

2024

Festival

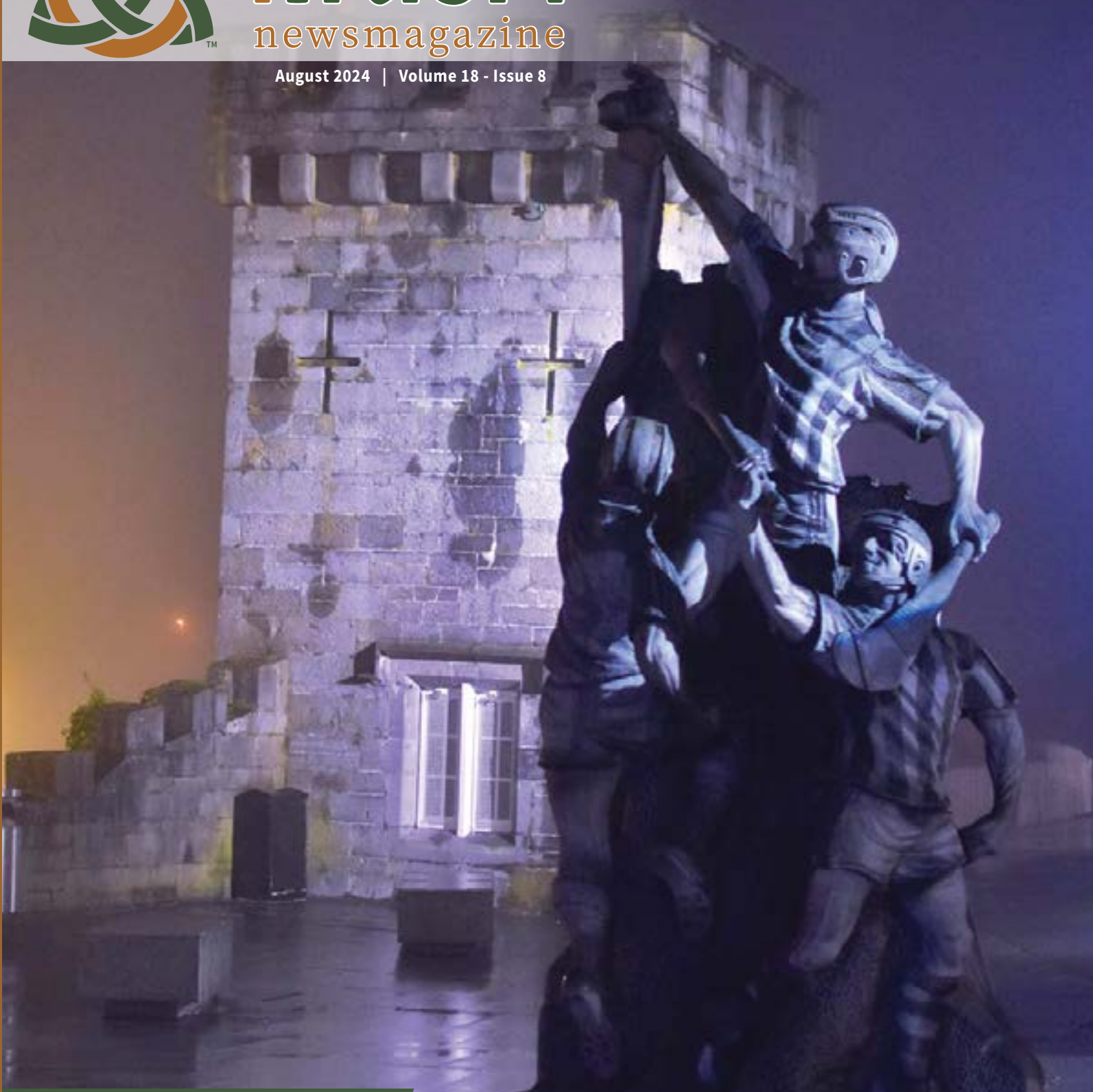


Focus



**ilrish**  
newsmagazine

August 2024 | Volume 18 - Issue 8



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**KILKENNY HURLING HEROES**





**EDITORS CORNER**  
@Jobjr  
JOHN O'BRIEN, JR.

## So MUCH Good News to Share

Welcome to iIrish's newest monthly column - *Get in Lads, We're Going on an Adventure*, by Karen Barrett and Shannon Thomas-Ziemnik, who are writing of the adventures they have had and plan to have, in and around Ireland. We first met these two characters when they began learning Irish in our iIrish Speak Irish Cleveland class, now in its 12<sup>th</sup> year, co-sponsored by PJ McIntyre's.

This is the first column we have ever run by two columnists, in all our 17 years. The ladies are funny, practical, and full of knowledge and tips to share with you, including enrolling in an Irish immersion class – in Ireland. We also want to Congratulate Lisa O'Rourke, celebrating her *Speak Irish Akron* columns 10<sup>th</sup> Anniversary! We are so very lucky to have Lisa share her stories with us each month; her humor and depth of knowledge shared with us is a highlight.

Even more good news! We congratulate long-time iIrish advertiser *Gunselman's Tavern*, who opened *Gunselman's Steak House* July 10<sup>th</sup> in the old library on Main Street in Olmsted Twp. In July they celebrated their 8<sup>th</sup> Anniversary advertising with iIrish. Opening night was a blast and the ambiance flows, from the NICE steakhouse on the main floor to the Irish Pub (indoor and out) on the bottom floor and walk-out patio.

The views are fantastic, the selection awesome and the focus on farm fresh, local providers that Gunselman's is already so well known for is evident throughout the



Irish Heritage Night with the Lake County Captains on July 11, 2024.

great menu. I hope to see you there, but if you haven't been yet, get going. Highly recommended.

We were delighted to attend Irish Heritage Night at The Lake County Captains as they took on the Lancing LugNuts. The charm of the fun antics that are often the trademarks of a minor league game were on full display on a beautiful night. Heads up – the ice cream is FANTASTIC!

### Irish Sports

The first week of August is the Men's and the Women's Midwest GAA Championships in Gaelic Football, Hurling and Camogie. Cleveland has several teams that qualified. Winners go on to compete at the US National Championships two weeks later, this year in San Francisco! Good Luck to all the teams! Looking forward to seeing the hardware!

In other Gaelic Football News, we have a story on the first ever United States County team competing in Ireland. The lads fell by ONE point in their match, but wow, what a start!

### Hibernian National Convention

The Ancient Order of Hibernians and Ladies Ancient Order of Hibernians (AOH/LAOH) National Conventions take place August 7<sup>th</sup> thru 11<sup>th</sup>, this year in Orlando. We look forward to reporting back with all the news for the largest Catholic organization in the U.S. Their history is fascinating, and

studded with great contributions, so check them out online if you are not familiar with their current contributions. **Six** of our columnists are members (Mike Finn, Lisa O'Rourke, Marilyn Madigan, John Myers Francis McGarry and I). Marilyn is the National President of the LAOH.

There is so much more inside. Elections are coming. PLEASE Vote your conscience.

**iIrish** 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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Irish Lit	Dr. Jeanne Colleran
Karen & Shannon's Excellent Adventure	Karen Bennett & Shannon Thomas-Ziemnik
Kids Craic	Megan Lardie
Madigan Muses	Marilyn Madigan
Off Shelf/On This Day	Terry Kenneally
Out of the Mailbag	John O'Brien, Jr.
Speak Irish	Bob Carney
Terry From Derry	Terry Boyle
Wise Craics	Joe McDonough

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Kilkenny Hurling Heroes Sculpture.

Photo by Danny Lahart Photography Kilkenny, Ireland.

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**SPEAK IRISH**

@BobCarneyGTR

BOB CARNEY

## Making Basic Sentences

When we are first introduced to a new language, most of us memorize words and phrases and even complete sentences. To truly express what we wish to, we need to learn to construct our own sentences and questions.

We've discussed in the past the lack of a singular word that can be used for yes or no in Irish. We reply with the appropriate version of the verb used in posing the question.

Before anyone panics, think of it this way, "Would you like something to drink?" "I would." "Are you cold?" "I am."

In Irish, we would ask, "Ar mhaith leat rud éigin a ól?" (*ar wah lyat rud ay-ginn ah ol*) and respond "Ba mhaith" (*ba wah*) for yes or "Níor mhaith" (*neer wah*) for no. "An bhfuil tú fuar?" (*ahn will too foo-ar*) Tá (*taw*) for yes, Níl (*neel*) for no.

It becomes quite natural after a short time and is not the biggest obstacle some people think of when they first hear about it. "There's no word for yes??? Ahhgg!!!"

Basic Irish sentences follow this word order, our verb comes first, followed by a noun or pronoun and then our adjective. So in the phrase "I am good!" we'll start with our verb tá, (*taw*) in the present tense. Used in a declarative sentence, it means is / am / are.

Our pronoun mé (*may*) is I, and finally, our adjective is good, go maith (*guh mah*). Put it all together and we have, "Tá mé go maith"

For our exercise this month, we'll start with the verb tá in all its present and past tenses. The second grouping will be pronouns; the third, nouns; and the fourth, some different adjectives.

I'll give you some examples and then some exercises. Then you can try your hand at building your own sentences, simply by choosing a verb of your choice, then adding a noun or pronoun and finally an adjective.

### The Verb Tá

Present tense Tá Declarative sentence: Tá (*taw*) is /am / are

Question form: An bhfuil? (*ahn will*) is / am / are?

Negative declarative: Níl (*neel*) is not / am not / are not

Negative question: Nach bhfuil? (*noch will*) isn't? / am not? / aren't?

To answer questions in the present tense, we use tá or níl.

### Past tense of tá : Bhí (vee)

Declarative sentence; bhí (*vee*) was

Question form; An raibh? (*ahn rev*) was?

Negative declarative: ní raibh (*nee rev*) wasn't

Negative question: nach raibh? (*noch rev*) wasn't?

To answer questions in the past tense, we use bhí for yes and ní raibh for no.

### Pronouns

mé (*may*) I muid (*muidj*) we tú (*too*) you sibh (*shiv*) y'all sé (*shay*) he or it siad (*shee-ud*) they sí (*she*) she or it

### Nouns

Any proper name is a noun, such as Nóra or Liam

Madra (*mah-druh*) dog Gaeltacht (*gwale-tahkt*) Irish speaking region

Cat (*kaht*) cat teanga (*tahn-gah*) language

Bricfeasta (*brik-fahsta*) breakfast fón póca (*fone poe-ka*) cell phone lit. pocket phone

Lón (*lohn*) lunch an aimsir (*ahn am-sheer*) the weather

Dinnéar (*dihn-ayr*) dinner crann (*krawn*) tree

Bia (*bee-uh*) food deoch (*jawk*) drink

Leabhair (*laow-er*) book bord (*board*) table

Doras (*dor-us*) door fuinneog (*fuin-yoeg*) window

Bosca (*bus-ka*) box mála (*maw-luh*)

Fear (*far*) man bean (*ban*) woman

Buachaill (*boo-uh-khil*) boy cailín (*kall-yeen*) girl

An lá (*un law*) the day an oíche (*un ee-ha*) the night

For more nouns, use the on-line dictionary teaglann.ie. Don't forget to be aware of the nouns gender if you answer questions. For instance, "An bhfuil fuinneog glan?" "Tá sí" "Is the window clean?" "It is" Sí is correct as opposed to sé because fuinneog (window) is a feminine noun.

### Adjectives

Go maith (*guh mah*) good go breá (*guh braw*) fine

Go h-álainn (*guh haw-ling*) beautiful go h-iontach (*guh hee-un-tahkt*)

Ceart go leor (*kyart guh lore*) ok go dona (*guh dun-uh*) not well

Mór (*mor*) big beag (*bayug*) small

Sean (*shan*) old óg (*oeg*) young Dathúil (*dah-hool*) handsome cliste (*klish-tuh*) clever

Fuar (*foo-uh*) cold te (*tcheh*) hot

Fliuch (*flyukh*) wet tirim (*tchih-ruhm*) dry

Scamallach (*skom-uh-lahkh*) cloudy griannmhar (*gree-un-wer*) sunny

Nua (*noo-uh*) new glan (*glon*) clean

Salach (*sahl-ahkh*) dirty so-bhlasta (*so vlasta*) delicious

### Bonus Words

agus (*ah-gus*) and ach (*uhk*) but inniu (*inn-yoo*) today anocht (*ah-nohkt*) tonight

Examples An bhfuil an aimsir inniu? How is the weather today?

Tá sí tirim ach fuar. It's dry but cold.

Nach bhfuil mé cliste agus dathúil? Aren't I clever and handsome.

Níl. Tá tú sean! No. You are old!

Translate the following into English Bhí an lá scamallach agus fliuch? Ní raibh. Bhí sé griannmhar ach fuar.

Nach bhfuil tú go h-iontach?

Try these into Irish The day is beautiful. Isn't Liam clever. Is the table dirty?

I hope you have some fun with this. Grab a notepad and see how many sentences you can construct. This is a great exercise for building vocabulary and even some grammar.

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, Aisling and Draoi and terrier Doolin keep the house jumping. He can be reached at [carneyspeakirish@gmail.com](mailto:carneyspeakirish@gmail.com)

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**DANCE DANCE**

CATHERINE DUPLISEA

## Nationals Were Amazing Ya'll!

Over the Fourth of July holiday week, Irish dancers from all over the world traveled to Grapevine, Texas to compete in the North American Irish Dancing National Championships. The competition was fierce, and the standard of dancing was phenomenal! Dancers must qualify to attend the North American Irish dancing championships, bringing the top level of dancers from the United States and Canada, as well as international dancers to show off their talents and compete for the North American National title.

The Gaylord Texan Resort hosted the North American Irish dancing championships this year. It was a beautiful venue, with restaurants, arcade, pool, and water park. The host resort as well as several neighboring hotels were sold out for the entire week! Many dancers and their families enjoyed relaxation and family time by extending their stays, and exploring everything the resort had to offer, as well as experiencing a bit of Texan culture.

North American Dance Championships The competitions offered at



Con Holleran

the North American National Championships include team dances as well as individual solo competitions, with the youngest age group being under seven and the oldest being senior adults. Several dancers from a variety of Cleveland Irish dancing schools competed at this event.

### Cleveland Wins!

Many of Cleveland's dancers brought home medals and prizes, including a few that placed on the podium! Con Holleran, from the Burke School, won 2<sup>nd</sup> place in the nation in the boys Under 8 championship, and Molly Day, from the Brady Campbell School, won 3<sup>rd</sup> place in the girls Under 8 championship!

The talent we have right here in Cleveland is amazing! Congrats to these superstars and all the dancers that trained and competed on the



Molly Day, U8 3rd place girls U8 from the Brady Campbell School pictured with friend Orla and her teachers.

national stage!

### World Championships

The North American National Championships is a world qualifying event for North American dancers but is an open competition to anyone in the world, making this event highly competitive and desired. Dancers in the U10 age group and higher can potentially earn a world qualifying position if they place high enough in the competition. Approximately the top 10-15% of dancers qualify.

International competitors can earn high placements as well but

O'Brien, Jr. ([jobrien@ilrish.us](mailto:jobrien@ilrish.us)), about the plan for your school or schools.

Now that the National Championships are over, dancers will enjoy performing at summer festivals and parades, continue competing in local feiseanna (completions), and resting and recovering before the next round of major completion training begins. •

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## USGAA County Team Sows the Seeds for Future Players

The Gaelic Athletic Association (GAA) is an Irish international amateur sporting and cultural organization, focused primarily on promoting indigenous Gaelic games and pastimes, which include the traditional Irish sports of football,




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hurling, and camogie, as well as handball, the Irish language and more.

United States GAA (USGAA), the organization that manages Gaelic games in the U.S. (excluding New York City), will enter a team in the All-Ireland Junior Football Championship tournament for the first time, with games taking place in Ireland in mid-July.

While thousands of Irish, Irish Americans, and other nationalities play the sport across the country, the Jr All-Ireland Football team is made up of homegrown players, young men 18-28 born in the US, many of whom have come up from child level through youth and onto the adult game. The introduction of the Jr All-Ireland team now gives every child that starts the sport the opportunity to one day represent the USGAA – development at its finest.

The process to select the team began in Chicago in October 2023, with 80 players arriving for a weekend of games. From that, an interim panel of 36 was selected. Through a series of camps in Tampa (January) and Philadelphia (March), the final squad of 28 was selected.

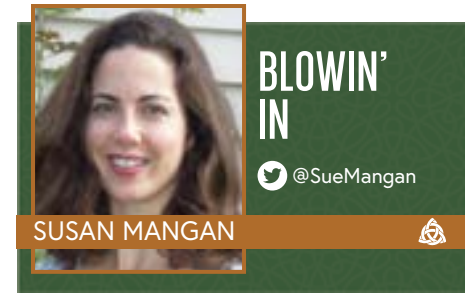
There are over 160 GAA clubs throughout the USGAA region who welcome both men and women to join and continue the legacy of Gaelic games. More information can be found at [www.USGAA.org](http://www.USGAA.org).




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## Hidden

As a child I was intrigued by the act of hiding: in a closet, beneath a blanket, behind the thick rims of my glasses.

To this day, I often think that the world cannot see the sadness, the elation, the bubbling hope in my eyes because this



The cans became lush jungles filled with sticks and detritus that I uncovered in our small Chicago garden. Tomato vines, grass, prickly stems from overgrown, rotting city pines became a world of adventure for the ants and worms that I excavated from the earth.

After a much-needed bedtime bath, my mother would braid my long, curly hair. During these moments, my mother's Ozark accent returned as she gently chastised me for the rat's nests that tangled my hair. She tried to distract me from the tug and pull by reciting lines from Rudyard Kipling's *The Jungle Book*.

My mother told me about Mowgli, the boy raised by wolves, and the tales of Rikki-Tikki-Tavi, a most heroic mongoose. I was a precocious child and reckoned

*"The birds are in their trees,  
the toast is in the toaster,  
and the poets are at their windows . . .  
In every section of this tangerine earth . . .  
Which window it hardly seems to matter  
though many have a favorite,  
for there is always something to see."  
("Monday" by Billy Collins)*

emotion is hidden by my glasses.

Creative people thrive on observation, but some prefer to hide from the world – a form of self-preservation, like the poet who begins each day looking out of her kitchen window. It is safer for her to watch the red house finch flit upon the breeze than to test her own wings in uncertain times.

As a child, I would spend hours looking out of the windows of our Chicago bungalow. In the winter, I watched thick flakes of snow tumble onto the chain-link fence, casting a crystalline spell over the narrow, trash can-lined alleys in our neighborhood.

In the summer, long after the Good Humor ice cream truck left a phantom trail of music box lullabies, I would watch the red crackle of heat lightning ignite the humid night sky.

Our house was cooled by window fans; my view of the neighbor's kitchen window obscured by the whir and click of revolving metal.

To widen my view and escape the summer heat, I hid behind the yew trees outside of our house and dig for ants and worms in the cool soil.

My grandmother lived in a flat above our bungalow. I would scrounge around her kitchen for old coffee cans.

closet was not very far from the kitchen, the bathroom, or my parents' bedroom, I felt miles away, hidden in the half-darkness, ideas illuminated beneath the dim light of an exposed lightbulb.

Perhaps in years to come, I thought, another child would steal away into the closet when he or she did not want to succumb to rituals like tooth brushing and bathing. And so, I left my self-portrait on the closet wall for future adventure seekers, children with like-minded creative sensibilities.

After I graduated from college, I left my home in Chicago to move to Cleveland. I gave a final look around my yellow room and peered out of the shuttered window that framed a weed covered strip of yard. It was there, alongside the chain-link fence, that I dug up earthworms and ants.

Looking out of that window, I remembered the portrait I scribbled on the wall of my closet, wondering if it was real or a conjured memory.

As my mother gave a final call to gather my things, I told her that I had one more item to collect. In my heart, I knew it was not something concrete that I wished to find, but rather the machinations of an introverted little girl with a big imagination.

Crouching down into the darkness of that closet, I could still make out a stick figure drawn in

red crayon of a girl with a triangle for a body. Interestingly, the girl's hair was not long and wild like Mowgli, the Jungle Boy, but rather plaited into two braids sticking curiously out of either side of her perfectly round head.

There, hidden in the back of that closet, a portal to my little-girl self opened wide and made me laugh. I looked out of my bedroom window at the phantoms of my past and realized that sometimes you need to open the windows wide to let changing winds lift you out of hiding. •

*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](mailto:suemangan@yahoo.com).*




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# Festival Focus



## 37th Dublin Irish Fest August 2 - 4

Explore one of the top Irish festivals in the U.S., drawing over 100,000 guests to Dublin, Ohio each year with 7 music stages, 60 acts, and more than 800 performers. The Dublin Irish Festival was voted in the top three for "Best Cultural Festival of 2023" by USA Today Readers.

This year's headliners include The High Kings, Socks in the Frying Pan, Teada, Gaelic Storm, Skerryvore, Talisk, Goitse, GADAN with Enda Scahill of We Banjo 3, JigJam, Ispín na hÉireann, O'Jizo, The Fitzgeralds, Ally the Piper, PoulaPhuca, Drowsy Lads, Bastard Bearded Irishmen and John Whelan with his All Star Ceili Band.

Kick off your weekend with the Dublin Irish Festival 5K and end it with the Festival Finale, in-between there is something for everyone.

There are a variety of learning experiences available for every guest that attends. Learn about Irish history, genealogy, instruments or Irish language. Animal lovers can meet Irish breeds and their owners at the Celtic Canine area. Bring your own instrument and find the sessions tent to play a jig with other aspiring musicians. Children have their own area at the Festival featuring crafts, games and entertainment. The festival is complete with over 90 shopping vendors and 30 food vendors.

Save some green and buy your tickets before the price increase on July 20.

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



## Iowa Irish Fest August 2 - 4

Featuring: Scythian, Enter the Haggis, The High Kings, Elephant Sessions, The Screaming Orphans, The Bow Tides, Onóir, Dublin City

Ramblers, Seo Linn, The Byrne Brothers, The Peelers, Colm & Laura Keegan, Ally the Piper, Blame Not the Bard, Enda Reilly, Ian Gould, Trinity Irish Dancers, Wylde Nept, Dan Vaughn, Cedar Glen Pipes & Drums, Kellen O'Cullom, Des Moines Irish Session, Stu Ryan O'Brien, Hannah Flowers on the Harp and More on seven stages.

The Battle of the Iowa Irish Bands which takes place on Thursday, August 1st, 6:30pm. Cheer on your favorite and see who will win \$500 and a spot on an Iowa Irish fest stage Saturday, August 3rd!

Visit [www.IowaIrishFest.com](http://www.IowaIrishFest.com), get the Iowa Irish Fest App at the Apple App and Google Play stores to view schedule of events, map, manage your classes/workshops and much more. Follow Iowa Irish Fest on Facebook <https://www.facebook.com/IowaIrishFest> to stay up to date. Tickets are on sale NOW!

Iowa Irish Fest is held in the Lincoln Park area of downtown Waterloo.

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.

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. 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](http://www.lakewoodartsfest.org).



## Lakewood Arts Festival August 3

Lakewood Arts Festival closes Detroit Avenue, between Belle to Arthur Avenues, to bring artists of all disciplines together, along with



## Ohio Celtic Festival August 9-11

The Ohio Celtic Festival thrives through civic and community support:

**Cultural Grant:** Remarkable Lake County provides a cultural grant, recognizing the festival's impact on the community.

**Public and Private Contributions:** Donations from

# Festival Focus

individuals, businesses, and organizations sustain the festival's magic.

**All-Volunteer Staff:** A dedicated team of volunteers—driven by love for Celtic heritage—keeps the festival running smoothly.

Today, the Ohio Celtic Festival remains a vibrant tapestry of music, dance, laughter, and shared stories. It bridges generations, inviting us

to celebrate our roots and forge new connections.

**Featuring:** The Devil's Brigade (formerly known as The American Rogues); the Boxing Banjo (Ireland; Chelsea House Orchestra (Michigan); Trish O'Brien (Canada, and many more local favorites!

Lake County Fairgrounds, 1301 Mentor Ave., Painesville Twp. 44077 [ohiocelticfestival.com](http://ohiocelticfestival.com)

**17th Annual Jamestown Regional Celtic Festival and Gathering of the Clans**

August 23 & 24, 2024 • 9 AM - 9:30 PM  
Mayville Lakeside Park, Mayville, New York




From Gatlinburg, Tennessee, TUATHA DEA • 2 GINGERS INN Proudly Sponsors Both Celtic Bands • MUDMEN from Ontario, Canada • 1118 E. 2nd Street, Jamestown, New York (716) 294-3192

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# AUG 9-10-11, 2024

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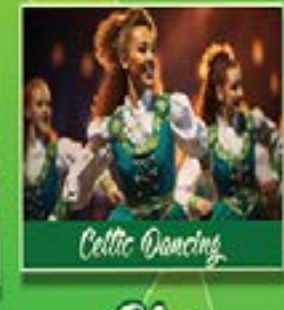

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**4 Incredible Pipe & Drum Corps**

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**Celtic Canines • Kid's Inflatables**

**Whiskey & Wine Tastings**

**and much much more!**

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# Festival Focus



**Milwaukee Irish Fest**  
August 15 - 18

While Celtic culture makes its home in Ireland and other Celtic nations, it has made an impact all over the world. At the 2024 Milwaukee Irish Fest, that global footprint will take center stage; a lineup of a wide range of artists, acts that will descend on Milwaukee's lakefront from Ireland, Japan, Italy, Canada, and more.

Artists making their first trip to Milwaukee Irish Fest include O'Jizo (Tokyo), Gadan (Italy), and Natalie MacMaster and Donnell Leahy (Canada). Plus: The Tumbling Paddies; Sinead O'Connor tribute concert (Saturday) with The Screaming Orphans and other artists honoring the Irish music icon. Plus: The Bow Tides, The High Kings, Byrne Brothers, Doolin', and more.

A host of local Irish dance schools will take the stage for thrilling dance performances. In addition to more than 100 music acts on 16 stages, the festival celebrates all areas of Celtic culture, including sports, educational classes, food and drink, and kid's activities. •



**Chicago Gaelic Park Irish Fest**  
August 23 - 25

Irish Fest 2024 features three stages of music and dance, a performing arts stage, a traditional Irish tea tent, wine tent, and the Leprechaun Tent with kid friendly activities and entertainment, as well as shop and food vendors.

The music lineup includes first-time CGP Irish Fest performers: Uilleann piper/whistle player/composer, Conor Mallon (Keady, Co. Armagh); modern folk group, Onóir (Donegal); Sina Theil, the German born, Irish-based multi-instrumentalist/singer/songwriter; The Byrne Brothers, JigJam, Gaelic Brew, plus local musicians The Larkin & Moran Brothers, Liam Durkin, and The Dirty Wellies.

The inclusion of the rock cover band 4Cast and three tribute bands—One of These Nights (A Tribute to the Eagles and their Solo Work), Dancing Queen: An ABBA Salute; and An Irish Heartbeat: A Musical Tribute to Van Morrison, plus The Bagpipes & Drums of the Emerald Society and The Shannon Rovers.

Visit [chicagogaelicparkirishfest.org/irish-fest/](http://chicagogaelicparkirishfest.org/irish-fest/) for info/admission

tickets in advance at the best pricing. Parking is free and plentiful. Chicago Gaelic Park, 6119 West 147th Street Oak Forest, Illinois. •



**Kansas City Irish Fest**  
Aug. 30, 31 & Sept. 1

The Kansas City Irish Fest kicks off its annual Labor Day weekend party from at Crown Center in downtown Kansas City, with a lineup that showcases the very best in contemporary and traditional Irish music, terrific dancing performances and hilarious comedy acts.

*Featuring:* The Elders, Gaelic Storm, Doolin', Mundy, Hermitage Green, Screaming Orphans, Siomha and Gadan featuring Enda Scahill of We Banjo 3, Corner Boy, Reverie Road, Ally the Piper and Colm & Laura Keegan, Carswell & Hope, Ashley Davis, Eddie Delahunt & Friends, Flannigan's Right Hook, St. Andrew Pipes and Drums, Irish dancing groups and many other acts. Comedians Katie Boyle and Ger Staunton will perform Saturday and Sunday nights.

This year's festival will feature a new addition – **the Emerald Club**

– with comfortable shade and seating for a great view of the Boulevard Stage acts at the day and time of your choosing, a general admission ticket, two drink tickets and access to a private restroom trailer. Early tickets sales for the Emerald Club will start at \$60.

A complete list of performers is on-line at [kcirishfest.com](http://kcirishfest.com)

Fans can follow the Fest on Facebook and Instagram. •



**33rd Annual Pittsburgh Irish Festival**  
September 6 - 8

The Pittsburgh Irish Festival welcomes Gaelic Storm, The Screaming Orphans, The Drowsy Lads, Morgan Bullock, Eileen Ivers and The Brigideens, Ally the Piper, Reverie Road, Bastard Bearded Irishman, Colm & Laura Keegan, The Low Kings, Donnie Irish, Shane Cook & The Woodchippers, Dennis Doyle, and Fiddle Frenzy,

Local performers: Abbots Cross, Alan Irvine, Bastard Bearded Irishmen, Bealtaine, Bell School of



# Festival Focus



**25th Michigan Irish Music Festival**  
September 12 -15

Irish Dance, County Mayo, Devilish Merry, Fitzpatrick School of Irish Dance PGH, Mark Guiser, Mike Flaherty, Mike Gallagher, Pittsburgh Ceili Club, Pittsburgh Irish Festival Ceili Band, Rust Town Rounders, Sean Patrick Regan, Shovlin Academy of Irish Dance, Weekend at Blarney's.

Returning this year, a fifth stage, presented by Five Farms Irish Cream, where visitors can watch both professional and amateur bakers and chefs demonstrate the process of cooking and baking some delightful treats, most of which will feature Five Farms!

Located at The Carrie Blast Furnaces National Historic Landmark. Tickets are available now.

*About the Pittsburgh Irish Festival:* The Irish Partnership of Pittsburgh d.b.a Pittsburgh Irish Festival, Inc. is a non-profit 501(c)(3) corporation created to contribute to the rich cultural awareness of Irish history and tradition that exists in Pittsburgh. In addition to our three-day Celtic Celebration, the Pittsburgh Irish Festival has expanded into a year-round resource for education and cultural programs through the creation of the Irish Education Outreach Program. For more info, visit [pghirishfest.org](http://pghirishfest.org). •

Featuring Gaelic Storm, Kíla, Talisk, Aoife Scott, Seamus Kennedy, JigJam, Dave Curley & Colin Farrell, Siomha, The Friel Sisters, The Irish Music All Stars, Shane Hennessy, Cathal Ó Curráin & Marty Barry, Blackthorn, The Wee Heavies, Ally the Piper, On the Lash, Kennedy's Kitchen, Conklin Céilí Band, Enda Reilly, Ian Gould, Ironwood, Ardan Academy of Irish Dance, and The Mona Shores Fiddlers.


Tickets and complete festival and performer information can be found at [www.michiganirish.org](http://www.michiganirish.org). Children 12 & under are free, but need a ticket, which can be ordered at the time of purchase.

Stay tuned to the website and Michigan Irish Music Festival social media pages for additional updates.

Held at Heritage Landing in downtown Muskegon, Michigan!•

## Article 3 Bunreacht na hÉireann

“It is the firm will of the Irish Nation, in harmony and friendship, to unite all of the people who share the territory of the island of Ireland, in all the diversity of their identities and traditions, recognising that a united Ireland shall be brought about only by peaceful means with the consent of a majority of the people, democratically expressed, in both jurisdictions in the island...”

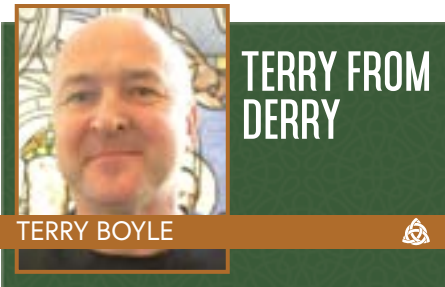


**BUNREACT NA hÉIREANN**  
**CONSTITUTION OF IRELAND**

check out archive issues  
**@ilrish.us**







## Recycling Memories

Memory is such an important part of who we are. Our memories reveal the substance of our life to date. There are memories we'd like to forget and never remember. Others we venerate as special because they have significantly impacted us in such a positive way.

There's a beautiful scene in Brian Friel's play, *Philadelphia, Here I Come*, in which memory has the potential to become a bridge between an estranged father and son. Sadly, the same memory is interpreted differently by each of them. What should have been remembered as a shared experience only highlights their separation.

This desire to use memory as a means of bonding is vitally important. We see this a lot at

wakes. Stories based on memories of the deceased are a way of reinforcing a connectedness between loved ones.

Death may have separated us from the person who has passed, but their memory lives on. When remembering the dead, the Jewish tradition uses the phrase, 'of blessed memory,' to make it known that the deceased person lives on in our memories.

It's not only on sad occasions such as wakes that memory functions to cement relationships. As an ex-pat, when I reconnect with my family, we quickly establish our connection by sharing memories.

My sister visited recently from the UK. As siblings who are getting up there in years, we have a lot of memories to draw from. While this process strengthens bonds between us, it also provides us with memories we may have forgotten or never heard of. When we remember those we have lost, we're grateful for the experience of remembering.

Our parents, now diseased, are usually the focal point of our shared experience. Some of these stories from the past have been retold over and over again; never getting old, never becoming tiresome. And, it's our way of honouring those who have gone before us.

The sharing of these memories brings us closer to those who are no longer with us. It also validates our remembrance of them.

On this last visit, we were discussing our mother. She was a true woman of substance. A mother of 10 with eight surviving childhood, she was quite a character.

As children, we spent much of our time with our maternal grandmother, Rosie. She was the matriarch of the family. She ruled the roost over all of us.

When discussing our grandmother's indomitable personality, I remembered something my mother had told me. My mother, like my grandmother, was terrified of storms. The slightest sound of thunder drove them to their knees in prayer.

### St. Columba

Among the Derry city's storytellers and mythmakers, it was rumoured that Saint Columba promised that no one inside the city boundary would ever be hit by lightning (This is one of those cases when the memory of what someone said in the 6<sup>th</sup> or 7<sup>th</sup> Century might be a little faulty or imagined for effect). And, since we lived outside of the city boundary, and outside of the protection of St. Columba, we were not safe.

Moving outside the saint's protection meant that my grandmother and her family were now at risk of being struck down by a bolt of lightning. To protect herself against this possible tragedy, Rosie had a plan; at the first rattle of thunder, she lined all the family up and doused them in holy water. Her plan appeared to work, even if the method wasn't always carried out as it should be.

My mother remembered one occasion when a storm broke out and the family was lined up to be blessed. As Rosie prayed, she threw holy water over each of them. Her hysteria made her deaf to her children's protests. The more they complained, the more holy water she threw at them.

When she finally stopped, her nose began to twitch. The holy water she had dispensed so much of had a strange smell. In the heat of her excitement, she had reached for the wrong container and drenched herself and the children in turpentine.

This memory came out of

nowhere. It was buried among other memories for just such a time as this. What I remember most about my mother telling that story was her laughter.

She was reliving a moment, a special time in her youth. And, as she did, she celebrated the memory of her diseased mother. Such memories take the edge of sadness and grief.

My mother was a Derry woman, whereas my father was from Donegal. My sister reminded me of how dismissive we were of his rural background.

The furthest we got into Donegal was Buncrana, which was 14 miles away from Derry. My father's family came from a small fishing village, Burtonport, in south Donegal. We grew up listening to his stories about this magical place he belonged to.

### Narnia

A true Irishman, he dressed up his past to look better than it was. Even if we were in awe of his stories, he may as well have told us that he was from Narnia. We had no idea of where he came from.

My sister and I remembered the first time we ventured beyond the usual Derry summer encampment of Buncrana and into the wilds of Donegal. It felt foreign to us. His village was full of strange characters, at least that's how they appeared to us.

Once we began to spend more time visiting his native county, our attitude towards it changed, and we started to see the beauty of the land, and its soul. The place we ridiculed as backward and parochial was rich in culture and tradition.

On a small island, overlooking the wild Atlantic, the memories of our clan lie in a remote cemetery. Seeing their graves, I was overcome by a deep reverence for those who were a part of our lineage, and I understood that what we store inside is not just a memory of ourselves. We also house the memories of our cultural heritage. •

To Read More to the Story, with more text, more pics and LARGER print, visit [ilrish.us](http://ilrish.us) or:

scan the code



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

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[www.clevelandgaa.com/2024-golf-outing](http://www.clevelandgaa.com/2024-golf-outing)

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# What's the Craic?

## OUT & ABOUT IRISH AMERICA

### Ohio

#### BROOKLYN

##### HOOLEY PUB & KITCHEN

10310 Cascade Crossing, Brooklyn 216-362-7700. [thehooley.com](http://thehooley.com)

#### CLEVELAND

##### AER LINGUS

Aer Lingus direct flights Cleveland to Dublin (Sun., Mon., Wed., Fri.). [aerlingus.com](http://aerlingus.com)

##### 5 POINTS COFFEE & TEA

Always 10am to Noon. **No events sent to us.** 3600 West Park Road. Cleveland, Oh 44111 [5pointscafe.com](http://5pointscafe.com)

##### THE HARP

**No events sent to us.** 4408 Detroit Road, 44113 [the-harp.com](http://the-harp.com)

##### FLAT IRON CAFÉ

2<sup>nd</sup> - Rockport Band, 9<sup>th</sup> - Company Housing, 16<sup>th</sup> - Sean Benjamin, 23<sup>rd</sup> - Ballinloch, 30<sup>th</sup> - No Strangers Here. Free, round trip shuttle service to all Guardians home games!! 1114 Center St. Cleveland 44113-2406 216. 696.6968. [flatironcafe.com](http://flatironcafe.com)

##### TREEHOUSE

7th - Austin Walkin' Cane; 14th - Rob Samay, 21st - Mark Poseler; 28th - Ethan Timm. 820 College Avenue, Cleveland, 44113 [treehousecleveland.com](http://treehousecleveland.com)

##### PJ MCINTYRE'S

3<sup>rd</sup> - Matt Szucs. 17<sup>th</sup> - Andrew McManus. 23<sup>rd</sup> - Pat & the Jazz Guys. 24<sup>th</sup> - Big Slate. PJ McIntyre's is a Local 10 Union establishment. Home of the Celtic Supporter's Club and the GAA. Book Parties & Events in our Bridgie Ned's Irish Parlor Party Room. 17119 Lorain Road, 44111. [pjmcintyres.com](http://pjmcintyres.com) 216-941-9311.

##### FLANNERY'S PUB

9 - Chris Allen 7:00pm, 16 - Brent Kirby 9:00pm, 23 - Crowley & Sofranko 9:00, 30 - The New Barleycorn 9:00pm, Every Wednesday - Free Trivia with Sporcle @ 7:00pm & 8:00pm - Food/Drink Specials and Prizes. 323 East Prospect, Cleveland 44115 216.781.7782 [flannerycycle.com](http://flannerycycle.com)

#### FAIRVIEW PARK

##### GUNSELMAN'S

*Home of the Best Burger in NEO. Great Lunch menu every day*

21490 Lorain Road, Fairview Park 44126 440.331.5719 [gunselmans.com](http://gunselmans.com)

#### LAKWOOD

##### PLANK ROAD TAVERN

**No events sent to us.** Happy Hour: M-F 4-7, Sat 12-6. Open Sessiún Every Thursday 7-10, 1/2 Off Wings, \$1 off drinks. \$3 Guinness and Jamieson. 16719 Detroit Avenue, 44107 [plankroadtavern.com](http://plankroadtavern.com)

#### MEDINA / MONTROSE

##### SULLY'S

2- Creatio 3- E and D Acoustic 9- Doug Kaufman 10- The Smug Saints 16- Danny Christian 17- The New Barleycorn 23- The Music Men (Music Trivia) 24- Crowley and Sofranko \*\*CLOSED August 30th-September 2nd for Labor Day\*\* 117 West Liberty Medina, 44256 [sullysmedina.com](http://sullysmedina.com).

#### MENTOR

##### HOOLEY PUB & KITCHEN

7861 Reynolds Rd Mentor [thehooley.com](http://thehooley.com) (440) 942-6611.



#### OLMSTED TWP

##### WEST SIDE

##### IRISH AMERICAN CLUB

Great live music and food in The Pub every Friday. 4th - Annual Steak Roast; 8th - Forever Young Picnic 1P; 15th - General Mtg 7P; 24<sup>th</sup> - Steak Shoot 7P; 25<sup>th</sup> - Afternoon Tea & Fashion Show 1-4pm, \$30 p/person. **Wear your prettiest bonnet or fascinator, bring your own tea cup & teapot.** Luncheon provided by Ahern Catering. Wine/mimosa bar available. Tickets/info: Jill Gallagher 440-623-6612 [jillgallagher6612@att.net](mailto:jillgallagher6612@att.net). WSIA Club 8559

Jennings Rd. 44138 [wsia-club.org](http://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](http://clevelandgaa.com) for updates. New players always welcome. West Side Irish American Club 8559 Jennings Road, Olmsted Township, OH 44138.

#### PAINESVILLE

##### THE CELTIC NATIONS SOCIETY OF NORTHERN OHIO (CN SONO)

Lake County's Irish American Club, holds its General Mtg the



4th Monday of month, 7:00p.m. @ Lost Nations Sports Park, 38630 Jet Center Pl, Willoughby, OH 44094 (440) 951-1531. Meetings are open to the public-you are invited to attend. \*Please bring a small desert to share with everyone, chocolate especially.

#### ROCKY RIVER

##### GORMLEY'S

**No events sent to us.**

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

19500 Center Ridge Rd, Rocky River, OH 44116 (440) 990-7468 [GormleysPub.com](http://GormleysPub.com)

##### CASEY'S IRISH IMPORTS

440-33-8383. 19626 Center Ridge Road [caseysirishimports.com](http://caseysirishimports.com)

#### STRONGSVILLE

##### HOOLEY PUB & KITCHEN

**No events sent to us.**

500 Southpark Center #G110 (Southpark Mall Main Entrance), 44136 440.638.4852 [thehooley.com](http://thehooley.com)

#### VALLEY CITY

##### GANDALF'S

3 - Mitch Hengst 7:30PM, 4 - Big Sky 3PM, 8 - Karaoke 8PM, 10 - QS Jazz 7:30PM, 11 - Craic Brothers 3PM, 17 - Furious George 7:30PM, 18 - Achill Crossing 7:30PM, 22 - Karaoke 8PM, 23 - Sarena Tamburitza Orchestra 7:30PM, 24 - Lego Legros 7:30PM, 25 - Jim & Eroc Classic Rock Show 4PM, 31 - Gabby & Twan 7:30PM. Join us for Brunch EVERY

SUNDAY. Great food, atmosphere, staff and fun. 6757 Center Road Valley City, 44280 [gandalfspub.com](http://gandalfspub.com).

#### WESTLAKE

##### AHERN BANQUET CENTER

Ahern Banquet Center is booking weddings and special events. Call Tony Ahern / Lucy Balsler @ 440-933-7500. 159 Crocker Park Blvd., Westlake, OH 44015 [aherncatering.com](http://aherncatering.com)

##### HOOLEY PUB & KITCHEN

24940 Sperry Dr Westlake 44145. [thehooley.com](http://thehooley.com) (440) 835-2890

#### WILLOUGHBY

##### NORA'S PUBLIC HOUSE

Tuesdays: Trivia 6:30pm; 1st Wednesday of mo.: Irish Music Session 7:30pm; Thursdays Live Music 7pm-10pm; Sundays: Brunch 10am-2pm, Live Music 11am-2pm. 4054 Erie Street, Willoughby 44094. [Noraspubhouse.net](http://Noraspubhouse.net)

##### WILD GOOSE

Mondays: Trivia 7pm; Wednesdays: Live Music 7pm-10pm. Erie Street, Willoughby 44094 [wildgoosewlyby.com](http://wildgoosewlyby.com)



**ilrish**<sup>TM</sup>  
newsmagazine

# What's the Craic?

**ilrish's What's the Craic? feature is free for all current advertisers!**

*Listings for non-advertisers are \$25 p/mo. Submissions are due by the 8th of each month, for the following month.*



**Gormley's Pub** - 2nd Sunday of the month, 5 to 8. Mondays: Music lessons w/ Samantha McNamara, followed by 8pm session. All ages, 19500 Center Ridge Road, Rocky River, OH 44116

**The Magic Tree Pub & Eatery** - 3rd Sunday of the month, 5:30 to 7:30 7463 South Avenue, Boardman, Ohio 44512

**Rialto Theater** - Gordon Shaffer First Tuesday of the month Irish Session. 7 to 9PM 1000 Kenmore Blvd. Akron, 44314

**Otie's Tavern** - Tuesdays 7-9. 5344 Center Street, Hilliard, OH 43206

**Nora's Public House** - Scottish & Irish Sessiún 1st Wednesday of the month 7:30 4054 Erie Street Willoughby, OH 44094

**Sully's Irish Pub** - 2nd Wednesday of the month, 7-9

**Logan's Irish Pub** - 3rd Wednesday of the month, 7:30 414 S. Main Street, Findlay, OH 45840

**Akron AOH** - Last Wednesday of the month. 7-9 w/ Celtic Rush

**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

**The Harp** - 1st Friday of every month, 9pm 4408 Detroit, Cleveland 44113

**The Lazy Chameleon** - Sundays 6 to 8:30 PM 4028 Presidential Parkway

## TRADITIONAL IRISH social dance opportunities:

**Tuesdays 7 to 9 pm**, set dancing lessons, St. Clarence Church, North Olmsted, OH. 44070

**Tuesdays 8-10 pm** Lessons @7:15.

Sessiún Musicians, Dance Caller w/ Pittsburgh Ceili Club. Mullaney's Harp & Fiddle Strip District Pittsburgh, PA. [pittsburghceiliclub@gmail.com](mailto:pittsburghceiliclub@gmail.com);

**Wednesdays 7-9 pm** set dancing lessons: Irish American Club East Side Euclid, OH;

**Thursdays 7:00 - 9:00** (except Mtg nights) Ceili Dancing. West Side Irish American Club, Olmsted Twp, OH. 44138

[CeiliClubCleveland@gmail.com](mailto:CeiliClubCleveland@gmail.com)

## IRISH language classes:

**Introductory to intermediate** level, Tuesdays, 6:15 -8 p.m. P.J. McIntyre's Irish Pub 17119 Lorain Road, Cleveland, OH 44111 [jobrien@iirish.us](mailto:jobrien@iirish.us)

**Introductory to intermediate** level, Thursdays 7:00 p.m., 745 Pleasant Ridge Avenue Bexley, OH 43209







## Centennial Commemoration

During the Civil War, the wounded and dying of both sides of the conflict were attended to by sister-nurses. The Nuns of the Battlefield monument highlights the role of Catholics, particularly Irish Catholics, in American history.



In 1914, Ellen Ryan Jolly, President of the Ladies Auxiliary of the Ancient Order of Hibernians, shared her idea with the members of the Auxiliary to honor the sister-nurses with a monument. For the next ten years, the membership raised the funds to build and worked to find a suitable location. Many obstacles were faced but the courage and perseverance of one woman and her Hibernian organization resulted in this lasting tribute to the sister-nurses.

Representative Ambrose Kennedy of Rhode Island assisted in overcoming the obstacles. On March 29, 1918, a Joint Resolution of the House and Senate granted approval to the Ladies Auxiliary of the Ancient Order of Hibernians to erect a memorial to honor the various orders of Sisters who nursed wounded and attended to the dying during the Civil War.

The Monument was designed and sculpted by Jerome Conner. Religious and civil leaders as well as one of the Sisters; Sr Magdalene O'Donnell, were present at the dedication, held September 20, 1924.

The Ladies Ancient Order of Hibernians, now in our 130<sup>th</sup> year, will celebrate a special milestone this year; we hope that you will be able to join us. The Centennial



Ambrose Kennedy and Marilyn Madigan

of The Nuns of the Battlefield Memorial will be held Saturday September 21, 2024. The Centennial Commemoration will include a Mass at the Cathedral of St. Matthew the Apostle, Dedication of the Wayside Marker at the Monument and a dinner at the Army Navy Club.

The Nuns of the Battlefield memorial was erected by the Ladies Ancient Order of Hibernians (LAOH) and dedicated as a U.S. national memorial in 1924. The monument is located at Rhode Island Avenue, across the street from St. Matthew's Cathedral.

The Monument honors Catholic nuns who served as nurses during the Civil War. These sister-nurses provided medical and spiritual care to soldiers on both sides of the conflict. Following the Civil War, the Ladies Ancient Order of Hibernians (then known as the Ladies Auxiliary of the Ancient Order of Hibernians) believed that it was important that the nation and history remember and honor the women religious who provided critical nursing and hospital administration expertise to the United States during the Civil War. In most cases, this expertise was unavailable in the military or in general society.

### Irish Nuns

A majority of the nuns serving



Erin Ryan Jolly at Monument

in the Civil War were Irish born or Irish American. The Ladies Ancient Order of Hibernians was founded in the United States to provide resources and community to newly arrived Irish women. This connection between the Nuns of the Civil War and the LAOH, of Irish heritage and Catholic faith, prompted the LAOH National President, Dr. Ellen Ryan Jolly, to pursue her goal of commissioning and erecting the monument and having the U.S. Congress declare the Nuns of the Battlefield a national monument. We should also note that the Monument is one of only a very few Civil War statues or memorials that recognize the contributions of women.

When visiting this monument in 2015, I had to go to the back of the monument to see that the Ladies Auxiliary of the Ancient Order of Hibernians were responsible. As the National Irish Historian, I found this to be unacceptable. At the 2016 National Convention, I petitioned the delegation for a Wayside Marker sponsored by the Ladies Ancient Order of Hibernians to be placed to tell the story of the Monument and the Service of the Twelve Orders of Religious Sisters.

This was approved. We started to raise funds for the Marker. We petitioned the National Park

Service and worked closely with them in designing the Wayside Marker. The Wayside Marker will be a reality, unveiled at the Centennial Commemoration of the Monument.

I have been privileged to serve as the chair of this important Centennial Committee. I have worked with a very dedicated group of women that made this Wayside Marker happen.

The LAOH today, still proudly remembers the contributions of these Sisters annually at the monument, with a program attended by LAOH National Officers and members from the District of Columbia, Maryland, Virginia and other states.

So next time you are visiting our nation's Capital, find time to stop and visit the monument to these remarkable Women.

*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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## This Will Decrease Your Lifespan

Eating higher levels of ultra-processed food may shorten lifespans by more than 10%, according to a new, unpublished study of over 500,000 people whom researchers followed for nearly three decades. The risk went up to 15% for men and 14% for women once the data was adjusted.

Diet soft drinks were the key contributor to ultra-processed food consumption. This long-duration, cohort study further confirms the association between ultra-processed food intake and all-cause mortality, particularly from cardiovascular disease and type 2 diabetes.

The NOVA Food Classification System was designed by Center for Epidemiological Studies in Health and Nutrition, School of Public Health, University of Sao Paulo, Brazil. NOVA helps people "group foods according to the extent and purpose of the processing they undergo. Food processing as identified by NOVA involves physical, biological, and chemical processes that occur after foods are separated from nature, and before they are consumed or used in the preparation of dishes and meals.

Furthermore, this list includes "additives," whose function is to make the final product "palatable or more appealing," according to the Food and Agriculture Organization of the United Nations. The list of additives

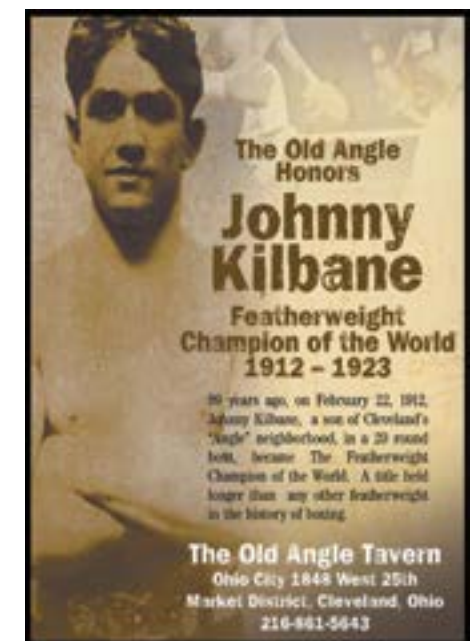
includes preservatives to resist mold and bacteria; emulsifiers to keep incompatible ingredients from separating; artificial colorings and dyes; anti-foaming, bulking, bleaching, gelling and glazing agents; and added or altered sugar, salt and fats designed to make food appetizing.

### Diet Drink Dangers

Diet drinks are considered ultra-processed food because they contain artificial sweeteners such as aspartame, acesulfame potassium and stevia, and additional additives not found in whole foods. Diet beverages have been linked to a higher risk of dying early from cardiovascular disease as well as the onset of dementia, type 2 diabetes, obesity, stroke, and metabolic syndrome, which can lead to heart disease and diabetes.

A March 2019 study found women who drank more than two servings a day of sugary beverages, defined as a standard glass, bottle or can, had a 63% increased risk of premature death compared with women who drank them less than once a month. Men who did the same had a 29% increase in risk.

Processed meats such as bacon, chicken nuggets, fish sticks, hot dogs, sausages, ham, corned beef, jerky and deli meats are also not recommended; studies have linked red and processed meats to bowel and stomach cancers, heart



disease, diabetes, and early death from any cause. In fact, a study published in May found similar results: a higher risk of premature death and death from cardiovascular disease in over 100,000 health professionals who ate ultra-processed foods, and found consumption doubled between the mid-1980s and 2018.

One of the most powerful steps you can take to improve your health, boost energy levels, and prevent chronic diseases is to move to a whole food, plant-based diet. There is excellent scientific evidence that many chronic diseases can be prevented, controlled, or even reversed with a whole-food, plant-based diet.

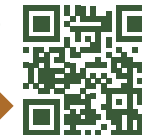
Scientific research highlighted in the landmark book, *The China Study*, shows that a plant-based diet can reduce the risk of Type 2 diabetes, heart disease, certain types of cancer, and other major illnesses. Many people also report bigger fitness payoffs, more energy, reduced inflammation, and better health outcomes after making the switch.

There is overlap between whole-food, plant-based, and vegan diets, but there are also some key differences. A vegan diet can include highly processed imitation meats and cheeses; a whole-food, plant-based diet eschews these products in favor of whole or minimally processed, close-to-nature foods that make it easy to meet your nutritional needs.

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

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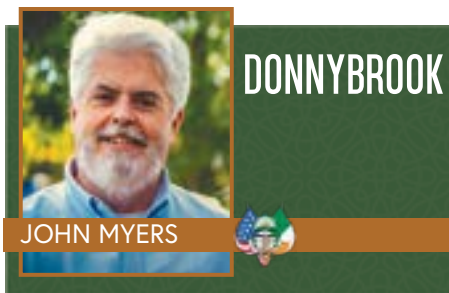
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# Fenian Invasion, No Canadian Bacon

Many will remember Michael Moore's 1995 comedy starring John Candy about a threatened invasion of Canada. Though the movie was written as a spoof, well-armed Americans DID invade Canada once upon a time.



The date was June of 1866, just one year after the end of the Civil War at Appomattox. Many new Irish immigrants arriving in the 1860s were pulled into the American Civil War, where they fought valiantly on both sides.

The Union Army had no less than seven generals and over 150,000 Union troops who were Irish. Cleveland's Hibernian Guard was one of the first units to answer President Lincoln's call for troops after the fall of Ft. Sumpter.

We are all aware of the heroics of the Irish Brigade at Gettysburg. After the Civil War, there were thousands of well trained, battle-hardened Irish Nationalists. These folks evolved out of the Young Irelanders, who led the failed 1848 rebellion in Ireland.

## Irish Republican Brotherhood (IRB)

The Irish regrouped as the Irish Republican Brotherhood, and in America, The Fenian Brotherhood became the name. The Fenian Soldier's Song of that time: "We are the Fenian Brotherhood, skilled in the arts of war, and we're going to



Sinn Féin President Mary Lou McDonald (center) with First Minister Michelle O'Neill, to her left.

fight for Ireland, the land we adore, Many battles we have won, along with the boys in blue, And we'll go and capture Canada, for we've nothing else to do."

A bit cavalier, but it sums up the many legs of this movement, as well as any treatise. The Fenians convened nationally in Cleveland in the fall of 1865, where sentiment for the idea of invading the British colonies of Canada and holding it hostage to negotiate independence for the Irish people solidified.

The following spring, several hundred Fenian's convened at Union Station on Cleveland's lakefront, where many spent the night before proceeding by train to Buffalo, N.Y. to join up with hundreds more fellow Fenian's. Perhaps 1,000 ultimately took part with most crossing across the swift waters of the Niagara River where the current Peace Bridge now stands.

This is where Lake Erie and the entire Upper Great Lakes narrows into the Niagara River for the short trip to Niagara Falls, Lake Ontario and out the St. Lawrence to the North Atlantic, before heading on to the Emerald Isle. On June 1<sup>st</sup>, Fenian troops successfully defeated Crown Forces at Fort Erie, causing British reinforcements to be sent by train.

On June 2<sup>nd</sup>, Fenian forces under the command of John O'Neil routed the Crown forces at the Battle of Ridgeway during a second battle. It was one of the few times Irish

armed forces ever bested Brit armies.

While Washington, D.C. had turned a blind eye so far, it now sent Gen. Ulysess S. Grant to communicate to his former troops that the American Army would be forced to enforce the neutrality laws of the United States. With supply lines now blocked from Buffalo and other incursions to Montreal and at Detroit abandoned, the Fenians chose to return to American soil, successful in raising awareness of the cause of the Mother Land and keeping the tradition of armed struggle for a free and independent Ireland



alive, continuing the use of force exercised in 1798 and 1848 to live another day, that day occurring in 1916.

Fourteen Irish Americans were killed in the invasion of Canada, half from Ohio, most from Cleveland: Patick Buckley, Major John Canty, Sgt. James John Geraghty, Lt. Ed Lonergan, Sgt. John Lynch, Private John Lynch, Thomas Rafferty and Edward Scully. The Erie County AOH Division #1 sponsors a memorial ceremony each year on the bank of the mighty Niagara River at a monument dedicated to the valiant efforts to advance the cause of a Free Ireland. May they rest in peace

## Sinn Féin

Sinn Féin seats up 40% in Westminster in last month's U.K. parliamentary elections. The DUP took a big hit, losing over 37% of

their seats, including the seat held by the ignominious Ian Paisley, Jr. in North Antrim. Jr. and his Pa, the Rev. Ian Paisley, held this Westminster seat for over 50 years.

Unfortunately, noted DUP bigot Gregory Campbell narrowly held onto his seat in East Derry by less than 200 votes. Sinn Féin has become the largest parliamentary party in the Six Counties, with seven seats; irony noted as SF abstains from sitting in the British Parliament, located at the Palace of Westminster.

## STARmer Shines

The U.K.'s Labour Party achieved a colossal landslide, winning over 400 seats, with the Tories losing over 250 seats. Sinn Féin Leader Mary Lou McDonald said: "Sinn Féin is determined to build a constructive relationship with the new Labour government. We look forward to working positively with British Prime Minister Keir Starmer on the many shared priorities for Ireland and Britain during this historic time of renewal.

"After fourteen years of Tory rule, marked by dysfunction and chaos, they crudely undermined the Good Friday Agreement during Brexit, harming citizens and

communities. They also abandoned cooperation with Dublin, causing significant damage. The new Labour government now has a huge opportunity to reset relations with the Irish Government and the power-sharing Executive, where First Minister Michelle O'Neill will work to restore effective cooperation.

"We expect the new Prime Minister to uphold the Good Friday Agreement, which Labour helped deliver, ensuring its political, legal, and constitutional guarantees are respected. This includes respecting all our national identities, political allegiances, and working together to defend peace and build on reconciliation efforts.

"The British Government must embrace principles of rigorous impartiality, and the right to self-determination and constitutional change toward Irish reunification. The Tories' handling of the past, including abandoning the Stormont House Agreement, has failed victims and survivors seeking justice.

"Their 'Bill of Shame' must be repealed, and we expect decisive action from the incoming Labour government. Sinn Féin will seek urgent clarity on this matter.

"Today marks a historic change,

offering huge opportunities to foster positive relations between Britain and Ireland. Sinn Féin aim to deliver an ambitious agenda to improve the lives of workers, families, and communities over the coming decade and we will work with the Labour government to achieve this. ●

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## On this day in Irish history AUGUST

BY TERRENCE J. KENNEALLY

**1 August 1915** - Patrick Pearse gives the graveside oration honoring Irish Republican Brotherhood member Jeremiah O'Donovan Rossa in Glasnevin Cemetery.

**3 August 1955** - Samuel Beckett's Waiting for Godot premiers in the London Arts Theatre. It was voted the 'most significant English language play of the twentieth century' by the Royal National Theatre.

**9 August 1971** - Internment (imprisonment without trial) is introduced in Northern Ireland by Brian Faulkner, the last Prime Minister of Northern Ireland. 15 August 1998 - A bomb planted by the Real IRA explodes in Omagh, Co. Tyrone, killing 29 people. This was the most devastating single attack in the history of The Troubles.

**17 August 1882** - Five members of the Joyce family are murdered in Maamtrasna on the Galway-Mayo border. Eight men were arrested for the killings, all from the Gaeltacht, the Irish speaking region of Connacht. Three were eventually hanged.

**21 August 1879** - An apparition appeared in Knock, Co. Mayo, consisting of Mary, St. Joseph, St. John the Evangelist and a lamb standing on an altar before a cross. The site became a pilgrimage venue.

**22 August 1922** - Michael Collins killed in an ambush at Beal na Blath. Co. Cork.

**23 August 1170** - Anglo-Norman knight Richard de Clare, known as Strongbow, lands in Waterford.

**27 August 1979** - Lord Louis Mountbatten assassinated in, Co. Sligo. A bomb planted by the Provisional IRA was detonated on his boat, killing him.

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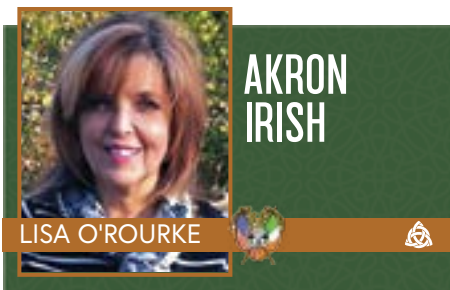
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AKRON IRISH

LISA O'ROURKE

# Potato

June of 2024, Taylor Swift is strutting around the Aviva stage, dancing with Mr. Tayto, the Irish potato chip mascot, to the cheers of thousands of Dublin fans. How did we get here? Why is the vegetable linked to the



greatest catastrophe in Irish history cheered and not reviled? Well, the answer is complicated. Despite their connection, the potato is not native to Ireland. It made its way onshore most likely via a Spanish merchant ship around 1600. This was the time of the local chieftains, when the Irish ruled themselves. At that time, the average Irish diet was a blend of native grains made into breads, plus plants and meat.

The English began their colonization of Ireland shortly after this. English colonial creep steadily pushed the native Irish to the margins of society and their physical land. They were pushed off the good land by colonizers and left with the bad, hard-to-farm tracts of land.

## Lumper

Enter the lumper. The lumper is not a potato as we would recognize it today. Its redeeming features were that it grew quickly and almost anywhere. Potato ridges have been found climbing western mountainsides.

Its downside was that it was unappetizing. The taste has been described as soapy or waxy. It had a pale-yellow skin and a watery texture. It was also subject to blight, but that was an afterthought.

The rise of the potato in Ireland mirrored the rise of the Industrial Revolution working class. As an abundant food source, the potato facilitated the growth of the Irish population. The Irish population growth differed from the rest of the western world, because, instead of filling the cities, the Irish multiplied in the country. The pre-famine Irish person was taller and healthier than their European peers.

The potato provided better sustenance than the bread and beer diets of their urban contemporaries.

The crazy thing is how far that went. People in the west of Ireland ate nothing but potatoes - not "a lot of potatoes," nothing but potatoes.

One tenth of the land mass was devoted to the potato, and one third of the population subsisted on nothing but potatoes. The poor families could grow them on the poor soil they had been pushed on to. The other advantage was that the poor families lacked many things, but the potato only needed one pot to cook them.

So, the population thrived, as much as poor people could, on the potato. The diet was horribly

boring. Then came the perfect storm.

When the blight came, peaking in 1847, the rural population had literally lost knowledge on how to eat other things. Generations of poverty and dependance on a seemingly limitless crop had made them vulnerable. That generational dependency on the potato had meant that families in parts of the country had lost the knowledge of how to prepare other foods.

## Do we blame the victims?

A German who tried to help in the famine by sending grain found that he had to send bakers to teach the country people how to bake.

This statement is not meant to blame the victims. But it does illustrate the knock-on effects of colonization and poverty. The Irish people and the potato took a simultaneous hit that they never completely recovered from.

The Irish still eat plenty of potatoes. The average American eats 49.7 kilograms (109 lbs) of potatoes per year, the average Irish person comes in with a healthy 85 kg. (187 lbs) of potatoes per year. They are all shamed by the people of Belarus, who eat a whopping 155 kg. (341 lbs) of potatoes per year.

Irish potatoes are different than the ones we eat today. When we think of potatoes, we probably envision a big baked potato weighing in at a pound or so, our Russets and Idahos. The potatoes that are favorites in Ireland are more the size of a fist. The first crop of the summer is greeted with the same enthusiasm that we give to the first crop of sweet corn.



## Jacket Potatoes

Where we eat baked potatoes, the Irish favor jacket potatoes. Those are boiled with skins on and maybe buttered, but never cheesed, baconed or sour creamed! The name comes from the appearance that the skin has when cooked, just opening like a jacket. A high compliment for a cooked potato is when it is called lovely and floury, meaning fluffy.

A favorite floury variety is called the Golden Wonder. The name alone is reverential when you compare it to Idaho.

Ten years or so ago, Michael McKillop, a farmer in N. Ireland, was curious about the infamous famine lumper. He found some seed potatoes and sowed around ten acres with those on his land in Antrim. A copper sulfate mixture can be spread now to treat blight conditions.

He found the potatoes as promised, a bit wet and soapy tasting. Now at least we can see for ourselves what it was the Irish lived on in those pre-Famine days. He has had a lot of interest in his crop, at least from the curious.

Try to think of a country more associated with a single vegetable than Ireland and the potato. I can't. My husband has been told too many times to count that "of course he wants a potato."

It feels a little racist, but the Irish would never let you know they were offended. It is a mixture of pride and the feeling of the complicated relationship. The Irish and the potato are linked culturally, no matter how badly things turned out in those dark years of the hunger.

The potato allowed the Irish to thrive, at least for awhile, despite colonization. There are old sayings that involve the potato, like "Beauty doesn't boil the potato."

The link runs deep. Like many things, you just have to accept the past and move on with the good stuff. It's always complicated.

Thanks to the Irish History Podcast for fascinating information. •

*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 through the AOH/Mark Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa can be contacted at [olisao7@icloud.com](mailto:olisao7@icloud.com)*

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| <b>6 to 8</b> – @Pittsburgh Irish Festival                                                                          | <b>12 to 15</b> – @MichiganIrishMusicFest                                                                           |
| <b>7th</b> – @ClevelandGAA Golf Outing @GrayHawkGolfClub                                                            | <b>13th</b> – Irish Festival                                                                                        |
| <b>8th</b> – Grandparent's Day                                                                                      | <b>19th</b> – @WestSideIrish American Club (WSIA) Monthly Meeting                                                   |
| <b>8th</b> – Submission deadline for Irish ad reservation, Send Me News events                                      | <b>22nd</b> – 1st day of Autumn                                                                                     |
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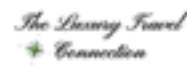
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## Baseball's Been Very, Very Irish

Saturnino Orestes "Minnie" Armas Arrieta Miñoso was born in 1923, or 1925, in Cuba. As a youth, he worked with his father on a sugar plantation. In 1945, he joined the New York Cubans and in 1947, they won the Negro League World Series over the Cleveland Buckeyes.



In 1949, Minnie Miñoso made his Major League debut with the Cleveland Indians, becoming the first Afro-Cuban in the league. Su compatriota, his compatriot, anthropologist Fernando Ortiz, was a scholar of Afro-Cuban culture, establishing the Sociedad de Estudios Afrocubanos in 1937.

Ortiz introduced the term "transculturation" to define the interaction and convergence of cultures. It can be applied to baseball in Cuba and amongst the Irish in America.

Bat and ball games date to over 4,500 years ago. Egyptians, male and female, played a game called "skeker-hemat," and the game was depicted on the walls of their temples.

16<sup>th</sup> century Europe played a game called "rounders," that involved a leather covered ball, a round wooden bat and four bases that had to be run in order to score. In 1829, a book was re-published in Boston that includes rounders rules and includes a chapter on card tricks.

### The Irish in Baseball

In America, the Irish flocked to baseball, and effectuated both innovation and triumph in the game. The New York Gothams were the first baseball organization in the United

States. These Gothams were founded in 1837 and played at what is now Madison Square Park, a short stroll from Fitzgerald's Pub on 3<sup>rd</sup>.

Among the founding members were Dr. John Miller, a physician; John Murphy, a well-known hotel-keeper; and James Lee, President of the New York Chamber of Commerce. John Murphy is not listed as an owner in the "Principal Hotels and Public Houses," which includes various accommodations, at "moderate charges... as the inclination dictates" (p.186, *New-York: As It Is, In 1837*).

We are careful not to confuse this John Murphy with John Murphy, the Irish Catholic priest and military leader in the Irish Rebellion of 1798; or John Murphy, the Irish soldier who joined the Batallón de San Patrio in 1846; or John Edward Murphy, Medal of Honor recipient during the Spanish-American War; or John Alphonsus Murphy, Medal of Honor recipient during the Boxer Rebellion in China; or John Joseph Murphy, the Cleveland Softball Hall of Famer and Lounge proprietor.

### First Recorded American Baseball Game

The first recorded American baseball game was played on June 19, 1846, in Hoboken, New Jersey, between two amateur clubs. In those early years, teams would compete for a city or state championship. In New York, a team of Protestant clerks played a team of Irish workingmen for the city championship. The best of three games series ended in the third game with a ruckus, and some of the clerks were, allegedly, hit by stones after a few questionable calls. The game was called due to the riot.

The amateur contests bestowed more than a desultory brouhaha. In 1867 during his Brooklyn club's game versus Harvard, Irish American Arthur "Candy" Cummings was the first pitcher to throw a curveball.

### The Professional Irish

The first professional contest was May 4, 1869, in Cincinnati. The Red Stockings beat the Great Westerns, 45-9. The National Association of Professional Base Ball Players was officially formed just two years later, on March 17, 1871, at Collier's Saloon in NYC, just a half mile from Madison Square Park, becoming the first

professional league in the world. 1875 was its last season.

The National League began play in 1876. The American Association played games from 1882-1891, before joining the National League. Both leagues benefitted from their Irish stars.

Over two dozen Irish were enshrined in the Hall of Fame between 1880 and 1920. There are over 50 in the Hall today.

In the early years, teams were comprised of players who had another job. The biased historic narrative of unskilled and skilled labor could, potentially and simultaneously, label the Irish players as both. Baseball paid better than most more laborious endeavors, especially for the dangerous positions of pitcher and catcher.

Those positions were disproportionately Irish. That is especially true of pitchers; German Americans were well represented as catchers. Andy Leonard, County Cavan, and Fergy Malone, County Tyrone, played in the first National League game.

The new generation of Irish, and their percentage of the population in urban areas with teams, created a source of participants and a fan base for America's rapidly growing "new" sport. Ballparks had Irish sections and those sections were given nicknames, like Burkeville in NYC and Kerry Patch in St. Louis. The Irish sections were referred to by the press as areas for lower class "roughs and rowdies" who lacked humanity.

Some owners tried to price out the Irish fans by increasing ticket cost, and some also banned liquor sales. However, Irish ballplayers increased the attendance of Irish fans and team revenue.

Moreso, the Irish were not willing to be deterred. When bigotry is defeated, profit margin is often a misapplied causality.

### The Irish League

By the 1880s, 40 percent of the players in the major leagues were of Irish descent.

The Brotherhood of Professional Base Ball Players was founded in 1885, the first players' union. Six of the nine founding members were Irish.

At the end of the 1886 season, there were over 100 Brotherhood members in chapters with all the

National League teams. The players union was officially recognized by owners in 1887.

The Brotherhood of Professional Base Ball Players solicited financial support and a Players' League was chartered on December 10, 1889. The league was supported by the American Federation of Labor and had teams in Boston, Brooklyn, Buffalo, Chicago, Cleveland, New York, Philadelphia and Pittsburgh. Forty percent of the Players' League players, five of the managers and six of the owners were Irish.

The Cleveland Infants signed Irish players like Ed Delahanty. Ed wore an Irish harp pinned to his uniform. The Cleveland Infants lost money, as did the Players' League and the National League. They were not allowed to join the National League after the demise of the Players' League in 1890.

### Cleveland Spiders

The Cleveland Spiders began in the American Association in 1887, playing at Payne Avenue, and East 39<sup>th</sup> Street. Louis Francis Sockalexis played for the Spiders for three years and is credited with being the first Native American to play Major League Baseball. The Spiders joined the National League in 1889.

On May 18, 1889, Cleveland defeated Indianapolis 11-2, bringing their record to 8 wins and 7 losses. Just over 1,400 fans watched the game on the eastside of Cleveland. O'Brien, McKean and McAller scored multiple runs for the Spiders.

They were not the only Irish on the roster. Pitcher Jim McCormick twice led the league in wins. The Spiders were contenders and moved to a new stadium at Lexington and East 66<sup>th</sup> Street.

### Cy Young

Cy Young joined the Spiders in 1892, one of only two teams who turned a profit that year. Cleveland finished 2<sup>nd</sup> in 1895 and 1896.

Frank Robison, who had established streetcar systems across America and in Cleveland, was the owner of the Spiders. He was unhappy with the attendance at home games and "traded" players to his other team in St. Louis.

The 1899 team was not good at all, 20 wins and 134 losses, and that was the year of the Cleveland Streetcar



Cy Young

Strike. The team was dismantled in 1900.

"Baseball's has been very, very good to me." - Minnie Miñoso

The Irish have been very good to baseball. On September 17 this year, the Cleveland Guardians play the Minnesota Twins at 6:40pm. It is the Halfway to St. Patrick's Day Game, and a chance to collectively celebrate

the rich cultural history of baseball and the contributions of the Irish to the game.

There are tickets available for the Paul Davis Pennant District, where there will be a specialized food and drink menu and activities for all to enjoy. These days we can sit wherever we want. •

*Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, Education and History and a Masters in Social Science from the University of Chicago. He is the founder of Bluestone Hibernian Charities. Francis is a past president of the Irish American Club East Side; the founder and past president of the Bluestone Division of the Ancient Order of Hibernians; a Member of the Board for the Irish American Archives Society; a member of the Irish Heritage Advisory Committee for the Irishtown Bend Project; and a member of the Planning Committee for the St. Malachi Run.*

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## COOKING UP A HOOLEY

KATIE GAGNE

### Grilling It!

Anytime I can grill some of my favorite foods, I take advantage of it. Brussel sprouts have become a popular addition to many holiday meals. So why keep these tasty veggies just to the colder months, or when we see them on a menu somewhere? You will love this lighter version with the added shrimp and tasty dressing.

#### Grilled Shrimp and Brussel Spouts with a Bacon Leak Vinaigrette

Makes 4 side servings or 2 entrée servings

#### Ingredients:

- 1 pound of fresh Brussel Sprouts.
- 1 pound of Shrimp 26/30 size
- 6 Tablespoons Olive Oil
- Juice and zest of 2 Lemons
- 1/3 cup Apple Cider Vinegar
- 1 tablespoon Honey
- 6 slices Bacon cooked and chopped
- 2 Leek stalks, rinsed well and chopped small, green and white parts
- 2 teaspoons Garlic Salt
- 1 teaspoon Black Pepper
- 1/3 cup Shredded Parmesan Cheese
- 2-3 tablespoons of fresh herbs (optional) I like to use some tarragon, parsley, lemon thyme and oregano.

Prepare shrimp by removing the tails or shells if needed. Place in a bowl with zest and juice of one lemon, two tablespoons of olive oil, and one teaspoon garlic salt. Set bowl aside.



Heat the grill to medium. Rinse brussel sprouts, cut the ends off and remove any wilted leaves.

Blanch the Brussel Sprouts in boiling water for 3-4 minutes. Set on a towel to dry.

Cook and chop the bacon and set aside.

Once the grill is heated, place brussel sprouts on the grill and grill on all sides, to lightly charred; about 5-6 minutes total.

At the same time, place the shrimp on the grill and cook until they are no longer translucent and slightly grilled.

Once the shrimp and brussel sprouts are cooked, remove them from the grill and place in a medium to large bowl. Add in the Leeks.

To make the dressing, whisk

together the remaining olive oil, lemon juice and zest, vinegar, honey, garlic salt, and pepper. Toss with the shrimp and brussel sprouts until coated. Add in the bacon, fresh herbs, and parmesan cheese. Toss again before serving. •

*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 [mkbbluebows@aol.com](mailto:mkbbluebows@aol.com), or find her on Facebook at @sassyssweetsandmore.*

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## IRISH LIT

DR. JEANNE COLLERAN

### Pattern Days

Summer in Ireland, one of the reasons we long to return, is filled with festivals of every kind: craic in the streets and the whirling sound of reels and jigs spilling out from every pub. But summer is also the time of religious remembrances known as Pattern Days, when ancient and suppressed practices are still enacted with the same spiritual purpose – and the same exuberance.

“Pattern” is a corruption of the word, “patron.” Our friends and relatives in Mayo celebrate their own Pattern Day just as this *ilrish* reaches its readers. On August 4<sup>th</sup>, in Kilmovee, a town on the border of Mayo and Roscommon, the “Pattern of Urlaur” is commemorated.

The festival takes place near the ruins of the fifteenth-century Urlaur Abbey, built for the Dominicans. The Abbey was destroyed in 1654 by –yes, you know it – the cleft-footed soldiers of Oliver Cromwell.

As with the destruction of so many Roman Catholic churches and the wholesale suppression of faith and custom through the Penal laws, the faithful had to find other, secretive ways to practice their beliefs, and so they gathered at holy wells, church ruins, or other sacred spaces. The coalescence of Celtic, pre-Christian spirituality and Roman Catholic practices is evident in the rituals, whether it was the number of times the pilgrims encircled a holy well or the belief in the curative powers of the waters. (You can read a satirical treatment of the miracles of the wells in J.M. Synge’s “The Well of the Saints”).

Most times, the rituals took place without any clerical oversight, a fact that irked the priests and delighted the layfolk. The agents of the British government also were frustrated that the “papists” never ran out of devious

circumnavigations of the law.

The Pattern Days included lots of censored activities like dancing, hurling, and horse-racing, all abetted by a special whiskey-punch drunk into the wee hours (Bridget Haggerty, “Pattern Days in Old Ireland” [irishcultureandcustoms.com](http://irishcultureandcustoms.com)). Alas, the revels included episodes of “faction” or “stick” fighting, with shillelaghs readied for combat by being rubbed with “poitin” and cured overnight in the chimney. The winner of the fight supposedly brought luck to the village, but grudges were more likely the root cause, and the one-on-one fighting devolved into melees.

#### Croagh Patrick

Pattern Days are one example of Irish devotional practices associated with specific places, the most famous of which is the ascent up Croagh Patrick. Another place is Station Island in Lough Derg, Donegal.

The legend there is that Christ showed Saint Patrick a cave that was the mouth to purgatory, because Patrick was demoralized by converts clamoring for more proof of God. The cave, or St Patrick’s purgatory, would reveal the joys of heaven and the terror of hell when pilgrims prayed at the site.

#### Station Island

Thus began the practice of journeying to Station Island to walk it barefoot, fasting and praying for three days. Celtic beehive mounds are places for meditation.

Seamus Heaney was one such seeker, and his magnificent collection, “Station Island” offers a poetic statement of the experience. Significantly, Heaney’s longest poem in the collection, called “Station Island,” mixes spiritual thoughts with references of the hellish past and present of the Northern Ireland troubles.

Heaney dedicated the book to Brian Friel, who was the co-founder of the Northern Ireland movement, the Field Day, to deploy culture, drama, poetry, fiction, and criticism, to decry sectarian violence, civil rights violations, and the colonial British presence. If there are few instances where the ancient Celtic culture can be untangled from later Irish iterations, there are similarly few cultural works, especially in Northern Irish literature, where the

personal and spiritual elements of life can be divorced from the public, political context.

Suppressed and nearly disappearing in the nineteenth century, some Pattern Days persisted or have been resurrected anew. Several are upcoming; you can plan for your next summer holiday. These are the major ones:

July 8, Saint Killian, Co. Kerry (<https://www.irishtimes.com/life-and-style/people/pattern-mass-a-centuries-old-tradition-carved-in-stone-1.1466589>)

July 24, Declan of Ardmore, Ardmore, Co. Waterford (<https://churchofirelandcork.com/2019/07/31/pattern-day-celebrated-in-ardmore/>)

August 4, Saint Dominic, Kilmovee, Co. Mayo (<https://dominicans.ie/newsflash/urlaur-pattern-day/>)

August 15, Assumption of Mary, Ballylanders, Co. Limerick (<https://holywells-cork-and-kerry.com/2022/02/26/ladys-well-ballylanders/>)

September 9, St Ciaran’s Clonmacnoise, Co. Offaly (<https://pilgrimage-medieval-ireland.com/2012/09/10/the-pattern-day-at-clonmacnoise/>)

Were I able to jump the pond, I would head to Mayo. I would take part in the Urlaur Pattern, have a snack of “dilisk,” which are sea lettuce flakes, “curatively” high in fiber. I would pray that those evil spirits living in Lough Derg who disguised themselves as black boars in the past (and perhaps political boars in the present) would be banished by the spirits of the Dominicans.

And I would offer a prayer for health and happiness for my godson John Haney Drain’s new baby boy, Dominic Drain. May St. Dominic and all the saints of the Pattern Days, send blessings on all our children. •

*Jeanne Colleran, PhD is a retired provost and emeritus professor of John Carroll University. She currently serves on the boards of Ursuline College, Joseph and Mary’s Home, and the Mayo Society.*

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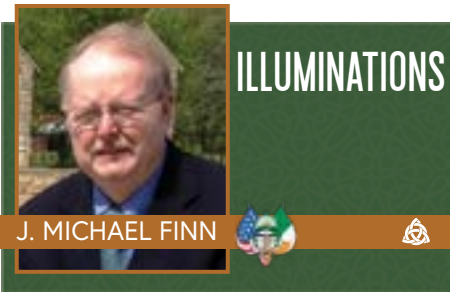
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ILLUMINATIONS

J. MICHAEL FINN

## The Parnell Commission

Charles Stewart Parnell was first elected to parliament in the Meath by-election of April 1875. He joined the Home Rule Party. Parnell was only 29 when he entered parliament. There he found that he could give vent to his nationalist feelings by obstructing the work of the House of Commons.

They did this by making extremely long and boring speeches on any matter which came before the House. The obstructionists attracted support in Ireland and in Fenian circles.

### Irish National Land League

On October 21, 1879, Michael Davitt founded the Irish National Land League in Dublin, with Parnell as president. The main objectives of the League were to provide tenants with a fair rent, fixed tenure on the land and free sale.

The Land League became a hugely popular movement overnight. It taught Irish farmers to stand on their own feet and assert their rights.

Meanwhile, the Conservative and Unionist members in Parliament and the government continued to search for evidence that Parnell either approved, advocated, or condoned violence and revolution to achieve the goals of the Land League. Parnell continued to be an advocate of nonviolence to achieve the Land League goals.

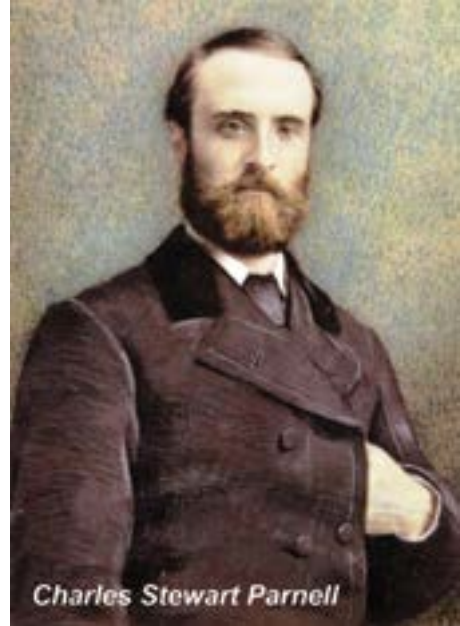
### Phoenix Park Murders

The Phoenix Park Murders were the fatal stabbings of Lord Frederick Cavendish and Thomas Henry

Burke in Phoenix Park, Dublin, on May 6, 1882. Cavendish was the newly appointed Chief Secretary for Ireland. Burke was the Under-Secretary, the most senior Irish civil servant.

The assassination was carried out by nine members of a republican organization known as the Irish National Invincibles, a more radical breakaway group from the Irish Republican Brotherhood. The intended target was Thomas Burke, because he had been working for the Dublin Castle administration as head of the Civil Service for many years and was a supporter of the Irish Coercion Acts during the Land War.

Irish nationalists referred to Burke as the "Castle rat." Cavendish had only been appointed Chief Secretary to Ireland the day before, and was likely unknown to the killers. His murder was due to being in the wrong place at the wrong time.



The brutal murders were condemned in both the Irish and British press and by politicians of both countries. Parnell made a speech condemning the murders, increasing his already huge popularity in Britain and Ireland. He had just enacted land reforms four days before the murders.

Parnell's reputation increased in Ireland, being seen as a more moderate reformer who would never excuse such tactics. Due to his popularity, he became known as the "Uncrowned King of Ireland."



The Parnell Commission

The investigation into the murders began immediately. Many suspects were arrested and questioned. The leader of the Invincibles, James Carey, along with members Michael Kavanagh and Joe Hanlon agreed to testify against the others.

Joseph Brady, Michael Fagan, Thomas Caffrey, Dan Curley and Tim Kelly were found guilty of the murders, and were hung at Kilmainham Jail in Dublin between May 14 and June 9, 1883. Others were convicted as accessories to the crime and were sentenced to serve long prison terms.

Five years later, in March 1887, *The Times of London* published a series of articles titled, "Parnellism and Crime," in which Parnell and other Home Rule Party leaders were accused of being involved in murder and outrage during the land war. *The Times* also produced several letters, allegedly bearing Parnell's signature. In one of the letters, Parnell had excused and condoned the 1882 murders of Burke and Cavendish in Phoenix Park.

The newspaper had paid £1,780 for a letter supposedly written by Parnell to Patrick Egan, a Fenian activist, that included the quote: "Though I regret the accident of Lord F Cavendish's death, I cannot refuse to admit that Burke got no more than his deserts," and was signed "Yours very truly, Charles S. Parnell."

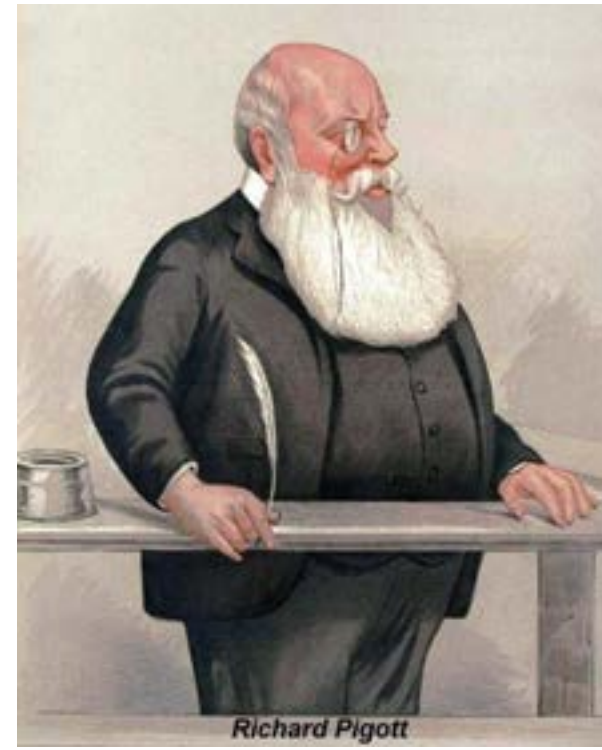
Thus, it appeared clear that Parnell had approved of the Phoenix

Park murders. On the day the letter was published (April 18, 1887), Parnell described the letter in the House of Commons as "a villainous and barefaced forgery."

*The Times* had purchased the incriminating letters from Richard Pigott, an Irish journalist who, prior to 1884, had been a zealous nationalist and publisher of a nationalist newspaper. One 1904 source said of Pigott, "He exuded lies at every pore and had as bad a record as any man alive for treachery and falsehood. While ostensibly a Fenian conducting a Fenian organ (newspaper), he trafficked in the secrets of the organization with the Castle."

In response to the *Times* articles, the government set up a tribunal to investigate the charges made against Parnell and the Home Rule party. The Parnell Commission, officially known as the *Special Commission on Parnellism and Crime*, was a judicial inquiry by Parliament and the British government into allegations of crimes by Irish Member of Parliament Charles Stewart Parnell, other members of the Home Rule Party and the Land League.

The three-judge commission sat for 128 days between September 1888 and November 1889, overseen by three judges. Not less than 450 witnesses answered almost 100,000 questions during the proceedings that lasted 14 months. The evidence examined and the testimony received filled thirty five volumes.



Richard Pigott

In February 1889, under a two-day blistering cross-examination by Parnell's defense attorney, Sir Charles Russell, Pigott admitted to forging all of the *Times* letters in an effort to destroy Parnell's career. This completely vindicated Parnell and the others of any wrongdoing, much to the disappointment of the Conservatives and the Prime Minister, Lord Salisbury.

After admitting to the forgeries, Pigott fled to Spain and committed suicide in a Madrid hotel room as detectives were about to arrest him. Sir Charles Russell (1832-1900) went on to become the first Catholic Lord Chief Justice of England since

the Reformation.

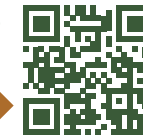
After the commission was disbanded, Parnell sued the *Times* for libel and defamation. The case was settled out of court, and Parnell's name was fully cleared. Parnell accepted £5,000 in damages. While this was less than the £100,000 he sought, the legal costs for *The Times* brought its overall costs to £200,000.

**The Times was almost wiped out by the disgrace. When Parnell re-entered Parliament after he was vindicated, he received a standing ovation from his fellow MPs. •**

*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 past 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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## The Killer Part II

Owney Madden and Big Bill Dwyer's business relationship was working out well for Owney. He was masterful at organizing the underworld by lining pockets, threats or violence.

People eventually saw things his way. Fast profits were being made and Owney branched out into other enterprises, using many of the same tactics.

### Prohibition

One of the first, was the opening of a massive brewery right in the middle of the city, at Twenty Sixth St.

and Tenth Ave. The Phoenix Cereal Beverage Co. opened in early 1924.

It had originally been the home of Clausen and Flanagan Brewery. They had tried to brew and distribute "near beer," a diluted product with very little alcohol content, that was legal during Prohibition.

Madden didn't worry about what was legal and what wasn't. He had taken care of Tammany Hall and Tammany, in return took care of the Prohibition agents. Contributions to the Policemen's Benevolent Association, assured Owney of the protection of the police.

Madden's Number One was available by the barrel or the bottle, and even though it was illegal, it was in high demand throughout the city and surrounding areas. This venture gave Madden the capital to buy nightclubs and back entertainers and professional fighters.

### The Cotton Club

One club he purchased was a failing Harlem night spot at Lenox Avenue and 142 Street. Owney brought in the best Black musicians and dancers he could find. The girls were dressed in skimpy outfits to

help attract affluent, connected white audiences. Blacks were not admitted as customers.

The Cotton Club was the place to be and the place to be seen. Politicians, judges and mobsters rubbed elbows here. Some with wives, some with mistresses, all oblivious to the Eighteenth Amendment.

### Duke Ellington Lena Horne

The Cotton Club launched the careers of many performers and attracted the big names in jazz. Duke Ellington was a regular performer and Lena Horne, a young girl from Harlem, began her decades long career with Owney's help.

### Hollywood

Madden was also in a position to help his childhood friend, George Raft, get his start in Hollywood. Raft and Jimmy Cagney were regulars at the Cotton Club and both personified the gangsters of the twenties and the thirties simply by adopting the speech and mannerisms of their friend Owney, right down to the way he wore his hat, a Fedora pulled low to conceal his face, a holdover from his stick up days.

One night, George Raft walked in with the most beautiful woman Owney ever laid eyes on. Mae West was doing shows on Broadway, and that night Owney promised to back her financially with any production she wished to do.

Using his ever extending influence, he got her to Hollywood and national fame. Mae and Owney were an item for a while and remained friends until Madden's death. Later in life she described Madden as sweet but vicious.

By the late 1920s, Owney Madden was a millionaire; he and his associates had their hand in real estate, boxing, gambling, bootlegging, breweries and nightclubs and entertainment. Anywhere Madden thought he could make a profit, ignoring laws and civilities, he was there. With his political contributions he controlled police and the courts. He could make or break anyone with political aspirations, or so he thought.

### The Syndicate

Madden's headquarters was the

Harding Hotel, in the middle of the theatre district. By this time he owned many of the city's more famous nightclubs, the Stork Club, Duffy's, the Silver Slipper, the Central Park Casino and of course, the Cotton Club.

But, it was at The Harding where he hung out with some of the most infamous mobsters of the day. Dutch Schultz, Arnold Rothstein, Lucky Luciano and others. Madden organized them all into a "Crime Committee" or syndicate in order to maximize profits.

He established a businesslike method of operating and strove to bring bad publicity to a minimum.

Madden's criminal organization did not go unnoticed, usually violence would put them in the headlines and on people's tongues.

### Roosevelt

In 1930, New York Governor Franklin D. Roosevelt decided to make a bid for the nomination for president. Putting a stop to the blatant corruption in New York City politics was high on his agenda in his campaign push.

In 1932, he had Madden arrested and sent back to prison for violating his parole. He was released from Sing-Sing in 1933 and later that year Congress repealed Prohibition.

### Hot Springs

Owney was in his forties and had chronic health issues as a result of his bullet wounds and his constant smoking. He began visiting Hot Springs, Arkansas, which for years had a reputation for beautiful scenery and it's health-giving hot mineral springs. It also had a darker side, with an equal reputation for a corrupt local government, gambling, prostitution and bootlegging. Right up Madden's alley.

He met Agnes, a local gift shop clerk, ten years his junior. They married in 1935. Agnes was well aware of who Owney was, his mobster friends and his way of life. They set up house in Hot Springs, but Owney was still commuting back and forth to New York.

### Hot Springs Mafia

The details of Madden's departure from New York are vague. Some believe a deal was brokered by none other than Luciano and high ranking politicians, allowing

Madden to stay out of prison, provided he stayed out of New York; a plan many think Roosevelt himself contrived. The New York Crime Syndicate needed Madden out of the spotlight and New York politicians just wanted him gone.

Luciano and Frank Costello may have set Owney up in Hot Springs to oversee mob operations there. Whatever actually transpired, Agnes and Owney resided in town, with Owney playing the part of a small town gentleman.

It's believed Madden played an active role in the illegal activities in Hot Springs. The mayor, Leo P. McLaughin, and Municipal Judge Vern Ledgerwood ran their own syndicate to manage the gambling and prostitution in the town.

They claimed Madden had nothing to do with it, but, it was common knowledge that Madden and his New York associates brought in the wire service that brought race results to the local bookmakers. It's difficult to believe they did this merely to be generous without expecting a cut of the profits of a lucrative enterprise.

Madden remained secretive until 1940, when he acquired a controlling interest in the Southern Club, a well known and profitable gaming club, as well as other gambling operations. Mob bosses Luciano, Costello, Myer Lansky and others visited Madden regularly and unabashedly.

In 1946, McLaughlin and his crew were voted out of office, but under Madden's leadership, criminal activity flourished. He became a powerful public figure. He was a familiar figure around town in his "trademarked" tweed cap and scarf. This made it easier for the FBI who had Owney and his growing enterprises under constant surveillance.

In 1961, the Federal government concluded that Hot Springs, Arkansas, was home to the largest illegal gambling operation in the United States. Madden was called before the Senate Committee on Organized Crime, where he continuously invoked the Fifth Amendment.

In 1964, the state government took major steps to eliminate the illegal operations in Hot Springs.

But, by now Owney Madden was a very sick man, and a year later, he succumbed to emphysema. He is buried in Greenwood Cemetery.

*And All the Saints* is a very good novel by Michael Walsh. It is written as a memoir told by Owney himself. Although the dialogue is all conjecture, the story is based on fact. For a more accurate portrayal of the man, try *Paddy Whacked* by TJ English, a history of Irish Americans involved in organized crime. •

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

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## Trinity College: The Unofficial Tour

The Book of Kells. The Long Room. *Normal People*. This is what first comes to mind when we think about Trinity College. Located in the heart of Dublin, it is one of the most recommended places to visit.

Trinity College is the oldest university in Ireland, surviving many changes throughout the centuries that altered its original purpose when it was established in the 16<sup>th</sup> century. One of the more notable changes occurred in 1904, when women were permitted to attend and earn a degree for the first time. With its blend of contemporary and historical vibrancy, Trinity College is known as Ireland's leading university.

Karen relates: Trinity has been the one place that we gravitated to the most in our trips to Ireland. It was the first visit when we found ourselves on



the hunt for the Museum building, which we discovered was closed for renovations.

The second visit was a slip through the gates for an evening stroll around the main square, while ominous dark clouds cast a shadow over the buildings. I had seen this scene before and began to wonder if a dementor was about to come out of the sky and feed off our joy.

A place of interest to visit at Trinity that should not be overlooked is the Museum building. Built in the 1850s, it was the first Ruskinian Gothic style architecture building in Ireland. The building also represented a new century of architecture for Trinity.

What is unique about an old college like Trinity is that they intentionally adapt to the architecture of the period. You can see this when you walk around the campus. It doesn't require a lot of knowledge about architecture because it is noticeably different.

The architecture of the Museum building is remarkable on the exterior, but it is the interior that left me in awe. Entering a large set of wood doors, into the entrance hallway, greeted by a pair of Giant Irish Deer skeletons that look as if they are the guardians of the path to the central hall and staircase.

Stepping into the central hall, attention is drawn in every direction, taking in the pillars, handrails, and bannisters made from various marbles found in Ireland. The main wall of the central hall is quite plain compared to the rest of the interior, but I think

this forces your attention upward, to the ceiling.

Look up, to see striped stone archways, and a beautiful color brick mosaic double dome. It was here on the stairwell that I felt transported to a scene in *Harry Potter*. My cloak and wand were all I needed to find my way to the Room of Requirement.

Shannon relates:

A college campus will always be my favorite place to explore. Maybe the fascination derives from my own professional career in academia or maybe it stems from immersing myself in a place that champions thought and personal growth. Whatever the reason, making a college a destination site will always be a priority for me.

Exploring the 47-acre campus awakened the opportunity for plenty of adventures. Despite visiting Trinity at all hours and through several official and "unofficial" entrances, the thought to book a campus tour never occurred to us.

When you visit Trinity as often as Karen and I have, the skill of easily spotting Trinity Trails



guides becomes easy. Adorned in Trinity gear, these guides provide walking tours of various types for a monetary fee.

Fancying ourselves unofficial experts requires a level of resourcefulness. On our last visit, we found ourselves standing

near an official tour group. What started out as a coincidental event turned into Karen and I "unofficially" joining a tour while pretending to take photos of each other in front of buildings. Shady? Maybe. Clever? We'll let you decide.

### Ireland Superstitions

What did we learn? Superstitions are alive and well on campus.

Careful to not overstay our welcome, we "leaned in" when the guide introduced The Campanile of Trinity College Dublin - a

belltower that stands in the center of campus. Legend has it that if a student walks underneath the Campanile as the bell tolls within the tower, they will fail all their exams.

Since the bell is known to ring at completely random times, a student walking under the Campanile can be cursed at any moment. We were not ones to tempt fate.

Albert Einstein said, "*The only thing that you absolutely have to know, is the location of the library.*" Trinity College is unique in that it offers two libraries that have equally interesting backgrounds.

Trinity's College's newly coined, "The Library," formerly known as the Berkley Library, opened in 1967. In 1978 it was named after George Berkeley, the world-renowned philosopher, and former librarian at Trinity. Berkeley became a slaveowner and advocated for the advancement of slavery.

In 2023, Trinity's University's Board decided to remove Berkeley's name from the library because it was not consistent with the school's core values. Admittedly, one of the reasons I wanted to venture inside the school library had everything to do with finding my Connell (if you haven't, watch *Normal People*), but I quickly learned visitors were not allowed in the building.

If you love modern design, this building is your concrete dream. Situated in front of the library is "Sphere Within Sphere," - the bronze Globe statue created in 1982, a gift by sculptor Arnaldo Pomodoro.

The statue is a site to behold in person, but certainly not the main event.

Seeing the Long Room in the Old Library is always the endgame for my visit to Trinity.

### Book of Kells

We purchased our tickets to visit the library with a stop at the Book of Kells. Witnessing the 1,200-year-old manuscript reminded me of how I felt when I saw the Mona Lisa at the Louvre; the mythology and romanticism that surrounds the art

*Continued on page 32*

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**Trinity College**  
Continued from page 31

always proves to be more captivating than the art itself. I arrived a short shuffle later. I had felt these feelings before. Once upon entering Shakespeare's birthplace in Stratford-upon-Avon, and the second upon seeing the Vietnam War Memorial in D.C. for the first time. There is a quiet that washes over an entire moment.

I stood in the entrance letting the length and history of the room take over. The smell of books is noticeable but subtle. The stark alabaster hue from the 14 busts that line the room stand in contrast to all the various hues of brown and gold lettering.

I am no stranger to beautiful libraries, yet, I was still not prepared for the site of 200,000 books in one fell swoop. Add in barrel-vaulted ceilings, wooden ladders and spiral staircases betwixt stacks, I am Home. Trinity has left its mark. •



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# UK Government Asks Appellate Court To Reinstate Legacy Act

**Immunity Provision**  
By **Judge Michael C. Mentel**

On February 28<sup>th</sup> of this year, the High Court in Belfast in a two hundred page opinion ruled that the immunity provision of the Northern Ireland Troubles (Legacy and Reconciliation) Act violated the European Convention on Human Rights (ECHR). The High Court held that the immunity provision of the Act violated Article 6 of the Convention regarding fair trials. The High Court reasoned that, by providing immunity to perpetrators, the provision denied victims and families a right to proceed to trial against those who committed the unlawful acts. The United Kingdom has appealed the ruling to the Court of Appeals, Belfast.

Initially introduced as a bill in the British House of Commons on May 17, 2022, it outlined an end to all civil and criminal legal proceedings filed against British soldiers, police, and paramilitary organization members that could be attributed to their unlawful

actions during the Troubles. It also prohibited any future criminal or civil filings against anyone accused of unlawful actions during the Troubles. The one exception being that any Inquest that was nearing its end would be allowed to conclude.

The Bill also established a new body, called the Independent Commission for Reconciliation and Information Recovery, the "ICRIR," empowering it to review Troubles related deaths and giving it the authority to publish its findings. The Bill also gave the ICRIR the power to grant immunity from prosecution to persons who provide the ICRIR with full incriminating information about their offense. In other words, confess and you will be given immunity from criminal prosecution and civil litigation. By giving perpetrators immunity for their unlawful actions, the victims and families would be denied their right to receive justice.

Condemnation of the Legacy Bill was broad. The Bill was

denounced by all five political parties in Northern Ireland. In June of last year, the President of Sinn Féin, Mary Lou McDonald, openly stated that the Bill would close the door on victims' access to justice in a court of law. At the same time Sir Jeffrey Donaldson, then leader of the DUP, asked Prime Minister Rishi Sunak not to move forward with the Bill. Donaldson maintained that a substantial majority of victims and families have rejected the immunity provision set out in the Bill. He went on to characterize the provision as an insult to justice. Leo Varadkar, then Taoiseach of Ireland, stated that granting immunity to former soldiers and paramilitary members, who may identify themselves as committing certain acts, is the wrong approach. Once the Bill received Royal Assent and became law, Ireland filed a suit in the European Court of Human Rights against the United Kingdom contending that the Act violates the European Convention on Human Rights. The only

non-government entity currently supporting the Legacy Act is the Northern Ireland Veterans Movement.

On September 25<sup>th</sup> of last year, I participated in a round table discussion of the Legacy Bill at the invitation of the National Committee on American Foreign Policy in New York. On that round table with me was Lord Jonathan Caine, the architect of the Legacy Bill. When asked by me and several others about the immunity provision and its deprivation of justice to the victims and families, Lord Caine stated that a new system would deliver outcomes far better than the existing system by providing the victims and families the information that they desire. What Lord Caine obfuscated was their desire for justice, not simply information.

On June 11<sup>th</sup> of this year, the United Kingdom appeared for oral argument before the Court of Appeals, Belfast. The crux of the United Kingdom's argument is that multiple attempts have been made to address the legacy of the Troubles since the signing of the Good Friday Agreement and nothing has succeeded. It asserts that the Legacy Act is necessary to advance reconciliation of the north's troubled past and is in harmony with the Good Friday Agreement.

Jude Bunting, legal counsel representing several victims and families, argued before the Court that the Legacy Act denies his clients justice. Bunting contended that the government was not concerned with reconciliation. He pointed out that the Act does not compel an apology, any statement of regret, or recognition of the loss suffered by victims or their families. "A key purpose of this legislation was not reconciliation but the protection of veterans. ... Right from the start that was the purpose of the Act, that's why it was formulated in the way it was formulated." Bunting cited a statement made in Parliament

by the Secretary of State for Northern Ireland where he vowed that the veterans who served in the north during the Troubles did not have to worry about being investigated over their military conduct.

In contrast to the United Kingdom, which does not have a constitution, the United States Constitution provides its citizens with the right to Due Process of law and guarantees all citizens access to its courts for the redress of grievances. As we have witnessed here in the United States, successful criminal prosecutions and civil lawsuits have been filed against individuals and government authorities for criminal and civil rights violations that occurred decades ago. Yet, the United Kingdom lags when dealing with the atrocities committed by British Troops against citizens in the north that also occurred decades ago.

In addition to the legal challenges the Legacy Act faces, there is a call to repeal the Act in Parliament. Ms. Grainne Teggart, from Amnesty International, stated that, "[t]he next UK government has the chance to right this historic wrong. It must immediately...repeal the [Legacy] Act. ... We urge the next government to listen to the calls from victims, to do the right thing and overturn this law as a priority." The next general election in the United Kingdom is set for July 4<sup>th</sup> of this year. In the meantime, it is for the Court of Appeals, Belfast, to determine the fate of the Act. •

*Michael C. Mentel is the Presiding Judge of the Ohio Court of Appeals for the Tenth District*

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# Immunizations Are for Adults Too

By **Sleiman Abukhater, MD**

It's back to school time and you're likely hearing a lot about childhood vaccines as parents prepare their little ones for the onslaught of germs that can get passed around in school classrooms, as kids gather there ahead of the fast approaching cold and flu season.



However, immunizations can be overlooked as an important part of preventative care as we get older. Vaccines are just as important to help adults safeguard their health and prevent serious illnesses.

Just like with children, adult immunizations are crucial because they help prevent the spread of infectious diseases, protect vulnerable populations, and reduce the risk of severe health complications. Being unvaccinated can lead to contracting diseases that are preventable and when facing potential long-term health issues.

### Adult Immunization

So, what immunizations do you need as an adult? Some of the most commonly recommend vaccines include the annual flu shot and COVID-19 vaccine. These viruses are constantly changing, so vaccines are updated annually to protect against evolving strains.

Additionally, some childhood vaccines, like those protecting against tetanus, diphtheria, and pertussis (Tdap), may require booster shots during adulthood to maintain immunity. The shingles vaccine is also encouraged for those over 50, while the pneumococcal vaccine is recommended for adults over 65 and those with certain health conditions. Each of these vaccines plays a vital role in preventing illnesses that can have serious consequences.

### Centers for Disease Control

The Centers for Disease Control and Prevention (CDC) provide



guidelines tailored to different age groups and underlying health conditions. For example, older adults, those with chronic health conditions, pregnant women, and healthcare workers have specific vaccination needs.

It is important to consult with a healthcare provider to determine the appropriate vaccines based on your individual health profile. Your provider can access your immunization records or perform a blood test to determine what vaccines you currently have and ensure you receive the appropriate immunizations based on your individual needs and circumstances.

Your primary care provider can also guide you on how to manage any potential side effects or discomfort. It is normal to experience some side effects after vaccination, such as mild fever, soreness at the injection site, or fatigue. These are typically signs of a normal immune response that show your body is working to ramp up the immunity you'll need to stay healthy overall.

These symptoms are also usually short-lived, and the benefits of vaccination in preventing serious diseases often outweigh these

temporary discomforts. While vaccines aren't foolproof, they can still have big health benefits. For instance, with the flu vaccines, studies have shown that overall, those who still get the flu after receiving the vaccine have less severe symptoms than those who do not. Immunizations are a cornerstone of preventive healthcare, offering protection against numerous diseases and enhancing public health, no matter what your age. •

*Sleiman Abukhater, MD, is a primary care physician, caring for patients at Mercy Health – Sheffield Primary Care. Dr. Abukhater is board certified in family medicine. He is a graduate of Avalon University School of Medicine and was trained at Wheeling Hospital in an unopposed residency program, which means he was exposed to all facets of medicine, including outpatient, inpatient, pediatrics, surgery, OBGYN, sports medicine, cardiology, nephrology, infectious diseases, etc.*

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2. Conna is Irish for what crunchy snack?
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5. What is the name of the only wildlife park in Ireland, found in Cork?
6. Which island is the only place in Ireland to have its own King?
7. The Twelve Bens mountains range is in what county?
8. How many counties in Ireland begin with the letter 'L'?
9. Clairseach is Irish for what stringed instrument?
10. The English Market is a food market found in what city?

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## WHO'S YOUR DADDY? (Part 2)

In my July column, I began writing about America's Founding Fathers. The Founding Fathers are always referred to as the ones who made our independence happen, but who are they?

There were so many men and women that contributed to the fight, that there is no definitive list; here are a few who are always considered to be at the top of any list created, such as George Washington, Thomas Jefferson, Benjamin Franklin, and Alexander Hamilton. You can read about George Washington and Thomas Jefferson in the July issue of iIrish News Magazine. (John Add link)

### Benjamin Franklin

Benjamin (Ben) Franklin is known as a writer, a publisher, a scientist, and an inventor, but he is most known for his leadership in the American colonies and the beginning of the United States. He was born in Boston, Massachusetts in 1706. He was one of 17 children.

He was forced to leave school at the age of 10 to get a job with his dad. After that, he became a printer's apprentice (helper) for his brother James. Even though he left school at a young age, he became quite smart by reading tons of books!

Franklin moved to Philadelphia, Pennsylvania and worked as a

printer. He published *Poor Richard's Almanack*, which had witty sayings and verses, such as "Early to bed and early to rise, makes a man healthy, wealthy, and wise."

Franklin also started a fire department, a hospital, an insurance company, and a library. He was the first Postmaster General. He also founded a school, which became the University of Pennsylvania.

He invented the Franklin stove, bifocal eyeglasses, an odometer for a carriage, and the lightning rod which keeps buildings safe during lightning storms. He did not patent (take ownership) any of his inventions, so other people could use his ideas for free.

Franklin was a respected political leader during the time leading up to the American Revolution. In 1765 the British Parliament passed the Stamp Act, which put a tax on printing. This made many of the colonists angry because the colonists used lots of printed material for business and legal matters.

Franklin spoke for all the colonists against the much-hated Stamp Act. As the war was getting closer, Franklin was elected to the Second Continental Congress. He believed that the American colonies should break apart from English rule. He joined a committee and helped write the Declaration of Independence.

### Treaty of Paris

He then traveled to France and France agreed to give the colonists money and soldiers to fight against Great Britain. After the war, Franklin went to Britain with John Adams and John Jay to negotiate the terms of the treaty (a peace agreement between two countries). This became the Treaty of Paris in 1783.

In 1787, Franklin represented the state of Pennsylvania at the Constitutional Convention. At this convention, all the members

worked together to write the U.S. Constitution.

At age 81, Franklin was the oldest delegate to sign the Constitution. He is the only Founding Father to sign the Declaration of Independence, the Treaty of Alliance with France, the Treaty of Paris, and the U.S. Constitution!

In my next column, read all about Alexander Hamilton! •

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## kids in the kitchen

### Tomato Almond Pesto

If you planted a garden this summer, this is a great recipe to use fresh tomatoes in!

#### Ingredients:

- ¾ lb of penne pasta
- ½ lb (about 4-5) tomatoes very ripe and sweet, cut into large chunks (Roma works well)
- 10 large fresh basil leaves
- ¼ cup unsalted roasted almonds
- 1 large garlic clove, crushed and peeled
- ¼ tsp crushed red pepper flakes (less for kids who don't like spice)
- ¼ tsp coarse sea salt or kosher salt
- ¼ cup extra-virgin olive oil
- ¼ cup freshly grated parmesan cheese



#### Directions:

- Cook the pasta according to package instructions.
- Place the tomatoes, basil, almonds, garlic, red pepper flakes and salt in the food processor or blender. Blend for a minute or more to a fine puree.
- While the machine is still running, add the olive oil in a steady stream; it will emulsify the puree into a thick pesto.
- Scrape the pesto into a big bowl, toss in penne and mix to coat the pasta. Mix in parmesan and serve immediately. •

## Lardie's Laughs

Q. How did Ben Franklin feel when he discovered electricity?

A. Shocked!

Q. What was all the rage at colonial parties in 1776?

A. Doing the Indepen-dance!









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