchen Hours:** Mon-Thurs 11am-9pm, Fri & Sat: 11am-10pm. 117 West Liberty Medina, 44256 sullysmedina.com.

HOOLEY HOUSE MONTROSE
 5-Nick Zuber, 12-Company Housing, 19-Vince Menti & Friends, 26-Tom Guarino. 145 Montrose West Avenue Copley, Oh 44321 (234) 466-0060 lfunpub.com

MENTOR

HOOLEY HOUSE
 5-Matt Whataguy, 12-Nick Zuber, 19-Joshua Robert, 26-Vince Menti & Friends. 7861 Reynolds Rd Mentor lfunpub.com (440) 942-6611.

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WEST SIDE IRISH AMERICAN CLUB
 7th -WSIA Annual Picnic 1-6PM Christie 216-906-0663; 11th -Forever

Young Picnic 1:00PM Mary Ellen 440-235-4164; 27th -Steak Shoot 7:00PM, Helen 216-251-4075. 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. New players always welcome. West Side Irish American Club 8559 Jennings Road, Olmsted Township, OH 44138. 6-7th: Midwest Finals, Rochester, NY. 19-21st: USGAA Nationals @ Chicago, IL

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WILD GOOSE
 4114 Erie Street, Willoughby 44094. wildgoosewlyby.com

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SHAMROCK CLUB EVENTS
Sunday Aug. 14th - General Mtg., Horseshoe League every Wednesday, 6:30 pm, thru August: tjbecker59@gmail.com Cornhole League every Thursday thru August, 7pm. Happy Hour every Friday from 5-7pm! 60 W. Castle Rd. Columbus 43207 614-491-4449 shamrockclubofcolumbus.com

TARA HALL
 Tara Hall 274 E. Innis Ave. Columbus, 43207 614.444.5949.

TOLEDO

TOLEDO IRISH AMERICAN CLUB
 2nd - The Byrne Brothers takeover the Blarney Irish Pub! Doors 6:30. Tickets \$20 in advance through eventbrite, \$25 at the door. 28th - Derek Warfield & the Young Wolfe Tones @ St. Clements Hall, 2990 Tremainsville Road, Toledo, OH 43613. Doors at 5pm, Tickets \$20 in advance, \$25 at the door. Great music & Craic. 601 Monroe Street, Toledo 43604 ToledoIrishAmericanClub.com

YOUNGSTOWN

GOLF OUTING
 27th - AOH - Joseph T. Nalley, Sr. Div. 6 Mahoning County hosting the AOH Irish Invitational Golf Outing. 1st flight 8:30 am / 2nd Flight 1:30pm. Duck Creek Golf Course, Warren OH.

\$85.00 p/person. Hole Sponsors \$50.00 & \$100.00. Lunch Sponsors \$250.00. (330) 550-4469, Mark Klacik.

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FIDDLER'S HEARTH
 Mon: Open Irish Music Session 7ish; Tue: Open Old Timey Music Session 7ish; Wed: Open Mic – 7:30pm – 9:30pm, sign-up 6:30pm. 127 North Main Street South Bend, IN. 44601. 574.232.2853 FiddlersHearth.com
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 (North Hills) aohdiv4.org or Bob Parry (724-933-0427).



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- The 1035 Club** 1st Saturday of the month 1-3. 1035 Bridge Street upstairs, Ashtabula, OH 44004
- The Harp** – 1st Friday of every month, 9pm 4408 Detroit, Cleveland 44113
- Otie's Tavern** – Tuesdays 7-9. 5344 Center Street, Hilliard, OH 43206
- Logan's Irish Pub** – 3rd Wednesday of the month, 7:30 414 S. Main Street, Findlay, OH 45840
- Blarney Stone Tavern** – Sundays: 6 - 9. Skill levels intermediate to advanced/professional, however all welcome. 2245 West Dublin-Granville Road Worthington, OH 43085
- Plank Road** – Thursdays 7 – 10. All ages and experience welcome 16719 Detroit Road, Lakewood, OH 44107
- Spoon Market & Deli** - every Thursday, 7-9 PM, all are welcome, 144 W Liberty St., Wooster, OH 44691
- Dempsey's** – Fridays: 8-10. 346 S. High Street Columbus, OH 43215

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- 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
 For information, contact CeilClubCleveland@gmail.com

Irish Language Classes:

- Introductory to intermediate level**
 Tuesdays, 6:15 -8 p.m. at P.J. McIntyre's Irish Pub 17119 Lorain Rd., Cleveland, OH 44111
- Introductory to intermediate level**
 Thursdays 7:00 p.m.
 745 Pleasant Ridge Ave., Bexley, OH 43209





BLOWIN' IN

By Susan Mangan

@SueMangan

Soil

Between my finger and my thumb

The squat pen rests . . .

Under my window,
a clean rasping sound

When the spade sinks into gravelly
ground:

My father digging . . .

By God, the old man could
handle a spade.

Just like his old man . . .

I've no spade to follow men like them . . .

Between my finger and my thumb

The squat pen rests.

I'll dig with it.

"Digging" by Seamus Heaney

When I was a child, I spent summers on my uncle's farm in southern Missouri. The earth smelled ripe, made fertile by generations of cow manure and hard labor. This was the land where my mother was born.

As a girl, she collected eggs from beneath the dirty bottoms of hens, hoping that a snake did not precede her to an early breakfast. She milked cows by hand and collected black walnuts from the field by the lane. In times of solitude, my mother kicked rocks and thought about a life beyond the hay and cornfields where she could bloom, a wildflower in a big city. My mother left the farm but brought



me back each summer to breathe the country air, to eat ripe tomatoes off the vine, to lick the juice of homegrown watermelon off my sticky wrists. Standing in the field, I bloomed, a Black-Eyed Susan in the pasture.

Now, my eyes may be green, but how I identified with those lovely July flowers growing wild by the water troughs and along the edge of willow shaded ponds. I always wished my mother had never left the farm, but then I wouldn't be me.

Still, I would pretend when I was alone in the pasture set to the task of filling the troughs with water for the calves, that if I stayed still for long enough, standing upon the soil, I would become part of the earth. I could stay there forever surrounded by June Bugs and butterflies, barn swallows and soft, milky sweet calves.

A Seed is Planted

A child benefits from learning about the natural world from adults who respect the earth. Farming, gardening, nature hikes, star gazing, it all matters to the formation of a generation that understands the delicate balance between progress and preservation. Each time a seed is planted, the balance is restored. Flowers bloom, vegetables reach toward the sun, bees are nourished, and the human soul is fed.

As a little girl, I enjoyed helping my mother pick out flowers at our local nurseries in late spring. She grew zinnias along the chain-link fence and moss roses in the hard Chicago ground. My mother never said no when I asked to grow pumpkins and cantaloupes, giant sunflowers, and towering stalks of inedible corn.

I tirelessly dug through the invasive wild mint that overtook the small patch of ground by our garage. By summer's end, hard melons and sturdy green peppers would come to fruition. The family would starve if we had to rely on my novice attempts at gardening, but the yard was lovely, small and filled with life.

My husband gardens. He counts each potato, tomato, and bean that he grows each year. I laugh at the irony, as he is quite literally and metaphorically a bean-counter both in the office and in the garden. Nonetheless, he plans, plots, and cultivates what to grow and how best to nourish his seedlings.

My husband's asparagus bed is his pride and joy. Ten years in the making, those gorgeous stalks are like children to him. Between our curious spaniel Lucy, the hungry bunnies, and the groundhog who makes an appearance each year, my husband must remain vigilant if he is to reap the rewards of a bountiful harvest come fall. My mother always said, "An hour in the garden puts all our problems in perspective."

This past spring I visited the Seamus Heaney exhibit "Listen Now and Again" held at the Bank of Ireland in Dublin. My journey to Ireland was unexpected, but fate has a way of providing serendipitous moments. I was traveling on the bus from the airport and through the city center when I saw a placard announcing the exhibit featuring my favorite poet.

Listen Now and Again

The night my mother died, her last thoughts were about a column I wrote the previous autumn about Seamus Heaney and blackberries: "Each year I hoped they'd keep, knew they would not." In this poem, Heaney writes of anticipation, expectation, and the sometimes-heartbreaking reality of life.

I never heard my mother utter these words or saw the understanding in her clear, sky-blue eyes. She texted her final thoughts to me hours before her death. Her words were about the blackberries that grew in the red clay of southern



Missouri. Her last words were about our shared history and her anticipation for our future visits, and how the sturdy blackberry can grow even in forgotten soil. Interestingly, Seamus Heaney texted his wife before he died: "Noli Timere," roughly translated, "Do not be afraid."

As I entered the exhibit, Heaney's voice seemed to rise from that other world. In reciting "Digging," Heaney speaks of his father and grandfather, familial expectations, and how to blossom from the truth of one's own unique composition. Heaney speaks of land and lineage, history and the future. Above all, Heaney reminds us that we are rooted in soil and how important it is to reach for that first seed.

Seamus Heaney: Listen Now Again. Dublin: Bank of Ireland. Tuesday-Saturday 10am-4pm. Every Saturday, 11:00 am guided tour of the exhibition. Wednesday 17 August, 1:00pm (Irish time) Virtual Tour of Seamus Heaney: Listen Now Again. ■

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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By Megan Lardie

KIDS CRAIC

One Potato, Two Potato, Three Potato, Four!

Is there any better food than the potato? In the United States, the average person eats 110 pounds of potatoes each year! It is fascinating the number of ways potatoes can be prepared. They can be roasted, boiled, baked, or mashed. They can be served as hash browns, tater tots, French fries, or potato chips.

August 18th is National Potato Day! It is an unofficial holiday, so how it began is unclear, but potatoes have been around for a very long time. It is believed that the first crops were found in South America around 5000 BC and have spread all over the world. Potatoes have become a popular dish in every country because they can be used as so many side dishes and they can also be used to make bread, pancakes, soups, and even drinks!

The First Potato

The first potato patch planted in the United States was in New Hampshire in 1719. The seeds that were planted came from Ireland, so Thomas Jefferson referred to the crop as the Irish potato. Since then, potatoes have become the leading vegetable crop in the United States.

Idaho grows the most, averaging about thirteen billion pounds of potatoes each year! Washington, North Dakota, Wisconsin, and Colorado also grow millions of pounds of potatoes each year. The first French fries were served at the White House when Thomas Jefferson was president.

James Heming, who was Jefferson's slave, traveled to France so he could learn how to cook potatoes the French way. He served them to guests of the White House, and they quickly became popular.

The potato has not always been so fabulous in Ireland. By the early 1840s, about half of the Irish population was dependent on the potato for almost all of its nourishment. From 1845-1849,

the potato crops in Ireland failed due to a disease that ruined the crops of potatoes.

At this time, Ireland was still under the British government, which did not do much to help the people that were starving. About one million people ended up dying of starvation and almost two million people left the country to go find food and jobs in other countries.

When Ireland finally became its own country in 1921, the population had dropped to half as many people

than before the famine began. Today, potatoes are still grown in Ireland and the disease that ruined the crops back then is extinct. This has been called the Great Irish Famine and it led to a great number of Irish people moving to the United States.

If you are Irish, ask some family members if this is the reason you and your relatives live in the United States and not in Ireland. You might get a remarkable story about the struggles your relatives had to go through in order for you to be here today! ■



Kids in the Kitchen

Irish Boxty

Boxty is a traditional Irish dish made of potatoes.

Prep: 15 mins. Cook: 15mins.
Makes six servings

Ingredients:

- 1 ½ cups grated raw potatoes
- 1 cup flour
- 1 cup leftover mashed potatoes
- 1 egg
- 1 Tablespoon milk
- ¼ cup olive oil
- Salt and pepper to taste

Megan is a Reading Intervention educator at Andrew J. Rickoff Elementary in the Cleveland Municipal School District. She holds a BA in Humanities from Hiram College and a BA+ in Early Childhood Education from Ashland University. She may be reached at megalardie126@outlook.com

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Literature Corner

Esperanza Rising

by Pam Muñoz Ryan

Esperanza thought she would always have a great life living on her family's ranch in Mexico. She had fancy dresses, a beautiful home, and servants. Tragedy forces Esperanza and her mother to flee to California and live at a farm labor camp.

Esperanza is not ready for the hard work and things get worse brought on by the Great Depression. When Mama gets sick, Esperanza must find a way to be strong and rise above the difficult circumstances otherwise her and mama will not survive. For ages 9-12. 262 pages.

A Wall in the Middle of the Book

by Jon Agee

A knight believes he is on the "safe" side of a wall that separates the book. He is not aware of the danger that is creeping up on his side. An ogre from the other side saves him, he learns that he was quick to judge what he did not know. A great lesson about not making assumptions about people and places you do not know. For ages 4-8. 48 pages.

Lardie's Laughs

Q: What did the computer need to run the gardening app?

It needed a potato.

Q: What do you call a potato with right angles?

A potato square.





TERRY FROM DERRY

By Terry Boyle

Chaos Reigns

Technology is something we all have to contend with. Most of our advancements as a civilization are due to our technological progress. From the development of the internet, mobile phones, and in recent times A.I (artificial intelligence), we are seeing an explosion of new avenues of experimentation.

In most cases, these advancements are beneficial to society. We have refined methods for analyzing and treating disease. There are even tests being done at the moment with nanobots that can distinguish cancerous cells from good ones. This nanotechnology could prove to be a more effective way of eliminating cancer.

Watches tell more than time. Now your watch can indicate if you're on the

brink of a medical emergency.

We've seen how the James Webb telescope has allowed us access into the depths of our galaxy and beyond. Through this new technology, we are able to identify planets capable of sustaining life as we know it. We are venturing beyond our world to other planets (what used to be the stuff of sci-fi) and discovering incredible finds.

Space Bubbles

Science continues to investigate new ways to deal with the challenges that face us as a species. Only recently, M.I.T has suggested that there may be a way to either slow down the risk of climate change or stop it by developing space bubbles to block the most harmful effects of the sun. There are even attempts to find enzymes to eat the vast amount of plastic that we cannot get disposed of in any healthy way.

Our own communications systems have radically changed. Remember those days of watching Star Trek and seeing them communicate via a handheld device? These days we depend on those same devices for everyday use. Our watches can send messages, receive calls, and provide us with information. We have access to data, to quote the cliché, at the touch of a finger.

There's no need to go scouring through endless books in a library, or past newspapers, to find information. The internet has made our lives so much easier by providing us access to an incredible amount of shared knowledge.

How many times have we puzzled over a problem and wondered where to find the answer? Ask your phone, and you'll have any number of websites to choose from. And, unless you're discriminating, you'll find that some of that information is not factual, but the stuff of nonsense - and that's the rub.

Technology is not an excuse to switch off our brains. Just because a computer can provide us with information, we should not believe everything we're told. Search any item and you'll find there are misleading quasi-facts, conspiracy theories and any number of quack ideologies for the choosing.

For some people, delving into some of those more ridiculous theories is tantamount to disappearing down a rabbit hole and into some fantastical dimension of unproven knowledge. One thing technology has not changed, is how gullible we can be.

Read some of the conspiracy theories regarding vaccinations. There are those people who believe that the government has tainted the vaccine with a microchip so as to monitor and control you.

The deniers of science are usually those who know nothing about science, but everything about the human need to believe in something even if it's not the truth. The same people, if given the choice of ending up in the ICU or being restored to health, might quickly change their opinion when it comes to science.

War of the Worlds

It's just amazing to me to listen to people who read something on the internet and believe it as fact. This is not a new phenomenon. Remember when Orson Welles broadcast H.G Wells 'War of the Worlds' novel on alien invasion. People believed that they were seriously under attack by aliens. They panicked. There was chaos.

A lot of people put themselves and



others at risk based on a fiction that they believed to be true. We tend to be disparaging of those who lived before us, thinking of them as backwards and lacking sophistication, but when it comes to believing falsehoods, nothing has changed.

Our technological advancements do not come with the added benefit of common sense. Your phone will not make you a critical thinker. These are attributes that cannot be provided by nanobots created to target the stupid brain matter in favour of the half-smart one.

Pilate, before sentencing Christ, asks 'what is the truth?' He's fascinated by two versions of Jesus. The one that believes he's the messiah, and the other that condemns him as a heretic and insurrectionist. The Roman knows he's being used by those who want Christ dead, but he equally is interested in knowing who it is he's sentencing.

Technology, like most things in life, is not neutral. It's a vital tool that can either help or hinder our progress as a species. The only way we can guarantee its effectiveness is to constantly question its use and purpose.

When Stephen Hawking queried the development of A.I, he wasn't reacting to some conspiracy theory. He had serious scientific doubts about our judgement in creating something that could replace us. If we create an A.I that is perfect, then why would it want to serve or indeed maintain our imperfections?

If an A.I is fully realized and asked

Continued on facing page

Chaos Reigns Continued from facing page

the question about what or who is the greatest threat to our planet, it would not take a genius to answer that question. We are always in danger of creating our own destruction. This does not require a degree to understand. The evidence lies in our drive to push the planet to its limits.

Despite how reasonable and scientific the facts are, we as human beings choose to take the risk and throw caution to the wind. Any attempts by world leaders to curb the effects of climate change are quickly tossed aside by a Supreme Court that has not based its decision on fact but on political ideology.

Once we stop questioning the information that we're bombarded with, we lose our ability to save ourselves. We should never place our faith in those who govern, or those who inundate us with supposed facts.

Pilate asks the question of what the truth is, but his subsequent actions show that he's not interested in the truth. We need to ask the same question, even if the answer is not what we wish it to be.

We might even know the truth but refuse to let it change us. Ultimately, if we believe we are more advanced than those who have gone before us because we're more technologically advanced, then we are seriously mistaken. ■

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MADIGAN MUSES

By Marilyn Madigan

Celebration of the Feast of Our Lady of Knock

On the 21st of August 1879, Our Lady appeared in Knock, County Mayo. Our Lady's appearance was described by one of the witness, Judith Campbell, "I saw outside the chapel, at the gable of the sacristy facing the south, three figures representing St. Joseph, St. John and the Blessed Virgin Mary; also an altar, and the likeness of a lamb on it, with a cross at the back of the lamb. I saw a most beautiful crown on the brow or head of the Blessed Virgin. Our Lady was in the centre of the group, a small height above the other two; St. Joseph to her right, and bent towards the Virgin; St. John, as we were led to call the third figure, was to the left of the Virgin, and in his left hand he held a book; his right hand was raised with the first and second fingers closed, and the forefinger and middle finger extended as if he were teaching. The night came on, and it was very wet and dark. There was a beautiful light shining around the figures or likenesses that we

saw. I went within a foot of them; none of us spoke to them; we believed they were St. Joseph and St. John the Evangelist, because some years ago, statues of St. Joseph and the Evangelist were in the chapel at Knock. All the figures were in white or in a robe of silver-like whiteness; St. John wore a small miter. Though it was raining, the place in which the figures appeared was quite dry."

There were fifteen witnesses to the Apparition. There have been Pilgrimages to Knock since and is considered as one of the prominent Marian Shrines in the world. Pope Pius XI declared in 1932 Our Lady of Knock to be "Queen of Ireland."

The Feast of Our Lady of Knock is celebrated by members of the Ladies Ancient Order of Hibernians as one of the Religious Observances of the Order.

The Our Lady of the Rosary Division will be celebrating the Feast with a Mass on Sunday August 21 at 11:00am at Our Lady of Lourdes Shrine 21281 Chardon Rd Euclid Ohio.

We are so blessed that Ohio's newest Division, Deirfiur of Charity, will be joining us in the celebration of this important feast for the first time.

We also welcome our Brother Hi-

bernians from the Boland Berry and Bluestone Divisions. Our Chaplain, Fr. Thomas Mahoney, and the hospitality of the Sisters of the Most Holy Trinity always makes this one of our best events. Following the Mass, the Sisters of the Most Holy Trinity invite us to their St. Anne's Dining Room for a delicious lunch at a minimal cost.

The Ladies Ancient Order of Hibernians welcome all to participate in the Celebration of the Feast of Our Lady of Knock: "Golden Rose, Queen of Ireland, all my cares and troubles cease as we kneel with love before you, Lady of Knock, my Queen of Peace" Peace is needed in our troubled world; come pray with us to Our of Knock for peace in our world. ■

Marilyn Madigan is the National 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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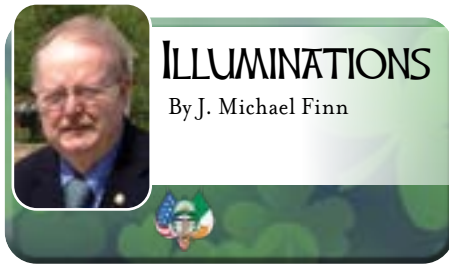
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ILLUMINATIONS

By J. Michael Finn

Erskine Childers

Robert Erskine Childers was born in Mayfair, London, England on June 25, 1870. He was the second son of Robert Childers, an oriental scholar from an Anglican family, and Anna Mary Barton, who was from an Anglo-Irish landowning family of Glendalough House, County Wicklow.

When Erskine was six, his father died from tuberculosis. His mother died six years later. The five children were sent to live with the Bartons at Glendalough, County Wicklow. The children were treated kindly by the Bartons and Erskine grew up knowing and loving Ireland.

The Bartons sent Erskine to board-



ing school at Haileybury College in England. There he won a scholarship to Trinity College in Cambridge, where he studied law. A back injury he sustained while hiking bothered him for the rest of his life; it left him slightly disabled and unable to pursue his intention of playing rugby.

With many sporting ventures now closed to him because of his disability, Childers was encouraged by a friend to take up sailing. In 1893, he bought his own "scrubby little yacht," *Shulah*. Bigger and better boats followed. In 1897, he took a long cruise to the Frisian Islands, off the coast of Germany, in his

thirty-foot cutter *Vixen*.

As with most men of his social background and education, Childers was originally a steadfast believer in the British Empire. In 1898, as negotiations failed over the voting rights of British settlers in the Boer territories of South Africa, the Boer War broke out. Childers needed little encouragement to enlist.

Serving as an artilleryman in the Honorable Artillery Company, Childers was a driver caring for a pair of horses and riding them in the ammunition supply train. The unit set off for South Africa on February 2, 1900. On June 26, Childers first came under fire. His unit was dispatched back to England on October 7, 1900.

In 1903, Childers published his most famous novel, *The Riddle of the Sands*. The book enjoyed immense popularity in the years before World War I. It is an early example of the spy novel and was extremely influential.

The novel combines Erskine's love of sailing and knowledge of the Frisian Islands to successfully shine a light on German militarism as a potential threat to Britain. Mystery writer Ken Follett praised Childers' book as "an open-air adventure thriller about two young men who stumble upon a German armada preparing to invade England."

In the autumn of 1903, Childers travelled to the United States. He spent his time exploring New England on a rented motorcycle. One day his motorcycle broke down outside the Boston home of Dr. Hamilton Osgood, a prominent physician. Childers went to the home to borrow a wrench and was invited in for dinner.

There he was introduced to Dr. Osgood's youngest daughter, Mary (Molly) Alden Osgood. The well-read republican minded heiress and Childers became attracted to each other. Molly Osgood and Childers were married at Boston's Trinity Church on January 5, 1904. As a wedding gift, Molly's father arranged for a fine 28-ton sailing yacht, *Asgard*, to be built in Norway for the couple.

In 1910, Childers switched his attention to support for Irish Home Rule. He was alarmed by the failure of the British government to prevent the unionist gun-running at Larne, in Ireland. As a result he became involved in what became known as the

"Howth Gun Running."

In May of 1914, a committee of nationalists was set up to raise funds to purchase arms. Republicans Roger Casement and Darrell Figgis negotiated the purchase of 1,500 rifles and 49,000 rounds of ammunition from arms dealer Moritz Magnus in Hamburg, Germany, to arm the Irish Volunteers.

Childers paid for the arms, arranged for the transfer and used his yacht to secretly transport the arms from Germany. Childers, his wife Molly and Mary Spring Rice piloted the *Asgard* and on July 12, 1914, the arms were transferred from a German tugboat to Childers's yacht. The *Asgard* sailed into Howth harbor on July 29, where the arms were handed over to the awaiting Irish Volunteers.

In what seems like an obvious contradiction to his gun running activities on behalf of the Irish Volunteers, Erskine enlisted in the British Naval Air Service in August 1914 at the onset of World War I, where he served as an intelligence officer, until 1919.

In March 1919, Childers made the decision to move to Ireland and to use his writing skills to aid Sinn Féin propaganda. His family left their comfortable world in England at the end of 1919 to live with him in Dublin.

For the rest of his life, Childers concentrated exclusively on Irish affairs. He joined the IRA and was appointed Director of Publicity for the First Dáil Éireann. He was the architect of the Republican movement's successful propaganda campaign during the War of Independence.

At this time, Childers became a close friend to Éamon de Valera, and his ideas appear to have had some influence on de Valera. However, Childers was not trusted by everyone; Arthur Griffith called him "that damned Englishman," and due to his British intelligence associations, many in the republican movement suspected him of being a spy. After the May 1921 election, he became a Sinn Féin member in the Second Dáil.

Childers was appointed one of the secretaries to the 1921 Anglo-Irish Treaty negotiations. During the negotiations he secretly reported back to de Valera on developments, and had increasingly strained relations with Michael Collins and Arthur Griffith.

The British delegation also regarded Childers as a harmful influence during the negotiations and set up

private meetings with Griffith and Collins in order to bypass him. He became one of the fiercest public opponents of the 1921 Treaty and sided with the Anti-Treaty Republican forces during the Civil War.

"HE DIED THE PRINCE HE WAS. OF ALL THE MEN I EVER MET, I WOULD SAY HE WAS THE NOBLEST."

Childers was soon living on-the-run, fearing arrest by the Free State Forces. Childers was arrested on November 10, 1922, and was charged with possession of a small pistol, given to him as a keepsake by Michael Collins. He was convicted by a Free State military court and sentenced to death.

Erskine Childers was executed on November 24, 1922, by firing squad at the Beggars Bush Barracks in Dublin. Before his execution, he shook hands with the firing squad. His last words, spoken to the firing squad, were: "Take a step or two forward, lads;

it will be easier that way." Childers' body was buried at Beggars Bush Barracks until 1923, when it was reburied in the republican plot at Glasnevin Cemetery in Dublin. Éamon de Valera said of him, "He died the Prince he was. Of all the men I ever met, I would say he was the noblest."

The Childers had three children. Noteworthy among them was Erskine Hamilton Childers, who later became the fourth President of Ireland (1973-1974). Molly Childers died on January 1, 1964 at the age of eighty-nine. She survived to see eight grandchildren and twelve great-grandchildren. ■

J. Michael Finn is the Ohio State Historian for the Ancient Order of Hibernians and Division Historian for the Patrick Pearse Division in Columbus, Ohio. He is also Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on Irish and Irish-American history; Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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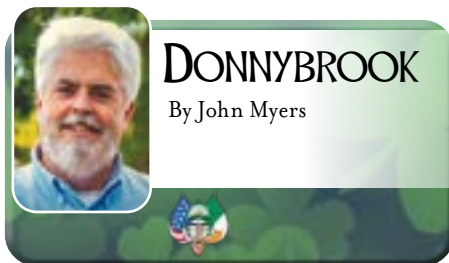
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DONNYBROOK

By John Myers

Bolton Bats Biden

Former Trump National Security Advisor John Bolton attacked President Joe Biden as being “Clueless” for his support for Ireland, The Good Friday Agreement, and the Northern Ireland Protocol.

While Biden was in Cleveland recently touting his completed legislation that bailed out the multi-employer pension funds, Bolton was opining in his column in the Daily Telegraph, a widely circulated British tabloid, that Biden’s foreign policy should be focused on rebuilding the “special relationship” with London.

Bolton would have Biden slavishly defer to the UK and let them ignore and undermine an international treaty, The Good Friday Agreement, that the UK negotiated, and U.K. Parliament approved. We remember Bolton’s short tenure as President Trumps National Security Advisor ending with his criticism of the U.S. House’s 2nd impeachment trial against President Trump for not digging deep enough while hypocritically refusing to testify before the House.

All a shameless dance to promote the sale of his personal memoir. Former Re-

publican U.S. Senator and former Ohio Governor George Voinovich famously spoke of Mr. Bolton while opposing his nomination to the post of U.S. Ambassador to the United Nations when he said: “There is no doubt that Mr. Bolton has serious deficiencies in the areas that are critical to be a good ambassador. . . . he is a kiss-up, kick-down leader who will not tolerate those who disagree with him and who goes out his way to retaliate for their disagreement. . . . He would have been fired if he worked for a major corporation.” Sharp words from a Sen. Voinovich known for his diplomatic language, but he knew his target.

In the meantime, those that care about the Emerald Isle will continue to welcome President Biden’s strong and clear support for Ireland.

Beyond Bojo

U.K. Prime Minister Boris Johnson, as predicted, resigned from his position as head of the Conservative and Unionist Party, paving the way for his departure from 10 Downing Street shortly. Clear words from Sinn Fein President Mary Lou McDonald: “Boris Johnson’s interaction with Ireland has been entirely negative and he will not be missed.”

The Irish Leader further shared that Ireland will be looking for a successor Tory government that “will respect international law and fulfill its obligations under the Good Friday Agreement.” And she sent a strong admonition that “Ireland will not be the Tory collateral damage for its Brexit.”

It is clear any new leader should shoulder their responsibility to push the Unionist into the Northern Ireland Assembly and get the Executive up and



President Joe Biden in Cleveland

running. One could hope that the legislation recently introduced to provide for the U.K.’s unilateral withdrawal from the Northern Ireland Protocol is pulled or at least tabled.

One could hope that the legislation was only introduced as a sop to the Unionists due to BOJO’s weak position and as an attempt to flex some negotiating muscle to the European Union leadership regarding the Northern Ireland Protocol. Westminster must stop molly-codding the Unionist and communicate that the Protocol is here to stay.

The sooner the new government sends a message to the Unionists that it’s time to get the Northern Ireland Assembly in operation and put the Northern Ireland Protocol into full effect the better. It is hoped that any new Tory government will want to restart the current dismal relationship with the E.U. and the Dublin government.

As of this writing, there is a long list of potential candidates to replace BOJO; it truly is an open race. BOJO was such a huge side show, no other Tory leaders were able to establish their own identity. Any Tory member who gets eight fellow Tories to support them can officially enter the race.

The 358 members of the Tory Party will then have a series of secret votes, until the list is whittled down to two top candidates. Those two candidates will then go before the rank-and-file

members of the Tory Party. There is upwards of two hundred thousand members who could vote on the next leader of the Conservative and Unionist Party; the winner of that vote would then be ratified as the new Prime Minister by the Tory members of Parliament.

Dail Dysfunction

The parliament that sits at Westminster is in tumult, The Northern Ireland Assembly at Stormont is not currently functioning, and Dublin’s Dail may not be far behind. The multiple party coalition government of Fine Gael, Fianna Fail and the Greens is fraying at the edges. Meanwhile, Sinn Fein continues to top all the polling. Stay tuned

Whitewash

The Northern Ireland Troubles Legacy and Reconciliation Bill was drafted by outgoing Northern Ireland Secretary of State Brandon Lewis, a bill that all N.I. parties have rejected. Essentially, it is a bill written to give immunity to any governmental actor who was involved with the State sponsored violence during the Troubles. It is an attempt to look like the British Government is looking to reconciliation, but, it is a one-way attempt to sweep state involved actors’ misdeeds under the rug.

Members of the U.S. Congress have spoken out against the U.K. legislation, calling out in alarm the unmitigated harm this legislation would cause to the long-term effort to bring the Northern Ireland communities together. It is hoped that any new Prime Minister will pull this legislation as part of a reset of relations with Belfast and Dublin.

This amnesty bill was led by Brandon Lewis, who resigned as Secretary of State for Northern Ireland as part of the whole BOJO resignation drama. BOJO appointed Shailesh Vara, an arch Brexiteer as his replacement. SDLP’s Leader, Colum Eastwood, stated: “had not been impressed with Vara’s grasp of Northern Ireland issues” and does not anticipate he will be in the post “too long”.

Vara is the 7th Northern Ireland Secretary of State in the last ten years, exhibiting Westminster’s lack of concern or respect for the six counties. At a critical point in its history, the Tory party continues to show its indifference and just tread water related to Northern Ireland. ■

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SPEAK IRISH

By Bob Carney

@BobCarneyGTR

Subh Milis and Old Wisdom

Old sayings have always been special to me, my grandfather had many favorites that I still remeber and repeat to this day. I hope you find one or two that you can use to inspire or find comfort in.

“Táimid cailte sa cheo chéanna” (taw-midge kahl-cha sa kyo kyen-ah) We’re lost in the same mist.

“Tá sé mar atá sé” (taw shay mar ah-taw shay) It is what it is.

“Muna mbeadh ach pocán gabhair agat bí i lár an aonaigh leis.” (muh-na maid ach puh-can guh-wer ah-gut bee ih lar an on-ay lesh) Even if you only have a billy goat, be in the middle of the fair with him. (Be proud or thankful of what you have)

“An té a luíonn le madraí, eiroidh sé le dearnaid.” (on tay a lee-on le maw-dree aye-rogue shay le dar-nid) He who lies down with dogs, gets up with fleas. (Be careful of the company you keep)

“Níl saoi gan locht.” (neel see gon lockt) There’s not a wise man without fault.

“Ní neart go cur le chéile.” (nee nyart guh cur leh kay-lee) There is strength in unity.

“Is minic a bhris béal duine a shrón.” (iss min-ick ah vrish bay-al dinn-eh ah hrone)

Many a time a man’s mouth broke his nose.

“Ar scáth a chéile a mhairimid.” (ar scawh a kay-lee ah wir-ih-midge) We live in the shadow of one another.

“Is ait an mac an saol.” (iss att ahn moc ahn say-ol) Life is strange.

“An rud is annamh is iontach.” (on rud iss ann-iv iss ee-on-tach) The thing that is seldom is wonderful.

“Níl aon tinteán mar do thinteán féin.” (neel ane tin-tawn mar duh hin-tawn fayne) There’s no fireplace like your own fireplace. (There’s no place like home.)

“An té a bhíonn siúlach, bíonn

scéalach.” (on tay ah vee-on shoo-loch, bee-on shcale-loch)

He who travels has stories to tell.

“Dá fhada an lá tagann an tráthnó-na.” (daw aw-da ahn law tog-ann an traw-no-na) No matter how long the day, the evening comes. (no matter how bad things are, they will end.)

“An té nach bhfuil láidir, ní foláir dó bheith glic.” (on tay noch will law-jir, nee foh-lawr doh veh glick) He who is not strong must be clever.

“Bíonn adharca fada ar na ba thar lear.” (bee-on ire-cah faw-dah ar na bah hawr lahr) Far away cows have long horns. (The grass is always greener...)

“Tús maith leath na hoibre.” (toose mah lah na hib-reh) A good start is half the work.

“Is fearr an tsláinte ná na táinte.” (iss fahr ahn tlaw-n che naw na tawn-che) Health is better than wealth.

“Ní thagann ciall roimh aois.” (nee hog-ann kee-al riv eesh) Sense does not come before age.

“Má tá tú ag lorg cara gan locht, béidh tú gan cara go deo.” (maw taw too egg lor-ig cah-ah gon luch, beg too gon cah-ah guh jo) If you’re looking for a friend without a fault, you will be without a friend forever.

“Níl lia duine ná barúil.” (nee lee-ah din-eh naw bah-rool) There are as many people as opinions.

“Is maith an scéalaí an aimsir.” (iss mah ahn schay-lee ahn am-sheer) Time is a good storyteller. (time will tell)

“Más maith leat do mholadh faigh bás, más maith leat do cháineadh pós.” (mahs mah laht duh wo-lag fah boss, mahs mah laht duh kah nayg poss) If you want praise die, if you want blame marry.

“Bíonn misneach ag gach madra i ndoras a thí féin.” (bee-on mish-noch ag gach mah-dra ih nor-as ah hee fayne) Every dog is plucky at his own door.

“Ní cheannódh ór suaimhneas.” (nee kah-nog ore su-ah-ness.) Gold cannot buy peace.”

“Inis do Mháire i gcógar é, is in-seoidh Máire dó phóbal é.” (innish duh worra ih go-gar ay iss in-shoh moora doe fo-bal ay) “Tell it to Mary in a whisper and Mary will tell the parish.”

“Níl fhois ag éinne an méachan ach an té a iompraíonn an t-ualach.” (nee liss ag ayn-ya ahn may-han ach ahn che ah ompree-on too-loch) “No one knows the weight of... but he who carries it.”

“chomh riméadach le cat a mbeadh póca air!” (cove ree-may-dach leh caht ah made po-ka ayre) As happy as a cat

who had a pocket. With a little practice it’s easy to commit a couple of these to memory. It can be a fun way to share the Irish language and culture and a great way to use our Irish.

“Ní troimide an loch an lacha.” (nee trim-ih-da ahn loch ahn lach-ah) “The lake is no heavier for having the duck on it.” (Don’t worry about the little stuff)

Séamus Óneill was an Irish poet and writer from Co. Down. His poem, “Subh Milis,” is widely known and is probably the most translated poem from its original Irish to English. It was written and dedicated to his mother, and was included in his book, “Dánta do Pháistí” (Poems for Children) published in 1949. It is part of the curriculum in many Irish Schools. Poetry and seanfhocail are a great way to practice translating from Irish to English. There are many available on-line and through your local library.

SUBH MILIS (suv mel-ish)

Bhí subh milis (vee suv mel-ish) Ar bhaschrann an dorais (ar wash-rah ahn dar-esh)

Ach mhúch mé an corraí (ach wook may ahn koh-ree)

Ionam d’éirigh, (ah-num day-ruh) Mar smaoinigh mé ar an lá (mar

smwee-nig may ar ahn law)

A bheas an bhaschrann glan, (ah vesh ahn wash-rah ahn glon)

Agus an láimh bheag (ah-gus ahn lahv vyog)

Ar iarraidh. (ar ear-ah) le Séamus Óneill

SWEET JAM

There was sweet jam On the door handle But I quench the rage Rising in me Because I think of the day That the handle will be clean And the little hand gone. ■

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 Rían and Ashling and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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Andrew F. Maloney
December 1, 1938 - June 27, 2022
Andrew F. Maloney 83, a Florida



resident, passed away peacefully under the care of Hope Hospice on Monday, June 27, 2022. He was born December 1, 1938, in County Mayo, Ireland to the late Patrick "Sonny" and Win-

ifred (nee Mulkeen) Maloney.

Andy moved to Cleveland, Ohio with his wife Martha in 1967, where they were proud members of the West Side Irish American and the Irish Heritage Clubs. He worked for over thirty years with Schirmer Construction and the Laborers Union Local 310. Both he and Martha moved to Florida in 2008 to be closer to their family.

Andy loved everything Irish, especially singing Irish ballads, dancing, listening to Irish entertainment, and telling stories to anyone who would listen. He was an avid Gaelic football fan, cheering for his home county of Mayo. He also loved to follow Notre Dame football with Martha.

He made several trips back to Ireland to visit his extensive family and friends. Later in life, Andy adopted a dog named Danny Boy, who brought him great joy during his days with his dear friend Betty.

Andy was preceded in death by his wife Martha on August 16, 2012; sisters-in-law, Pat Maloney and Josie Boylan Tunna; brothers-in-law, Johnny Slattery, Sid Tunna and John O'Gorman; nieces, Yolanda O'Gorman and Jennifer McNamara.

Andy is survived by his sister, Nora Slattery of County Mayo, Ireland and his brother, John J. Maloney (Pat) of Dublin, Ireland; his dear friend, Betty Brough of Fort Myers, FL; brothers-in-law, Sean Burke (Mona) of Fort Myers, FL and Michael Burke (Christina) of Spring Hill, FL; sisters-in-law, Philomena Fox (Charles) of County Offaly, Ireland, Helen O'Sullivan (Joe) of London, England, Patricia O'Gorman of County Mayo, Ireland, and Colette McNamara (Noel) of County Mayo,

Ireland; 39 nieces and nephews, Marie Murphy, Caroline O'Brien, Anne Harkin, Sharon Nolan, Kevin Slattery, Declan Slattery, Gerard Slattery, Paul Maloney, Shane Maloney, Ken Maloney, Jennifer Egan, Caroline Burke-Reitz, Dennis Burke, Kevin Burke, Fiona Finn, Deirdre Hanley, Brian Burke, Niall Burke, Pat Burke, Karl Fox, Barry Fox, Keith Fox, David O'Gorman, J.P. O'Gorman, Imelda O'Gorman, Laura Fallon, Katie McNamara, Ruth Quinn, Nolita McNamara, Rebecca McNamara, Keelan McNamara, Colleen Thompson, Donna McMahon, Anthony Boyland, Justin O'Sullivan, Maxine Fraser, Serena McCarthy, and Leandra O'Sullivan; as well as many extended family members and friends.

In lieu of flowers, memorial contributions may be made to GiGi's Playhouse Down Syndrome Achievement Center, 1901 Brantley Road, Unit 11, Fort Myers, FL 33907, 239-703-7960 or visit their website at <https://gigisplayhouse.org/fortmyers/> in loving memory of Andrew F. Maloney.

Obituary courtesy of FortMyers.com

David "Joe" Lowry



Age 85. Native of Ballinteeun, Ballinrobe, Co. Mayo, Ireland. Beloved husband of fifty-nine years to Mary Ann (nee Corrigan); father of David, Mary Kapferer (Scott), Theresa Wisniewski (Steven), Kathleen Milewski (Scott) and Thomas (Kim); grandfather of five; great-grandfather of two; brother of Mary Ruane and the late Anne Sheridan, Thomas, Owen, Michael and Martin; uncle and friend of many. Passed away June 30, 2022.

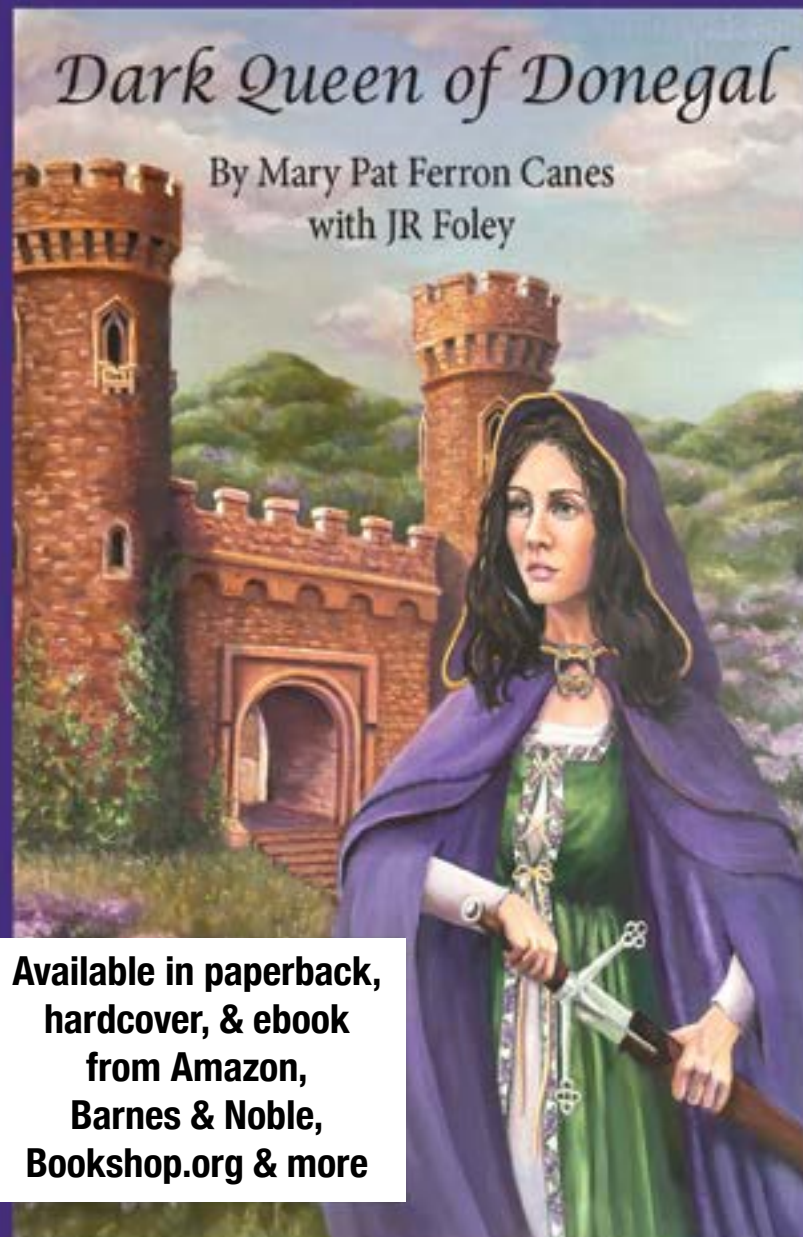
In lieu of flowers, contributions to Ames Family Hospice, 30080 Hospice Way, Westlake, OH 44145 or St. Bernadette Church Pious Trust, 2256 Clague Rd. Westlake, OH 44145.

Obituary courtesy of Chambers Funeral Homes.



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THE FITNESS DOCTOR

By Dr. Frederick Peters

The Benefits of Exercise in a Pill?

Researchers at Baylor College of Medicine have identified a molecule in the blood that is produced during exercise and can effectively reduce food intake and obesity in mice. The research was published in the journal *Nature* and described what they found.

While these findings improve our understanding of the physiological processes that underlie the interplay between

exercise and hunger, I believe it is foolish to assume this can be a substitute for actual exercise.

"Regular exercise has been proven to help weight loss, regulate appetite and improve the metabolic profile, especially for people who are overweight and obese. If we can understand the mechanism by which exercise triggers these benefits, then we are closer to helping many people improve their health."

- Dr. Yong Xu, professor of pediatrics nutrition and molecular and cellular biology at Baylor.

The premise of this research was to understand the molecular benefits of exercise. To "capture" some of these benefits, the researchers hope that older or frail people who cannot exercise enough, may one day benefit from taking a medication that can help slow down osteoporosis, heart disease or other conditions.

An analysis of blood plasma compounds from mice following intense treadmill running (this made me laugh) found that the most significantly induced molecule was a modified amino acid called Lac-Phe. It is synthesized from

lactate (a byproduct of strenuous exercise that causes soreness after exercise) and phenylalanine (an amino acid that is one of the building blocks of proteins).

In mice with diet-induced obesity (fed a high-fat diet), a high dose of Lac-Phe suppressed food intake by about 50% compared to control mice over a period of twelve hours without affecting their movement or energy expenditure. When administered to the mice for ten days, Lac-Phe reduced cumulative food intake and body weight (owing to loss of body fat) and improved glucose tolerance.

The researchers also identified an enzyme called CNDP2 that is involved in the production of Lac-Phe and showed that mice lacking this enzyme did not lose as much weight on an exercise regime as a control group on the same exercise plan. Interestingly, the team also found robust elevations in plasma Lac-Phe levels following physical activity in racehorses and humans.

Data from a human exercise cohort showed that sprint exercise induced the most dramatic increase in plasma Lac-Phe, followed by resistance training and

then endurance training. This suggests that Lac-Phe is an ancient and conserved system that regulates feeding and is associated with physical activity in many animal species.

The goal is to learn to modulate this exercise pathway for future therapeutic interventions. But until then, let's get more humans (and less mice) on those treadmills. ■

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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OFF THE SHELF

By Terry Kenneally

Traveling in a Strange Land

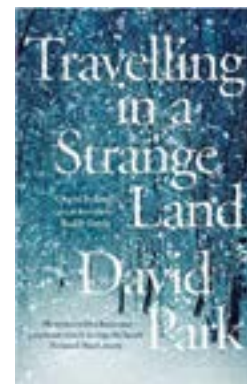
by David Park
Bloomsbury Publishing
978-1-4088-9275-6 163 pp. 2018

Spies in Canaan

by David Park
Bloomsbury Publishing
978-1-5266-3195-4 188 pp 2022

This month's Off the Shelf column reviews two books by a Northern Irish writer, David Park. *Traveling in a Strange Land* is ostensibly about how the main character, Tom, drives across England from Northern Ireland to pick up his university student son,

who is stranded due to the weather. The premise of *Traveling in a Strange Land* was inspired by the author's own son being stranded in Sunderland just before Christmas during his first year at university as Newcastle Airport was closed due to snow.



The father's other son has gotten involved in drugs and the father feels an immense sense of regret for what he has said to him and that he sent his son from the family house. The novel carefully peels open the man's heart and mind about his unresolved issues with that son and his failure as a father. It's a book about the deep regrets that every human being has and sometimes the way that we can debilitate you and freeze your sense of forward movement in life.

Park's second book, *Spies in Canaan*, is set largely during the Vietnam war, narrated by a young American named Michael Miller, who is working for the army. The US involvement in the war peaked in the late 1960s, just as youth radicalization was taking off worldwide.



The title of the novel comes from a rhyme Park learned in Sunday school as a child about a biblical story of twelve spies: Twelve spies went to spy in Canaan / Ten were bad, two were good.

In the book, Michael becomes involved with two other men: a naïve young man, Corley, and the cynical Donovan. All three are changed by the war in sometimes dramatic ways. The novel also explores the messy withdrawal from Vietnam, which chimes with current events, and last year's messy US withdrawal from Afghanistan.

In the second part of the book, after retirement, one day there was a visitation: a mysterious car on the sea front where Michael, a widower, lives, and a package delivered. From its contents, Michael understands that he has been commissioned to undertake a final journal. Taut, atmospheric and moving, *Spies in Canaan* is a powerful elegy to the pain of love, the guilt of old age, and the grace of atonement.

Praise for David Park comes from many of Ireland's contemporary writers: 'David Park is one of Ireland's great novelists' - Roddy Doyle; 'A writer's writer of great skill' - John Boyne; and 'Breathtaking, brave, and exhilarating...every sentence in Park's books is felt' - Claire Kilroy. I rate both of these books as TOP SHELF reads. ■

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CROSSWORD PUZZLE

By Linda Fulton Burke

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ACROSS

- 2 (D) _____ Golf Club Co. Kerry 9 holes
- 4 Killorglin (G) _____ Club Co. Kerry
- 6 Rosapenna (H) _____ and Golf Links - Old Tom Morris Co. Donegal
- 9 (S) _____ Point Golf Club, Co. Clare 9 holes
- 11 (P) _____ Golf Club Co. Kerry 12 holes
- 12 (S) _____ Golf Club Co. Clare
- 14 Lahinch Golf Club - (C) _____ Course Co. Clare
- 16 (K) _____ Golf Club East End, Co. Clare
- 18 (N) _____ West Golf Club Co. Donegal
- 20 (H) _____ Head Golf Club, Waterville, Co. Kerry
- 21 Killarney Golf And Fishing (C) _____ - Mahony's Point Co. Kerry
- 22 (W) _____ Golf Club Co Mayo
- 24 (K) _____ Golf Club Co. Kerry
- 26 (D) _____ Links Golf Club Co. Kerry
- 28 (C) _____ Golf Club Co. Kerry 9 holes
- 33 Ballyliffin Golf Club - (D) _____ Co. Donegal
- 35 (S) _____ Golf Club Co. Mayo 9 holes
- 36 (C) _____ Course At Ballybunion Golf Club Co. Kerry
- 38 (R) _____ of Kerry Golf And Country Club Co. Kerry 9 holes
- 40 (D) _____ Golf Club Co. Kerry 9 holes
- 45 (P) _____ Golf Club Co. Donegal
- 46 (D) _____ Golf Club Co Donegal
- 47 (D) _____ Castle Co. Clare
- 49 (B) _____ Golf Club Co. Donegal
- 51 (B) _____ Golf Club Co. Mayo



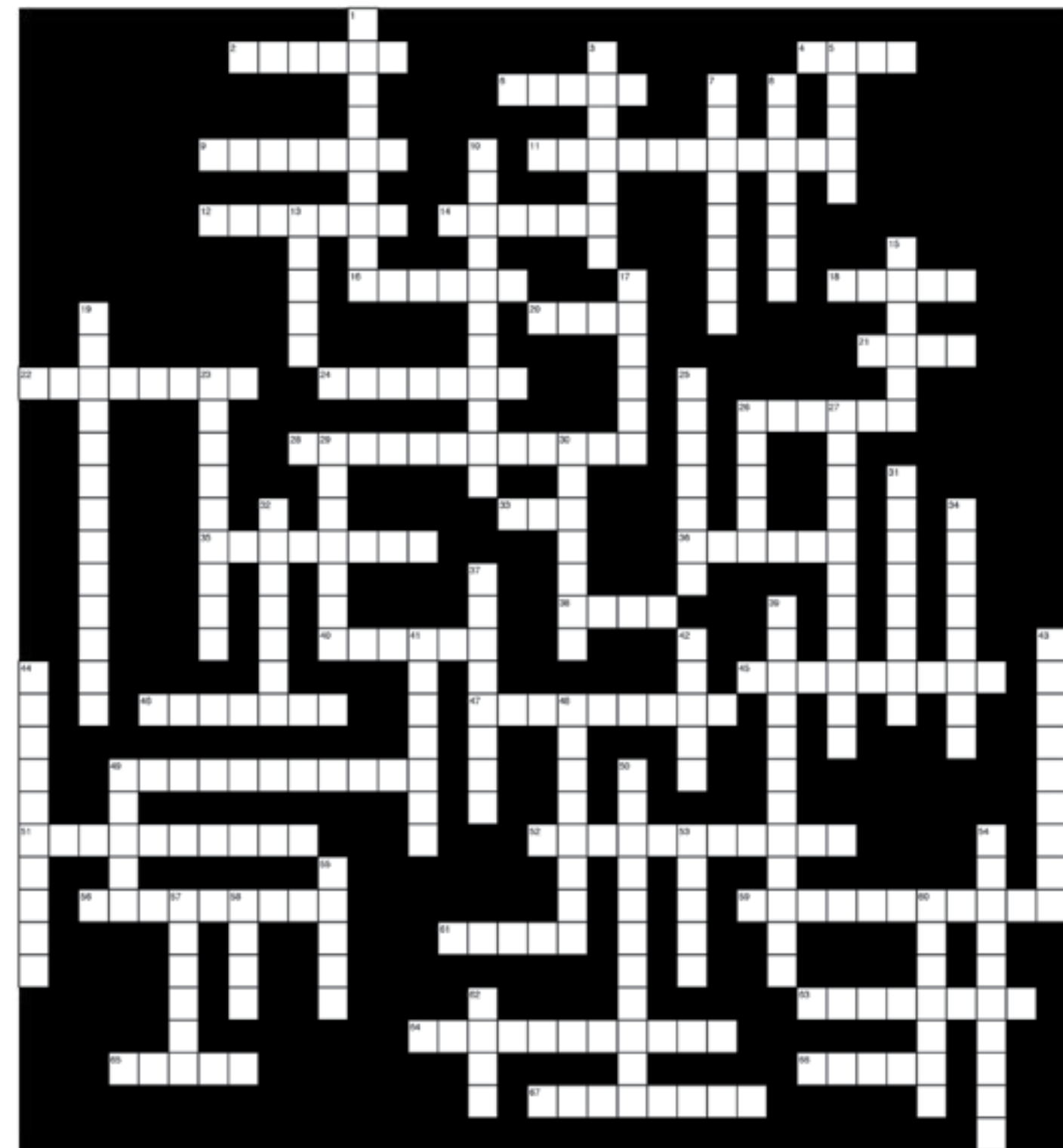
- 52 (B) _____ Golf Club Co. Mayo 9 holes
- 56 (C) _____ Golf Club Co. Mayo
- 59 (L) _____ Golf Club Co. Donegal
- 61 Rosapenna Hotel And Golf Links - (S) _____ Hills Links Co. Donegal
- 63 (B) _____ Golf Club Co. Donegal 9 holes
- 64 (B) _____ Castle Golf Club Co. Kerry 9 holes
- 65 (C) _____ Golf Links Belmullet, Co. Mayo
- 66 (E) _____ Golf Club Co. Clare
- 67 (C) _____ Golf And Leisure Co. Clare 12 holes

DOWN

- 1 (W) _____ Golf And Country Club, Co. Clare
- 3 The (K) _____ Club, Co. Kerry 9 holes
- 5 (O) _____ Golf Club Co. Donegal 9 holes
- 7 (L) _____ Golf Club Co. Kerry 9 holes
- 8 Carne Golf Links - (K) _____ 9 Course Co. Mayo 9 holes
- 10 (C) _____ Golf Club Co. Mayo
- 13 And (P) _____ Golf Club Co. Donegal
- 15 (T) _____ Golf Club Ardfer, Co. Kerry
- 17 Cruit (I) _____ Golf Club Co. Donegal 9 holes
- 19 (C) _____ Golf Club Co. Kerry 9 holes
- 23 (R) _____ Golf Club Co. Donegal 9 holes
- 25 St. (P) _____'s Golf Links - Maheramagorgan Course Co. Donegal
- 26 (D) _____ Golf Club Co. Kerry
- 27 (G) _____ Golf Club Via Lifford Co. Donegal
- 29 (A) _____ Castle Golf Club Co. Mayo 9 holes
- 30 *A) _____ Golf Club Co. Kerry 9 holes
- 31 (B) _____ Golf Club Co. Donegal
- 32 Killarney Golf And (F) _____ Club - Killeen, Co. Kerry
- 34 (B) _____ Golf Club Co. Kerry
- 37 (G) _____ Golf Club Co. Donegal 9 holes
- 39 (C) _____ Golf Club Co. Donegal 9 holes
- 41 (L) _____ Golf Club - Old Course Co. Clare
- 42 Waterville House & Golf (L) _____ Co. Kerry
- 43 (K) _____ Golf And Fishing Club - Lackabane Co. Kerry 9 holes
- 44 (B) _____ and Stranorlar Golf Club Balcarrick, Stranorlar, Co. Donegal
- 48 (M) _____ Golf Club Co. Mayo
- 49 (B) _____ Golf Club Co. Mayo
- 50 (B) _____ Golf Club - Old Course Co. Kerry
- 53 Sandfield (H) _____ Pitch And Putt Club Co. Clare
- 54 (D) _____ Golf Club, Co. Donegal
- 55 (T) _____ Doonbeg Co. Clare
- 57 St. Patrick's Golf Links - (T) _____ (M) _____ Course Carrigart, Co. Donegal
- 58 (E) _____ Clare Golf Club Co. Clare
- 60 (K) _____ Golf Club Co. Clare
- 62 Ballina Golf (C) _____ Co. Mayo

Northwest and Southwest Golf in Ireland

By Linda Fulton Burke



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