

2024  
Festival  
Focus



**i**Irish  
newsmagazine

September 2024 | Volume 18 - Issue 9



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ONLINE



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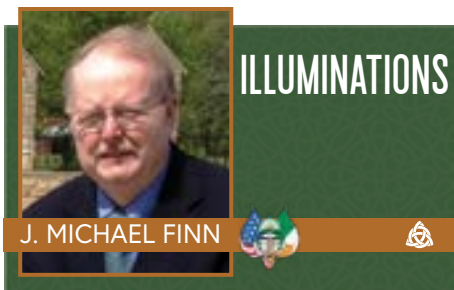


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## Dark Day on the Blaskets: The Death of Eveleen Nicholls

**E**veleen Constance Nicholls, Gaelic League activist, was born October 22, 1884 in Dublin, the second of four children born to Archibald J. Nicholls, a barrister and secretary of the Loan Fund Board of Ireland, and his wife, Mary, a native of Limerick.

Although her father held a government job, with offices in Dublin castle, the family had



Eibhlín Nic Niocaill

nationalist sympathies and they were all Irish-speakers.

Beginning in 1901, Eveleen chose to use the Irish spelling of her name, Eibhlín Nic Niocaill (Pron: *eve-e-leen nik nick-coal*). The Irish word Nic is used prior to the

surname for ladies who are not married. For females Ní replaces Ó, meaning “granddaughter of.” Nic replaces Mac meaning “daughter of.”

Eibhlín attended school at the Loreto Convent, in Rathmines, and later at the Loreto Convent, on St Stephen’s Green. Eibhlín excelled and was particularly talented at languages. She took first prizes in Irish, French and German at her senior examination and went on to take Royal University of Ireland (RUI) courses through Loreto College.

Her college career was exceptional. She was always at the top of her class and won several awards and honors. For her Bachelor of Arts degree (1906) she came in first in Ireland and won the prestigious Steward scholarship.

She was awarded a £300 travelling scholarship to complete her Master of Arts degree, spending time in Germany and Paris, where she studied Old Irish under the Celtic scholar [Henri d’Arbois de Jubainville](#). While lecturing at the University of Paris, she also organized a Parisian branch of the Gaelic League.

### Gaelic League

Returning to Ireland, she became a prominent Gaelic League activist, joining the Five Provinces branch, lecturing, and contributing to the League newspaper, *An Claidheamh Soluis* (Pron: *ahn klee-uhv sul-eesh*: *The Sword of Light*). A strong feminist, she also wrote for the magazine *Bean na hÉireann* (Pron: *ban na hay-ron*: *The Women of Ireland*). Her articles linked the language revival to the Irish independence movement and tied in the rights of women.

In 1909, Eibhlín was elected to the executive committee of the Gaelic League and was the youngest person ever to receive this honor. Through her activities with the Gaelic League she met and became good friends with Patrick Pearse, a fellow Irish language activist, educator and eventual leader of the 1916 Easter Rebellion. Some say their friendship developed into a romantic relationship and they were engaged to be married;

however, there is little evidence for the claim.

In the summer of 1909, Eibhlín set out for a tour of the Gaeltacht (Pron: *gale-taak*), the Irish speaking areas of west Kerry. She had spent previous summers on the Aran Islands. After a week in Dingle, Eibhlín went on to the town of Ventry. There she befriended the writer James Cousins, who described her as “tall, stately: an embodiment of sweetness and gentleness, sweetness that has no mawkishness in it, and a gentleness resting on fixity and fearlessness.”

From Ventry, Eibhlín traveled west to Dunquin, where she crossed the often dangerous three-mile Blasket Sound via currach, rowed by islandman Seán O’Cavanagh. She arrived on the Great Blasket Island (then home to 150 people) on July 13, 1909.

She stayed in the house of Pádraig Ó Catháin (Pron: *ca-hane*), who was known as “the King of the Blasket.” The island and its inhabitants enchanted her and she resolved on a long stay.

The Blasket Islands are a group of six islands approximately three miles off the southwest coast of the Dingle Peninsula in County Kerry. The Great Blasket Island is the largest of the island group. It is now a national park.

In 1909, the only way to get to the Great Blasket was by currach via Dunquin Harbor. The islanders were all native Irish speakers, and because of this they were visited and studied by many language activists and writers.

Eibhlín was very popular on the island and participated in the social life of the community. She gave swimming lessons to the children on the island, a significant contribution because few islanders knew how to swim.

On Friday, August 13, 1909, she was teaching Cáit, the daughter of Blasket writer, Tomás O’Crohan, to swim in a beach area called the White Strand. Despite only being a few feet from the shore, Eibhlín and Cáit got into trouble. Cáit was struggling and Eibhlín was making an effort to save her from drowning.



The Great Blasket Island

Cáit’s brother, Donal O’Crohan, who was nearby, attempted to save both of them. Another local, Peats Tom O’Cearnaigh, came to their aid, but he could only save Cáit.

Eibhlín and Donal O’Crohan drowned. Their deaths inspired a huge outpouring of grief both locally and nationally, particularly for the twenty four year old Eibhlín.

Following a wake held on the island, the bodies were transported to the mainland across Blasket Sound on Sunday, August 15, 1909. The sad procession of twenty currachs sailing in the formation of a cross was led by the King’s currach, carrying Eibhlín’s coffin.

The news had spread, and the procession of mourners was greeted in Dunquin by a throng of people from all over West Kerry and beyond. Donal was buried in the old cemetery at Dunquin. His funeral was reportedly the largest ever seen in Dunquin.

The local legend is that Patrick Pearse attended the funeral, as well as Eibhlín’s parents. Eibhlín’s body was placed in St. Gobnet’s Church overnight.

It was then taken to Dingle by carriage the next morning, and then to Dublin by train. It was met by thousands in Dublin and accompanied for burial to Glasnevin Cemetery on August 16, 1909. The writer Joseph Holloway wrote that he was never at a more solemn funeral.

Patrick Pearse also attended the

services at Glasnevin. In an article in the *Freeman’s Journal* that day, Pearse called Eibhlín the “most nobly planned” of all the women he had known. Pearse’s mother, Margaret, said, “When Eveleen died, I think his heart went into the grave with her.”

Peats Tom O’Cearnaigh was awarded a medal in October 1909 by the Irish Humane Society for saving Cáit’s life. That medal and a certificate from the society are currently on display in the Blasket Center in Dunquin. In recognition of Donal’s bravery, Eibhlín’s mother sent his father, Tomás, an undetermined sum of money every week for the remainder of his life.

The book, *A Dark Day on the Blaskets*, by Mícheál O’Dubhshláine (Brandon Books 2003) was inspired by the events around Nic Niocaill’s death.●

*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](mailto:FCoolavin@aol.com).*

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#### THE HARP

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

#### FLAT IRON CAFÉ

1114 Center St. Cleveland 44113-2406 216. 696.6968. [flatironcafe.com](http://flatironcafe.com)

#### TREEHOUSE

4th - Matt Skeen; 11th - Rob Samay; 18th - Strum and Strummer; 25th - Ethan Timm  
Karaoke every Sunday 8pm-Midnight. 820 College Avenue, Cleveland, 44113 [treehousecleveland.com](http://treehousecleveland.com)

#### PJ MCINTYRE'S

2 - Happy Labor Day! Closed. 5th - Patrick & the Jazz Guys, 7th - Browns Backers Extravaganza, 13th - ALS Fundraiser w Pat Shepard, 14th - Half Craic'd, 21st - Iced Cherry, 28th - 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

6 - The New Barleycorn @ 9:00, 13 - Chris Allen @ 7:00, 20 - Brent Kirby @ 9:00, 27 - Crawley & Sofranko @ 9:00. \$5.00 22oz Miller Lite Drafts for the Browns Opener and all home games. Free Trivia Every Wednesday @ 7:00 & 8:00. 323 East Prospect, Cleveland 44115 216.781.7782 [flannerycycle.com](http://flannerycycle.com)

### FAIRVIEW PARK

#### GUNSELMAN'S

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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

6- Joe Bell and the Swing Lizards 7- Jay Sparrow 13- The Other Brothers 14- John Delaney and Friends 20- Crawley and Sofranko 21- The Smug Saints 27- The Island Doctor 28- The Music Men (Music Trivia). 117 West Liberty Medina, 44256 [sullysmolina.com](http://sullysmolina.com).

### MENTOR

#### HOOLEY PUB & KITCHEN

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



18th - Strum & Strummer @ Treehouse

### OLMSTED TWP

#### WEST SIDE IRISH AMERICAN CLUB

4th -Annual Car Show, Judy 440-777-5595; 15th -Annual Clambake, Kathleen 440-759-7598; 19th -General Mtg 7P; 21st -Steak Shoot, Helen 216-251-4075; 26th -Byrne Brothers in concert, 440-235-5868. Great live music and food in The Pub every Friday. 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.

### 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.



LOOKING FOR Columbus, Pittsburgh and other cities events?

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### ROCKY RIVER

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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

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### WESTLAKE

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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. [Noraspublichouse.net](http://Noraspublichouse.net)

#### WILD GOOSE

Mondays: Trivia 7pm; Wednesdays: Live Music 7pm-10pm. Erie Street, Willoughby 44094 [wildgoosewily.com](http://wildgoosewily.com)  
c.r.a.i.c. Book Club (Cleveland Reads About Ireland Club)  
2nd Wednesday of each month at 6:15 pm, Panera's North Olmsted 11th - **Five Floors Up by Brian McDonald** Four generations of the Feehan family have served as firefighters in the FDNY since the days after horse-drawn firetrucks up to the present. A particular highlight of this book is the focus on the heroic life of "Chief" William F. Feehan who died in the attack on the World Trade Center on Sept. 11, 2001. (Biography)  
Oct 9th - **This House is Haunted**, by **John Boyne** Set in Norfolk in 1867, this is the story of Eliza Caine and her terrifying experiences while serving as a governess in a haunted house, (Gothic Fiction)



iIrish  
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# What's the Craic?

iIrish'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.



## sessiúns:

**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

**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

**Wall Street Coffee Company** Every First Sat of month, 2-4 PM. 52 North Chestnut Street, Jefferson, OH. 44047

## 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. starting Sept 10th. 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





# Festival Focus



## Kansas City Irish Fest August 30, 31 and September 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 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). •

## Gormley's Pub / The Irish Barber

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# Festival Focus



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

Featuring Gaelic Storm, Kila, 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!•



## Come celebrate at Progressive Field this September in our brand new Pennant District group space!

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- Tuesday, September 17 vs. Minnesota Twins
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- First Pitch @ 6:40pm
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### Ticket Information:

- Lower Box: \$49
- Upper Box Outfield: \$40
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◦ Code: StPatrick2024



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## iRISH TRIVIA

BY TERENCE J. KENNEALLY

1. Tipperary
2. Tayto
3. Phoenix Park
4. Kilkenney Picnic
5. The Giant's Causeway
6. Conor McGregor
7. Tipperary famous for breeding?
8. What popular music festival takes place in Stradbally Estate in Laois every summer?
9. Glendalough is in what county?
10. What city in Northern Ireland is the most complete walled city in Europe?





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Francis McGarry

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**SUPPORT IRISH GAME DAY**

@ **JCU**

**10am Irish Cultural Tailgate**  
**1:30pm 1st Annual Shamrock Game**  
**@John Carroll University**

A \$50 sponsorship will support the success and sustainability of this event. The digital game program will include your logo or name, and you will be acknowledged at the game.

Thank you for your support. Any questions, check info and all logos can be submitted to:  
**francis.mcgarry@bluestonecharities.org**

Bluestone Hibernian Charities @bluestonecharities

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# Irish GAME DAY

**THE INAUGURAL SHAMROCK GAME**

**JCU -VS- [Logo]**

**OCT 12**

**JOHN CARROLL UNIVERSITY**

**10 AM: Irish Cultural Tailgate**  
South Beloit Blvd, just South of Don Shula Athletic Center  
Irish Food · Irish Music and Dance · All things Irish

**1:30 PM: 1ST Annual Shamrock Game**

- National Anthem w/ Mary Agnes Kennedy
- Coin Toss w/ Ohio's Irish Honorary Consul Mark Owens
- Members of the Irish Community will be recognized throughout the game
- Halftime includes a Gaelic Athletic Association Exhibition

**\*POSTGAME GATHERING @ BLACK FOREST 4638 MAYFIELD ROAD**

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# Cleveland IRISH Cultural Festival



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MEGAN LARDIE

# kids CRAIC

## WHO'S YOUR DADDY? (Part 3)

When I started writing about the Founding Father's, I never thought it was going to take three parts! I do not know why I am surprised, I should have known that there is a lot to say about the people who help start an entirely

new country!

There are even more people that contributed to the early beginnings of the United States. I have only highlighted four of them, the last being Alexander Hamilton. There are a million more stories about

hundreds of more people who made the United States a country that has been admired worldwide.

### Alexander Hamilton

Alexander Hamilton was born on January 11, 1755, in the West Indies. He was a revolutionary thinker and a founding father, who played important roles in shaping the early economic structure (all things having to do with money) and governmental framework of the United States. He was the first Secretary of the Treasury. He was the person who designed the nation's financial system, established the federal bank, and fought for a strong central government to unify the newly independent states.

His vision laid the groundwork for America's economic expansion and established the dollar as the backbone of the national economy. Hamilton was also a key author of the Federalist Papers, a series of essays written to support the ratification (approval) of the U.S. Constitution. His persuasive writings helped secure the Constitution's adoption, which provided a strong structure for the nation.

Hamilton's advocacy (support) for a strong executive branch and his formation of the Federalist Party cemented his legacy as a powerful voice in the early political arena of the United States. Despite his significant contributions, Hamilton's career was marked by controversy, including fierce political rivalries (enemies) and personal scandals.

His outspoken nature and unwavering commitment to his ideals often put him at odds with other founding fathers. Yet, it was this same tenacity (support)

that propelled him to be a driving force in the establishment of the United States as a prosperous and independent nation. Alexander Hamilton's role as a founding father was characterized by his visionary leadership and his profound impact on the nation's early beginnings.

### Who Were the Founding Fathers of the Republic of Ireland?

#### Padraig Pearse

The Republic of Ireland's journey to independence was a difficult process that involved many important figures. Padraig Pearse was an Irish teacher, barrister, poet, writer, nationalist, republican political activist, and revolutionary. He was one of many who played a significant role in the Easter Rising of 1916, which aimed to start an independent Irish republic (country).

Ireland had been under British rule. Pearse was one of the leaders of this rebellion. He was executed for his role in the Easter Rising and became a symbol of the uprising's spirit and ideals.

His influence went beyond politics and his commitment to Irish independence and revival left a lasting impact on Irish history and its identity. The Irish Free State began in 1922 following the Anglo-Irish Treaty, and in 1949, the Republic of Ireland was officially declared.

Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She may be reached at [meganlardie126@outlook.com](mailto:meganlardie126@outlook.com).

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## Literature Corner



### The Founding Fathers! Those Horse-Ridin', Fiddle-Playin', Book-Readin', Gun-Totin' Gentlemen Who Started America

By Johan Winter

Learn all kinds of fun facts about the men we call the Founding Fathers. These men really did not agree on much. They disagreed and fought about a lot and made mistakes, but worked together to invent an entirely new nation! For ages 5-8, 48 pages.

### The Good Fight: The Feuds of the Founding Fathers (and How They Shaped the Nation)

By Anne Quirk

The British were not the only ones we fought with during the Revolutionary War. There was a lot of fighting and arguing between those considered the Founding Fathers. The only thing they could agree on was that the United States of America was worth fighting for! For ages 7-10, 128 pages.



## Lardie's Laughs

Q. Where do kids in New York learn their multiplication tables?

A. Times Square!

Q. What happened when the teacher tied all the kid's shoelaces together?

A. They had a big class trip!





# Impunity and The Northern Ireland Conflict

By **Brian Dooley**

There is a mural in Belfast, Ireland, commemorating the victims of the Ballymurphy Massacre in 1971, when 11 unarmed civilians were killed by British soldiers. An international expert panel from Norway, Argentina, Israel, and Ireland has produced a monster piece of research on the British forces during the North of Ireland conflict that details impunity for torture, hundreds of killings, and many more in the context of collusion.

The incoming British Labour government has promised to repeal the terrible Northern Ireland Legacy Act, which has shut down all inquests related to the 1969-1998 conflict. The Act came into force on May 1, 2024, despite opposition from Labour, all political parties in Northern Ireland, most victims' groups, the Irish government, and human rights experts at the United Nations and the Council of Europe.

Whether – and how fast – the British government will repeal the despised law is unclear. Meanwhile,

in a rare interstate case, the Irish government has taken the British to court at the European Court of Human Rights to challenge the new law.

The law effectively offers former British soldiers, police, and paramilitaries a limited form of immunity for conflict-related crimes if they cooperate with a new body. It also bans victims' families from bringing future legal challenges.

The law was passed after a series of recent coroners' inquests produced embarrassing verdicts for the British authorities. One coroner found that ten people killed in west Belfast in Ballymurphy in 1971 during a British Army operation were "entirely innocent." Another found that the killing of Kathleen Thompson, who was shot dead in the back garden of her home in Derry in 1971 by a British soldier, was "unjustified."

The introduction of the new law halted inquests into the deaths of another 11 people during the conflict, with many other bereaved families wanting to bring cases

to find out the truth about what happened to their loved ones who were killed. There are many cases which have never been properly investigated.

## Bitter Legacy

I spent two years, as part of an international panel of experts, investigating state impunity during the conflict. We issued lengthy findings of our investigation as the new law was brought in. Our report: "Bitter Legacy: State Impunity in the Northern Ireland Conflict," concluded that the British government operated a "widespread, systematic, and systemic" practice of impunity that protected security forces from sanction during the conflict in Northern Ireland.

The panel of international experts included former senior police officers and academic experts and was convened by the Norwegian Centre for Human Rights at the University of Oslo. My colleagues included policing experts Gisle Kvanvig and Kjell Erik Eriksen

from Norway; an expert in the laws around torture, Dr. Aoife Duffy, from the University of Essex; Argentinian human rights lawyer Maria José Guembe, and Dr. Ron Dudai from Ben Gurion University. Yasmin Sooka, South African human rights lawyer and former member of the South African Truth and Reconciliation Commission, provided an afterword to the report.

For our investigation, we spoke to bereaved families, former paramilitary prisoners, survivors of torture, and officials of the British government. Backed by teams of researchers, we scoured hundreds of thousands of pages of documentary evidence to identify relevant cases and internal responses by the British government.

There was so much recently declassified information that the Innovation Lab *Human Rights First* created an optical character recognition tool to help search through hundreds of thousands of pages of documentary evidence to identify relevant cases. We found

that the British government blocked proper police investigations into conflict-related killings to protect security force members and agents and found much wider evidence of security force torture and ill-treatment than previously reported.

These included cases of waterboarding, electric shock treatment, mock execution, drugging detainees, sexual abuse, degradation, and humiliation. We also found that British claims that only rogue security force personnel were involved in collusion were clearly false.

Broadly speaking, we found that if a killing was believed to have been committed by a member of a paramilitary organization, the police made serious efforts to find the perpetrator, and the criminal justice system spent considerable resources trying to secure a conviction. Around 30,000 people spent time in jail for having been convicted of paramilitary crimes. In contrast, if the perpetrator of a killing appeared to be a British soldier or a British agent in a paramilitary group, there was rarely any attempt at a proper investigation or prosecution.

## LONG DESCRIPTION

Patrick Crawford, 15, was shot as he walked through the grounds of a hospital (Image: Harte Coyle Collins)

British security forces killed at least 374 people in the Northern Ireland conflict between 1969 and 1998. We studied these cases and found that several patterns emerged: most victims of state violence were civilians, over seventy percent were undisputedly unarmed at the time of their deaths, and the victims were disproportionately Catholic.

During the conflict, only four British soldiers were convicted of killings committed on duty between 1969 and 1998. No prosecutions of state actors were brought between 1969 and 1974, when at least 200 people were killed by security forces.

From 1970 to 1973, the RUC (Northern Ireland police) and the British military entered into an agreement that replaced police investigations into military killings with "presentational" inquiries

conducted by the Royal Military Police (RMP). This system shielded soldiers from accountability for state violence.

Our research examined 54 persons killed in the 1970s, 80s, and 90s. Most demonstrated poor execution and/or omission of key investigative steps. While most showed signs of some steps being undertaken – such as the setting up of police cordons, the taking of crime scene photos, the taking of witness statements, the gathering of forensic evidence, and so on – many of these were carried out in a perfunctory manner.

We found that many investigations appeared superficial and incomplete, with a clear failure in many instances to perform some of the most obvious and rudimentary steps. The investigations lacked adequate suspect and arrest strategies, and strategies for securing, testing, and probing evidence.

Failures included failing to search suspects' homes, test suspects' alibis, or seize suspect vehicles for forensic examination. The assessed cases also highlight forensic failures to compare blood on the scene or on the victims with a suspect's blood type. Both witness and suspect interviews (and associated written statements) were short and failed to seek sufficient detail.

Suspect interviews lasted 20-30 minutes and were of poor quality, with information unexplored and unchallenged. These failings resulted in investigations where important lines of inquiry were not followed up, and where large gaps in the findings and conclusions existed. The investigations examined in detail generally demonstrated gross incompetence and negligence at best, and we found that the State did not conduct fair and effective investigations about state killings.

The 1998 Good Friday Agreement did not include an overarching transitional justice mechanism nor concrete measures to address impunity, so since 1998, families have been left with a series of ad hoc options to try to find the truth – civil cases, police ombudsman reviews, coroners' inquests, and – very rarely – criminal prosecutions. These were far from perfect mechanisms, but in some instances, provided a measure

of truth and accountability to some families. Now these avenues have been shut down by the new law.

As a non-judicial body, the panel of experts can't provide families with the justice they deserve, but our findings serve as a reminder of the international standards that families and survivors ought to expect – and what they are being denied by the British government.

Every British government since 1969 has failed bereaved families. The incoming Labour administration can start to do the right thing by immediately meeting its manifesto promise.

"The Legacy Act denies justice to the families and victims of the Troubles," it says. "Labour will repeal and replace it..."

We will be pushing the new British

government to act quickly to replace this law with something supported by bereaved families to finally deliver them the accountability they deserve.●

*Brian Dooley is Senior Advisor at Washington DC-based Human Rights First, and Honorary Professor of Practice at Queen's University, Belfast. He is the author of several books about civil rights and U.S. politics. Brian served as a legislative researcher on Capitol Hill, his work contributed to what ultimately became the 1986 Anti-Apartheid Act.*

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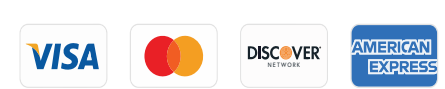


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**COOKING UP  
A HOOLEY**

KATIE GAGNE

**Comfort Food  
Time**

I'm sitting here in the heat and sunshine, writing this about something perfect for those upcoming Fall nights when you want to indulge in something so yummy, comfy, and cozy. This savory and satisfying dish comes together quickly and can feed a crowd.

**Guinness Onion Meatballs**  
Makes 4 servings  
Ingredients:

- 2 pounds 80/20 Ground Beef
- 2 Eggs
- 4 Tablespoons Worcestershire Sauce
- 1 cup Seasoned Breadcrumbs
- 1/2 Medium Yellow onion, chopped small
- 2 teaspoons Minced Garlic
- 4 ounces Shredded Irish Cheddar Cheese

Generous amounts of Black Pepper and Kosher Salt to taste  
Mix all ingredients together in large bowl and form into approximately 12 2-3-ounce meatballs.

In two 12-inch skillets, drizzle a small amount of Olive Oil and place the meatballs in each skillet and cook on medium heat for approximately 16 minutes. Turn meatballs several times to brown all sides.

Remove meatballs from skillet and set aside. Cover them with foil to keep warm.

**Guinness Onion Gravy**

- Ingredients
- 1 bottle Guinness Stout
  - 1/4 cup Worcestershire Sauce
  - 1/2 Yellow Onion, sliced thin



They also are delicious on colcannon or on mashed rutabaga.

**Garnish**  
1/2 cup Chives, chopped small  
4 ounces Cheddar Cheese, sliced in ribbons using a potato peeler •

**Mashed Potatoes**  
The meatballs taste great placed on a serving of your favorite mashed potatoes.

2 tablespoons Unsalted Butter  
2 tablespoons Mustard, any variety  
Pour 1/2 bottle of Guinness stout in each skillet and whisk vigorously to loosen all the bits from the meatballs. Add in sliced onion and cook for two minutes. Stir in mustard, butter, and Worcestershire sauce. Whisk until smooth and slightly thickened.

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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**A Brexit Tale of Treachery and Trade**

By **Michael J. Cummings**

Recently, U. S Trade Ambassador Katherine Tai shared a shift in U. S. trade policy direction with the London based Financial Times (FT). She explained the post-WW II "trickle-down economic policy" that allowed short-term profit driven businesses to maximize their gains ...[while]... profits and executive pay soared; ...workers were left behind." By deferring to the market, she wrote, communities were devastated as trade policy remained isolated from democratic accountability.

FT UK Editor Robert Shrimley countered this "retrenchment" would embolden authoritarian States, raise alarm among US democratic partners and contradicted the 'new' 2021 US-UK Atlantic Charter provisions to open new markets and "to promote and support democratic values." This criticism was not unexpected. It ignored, however, concerns raised by the Biden Administration for Britain's democratic accountability. They have undermined the obligations of the 1998 EU-UK Irish Peace Treaty, ignored, and corrupted the democratic values of the Charter and abandoned the rule of law to cover up security services lawlessness in N. I.

A new British Labor government may see trade and democratic accountability differently. The mood music for a new US-UK trade deal must send the right signal to other nations who have reasons to question American credibility. The priority America gives to Britain's trade wishes must consider many factors not the least of which is the murderous meddling of the UK in Ireland and a record of broken agreements in the Irish peace process.

First, the promised Irish unity poll of the 1998 peace treaty has been ignored, sidelined, and dismissed by every British government for a quarter century.

The provision was to address a 'democracy deficit' caused by Britain choosing to carve up Ireland after its defeat in 1918 elections and then governing N. I. for decades with deceit, discrimination, and destabilization.

Second, Britain's 2023 N. I. Legacy law is a violation of the EU Convention of Human Rights and reflects abandoning the rule of law to absolve lawlessness by British security services. Third, according to Sir Patrick Wintour MP, Britain's banking system is responsible for as much as 40% of the world's money laundering, which supports illegal human trafficking, arms and drug smuggling and, most importantly, undermines U. S. sanctions imposed on nations like Iran and Putin's oligarch's resident in London.

The British media cover story about Brexit was the refugee crisis. The truth? EU regulations were at the ready to combat and penalize Britain's profitable illegal money laundering. The 2023 N. I. Legacy law was to bury the truth about British security services and hate-filled loyalists collaborating in killing innocent civilians.

Unfortunately, Prime Minister Sir Keir has uttered nothing to suggest the next 5 years will bring any changes in England's Irish policy. That should give Ambassador Tai and President Biden plenty to ponder and share with Members of Congress if there is any discussion about a new trade deal with Britain any time soon. •

Michael J. Cummings, a native of Springfield, Mass. is a graduate of St. Anselm's College (B. A., 1968) and New York University (MPA., 1970). He co-founded the American Brexit Committee in 2016 and served as Secretary from 2016 - March, 2023.



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## John Carroll

**J**ohn William Heisman was born in Cleveland on October 23, 1869. He lived at 3928 Bridge Avenue. Jay Berwanger of the University of Chicago was the first recipient of the Heisman Trophy.

Back then, the Maroons were in the Big Ten and known as the “Monsters of the Midway.” Gerald Ford once tackled Berwanger.

No future president tackled Charles McNeil. He received a masters from Chicago in 1925, created the point spread, made millions gambling and taught JFK at the Choate School. It was founded in 1890, the same year as University of Chicago and the same year John Carroll University was incorporated under Ohio law to confer certificates and degrees.

JCU was St. Ignatius College then, founded by the Society of Jesus in 1886.

St. Ignatius College was originally at West 30<sup>th</sup> and Carroll Avenue, less than a half mile from Heisman’s house. In 1920, St. Ignatius College added football, and in 1923 it bought 60 acres of land in what would become University Heights.

St. Ignatius College was renamed Cleveland University briefly, and then John Carroll University in September 1923. The JCU campus is about eight and half miles from VASJ (Villa Angela St. Joseph).

Desmond Howard, the only Cleveland born Heisman Trophy winner, played at Joe’s with fellow VASJ Hall of Famer and Bluestone President Bob Mullin. Bluestone is everywhere, but not so much in Columbus, where Heisman winner Troy Smith was born.

### John Carroll

John Carroll was the fourth of seven children of Irish immigrant Daniel Carroll (1696-1751) and Eleanor Darnall (1703-1796); her family were wealthy planters who were active in the colonial government in Maryland.

Eleanor, atypical for most colonial women, received a formal education at a convent school in Flanders. Like many Catholic landed gentry in England at the time, her family chose to send her to a Jesuit school in Europe.

During the rule of Elizabeth I, Catholic education was subject to the Penal Laws. As a result, multiple English recusant Catholic schools were established in proximity to areas of oppression. That oppression and practice followed colonial Catholics in America.

Maryland was established in 1634 with an ethos of religious freedom, at least within those who consulted the New Testament. The Glorious Revolution in 1688 made Maryland a royal colony.

In 1704, Catholics in Maryland were forbidden from practicing their faith, voting or holding government office. Catholic priests were required to forfeit any property to the colony.

### Signers of the Articles of Confederation and the Declaration of Independence

It was Eleanor Carroll who home schooled her children, including Daniel Carroll II, signer of the Articles of Confederation and the US Constitution. John and his cousin Charles, who signed the Declaration of Independence, both then studied at Bohemia Manor, a clandestine Catholic school in Maryland.

At the age of 13, John was sent to the College of Saint Omer in Flanders with his cousin Charles. Five years later, in 1753, John Carroll joined the Society of Jesus, also known as the Jesuit Order. He was ordained in 1761, and ten years later was formally professed as a Jesuit.

Pope Clement XIV’s *Dominus ac Redemptor*, following the kings of Europe, officially suppressed the Society of Jesus.

Carroll returned to America, and



Maryland, to join his fellow ex-Jesuits.

At the time, anti-Catholic and anti-Jesuit were often synonymous. They created the “Gentlemen of Maryland” as a legal entity to maintain their properties, and continued their missionary work. Their properties were mainly plantations, encompassing over 15,000 acres. Those plantations grew tobacco with enslaved African labor.

*The Constitution of the Clergy*, authored by Carroll, was discussed and accepted in 1783-1784. It was the first step in the creation of an American Catholic Church; it included rules of life and financial relationships.

Carroll introduced a strongly democratic clerical form of church administration. The genesis of his task was negotiating a context of religious pluralism in a “state” that is (post Revolution) religiously neutral and where the ideals of freedom of conscience, the exercise of religion for all, and the toleration of religious divergence was the official law.

John Carroll was living in a time of the Enlightenment, the American Revolution and the founding of the American Catholic Church. Catholics were less than 1% of the national population.

John Carroll also had a plan. He worked to maintain the right of the Holy See and ensure the autonomy of the local church. After serving as the Superior of the Missions in America

during the colonial period, and then the Apostolic Prefect of the United States, he was consecrated in 1790 as the first Bishop of Baltimore.

### Bishop Carroll

As Bishop, he understood the need of the church to cope with the political and social context. His task was to structuralize the intersections of the republicanism of a new America and the history of the Church. This influenced his approach to the Holy See as the mission of the faith, and the organized national Church as an autonomous representative of the Catholic community.

No national Church could exist devoid of its own clergy and a way to sustain its own clergy. He wanted the American Catholic Church to be seen as such, and not as foreign. Priests immigrating to the US were required to study the Constitution and liturgy should be in English, not Latin. It was the parishioners who annually rented pews who should vote for trustees to run the church’s temporal affairs.

John Carroll envisioned an American Catholic university to assist in this transitioning. He believed it was essential to the survival and growth of the Catholic faith in America. It would be an academy to provide a classical education.

Georgetown was founded in 1789 as a space to attract students and recruit for the priesthood. Carroll believed a seminary would follow. As fate

would have it, Father James Emery, Superior of the Society of St. Sulpice in Paris, offered to establish and fund a seminary for the new Diocese of Baltimore.

St. Mary’s Seminary was opened in 1791. The Society of St. Sulpice was concerned with the political climate in Revolutionary France.

Bishop Carroll was a man of historical awareness at a critical point in history for the Catholic church, and the Catholic university, in America. He passed away in 1815, 11 years before the first Mass in Cleveland. Carroll had established the foundation that later members of the Irish Diaspora, priests and laity alike, could utilize to further grow and sustain the American Catholic Church.

### John Carroll University

Our diocese was initially administered to by Irish immigrant priests, not American educated as Carroll envisioned. It was Bishop Gilmour (1872-1891) who was fundamental in the founding of John Carroll University.

Gilmour was born in Scotland and attended seminary at Mount St. Mary’s in Maryland. He understood the importance of Catholic higher education, like Carroll, and he possessed diocesan autonomy due to the efforts of Bishop Carroll.

### Irish Game Day

This year on on October 12, John Carroll University football plays Capital in University Heights. It is the first Irish Game Day and


inaugural *Shamrock Game*. It is an opportunity to support local Catholic higher education and venerate those who preceded us in establishing the American Catholic Church and the Diocese of Cleveland.

The Irish Cultural Tailgate begins 10am, and members of the Northeast Ohio Irish and Catholic communities will be recognized throughout the game. A postgame gathering will be at the Black Forest Bar and Grill on Mayfield Road, with ample opportunities to appreciate Charles McNeil’s contribution to sport. •

*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 Trustee 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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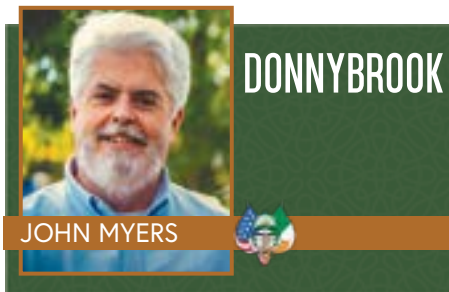
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## Best Irish Olympics Ever

Ireland achieved its most successful Olympics ever at the 2024 Paris Games. Irish President Higgins said, "All those who achieved so much by qualifying and competing to such a high standard have made Irish people everywhere so immensely proud."

A record seven events achieved medals by Team Ireland. 133 athletes represented Ireland in the Paris 2024 Games, including

athletes from the occupied Six Counties.

### Olympic Results

Daniel Wiffen repeated as a top swimmer, winning a Gold in 800 meters and a Bronze in 1500 meters; Rhys McCleneghan, from County Down, won a Gold in the Pommel Horse competition (check his performance out on YouTube, it is remarkable); Paul O'Donovan and Fintan McCarthy brought home Gold in Light Weight Double Sculls; Kellie Harrinton scored Gold in Women's Boxing; Mona McSharry earned a Bronze medal in the 100 meter Breaststroke; while Philip Boyle & Daire Lynch each earned Bronze in rowing. A great showing for a small but mighty Nation.

### Double Irish W.H. Dejavu

President Joe Biden has been the United States' most conscious Irish President, in some ways even more than Jack Kennedy, whose father Joe Kennedy's deliberate path to overcome severe Boston Brahmin and American WASP anti-Irish discrimination sometimes resulted in downplaying their roots (a good

debate for over a cold friendly pint).

Regardless, the new administration in Washington come January 20<sup>th</sup>, 2025, God willing, and faith and sanity prevail, will continue to be double Irish. According to Irish Times reports, Democratic Presidential nominee Kamala Harris and Dem V.P. nominee, Tim Walz, both have Irish heritage.

### Kamala and Tim's Irish Roots

Kamala's father, Don Harris, wrote several years ago of his Brown and Finnegan Irish roots via Jamaica. While Gov. Tim Walz's Great-Grandma was one Laura Ellen Sullivan from County Wexford. Importantly, a Harris Walz admin has promised to continue Biden's strong support for the Good Friday Agreement. The Irish Independent reported that "neither Senator Vance nor indeed the Scotch-German Mr. Trump have shown much interest in Northern Ireland."

### Home to County Clare

Despite being driven from her native County Clare by an

oppressive and narrow-minded Irish Church leadership, celebrated author Edna O'Brien chose to have her body buried in beautiful Clare. O'Brien recently died at age 93, my wife says, "she was a feminist before the word existed."

An author of 17 books and numerous articles, Josephine Edna O'Brien was described as 'Exceptional' by Ireland's President Michael O'Higgins, himself a writer and poet. Higgins continued: "I loved Edna very, very much. I am glad she chose to be buried with her people. She was "one of the finest writers to live in our time, perhaps of all periods."

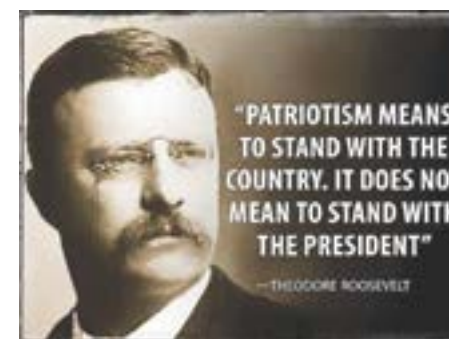
The pastor of her childhood church, where her funeral mass was held, stated Ms. O'Brien was, "brilliant, wild, soaring and indomitable." He said she lived at the summit of her imagination seeing out while journeying inwards to places we will never forget. Her writing was rooted in the history and byways of Ireland. Ireland was forever the landscape of her imagination and the seed bed of her writing and soul."

Edna was buried in the churchyard of St. Camin's church on the small island known as Inis Cealtra (Holy Island,) in the picturesque Lough Derg, where Counties Clare, Galway and Tipperary meet. Her family and friends ferried her woven reed casket to Holy Island on a flotilla of small area boats to lay her bones to rest. *Ar dheis De go raibh a hanam* (may she rest in peace).

### Rory Glory

While Rory McIlroy has not had a summer of glory on the links or on the home front, I wish to continue to renew shout outs to him for his continued principal stand regarding the take over of the PGA Tour by Saud blood money. And I want you to also remember a name of shame: Jay Monaghan, the PGA Tour Commissioner.

While I have not checked his genealogy, his name is Monaghan and grew up in Boston. I am, unfortunately, assuming he is an Irish American. Monaghan led secret talks that resulted in the merger (aka buyout) of PGA Tour



by Saudi LIV Golf, which was created by Saudi Arabia's Sovereign Wealth fund to "Sportswash" over the significantly abhorrent civil and human rights record of the Saudis; in particular the current ruling monarch/dictator Mohammed bin Saloman.

He is actually, "only" a prince, but he is running the show and in control of the \$620 BILLION-dollar Sovereign Wealth Fund (remember \$2 Billion of it went to Jared Kushner, son-in-law to DJT, upon his leaving the Whitehouse). U.S. Intelligence agencies concluded that bin Saloman was complicit in the murder of Washington Post reporter Jamal Khashoggi.

For decades, Saudi Arabia has used its oil billions to spread Whabbism throughout the Arabic world, a particular fundamental form of religion of the followers of the prophet Mohammed. The Wahhabi strain is thought by some to have been the foundation of a radicalized and militant Muslim posture towards the Western World.

Also, the desert sands of Saudi were the home of Osama Bin Laden, as well as 15 of the 9/11 hijackers. From press release: *911 Families United is shocked and deeply offended by the announced merger between the PGA Tour and the LIV Golf league that is bankrolled by billions of sportswashing money from the Kingdom of Saudi Arabia. Saudi operatives played a role in the 9/11 terrorist attacks, and now it is bankrolling all professional golf.*

And, of course, Monaghan kept his top job at the PGA Tour. At the end of his days, he will not be bored as he might be entertained for all eternity by the likes of Oliver Cromwell, Benedict Arnold, Henry Kissinger, Pol Pot, Joe Stalin and Marge Thatcher.

### Congrats to Our Own NHL Legend to Be

Congrats to Irish Cleveland's own Anthony Jude (A.J.) Spellacy for being drafted by the Chicago Blackhawks at the tender age of 18. Spellacy, the youngest son of John and Kathy (DiSanto) Spellacy, grew up in Westlake and played football for two years at St. Ignatius High School under famed coach Chico Kyle.

He decided to focus on hockey his sophomore year and joined the Ontario Hockey League's Windsor Spitfires. His stats with the Spitfires impressed the Blackhawks to wisely sign him this past summer during the NHL's Draft24. AJ said, "Speed Kills," alluding to one of strengths he brings to the Hawks as well as no reservations to bring physicality to the ice. Spellacy will likely begin with the Blackhawks' American League affiliate in Rockford, Illinois.●

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# Midwest Gaelic Athletic Association

## USGAA News

The USGAA County Junior men's football team held an exhibition match against the Queens University college team at the Boston Irish Cultural Center on Saturday, June 15<sup>th</sup>, in preparation for the Junior All-Ireland championship. Queens also brought their ladies' team, who played a USGAA select team.

The county team went on to narrow defeat in the All-Ireland Junior Football Championship semi-final at the hands of London. The final score 1-8 (11) to 0-10 (10) at the GAA National Centre of Excellence in Abbotstown, Dublin, on July 12<sup>th</sup>.

USGAA came back from a five-point deficit at half time to test the All-Britain champions but fell short on the day. Had they won, it would have been an all-American final as New York awaited the winners.

Overall, the experience was a

brilliant first step for the USGAA in terms of competition, management, and organization. Up the Lads and may many more follow.

The USGAA Finals were next up on the docket and occurred in San Francisco from August 16<sup>th</sup> through August 18<sup>th</sup>. Games were spread across two different sites about twenty to thirty minutes apart in Balboa Park and the familiar Treasure Island. Over 110 teams participated.

We will have results of those matches in the coming month, including our own Midwest GAA results. Of special note are the new memorial cups for 2024. Senior Men's Football is in memory of Jack Courtney of Castlegregory, Kerry (Dingle) and Buffalo, New York. Jack was the first Chairperson of the North American County Board established in 1959.

Junior A Ladies' Football is in memory of Nicole Killigrew of San Francisco. Intermediate Camogie is in memory of Bridie Joyce (Athenry, Galway and Boston). Junior B Camogie is in memory of Lori Kiely of Philadelphia. Generally, cups are named for a term of four years, with different cup memorials coming to fruition in different years. For more information on the new cups for 2024, visit [usgaafinals.com](http://usgaafinals.com).

## Midwest News – The Year in Review

The 2024 Midwest season kicked off for most clubs with the Cleveland Memorial 7-a-Side tournament, headed up by Jim Coyne and the CLE GAA army of volunteers on Saturday, May 18<sup>th</sup>, at the West Side Irish American Club. Thirty games of men's and ladies' Gaelic football were played on the day, with the Cleveland St. Pat's-St. Jarlath's men



Midwest GAA Board in Erie PA for the Finals.

defeating Chicago McBride's and the newcomer, Toronto, walking away with the cups.

In Midwest league play, Rochester hosted the Albany Rebels in both men's football and hurling just a week prior on May 11<sup>th</sup>, while over in Buffalo, the Fenians hosted Pittsburgh Pucas' second team in hurling and Syracuse in men's football. It was then off to the races for clubs as games were held each weekend leading up to the Midwest Finals.

The regular season final tally's saw the Detroit Wolfetone's win the men's football west-pool and

Pittsburgh Banshees win the ladies' football pool. This year, the hurling regular season was won by Cleveland St. Pat's – St. Jarlath's and the camogie was won by Pittsburgh Na Laochra. The top finishes did not always translate into top seeds for the Midwest finals, as a random draw was held for a couple of the competitions.

With no single club bidding to host the Midwest Finals, the task was left to the Midwest Board. Advocating for a central location and local support, Erie, PA was selected for the August 10-11 games. Overall, 21 games were played, including several



1950s St Pat's with Joe Boyle, kneeling, 2nd from right.

shield matches.

It is always the goal of the Midwest board and the clubs to have the divisional finals be an experience for all clubs – including those who do not travel for the USGAA finals. As such, in addition to several championship matches for the knock-out tournament style, consolation games were held to ensure teams received more than one match.

With much credit to the teams, most of those shield matches were held. Taking away top honors were: Pittsburgh Celtics – Men's Football Junior Champions; Pittsburgh Banshees – Ladies' Football Champions; Cleveland St. Pat's – St Jarlath's – Hurling Champions; Pittsburgh Na Laochra – Camogie Champions; Albany – Hurling Junior Development Champions; Roc City – Ladies' Football Junior Development Champions; and CLG Cincinnati – Men's Football Junior Development Champions.

Heading on to the USGAA Finals are: Buffalo Fenians (Jnr. D Hurling and Football); Cleveland St. Pat's – St. Jarlath's (Jnr B Football, Jnr. C Hurling, and Jnr. B Camogie); Detroit Wolfetones (Jnr. B Football); Pittsburgh Banshees (Intermediate Ladies' Football); Pittsburgh Na Laochra (Jnr. A Camogie); and Pittsburgh Pucas (Jnr. B Hurling).

## Cleveland and Midwest Youth

After the very successful Great Lakes Tournament (GLT), Cleveland Games (May 19<sup>th</sup>), Chicago hosted the next regional tournament on June 22. Leading the charge was Coach Michael Martin McNulty and the mighty U8's of the Land, playing shoulder to shoulder with teams from the north and south sides of Chi-town.

After the June GLT games, youth clubs focused on the Continental Youth Championships (CYC's) held in Canton, MA, at the Irish Cultural Center. Over 2,600 children participated in the four-day tournament of Gaelic games. The Midwest was well represented, helping to fill the ranks of our Great Lakes partner – Toronto Chieftains, at the u8 to u10 levels; our Pennsylvania cousins in Glenside for u12 hurling; and our 'up the west' compatriots in San Francisco for the u14 to u18 teams.

The Midwest and Cleveland led the u12C team with Toronto under the Great Lakes GAA banner – a first that speaks volumes to the GLT tournament series. Overall, 25 Midwest plays took part in the largest GAA event outside of Ireland, including nineteen players from Cleveland. Several runner-up medals were won by our gang. The Midwest looks to increase their number of

teams dramatically next year as the game will be held in Chicago.

Beyond the big CYC, the youth year continued with GLT-Toronto on August 17<sup>th</sup> and the upcoming GLT-Detroit on September 21<sup>st</sup>. We will have more updates next month issue on those fronts, but the 2024 youth campaign will go down as the successful one, simply based on the number of meaningful games played by these youngsters.

Cleveland also saw their first representative in Ireland's Feile nan Gael tournament – a u15 hurling tournament. Ambrose Beach joined the San Francisco squad, alongside fellow GLT-Toronto teammate, Pierce Quail, to compete in several friendly matches in Clare, Cork, and Kilkenny before the tournament matches held in Wexford. The bucks played hard and competed well to represent the club and themselves in a truly once-in-a-lifetime experience. Comhghairdeas leat, a mhac!

## Cleveland St. Pat's – St. Jarlath's GAA

Thank you to all the supporters and sponsors this season. With your help we created a wonderful, local, Irish cultural community and are sending three teams on to the national championships. Interested in more? You can still join the social side of the club this post-season as the annual **Golf Outing** will be September 7<sup>th</sup> at

Grey Hawk Golf Club (665 US Grant Street, LaGrange, OH). Registration for the scramble is available on the [Clevelandgaa.com](http://Clevelandgaa.com) website.

## Clelland i gCuimhne (in Remembrance)

On June 2<sup>nd</sup>, Cleveland GAA lost a stalwart member in Joe Boyle. Originally hailing from Carrick, County Donegal, Joe made his way from Ellis Island to Cleveland in 1956, where he soon joined the St. Pat's Gaelic Football team. He would go on to play and coach St. Pat's for the next 30 years, including those lauded teams of the 1960s. Our thoughts and prayers are with the Boyle, Kitchen, and Martin families on the loss of a great man, brother, father, and grandfather. *Ar dheas Dé go raibh a anam. (May his soul be at the right hand of God).*

## Go raibh mile maith agaibh

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

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2024 activities for Men, Women, and Youth, or visit [ClevelandGAA.com](http://ClevelandGAA.com). Email [ClevelandGAA@gmail.com](mailto:ClevelandGAA@gmail.com). •

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

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## The Palaver

One of the reasons that I love the Irish is because they know how to use language. I am not talking about the accent. That's low-hanging fruit. What I am talking about is the phrasing, word choices and blending of incongruous elements that create a distinct linguistic tapestry. They possess that cliched ability to tell you to go to hell and make you look forward to the trip.

### Irish Language

The handling of language is based in the Irish language itself. The Irish language dates back centuries.



There are examples of written Irish in the form of Ogham script dating back to the 4<sup>th</sup> century AD.

The more recognizable form, Old Irish, came into being around the 6<sup>th</sup> century. It was a by-product of the spread of Christianity.

The early Christian monks, holed up in stone round towers and beehive huts, were both the authors and preservers of the written word.

They transcribed it all, everything from the Bible to ancient Irish legends, like the Tain.

By the 12<sup>th</sup> century, the Latin alphabet was the norm, and Irish was the language of the land. By the 17<sup>th</sup> century, the English visited and liked it so much they decided to stay. One of their colonial practices was to make English the primary language of the conquered people. It works every time.

Then came the Famine. After the devastation of the 1840s, the Irish language took a beating that it never

recovered from. The Famine hit the Irish speaking areas hardest, so many native speakers were lost to the Famine itself.

Many others escaped by immigration and left their language behind. That proximity to the Famine left the Irish language with the stench of poverty and death.

### Hiberno-English

For many languages this whammy would equal its swan song. But not so fast there. The secret Velcro of the language is its history and unique structure. Even the Irish people who only speak English have those patterns and syntax embedded in their brains.

One of the most obvious and occasionally maddening examples is the inability of the Irish to answer a question. Maybe this is so annoying because English is overly Germanic, craving definition and order. Irish, in contrast, is subtle and polite.

Ask a simple question like, "Would you like a cup of tea?" The answers will vary of course. One thing you can expect in the response is a verb and not a simple yes or no.

The answer will be one of these, "I might have one." "Oh, I won't have one," or "I'm after having one."

I will tell you that of course, global media is stirring the desire to

say yes or no. But the propensity to answer a question with a verb runs deep. The repetition of the verb in response to a question is one of the basic components of Irish. It runs deep enough that many people feel that yes and no responses are rude and too blunt.

Another answer to a yes or no question is the dreaded, "I will, yeah." That is often an answer you hear when the asker wants a favor. If you get an "I will, yeah." it means that the speaker almost certainly won't.

Again, that response is a little too indirect, but a "no" is rude. You were warned.

The phrase, "I'm after..." is another characteristic that stems from Irish. The insertion of "after" before the verb correlates to the Irish past tense. Another strange combination is the way the word altogether is used, as in "We had the best time altogether." The "altogether" emphasizes the adjective, stretching it.

The expression, "wait till I see have I a ..." is another phrasing that relates to the language structure. The concept of "to have" in Irish is tricky because there is no direct translation from English to Irish for ownership.

### Irish Slang

While there are not often direct translations, that effort to translate directly is the main force behind the English spoken by the Irish. Slang is just the same as it is anywhere, a camouflage for things we want to obscure, but it is more elaborate in Ireland.

One of my favorites is "she had

eyes on stalks." It always makes me smile imagining insect-like eyes popping out. Another is "you have been like a wet weekend." Such a funny way to tell a person that they have been a downer, but it is not direct either. It doesn't point the way calling someone a downer does.

Another gentler expression is "giving out." That is used in the place of complaining. It lends an air of inevitability to the complaint, and it puts distance between the person doing the giving out and the complaint.

Watch out for words that you aren't sure about. One example of this is the word "langers." I had always heard it used to mean drunk as a skunk. Looking it up, I found out that, in the singular, it means a male part in its county of origin, Cork.

### Code Switching

While it is hard to find thousands of people who are fluent in Irish, everyone has a few words. You probably wouldn't hear them unless something was said that you were not meant to understand.

Code switching is the art of changing your vocabulary to suit your audience. In Ireland, it refers to using a mix of English and Irish words with some regional slang thrown in for spice. Even a person with very little Irish would use the Irish word for terms of endearment. Words like "a stór" meaning "my darling," or "a gra," meaning "love," are used all the time.

Then there are the common words that have different

meanings there. My sister-in-law once told me that she was going to town to get the messages. I was expecting her to come home buried in big envelopes. Instead, she walked in with groceries. "Messages" means just about anything that you can do in town.

One to watch out for is the Irish word "amadan," which means idiot. It is a very popular word amongst Irish drivers.

The title of this article, palaver, is a word that you hear in Ireland a lot. It is the Irish equivalent to BS; its meaning it can range from waffling on to exaggerating just to the edge of lying. It lingers on the tongue and has more flair than BS. The word comes from the Portuguese, no doubt passed along in a sailing adventure years ago.

So many writers, like Joyce, left Ireland to work, but they did not abandon the Irish vernacular. They knew that their way of speaking gave their prose the "blas," the Irish word for flavor that also applies to a good use of language.

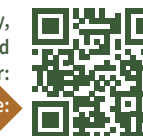
The language is still evolving

and yes, even Americanisms are creeping in. But I hope it doesn't change too much. Language in all its forms is an art in which the Irish excel, and they didn't lick it off a stone, as the expression goes.●

*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 Gaelige. She runs a Gaelige study group through the AOH/Mark Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music, and travel. She likes spending time with her dogs, cats and fish. Lisa can be contacted at [olisa07@icloud.com](mailto:olisa07@icloud.com) Please send your Akron Area events to me to share with our readers!*

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## Hello and Goodbye: A Titanic Journey

The Titanic was built to carry dreams: a shipbuilding company's vision to build the largest ocean liner with the best in luxurious furnishings, suited for the

wealthy and famous travelers, and the dreams of the many passengers who boarded the ship with their sights set on America to start a new life, a new beginning.

### Karen Relates:

The Titanic Museum is in Belfast, at the same location where the Titanic was designed and built. Approaching the Titanic Museum for the first time, I was in awe of the design and size of the building. Not knowing anything about the museum, I speculated what it symbolized. At first glance, I saw an iceberg, its sharp angles jutting out of the sea. If you have visited the Titanic Museum, what was your first reaction to the building?

With no extensive knowledge of the Titanic unless you count the story of Jack and Rose, star-crossed lovers determined to beat



The Titanic Museum

the odds stacked against them only to end in tragedy, I went in the museum not expecting there to be much.

The museum walks you through the entire timeline of the life of the Titanic, starting with the concept of the ship, the years it took to build, the maiden voyage and more. A very cool attraction is the Shipyard Ride, which makes you feel like you are flying through the bowels of the ship, allowing you

to imagine just how big the ship was and see how dangerous many of the jobs were. Another exhibit walks you through the extensive work and research it took to ensure the highest quality of furnishings, flooring, chandeliers, and more were chosen when putting together the 1st class passenger floors.

As the museum leads you to the ultimate fate of the Titanic, you are reminded how many lives were lost. It is a very sobering exhibit, and I think it is here that you really understand the magnitude of this tragedy, including the low survival rate for 3rd class passengers compared to 1st.

Outside of the museum, there is more to see. While we did not explore it all, we did stop in the Titanic Drawing Offices, which is now part of the Titanic Hotel Belfast. Tall arched ceilings, and lots of natural light coming in through the windows; you can easily imagine this room once filled with tables and blueprints of the Titanic. There is a bar located in one of the rooms; the perfect place to stop in after your museum tour, to relax with a cup of tea and take in the beauty of the room.



Inside the Titanic Museum

### The Titanic's Last Call Shannon Relates:

A tiny town full of goodbyes with promises of new hellos, Cobh has my heart on its sleeve. Famously known as the last port of call for the RMS Titanic, this scenic place blends a sad history with a charming present.

James Cameron's *Titanic* is my favorite movie of all time. I still own the dual video cassettes. While I have always been aware of James Cameron's factual liberties in depicting such an iconic event, I cannot be swayed on how the movie still depicts love and loss in the most authentic way. Standing at the place where 123 passengers boarded the ship cements a person in the bigger narrative of the collective story. You are a part of history when you get to see its parts.

The Titanic's stay in Queenstown (Cobh's prior name from 1849 to 1920) was brief, with the ship departing at 1:30 pm on April 11, 1912. Of the 123 passengers that boarded in Queenstown, 44 survived.

If you visit Cobh, you can learn the history of the passengers that boarded there through the Titanic Experience Tour. Visitors are assigned a passport when they arrive with a person's story. At the end of the tour, they find out if the passenger survived or not.

What is it about death that sparks macabre, romantic stories? I blame it on eulogies. It is in this space that we romanticize the dead, often to a fault.

Titanic stories of surviving communications from passengers are aplenty. There is a link to Cobh via 19-year-old Jeremiah Burke, a Cork resident whose message in a bottle proves we love a tragic tale.

Washed ashore just miles from his childhood home in Ireland, Burke's message arrived in a holy water bottle his mother gave to him before his ill-fated departure. The letter simply read: "*From Titanic, goodbye all, Burke of Glanmire, Cork.*"

Speculations about authenticity and dates were dealt with by historians and locals, but all I can hear is writer Tim O'Brien's words ringing in my head. Did you feel it



Inside the Titanic Museum

in your gut? If so, it's true.

I didn't visit the original White Star Line building. I am sure it is great and deserves praise, I just can't speak to it.

What I can recommend is staying outside and taking a minute to see what locals have dubbed "Heartbreak Pier"- the place an estimated one million Irish emigrants bade farewell to loved ones as they left for America and other destinations. The place 123 passengers walked over on April 11<sup>th</sup>, like so many before them.

Encounter and receive the place unfiltered. Just you. Just your place in the story.

It is true I saw Cobh before Belfast, experiencing the chronological journey of the Titanic out of order.

It's ok; I did it my way. •

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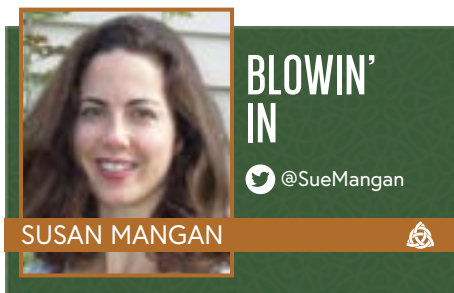


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BLOWN' IN

SUSAN MANGAN

# Eclipse

*"An individual might remain wide-eyed and open to experience - in an enduring state of naivete, and with a capacity to be joyfully surprised- until the very end."*

(*"A Young Artist,"* Rebecca Mead, The New Yorker)

When I was a little girl, my father brought home a telescope. He tried to teach me about the stars: their names and constellations, but all I cared about was the moon.

I would press my dark lashes against the eyepiece hoping to see the man in the moon with the winking eye and cratered face, or perhaps a nest of mice nibbling moon cheese.

Disenchanted by the practicality of astronomy, I never learned the science behind the stars, or why



moments found in nature rather than just between the pages of a book. I like to think that the small games of guess the flower that I still play with my adult children will resonate long after our holiday walks down Irish lanes.

Whether standing on the driveway in our suburban neighborhood, on the banks of Crooked Lake, or on an idyllic Irish hillside, I look to the land, the waters, the changing skies, extracting wisdom from the moment.

A perpetual child, I ran around the yard showing him the darkness, the disinterest of my spaniel chewing on early spring grass, and my husband sporting his eclipse glasses.

If the birds ceased chirping and dogs stopped barking, I was completely unaware. All I truly remember from this moment is the image of my father enjoying my giddiness as he smiled into the screen. In truth, he cared more about my joy than the eclipse.

At the time, I acted on instinct – the need to share the moment with my dad. I did not know that I was laughing with my father during his final spring on earth while a sunlit April day plunged into darkness.

The day after the eclipse, I began my first full-time teaching position since my daughter was born. Having previously taught pre-teens and adults, I was nervous about the fourth-grade energy.

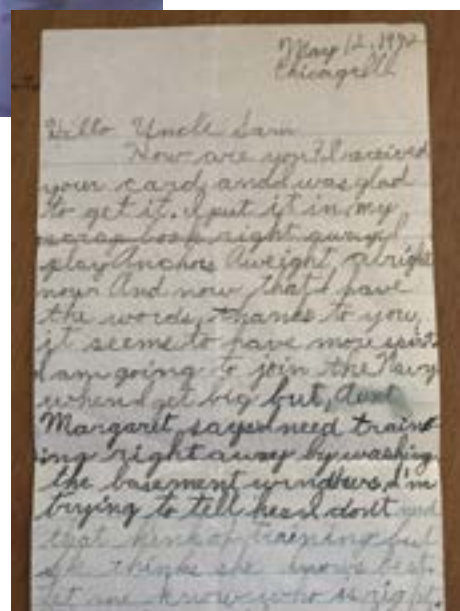
Every weekend my husband and I would visit Dad at Crooked Lake. He so enjoyed my tales from the fourth-grade classroom.

We laughed over the students' antics and reminisced about his time as a fourth grader in 1942. I used my opportunity as a full-time substitute teacher to bring a bit of real-life learning to the classroom.

My dad had a letter that he wrote to his Uncle Sam on May 12, 1942. Dad wrote about his accordion lessons and how he was "finally playing *Anchors Away* with some spirit."

With innocence and deep admiration, he offered his first Holy Communion prayers up for his uncle fighting in the Pacific.

Uncle Sam returned home from WWII alive and bearing a blood-stained American flag, handstitched



a New Moon is new, but I can still hear my dad enthusiastically pointing out the differences between the Big and Little Dippers during our stargazing sessions.

My dad was an educator as well as a life-long learner who enjoyed nothing more than sharing his academic enthusiasm.

As a child, I never knew that those little moments spent with my dad would influence the paths that have paved my own journey as a wife, a mother, a teacher.

Much like Dad, I value teachable

Whether my companion is a fellow seeker of curiosities or not, my enthusiasm cannot be curbed.

## Solar Eclipse

In early April, our northeast Ohio neighborhood was directly in the path of totality for the solar eclipse. I tend to become overexcited about celestial events. For days, I may chart lunar cycles anticipating the Strawberry Moon, the Wolf Moon, the Blood Moon, but inevitably clear skies turn cloudy, and my dreams are dashed.

In deference to my previous disappointments, I did not get my hopes up about the eclipse, until the clouds parted midmorning of the much-anticipated event.

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## Eclipse

*Continued from facing page*

and intact. I brought both the letter and the flag into my classroom as the children were learning about the Danish occupation during WWII. The children touched the flag and smelled the delicate parchment of the letter, amazed that they were the exact same age as my dad, young Norman.

They remarked on the 48 stitched stars, which I underscored as proof that the flag was a WWII relic. Ironically, I read that letter to my class on May 12, 2024.

The children wrote heartfelt notes to my father questioning what it was like to be a boy during WWII: "Were you scared when this war began? Your Uncle Sam sounds brave, but I think the coolest thing is the letter!"

"Thank you for letting us see the cool items you have from World War II. The whole class loved it. Everybody thought you had super neat handwriting. I had a great grandpa who fought in the

war, and he has many things like you. PS: You did a very good job teaching your daughter. She does a very good job."

On the weekend that my daughter graduated from law school, I brought the letters to my dad. My last photos are of him reading the letters and smiling - the smile of a happy boy, a loving father, a proud grandfather, a life-long teacher.

It is only fitting that my father's last service as an educator was to touch the hearts and minds of a new generation.

The night my father died epic rain fell in heavy streams. I was there with dad, holding his hand reminding him of his bravery and strength. I begged him to send me a sign when he reached heaven and found Mom.

The next day, the rain fell again, but the sky remained sunny, pond grass illuminated with crystalline sparkles. I found myself running to the bank of the lake looking to the sky, once again, for wisdom. A beautiful rainbow arced above the house. Shades of blue and violet refused to fade and seemed to grow

in strength and vibrancy. I have no doubt that my father orchestrated that brilliant sky.

That spring, the sun may have endured an eclipse, but that light was only doused for moments. My father, his wisdom and curiosity, will always be written in the stars.●

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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## Leap Castle

“Suddenly, two hands were laid on my shoulders. I turned around sharply and saw, as clearly as I see you now, a grey “thing” standing a couple of feet from me, with its arms raised as if it were cursing me.

I cannot describe in words how utterly awful the “thing” was, it’s very undefinableness rendering the horrible shadow more gruesome. Human in shape, a little shorter than I am, I could just make out the shape of big black holes like great eyes and sharp features, but the whole figure-head, face, hands and all-was grey-unclean, blueish grey, something of the colour and appearance of common cotton wool. But, oh! So sinister, repulsive and devilish. My friends who are clever about occult things say it is what they call an “Elemental.”

This is the account that Mildred Darby gave a publication called *The Occult Review*, in the late 1800s.

It described her first encounter with the “Elemental,” just one of the inhabitants of Leap Castle, located in County Offaly, just north of Roscrea. It has the infamous reputation of being the worlds most haunted castle.

### Leim Ui Bhanain Leap Castle

Leap of the O’Bannons is the English translation of what has been shortened to Leap Castle. The castle was named so because of a struggle that occurred on the site prior to the construction of the building in the early 1500s. The O’Bannons were secondary chieftans under the reign of the O’Carrolls, a bloodthirsty clan who controlled much of the area.

Two of the O’Bannon brothers were feuding over the leadership of their clan, a test of strength and courage was devised to settle the argument. They were both to jump from a rocky outcrop on the site of their future stronghold.

The survivor, if there was one, would rule the clan. One brother did emerge victorious and became chieftan.

The O’Bannons and Leim Ui Bhanain became an important military site for the O’Carrolls. It guarded the pass leading through the Slieve Bloom Mountains. The O’Carrolls, with the support of the O’Bannons, had conquered many of the surrounding kingdoms, who were then required to pay tribute to them, making them stronger.

Both clans were ruthless and murderous, sometimes even within

their own ranks to achieve what they desired. The two clans held the castle for about a century and a half, until being defeated in 1642.

### Cromwell and John Darby

John Darby was an Englishman, a soldier under Cromwell. A siege led by Darby ousted the O’Bannons from Leap Castle and the Darby Family maintained possession of it for the 280 years. Many improvements were made and restoration work was performed during that time by the English family.

### The Irish Civil War

In 1922, that English ownership made Leap Castle a ripe target for an uprising. In a statement made by the caretaker, Richard Dawkins, he stated that at around two in the morning there was a knock on the main door.

When he looked out an open window, he saw men outside, who said they needed lodging for the night. The caretaker opened the door and was immediately held at gunpoint. The men were all heavily armed, many wearing trenchcoats with bandoliers worn across their chests. Each carried tins of petrol.

They gave Dawkins twenty minutes to get his wife and child out of the building, as they broke furniture and doused the rooms with the accelerant. Dawkins could only watch as the flames burned furiously and the men fled.

After the fire expired, Dawkins returned and found that the main part of the building was still intact. He managed to salvage some of the furniture and other valuables.

Dawkins moved his family into the gate lodge and the following morning found that the southern portion of the castle that had not been damaged was now engulfed in flames; the men had returned to finish the job.

Many people had come to watch the new blaze, and Dawkins pleaded for help. He was answered with laughter and jeers from the locals.

The castle was built upon and destroyed by violence. The druids held ceremonies and rituals on the site prior to the castle’s construction, and Mildred Darby supposedly practiced the “Dark Arts” during her time as a resident.

Perhaps, these things are part of the reason there are so many stories of the supernatural that embellish the history of Leim Ui Bhanain.

Most of the stories we have occurred prior to 1922. The building sat empty until it was purchased by Peter Bartlett, who started some of the renovations on the castle. Today the current owners, the Ryans, are continuing the work.

### Ghosts Walk By

Some visitors have felt that they were being touched, or brushed against, as if someone were walking by or lightly trying to detain them. Others have seen an old man sitting quietly by the fire in the main hall. A very proud looking woman in a Victorian Era dress has been observed walking across the main hall.

Mildred Darby reported that the little old man is dressed in a green cut-away coat and would often be seen with an old woman in a black dress, believed to be a former governess. She said on occasion they are accompanied by a priest. She claimed that the old man attempts to stop people as they pass.

### The Priest’s House

A portion of the castle known as The Priest’s House is still an empty shell, (renovations have not been started on this part of the castle yet). Some who had slept in one of the rooms in the priest’s house have felt the weight of a body next to them as they slept, and have even reported snoring.

There is a big man, possibly a servant, who can be observed pushing a barrel up the steps near the servant’s quarters. Upon reaching the top, the barrel tumbles down the stairs and disappears.

Even today, a monk is sometimes seen walking in and out of the ruins of The Priest’s House. Chanting also has been reported, but stops as soon as any mention of it is made.

### The Murdered Lover

A younger woman, scantily dressed, was often seen running and screaming twice before vanishing. The story goes that two of the O’Carroll brothers were fighting over a lover. One of them chased the girl along the gallery and stabbed her when he could not have her for his own.



MADIGAN MUSES

MARILYN MADIGAN

The LAOH National Convention was held in Orlando, Florida from August 7-11.

National President Marilyn Madigan was honored to have many of her Hibernian Sisters from Ohio in attendance.

Guest Speaker was Sarah Kavanagh, Counsel General of Miami, who highlighted the Irish women who participated in the recent Olympics. Sarah Kavanagh is the first ever Counsel General



Sarah Kavanagh Consul General, Miami and Marilyn Madigan at LAOH Convention.

Wishing Mary Ann Lubinsky success in her term of office.

## Leap Castle

Continued from previous page

### The Reality

There are many more stories associated with Leap Castle, as there are with many old structures. This time of year especially, they can be fun to read and hear about, but horror or supernatural fiction is just that. A way for us to take a break from the real horror and atrocities that are part of daily life. ●

Bob Carney is a student of Irish

of Miami; she started her term in October of 2022. This was the first major Irish event that she participated in; the LAOH was very honored and privileged to have her in attendance.

Mary Ann Lubinsky of Pottsville, PA. succeeded Madigan as the National President. President Lubinsky appointed Fr. Ryan Duns as her Deputy Chaplain. Fr. Ryan and Mary Ann were honored to meet Bishop Alphonsus Cullinan of Waterford/Lismore Ireland at the convention as well. ●

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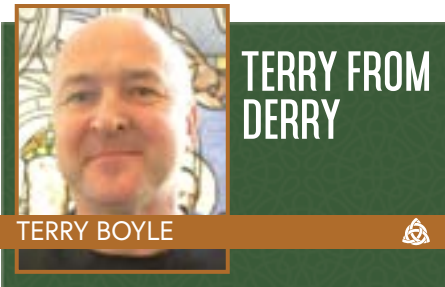
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## You Can't Always Be Right

When we think of the word right, the connotations are many. Most people are right-handed, so much so that at one point in time, left-handed individuals were forced to perform the unnatural task of writing with the wrong hand.

Most of what is made is made for those who are right-handed. Being left-handed is regarded as a disability rather than a difference.

The right hand is used to describe the favourable side of God. *I will strengthen you, I will help you, I will uphold you with my righteous right hand.* Isaiah 41:10.

Jesus is said to sit on the right-hand side of God. *You have said it yourself," Jesus answered. "But I say to all of you, from now on you will see the Son of Man sitting at the right hand of Power and coming on the clouds of heaven.*

It's therefore easily to conclude why we use the phrase 'right-hand man.' It describes a place of favour and honour. And, in the final judgment, those who are deemed worthy of a heavenly afterlife are placed on the right-hand side of God, while those hell-bound souls are damned to the left.

*All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. <sup>33</sup> He will put the sheep on his right and the goats on his left.* Matthew 25:31.

In a court of law, with your left hand on the bible, you hold up your right hand and swear to tell the truth. The oath swearer aligns themselves with the truth, which is always the right thing to do.

### Branding

Historically, a convicted criminal shown leniency by the court was given a brand on their right hand. T for theft, F for felon and M for murder. Should they re-offend, they were ordered to raise their right

hand and expose the brand.

While the origin of this practice of raising the right hand precedes this example, there is no doubt that the right hand is favoured because of its symbolic association with righteousness.

When one is sworn into office, the right hand is raised. The symbolism here relates to one's commitment to use the position for good and not evil.

In these examples, it's easy to see how the right hand is identified with judgment, power, truth, honour, and righteousness. Conversely, the right also has negative connotations. When we use the aphorism 'might is right,' the implication is that those in powerful positions can impose their sense of what is right and wrong. This concept of what is right is often how totalitarian regimes operate. The ruling elite gets to determine what constitutes the right way of doing things only because they have the means to bully the rest of us into doing it.

We see this form of coercion also associated with right-wingers, those who advocate fascism. It's part of our everyday news these days to hear of how the extreme right is garnering support throughout the world.

What follows the extreme right is a whittling down of personal

freedoms, sectarianism, misogyny, xenophobia and a general drive to cull any movement towards diversity. We see this trend in the rise of neo-fascists in this country. What was once deemed as evil, the wearing of Nazi regalia, is coming into fashion again.

### Neo-Nazis

Recently in Nashville, Neo-Nazis have taken to the streets to promote their anti-Semitic ideology. Their hateful rhetoric is laced with venom towards gays, immigrants and Jews.

Their blatant white power agenda has been, to some degree, bolstered by Republican changes to the state legislature; legal changes that have curbed the rights of LBGTQ+ and transgendered groups. Such changes allow the neo-Nazis to see the Republican Party as their ally.

This movement towards the far right is no surprise. Since Republicans sold their soul to the Orange man with the fake tan, it has opened the door to violent extremism. Now, it has become a party that cow tows to the despicable policies of tyranny.

When it comes down to being 'on the right side of history,' sadly this growing trend towards a dictatorship can never be right. The characteristics of the MAGA movement are quite clearly cultist in nature.

The unquestioning loyalty to a man whose sole concern is saving his own skin and avoiding jail time is mindless. Republicans have chosen to mask their true intentions with slogans.

Time after time, they repeat idiotic statements that have as much substance as foam on a latte. Their Orange leader lies repeatedly and they embrace it as truth. His corrupt behaviour is tolerated and excused. They fear confronting him for fear of losing support.

Is this the sort of government we should have running the country? Can we allow a man who consistently lies to the American people to become President?

I believe we can. It has happened before. The same man who advocated drinking bleach as a means of curing COVID may have all his MAGA people drink the Kool Aid as a show of loyalty.

### Learning from History

If we learn anything from history, I hope it's not repeating the same mistake twice. For years, he has managed to hoodwink his base, and like the dodgy salesman sold them snake poison to cure their ills.

His alignment with the extreme right should cause us to shudder, but it hasn't. Throughout his political career, he has demonstrated how deviousness

and corruption are reputable characteristics for a President.

We now have the chance to be right, meaning not the sort of right that this man emulates. Let's be on the other side of his right. Let's be on the left side. The side, he demonizes as socialism. The side that aims to look after social care and welfare.

Kamala Harris is on his wrong side, but it's the side that will protect the rights of all citizens. It's the side that will protect your Social Security and is not aimed towards lining the pockets of the wealthy.

I want to be as far from his right side as possible. He is the antithesis of all that Christianity espouses. There is no honour, no fairness or

truth in anything he says. I would see it as true justice if the convicted criminal who has used and abused women comes to heel in the next election to Kamala Harris. •

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THE FITNESS DOCTOR

DR. FREDERICK PETERS

## Eat This Food, Burn More Calories

If you add this one food to your diet, science says you can burn up to an extra 30% of the calories you consume.



### Diet-Induced Thermogenesis

Daily energy expenditure consists of three components: basal metabolic rate, diet-induced thermogenesis and the energy cost of physical activity. Protein

plays a key role in body weight regulation through satiety related to diet-induced thermogenesis. The main determinant of diet-induced thermogenesis is the energy content of the food, followed by the protein fraction of the food.

Diet induced thermogenesis is related to the stimulation of energy-requiring processes during the post-prandial period. These processes include: the intestinal absorption of nutrients, their metabolism, and the storage of the absorbed, but not immediately oxidized nutrients.

Research shows that protein has the highest thermic effect. Protein requires between 15 to 30 percent more energy to digest, followed by carbohydrates at 5 to 10 percent, and fats, which are significantly lower at 0 to 3 percent. For every 100 calories of protein consumed, about 20 to 30 calories are spent during digestion and absorption.

Consuming foods with a high thermic effect can help you burn more calories. This increase in energy expenditure is due to the energy required for digestion, absorption, and storage of nutrients

in the body. Foods with a high thermic effect require more energy to digest and absorb, leading to a higher increase in energy expenditure after consumption. This increase in energy expenditure can contribute to a higher overall calorie burn and potentially aid in weight loss efforts.

### Eating This Food Will Actually Increase Your Metabolism

High protein diets are increasingly popularized as a promising strategy for weight loss by providing the benefits of improving satiety and decreasing fat mass. Some of the potential mechanisms that account for weight loss associated with high-protein diets involve increased secretion of satiety hormones (GIP, and GLP-1), reduced orexigenic hormone secretion (ghrelin), the increased thermic effect of food and protein-induced alterations in gluconeogenesis to improve glucose homeostasis.

### High-thermic Foods to Help Boost Your Metabolism:

- Lean meat/fish
- Eggs
- Nuts and seeds
- Avocados
- Green tea
- Dark chocolate
- Coffee
- Chili peppers
- Beans and legumes
- Whole grains
- Sweet potatoes

### Weight Loss Food

However, one specific food stands out in particular... Salmon! Salmon activates levels of hepatic mitochondrial glycerophosphate dehydrogenase, an enzyme that's involved in thermogenesis. Salmon is a fatty fish that contains a significant amount of protein along with healthy fats, particularly omega-3 fatty acids. The presence of both protein and fats in salmon contributes to a higher thermic effect because both macronutrients require energy for digestion and metabolism.

Add some paprika for more calorie burning benefits! Capsaicin, which is found in paprika, can boost your metabolic

rate and promote fat burning. Capsaicin can create "heat" by altering the activity of a muscle protein called SERCA. Normally, muscle contraction initiates following the release of a wave of calcium ions from a compartment called the sarcoplasmic reticulum (SR), SERCA then actively pumps the calcium back into the SR (using ATP), causing muscle relaxation and renewing the cycle.

Capsaicin, however, can attach to SERCA and "uncouple" this pumping activity; that is, the protein still burns ATP energy but doesn't use it to pump calcium. Instead, all the ATP energy is given off as heat. This uncoupling is also known as thermogenesis. Capsaicin is the first natural compound known to augment the thermogenesis process.

### My Oven-Baked Paprika Salmon Recipe Ingredients:

- 2 (6 oz) wild salmon fillets 1/2-inch thick
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika

### Instructions:

Preheat your oven to 425 degrees F. Line a baking dish with nonstick foil

Place the salmon fillets on a large plate or on a cutting board. Sprinkle with black pepper, garlic powder, and paprika.

Place the salmon fillets, skin side down, in the prepared baking dish.

Bake until the fish is opaque and cooked through, about 15 minutes. •

Dr. Peters is the founder of "The Fitness Doctor" ([thefitnessdoctors.com](http://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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## HEALTH MATTERS

# Understanding Good and Bad Cholesterol

By Deon Regis, MD

High cholesterol is something many people have heard about, but they may not fully understand what it means or why it's a health concern, since it is something they have despite it being a pretty common problem. The Centers for Disease Control



and Prevention (CDC) reports about 38% of American adults have high cholesterol. The condition increases an individual's risk of heart disease and stroke, the two leading causes of death in the United States.

### What is Cholesterol?

Cholesterol is a compound that circulates in the blood and is vital for cellular function. It plays a significant role in building cell membranes, producing hormones, and aiding digestion. However, not all cholesterol is created equal. Cholesterol is typically categorized into two types:

High-Density Lipoprotein (HDL): Often referred to as "good" cholesterol, HDL helps remove other forms of cholesterol from the bloodstream. Higher levels of HDL are associated with a lower risk of heart disease.

Low-Density Lipoprotein (LDL): Known as "bad" cholesterol, LDL can lead to the buildup of fatty deposits in the arteries, increasing the risk of heart attacks and strokes.

### How to Manage My Cholesterol Levels

Diet plays a crucial role in managing cholesterol levels. While about 20% of the cholesterol in your bloodstream comes from the food you eat, the remaining 80% is produced by your body. Therefore, dietary choices are essential in controlling cholesterol levels.

I often recommend my patients follow a diet low in saturated fat

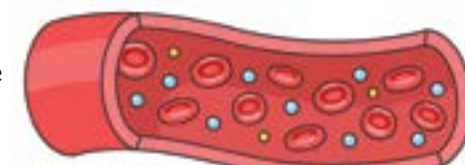
and high in vegetables and olive oil, which can help reduce LDL levels and provide other heart-healthy benefits. Foods to include in a cholesterol-lowering diet are:

Fruits and Vegetables: Rich in fiber and antioxidants, they help lower LDL cholesterol.

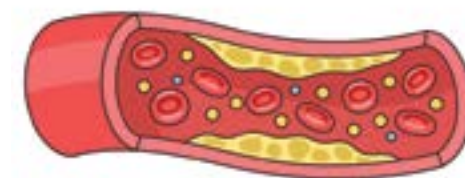
Healthy Fats: Found in olive oil, avocados, and nuts, these fats can help raise HDL levels.

Lean Protein: Fish, poultry, and legumes are good sources of protein without the high levels of saturated fat found in red meat.

Whole Grains: Oats, barley, and whole-wheat products can improve



Good cholesterol



Bad cholesterol



heart health.

Exercise is another vital component in managing cholesterol levels. Regular physical activity can help raise HDL cholesterol and lower LDL cholesterol. Lifestyle modifications are the cornerstone of therapies for cardiovascular conditions.

Aim for at least 150 minutes each week of moderate-intensity exercise, such as brisk walking or cycling. Broken down, that's just 20 to 30 minutes each day. So, start slowly and build up to help turn a habit into a healthier lifestyle.

### When Diet and Exercise Aren't Enough: Medication

For some individuals, genetic factors can lead to high cholesterol levels that cannot be managed by diet and exercise alone. In these cases, medication may be necessary.

Statins are the most commonly prescribed drugs for lowering cholesterol. They work by reducing the amount of cholesterol produced by the liver.

Statins are highly effective, but they can have side effects such as muscle aches and elevated liver enzymes. Despite these concerns, the benefits of statins for most patients far outweigh the risks, particularly for those at high risk of heart disease.

### The Importance of Routine Screening

High cholesterol is often a silent condition, meaning it typically does not cause symptoms until significant damage has occurred. Therefore, routine screening is essential for early detection and management. Discuss with your doctor how often you should be screened based on your risk factors.

By understanding the differences between good and bad cholesterol and taking a proactive, multi-faceted approach to control cholesterol levels,

you can significantly reduce your risk of heart disease and stroke. Always consult with your healthcare provider to develop a personalized plan that fits your health needs. •

Dr. Deon Regis is a primary care physician, caring for patients at Mercy Health – Oberlin Primary Care. He is a graduate of Oberlin College and Howard University College of Medicine. He completed his residency in family medicine at Mount Carmel Health System and is board certified in family medicine by the American Board of Family Medicine.

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## On This day in Irish History SEPTEMBER

BY TERRENCE J. KENNEALLY

**3 September 1972** - Mary Peters of Belfast took the gold medal in the woman's pentathlon at the Olympic games in Munich with a world record of 4801 points.

**8 September 1812** - 'Honest John Martin', Young Irishman and Home Rule MP, was born in Loughome, Newry Co. Down.

**9 September 1922** - The Third Dail Eirann assembled (until August 1923). W. T. Cosgrave was elected president. Anti-Treaty deputies implemented a policy of abstentionism.

**10 September 1922** - Wilfred S. Blunt, poet, writer, and anti-imperialist who was active in the Irish land agitation of the 1880s, died.

**12 September 1969** - The Cameron Commission report placed the blame for the clashes between loyalists and supporters of NICRA and People's Democracy over the previous year on the discriminatory policies of the Stormont regime and the RUC.

**13 September 1819** - James Hack Tuke, best remembered for his philanthropic work in Ireland during the Great Famine, was born in New York.

**13 September 1919** - Detective John Hoey, who identified Sean MacDiarmada for the military in 1916, was shot dead outside police HQ in Brunswick Street, Dublin.

**14 September 1989** - The University of Limerick was inaugurated, the first university opened since the foundation of the state.

**23 September 1869** - Mary Mallon, also known as 'Typhoid Mary', who is believed to have infected over 50 people (three of whom died) over the course of her career as a cook in New York, was born in Cookstown, Co. Tyrone.

**28 September 1927** - Ulster Day - led by Sir Edward Carson. 237,368 men signed Ulster's Solemn League and Covenant at locations throughout Ulster, 234,046 woman signed a parallel declaration.







## Rambling Thoughts



Conas atá sibh? I hope everyone is doing well and enjoying what's left of summer. As you are probably aware our new set of Speak Irish Cleveland classes are due to start this month.

We are, at our core, an introduction to the Irish language. Most of the folks that start the class are absolute beginners to the language, but, overtime many of our students from years past have returned every session and we accommodate them in a more advanced group.

### What to Expect in Irish Class

Sure, language instruction is at the forefront, but Irish history and culture are also a part of every session. Another benefit is meeting and socializing with people just like you, those with a curiosity about their heritage. Many in our little "family" have found themselves becoming active in other aspects in the Irish community.

Still others meet up on a regular basis to study together, although I

suspect sometimes the social aspect is stronger than the study aspect! Either way it's a great way to make new friends.

### The Summer Festivals

We made it to a few of the festivals this summer with the wolfhounds and little Doolin and were able to reconnect with some old friends and meet some new ones. From an Irish language perspective, there were a couple of highlights.

I was asked by the organizers of The Ohio Scottish Games to give a presentation comparing Irish and Scots Gaelic. I explained that I didn't speak any Scots Gaelic, but that didn't seem to bother them.

I prepared a little talk comparing the languages, their histories, similarities and differences. I planned to end the presentation sharing a list of words and phrases that you could use in everyday conversations, just by substituting the Irish or Scots Gaelic word into an English conversation.

I've done similar talks dozens of times and have been mostly well received. This time I was slightly apprehensive, what if there was a Scots Gaelic speaker there and I botched up the pronunciation or had made an error in my research. (I'm no stranger to looking like a fool according to my wife).

But I would also hate to "instruct" someone incorrectly and have them use it the way I hoped they would.

Anyway, around 5:15, I made my way to the building it was to be held in, and was pleasantly surprised to see some folks already seated. As more and more people showed up and we had a minute or two left before I was to begin, I asked if there were any Irish speakers in the audience, there were none.

I then asked if there were any Scots Gaelic speakers, a young man sitting in the front row raised his hand and said he grew up speaking the language in Scotland. I explained my predicament to Liam and asked if he could help me when we shared our everyday Irish and Scots Gaelic words and phrases.

He was a great sport and we both learned a great deal of our different but related languages. So Liam if you happen to read this column, *tapadh lebh* (thank you in Scots Gaelic).

I was also introduced to a young family that will soon be joining our Irish Wolfhound group. We're not strictly wolfhound owners, we have some Scottish dogs and other Irish breeds that join us. Anyway, Conor is thirty-eight years old and came here twelve years ago. He attended school in Ireland and received his leaving certificate in Irish about twenty years ago.

He told me after school he and many of his fellow school mates never really use the language again. He told me for the most part he doesn't really remember much of it. I can relate, today it's difficult to believe I studied Spanish in high school, I can recall only a very small amount and would probably get my face slapped if I ever tried using it.

Maybe after a couple of our wolfhound gatherings, where I usually give a very short language lesson, mostly pet related, Conor might pick up where he left off.

In both countries there are supporters of the languages and detractors who feel that the time and money spent could be put to better use. One article I read termed it as something that one could actually use and benefit from.

### Climate Change and Language

I read a rather fascinating article about the fragility of many indigenous languages. There are approximately 7,000 languages spoken around the world and 4,000 of them are spoken by indigenous groups. Those groups represent about 6% of the population. Brazil boasts 274 indigenous languages alone.

Scientists are realizing that each language spoken carries bits of history and local knowledge that can easily be lost forever as languages disappear. Now climate change is being factored in as one more reason some languages are disappearing as people migrate to escape drought. We saw a dramatic loss of Irish speakers during the famine years and the language has still not recovered to what it once was.

Another big factor is technology. The world is shrinking, we can communicate around the globe thanks to the internet. Today English is the language of finance. The article listed some statistics I found telling.

Currently there are 1.3 billion native Chinese speakers; 486 million native Spanish speakers; 380 million native English speakers; 362 million native Arabic; 345 million native Hindi; and 1.2 million native Irish speakers. However, 1.515 billion people speak English, while 1.140 billion speak Chinese.

By the way, of the 1.2 million native Irish speakers, only 170,000 use it as a first language. Scots Gaelic is spoken by 1% of Scotland's population, about 60,000 people.

Before we all start thinking doom and gloom, there are efforts around the globe to preserve and even resurrect many languages.

A couple of years back, I read a great book by Robin Wall Kimmerer called "Braiding Sweetgrass." It is a collection of essays covering a variety of topics. Robin is a scientist, a teacher, a mother, an author and a member of the Potawatomi Nation.

In one chapter of the book, she speaks of her quest to learn the language of her ancestors. She relates one experience at a class that was held at a yearly tribal gathering.

There was a great deal of excitement since every native speaker in the tribe would be present. When they were called forward "... to the circle of folding chairs, they moved slowly with canes, walkers and wheelchairs, only a few under their own power." There were a total of nine native speakers of Potawatomi.

Robin has taken the same route that many of us have in studying Irish. Post it notes on items in the house, trying to incorporate words and phrases into everyday conversations, and Robin and her sister try to use as much of the language that they can during their weekly phone conversations.

Robin also shares the same lament I have made about teaching a dog who ignores you in English to be bilingual.

I find it encouraging to hear about others trying to learn the languages of their ancestors, facing some of the obstacles and challenges that many of us in our study of Irish have. For me, it's also easy to share in their joy at being able to use their language and be understood. I believe that when we use these words and phrases, once so foreign to our ear, we breathe life into these languages that might otherwise become lost.

### An Taibhse

Watch for the release of the first Irish language horror film. *An Taibhse*, The Ghost, by Irish filmmaker John Farrelly. It's set in the waning years of the Great Famine, 1852, about a man and his daughter after he takes on the role of a caretaker. The preview looks fantastic, can't wait! •



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### DANCE DANCE

CATHERINE DUPLISEA

## Looking to Start Irish Dancing?

If you or someone you know has the desire to try out Irish step dancing, you are in luck! Perhaps you or your children watched a performance at one of the many Irish festivals this summer and have been thinking about trying out some Irish dance classes?

This time of year, many local Irish dance schools start a new class of beginner students. This is a great way to get active, learn a bit of Irish culture, and make new friends!

Yes, Irish step dancing is a great way to get active and exercise: you will definitely get your steps in, get your heart rate up, and build muscles through this cardio workout. Each dance lasts between one and three minutes, and can include jumps, kicks, spins and more, all while staying on your toes. If you want to try it out for fun, fitness, or even competition, this beautiful art form will get you sweating and burning calories.

Joining an Irish dance school is also a great way to learn a bit of Irish culture through music, dance, travel, and the stories shared. The tunes that are danced to are traditional Irish music, typically played on accordion, keyboard, tin whistle, and fiddle. You will learn the different types tunes and what dances go with each!

The discipline of the dance, moving only from the waist down, shares the stories that the Irish want to pass down the dance to their children during a time when British soldiers would not allow the Irish to dance. Thus, the Irish kept their upper bodies very still while joyfully and skillfully moving their legs and feet. The folklore and storytelling in the Irish culture live on through the dance community.

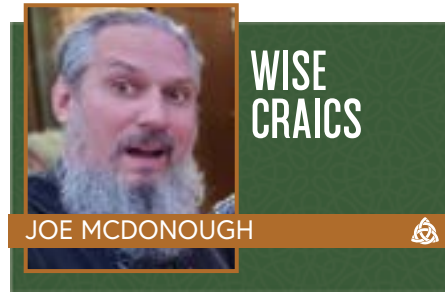
### Being Part of the Irish Community

Being a part of the Irish dancing community is an opportunity to make new friends that will last a lifetime! This unique community shares a love for dance, music, friendly competition, and sense of Irish cultural belonging. There is a sense of pride knowing that we are helping preserve our Irish heritage and sharing this beautiful art form with the next generation of children.

For many involved, this has been a tradition carried on in Irish American families for several generations. There are several schools in the Cleveland area accepting new students this fall! Is there is a studio near you? •

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### WISE CRAIGS

JOE MCDONOUGH

### Genie Joke

An Irishman is walking along the beach. He finds a bottle and rubs it; out comes a genie. The genie agrees to grant him three wishes.

The Irishman says, "I've been walking on this beach all day. I'm thirsty. I wish I could have a mug of beer that never ends." Poof, a frosty mug of beer appears in his hand. He drinks it down and sure enough, it fills itself back up again.

So the Irishman drinks that mug down. And it magically refills. He drinks again; it refills again. By this time, he's beginning to feel the effects, but the genie is also getting a big irritated. He's tapping his feet, looking at his watch, etc., and finally the genie says, "I got places to be. Have you decided on your other two wishes?"

The Irishman, staggering around by this time, looks at the mug as it fills up again, thinks for a minute, and says, "Yeah, just give me two more of these."

### The Real Thing

The brewmasters of three major beer companies decide to step away from a beer festival and go to a local pub.

The first was from Mexico. He walks in, approaches the bar and

says, "Hola bartender, I would like to have the finest beer in the world. Give me a Dos Equis, por favor."

The second was from Holland. "Bartender, give me the finest beer in the world, a Heineken."

The third was the head of Guinness brewery at St. James Gate in Dublin. He takes a look around and then orders, "Bartender, I'll have a Coke please."

The other two give a puzzled look and finally ask, "Why a Coke?"

The brewmaster from Guinness answers, "Well, I figured if you lads weren't drinking beer yet, I could hold off for a wee bit."

### Home Is Where The Heart Is

Murphy was selling his house and put the matter in an agent's hands. The agent wrote up a sales blurb for the house that made wonderful reading.

After Murphy read it, he turned to the agent and asked, "Have I got all you say there?"

The agent said, certainly ye have... Why do you ask?

Murphy replied, cancel the sale... it's too good to part with.

### St. Patrick's Skull

Bud Nelson, from New York; flew to Knock Airport in the west of Ireland on business. As he walked down the stairs from the plane onto the runway, he noticed a small Irishman standing beside a long table with an assortment of Human Skulls.

"What are you doing?" asked the American.

"I'm selling skulls," replied the Irishman.

"And what skulls do you have?" said Bud.

"Well, I have the skulls of the

most famous Irishmen that ever lived!" said the Irishman.

"That's great!" said Bud. "Give me some names!"

"Well!" said the Irishman, pointing to various skulls. "That one there is James Joyce, the famous author and playwright; that one there is St. Brendan, the Navigator; that's Michael Collins, the leader of the 1916 rising; and that one there is St. Patrick, the Patron Saint of Ireland ... God bless his soul."

"Sorry" said Bud, "But did you say St. Patrick?"

"That's correct!" said the Irishman.

"I have to have that!" said Bud and paid him £50.00 in cash.

Bud flew back to New York and mounted his skull on the wall in his pub. People came from all over America to view this famous skull. He made a fortune over a five-year period and retired a very rich man. During his retirement, he decided to go back to visit Ireland, the land that made him a fortune.

Bud flew back into Knock airport, and while walking down the stairs saw the same Irishman at the bottom of the stairs.

"God," said Bud, "What are you doing?"

"I'm selling skulls," replied the Irishman.

"And what skulls do you have today?" said Bud.

"Well, I have the skulls of the most famous Irishmen that ever lived!" said the Irishman.

"That's great!" said Bud. "Give me some names!"

"Well!" said the Irishman, pointing to various skulls. "That one there is James Joyce, the famous author and playwright; that one

there is St. Brendan, the Navigator; that's Michael Collins, the leader of the 1916 Rising; and that one there is St. Patrick, the Patron Saint of Ireland ... God bless his soul."

"Sorry" said Bud, "But did you say St. Patrick?"

"That's correct!" said the Irishman. "Well!" said Bud, I was here almost 7 years ago, and you sold me a skull a little bit bigger than that one there, and you told me then that the skull was St. Patrick."

"Oh yes!" said the Irishman, "I remember you now! You see... This is St. Patrick when he was a boy!"

### Mistaken Identity

Two Irishmen met and one said to the other, "Have ye seen Mulligan lately, Pat?"

Pat said, "Well, I have, and I haven't."

His friend asked, "well what d'ye mean by that?"

Pat said, "It's like this, y'see ... I saw a chap who I thought was Mulligan, and he saw a chap that he thought was me. And when we got up to one another ... it was neither of us."

### One from Aunt Gussie

Mick is rowing his boat in a hay field. Paddy drives past and stops. He looks at his fellow Irishman in the rowboat and shouts across the field, "Its thick-headed eejits like you that give us Irish a bad name! I'd come over there and beat the heck out of you if only I could swim!"

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# American Brexit Committee

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Since 1998 the armed conflict in Ireland has ceased. But the British policy of division by partition remains. Since 2010 five Prime Ministers have threatened that peace by ignoring the obligations and undermining the principles of the GFA. The real purpose of Britain leaving the EU was: (1) to escape the EU Court of Justice; (2) to ignore Article II of the EU Constitution to protect life; and (3) to block EU rules for preventing and prosecuting British money laundering. Such activity supports illegal arms, drug, and human trafficking, and renders ineffective U. S. sanctions imposed on nations like Iran and Russian oligarchs.

American political leaders have expressed bi-partisan support for the GFA as well as disappointment with British actions to wit, the obstruction of the Irish unity poll; the adoption of the N. I. Legacy Law to bury crimes of British police and security services; and the frequent unilateral suspension of political institutions. Prime Minister Starmer wishes to repeal the Legacy Act and Foreign Secretary David Lammy has chastised Conservatives for their endless 'rows' with America over Ireland. The unilateral action of Ireland's partition and the aftermath of battaloned despotism and the disastrous folly and economic harm of Brexit certainly suggests the time for half-measures like perfecting partition are well and truly over.

The 2021 New US-UK Atlantic Charter depicts concepts of democracy, rule of law, transparency, and respect for human rights to which both nations are committed. The GFA was the first step in the Irish peace process. The mendacity of the British Conservatives has denied, delayed, or dismissed any real further progress. Britain needs a recovery from Brexit if it is to restore the prosperity it once enjoyed when an EU member. That recovery depends, in part, on ending the expensive subvention that props up the 6 Irish county region created by partition and on negotiating a new US-UK trade deal. It is increasingly clear that both the US, the EU and many nations would welcome and support the real progress of reunification.

## We urge all Americans to join in this appeal. *Committee of 300*

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