



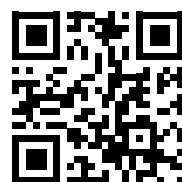
iRish

newsmagazine

November 2024 | Volume 18 - Issue 11



SCAN
TO READ
ONLINE





Don't Wait to Say Thank You

There were no gales of November in October, in fact, it was a month of great celebrations and events across our readership. The mighty Stella O'Leary has been announced as a recipient of the Presidential Distinguished Service Award for the Irish

Abroad (2024) (U.S.A.). She is the leader of Irish Dems and a HUGE supporter of our work at iIrish.

Although she lives in New York, I have had the pleasure of meeting her in person a few times over the years at different events. I will never forget her opening words to me when we met the first time. She is such an inspiration to me, and to many others. Congrats and Thank You Stella, so well-deserved.

I was delighted to drive my dad (John Sr.) to the Great Lakes Youth Gaelic Football and Hurling Tournament in N. Canton, Michigan. I had planned on going to the Nuns of the Battlefield Monument in D.C., but when Vincent Beach of Cleveland St. Pat's St. Jarlath's GAA contacted me and said they wanted to honor dad and John Treaner for all that they have done for the GAA and USGAA Youth for more than 80 years, I knew I had to change direction.

More than 160 young boys and girls played in the 3rd annual tournament, one of four held throughout the U.S. each summer to foster the growth of the sports in the U.S., from ages Under6 to ages Under16. Dad began play soon after he could walk. Kids came up to him to thank him for his dedication and making these opportunities available for them, which impressed us both. Thank you to the GAA.

The recognition was for a long

and accomplished career playing, volunteering, coaching, featuring the GAA, in Ireland, Canada and here in the U.S. He was surprised by the recognition and liked that he was there to see John Treaner also recognized. John played John in their early years in the U.S.

Of course, it was not all roses, we lost Dan Coughlin and Tommy Weir – each a legend, in different circles. Dan was a sportscasting legend throughout Greater Cleveland, for more than six decades, and wrote for iIrish a few times over the years when he had something he wanted to say.



We did a few book signings together too. He was so supportive of my books, iIrish and our work. I was honored to print his wisdom whenever he was willing to share it. A too late Thank You, Dan.

Tommy Weir's legendary status came on and around the Gaelic football pitch and community in Cleveland. After retiring from the Fire Department, he moved back to his family roots, in Mayo.

It might be impossible to convey all the stories introduced, and reintroduced, about Tommy. He lives on here, for sure. A too late Thank You, Tommy.

Read more about both Tommy and Dan on Safe Home, Page 9. We will have a few more pics on the Safe Home column on the iirish.us website as well.

Tony Ahern, the man behind Ahern Catering, enters retirement at the end of this month. Tony, Lucy and the gang at Ahern have catered so many events, weddings, funerals and more for our community, always with care and class. We wish you a great, and well-deserved retirement. Thank You, Tony.

The new iIrish Merch Store has finally launched! Our "New" website is now old, by the time the web company got it up and running. There are a few things we are still working on, but miles of improvement have been made to the four-month project, that is now in its 10th month. I hope you will like and visit often; the site is updated all month, not just when the new issue comes out. Visit the shop:

With all the Irish Unity events going on under the Ireland's Future umbrella, (read more about the past and future of the Irish unification effort on iirish.us), we are so fortunate to have the Cleveland divisions and members of other divisions volunteering at and supporting the first one here in America - the United States Launch of the People's Assembly for the Unification of Ireland, in great and oh so appreciated numbers. These Brothers and Sisters are never afraid of hard work and do it with welcoming arms and big smiles. But they like the work to be impactful, at least most of the time. This was one of those times. This is real, this is happening. Imagine if we are the generation to bring about One Ireland, united and free? Thank you to all who attended and those who volunteered!



Afterwards, a few of the questions I received from the approximately 270 attendees, centered on what is a Hibernian? I did a long column on that a while back, but if you are interested, here is the link: <https://iirish.us/hibernian-whats-a-hibernian/>.

I borrow the words of Ancient Order of Hibernians newly elected National President, Sean Pender: *The Hibernians were founded in*

ilrIrish newsmagazine November 2024 VOL. 18 • ISSUE 11. Publisher & Editor: John O'Brien Jr. Layout Production: Christine Hahn. Website: Rich Croft. Regional Director of Sales: Ken Hogan. Greater Pittsburgh Relationship Mgr.: Mairin Petrone. Digital Advertising Sales: Grant Writers: Mitchell Baxter & Bryan Reichert, Laila Danjani. Audit, Merch Design Merch Store: Lisa O'Rourke, Conor Makem, John O'Brien, Jr., Susan Mangan, Bob Carney, Francis McGarry, Andrew Shuman, Katie Gagne. COLUMNISTS: Akron Irish, An Eejit Abroad, Behind the Hedge, Blowin' in Cleveland Comhrá, Cleveland Irish, Columbus Irish, Cooking Up a Hooley, Crossword Puzzle, Dance Dance, Fields of Glory, Fitness Doctor, Illuminations, Irish Lit, Get in Lads, Kids Craic, Madigan Muses, Off Shelf/On This Day, Out of the Mailbag, Speak Irish, Terry From Derry, Wise Craics, Catherine Duplisea, Vincent Beach, Dr. Frederick Peters, J. Michael Finn, Dr. Jeanne Colleran, Karen Bennett & Shannon Thomas-Ziemnik, Megan Lardie, Marilyn Madigan, Terry Kenneally, John O'Brien, Jr., Bob Carney, Terry Boyle, Joe McDonough. ilrIrish is published monthly (12 issues a year) on the first Wednesday of each month. Subscription is by First Class mail. One year \$40, two years \$75, three years \$100. Subscribe online at iirish.us, or email jobrien@iirish.us, call 216.647.1144 or mail to the address below. iIrish is available for free at 460+ locations in and around Ohio, PA, NY, IN, MI, & KY. Circulation is 13,000. For a list of distribution locations, go to iirish.us, then click "Distribution" CONTACT: 216.647.1144 • jobrien@iirish.us 14615 Trickett Rd, Cleveland, OH 44111-3123 Subscription: jobrien@iirish.us. PUBLISHERS STATEMENT: The opinions and statements expressed in this newspaper are entirely those of the authors, and do not reflect in any way the opinions of iIrish.

About Our Cover: Tobernault Holy Well Sparkles, Carraroe, Co. Sligo. Photo by Cindy Reville, Celtic Girl Travels Photography. See our Inner View with on Cindy on Page 8, and more of her amazing photos on www.iirish.us

1836, approaching 200 years ago," to protect the church from those who were attacking and destroying our churches."

Today, immigration restrictions that have stifled Irish immigration into the U.S. [We must] "... support the work of the cross-community group, Ireland's Future ... working together and listening to each other because no one ever listened themselves into trouble."

"We have become a country that is unable to civilly disagree, we have gone from a country that valued the phrase, "I may disapprove of what you say but I will defend to the death your right to say it," ... We need to do better before it gets worse, we need to get better because our children and grandchildren are watching. They deserve better, we deserve better. Let us be the example."

Thank you, Sean. See the What's the Craic? Taking the Fields of Glory, and many other themes and pages within for all craic, and the details too. Every issue since 2017 is interactive, and lodged online on our Past Issues pages: <https://iirish.us/archives/>

Please VOTE - Common Sense over Nonsense. iIrish is made in America. We have always been green and are proudly Irish, all year long.

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

"FOLLOW ME WHERE I GO, WHAT I DO AND WHO I KNOW." ilrIrish newsmagazine. Social media icons for iirish.us, iirish, iirishus, and iirish.



You Have Gone Too Far By Carlene O'Connor Kensington Publishing Corp. SBN: 978-1-4967-3758-81, 355 pages.

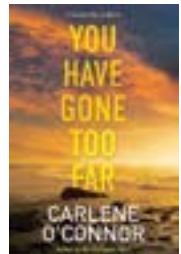
"May you have the hindsight to know where you have been, The foresight to know where you're going And the insight to know when you have gone too far."

– Irish proverb Along Ireland's southwest coast, pregnant women are

disappearing. An anonymous email connects two pregnant strangers and warns of extreme danger. Is it an alliance, or is it a trap?

Veterinarian and unwilling sleuth Dimpna Wilde feels a deep unsettling, a warning she has learned to listen to. Evil is about and coming from different directions. Investigation with friend, neighbor and Inspector Cormac O'Brien leads to more clues, a much broader mystery, and the eventual unveiling

of more victims. Then the twisting begins. Recurring characters, loves, possibilities and storylines continue in this third book of the County Kerry Novels series. Each book can stand alone, but are more fun when read as part of one story in



three books (so far). Though this is a book of fiction, with truths, turns I didn't anticipate, and a few moments of "Oh Wow" or ducking reactions, You Have Gone Too Far shares memorable and complex characters, just as life does. Intriguing developments and plot surprises, leveled with typical Irish humor, follow in O'Connor's often powerful prose.

O'Connor is an accomplished writer with a storytelling style that wraps you up and wraps you in, ready or not. Author of No Strangers Here and 18 other books. Other series include Irish Village Mysteries and Home to Ireland Mysteries. You Have Gone Too Far is just released, and Highly Recommended. ●

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IRISH
LIT

DR. JEANNE COLLERAN

Write By the Sea

In my first column for iIrish a year ago, I wrote that I hoped to bring more attention to various Irish art and literary festivals and performances that readers may wish to attend—or plan to attend if the event is an annual one. I have just returned from Ireland after a week of pure happiness - thanks to my dear husband's birthday gift to me - immersing myself in all things literary: a writing course with the brilliant Claire Keegan; a boutique literary festival called Writing by the Sea, both in Wexford; and back to Dublin to see two plays at the annual Dublin Theater Festival; take in new and permanent collections at the Museum of Irish Literature and the Hugh Lane Gallery; and revel in the Seamus Heaney exhibit at the Bank of Ireland.

Here's my report, but first this point: I put together (I know I should say "curated" like an "influencer") this itinerary myself, and you can also make your own. What is required, of course, is an abiding interest in the greatest of Irish arts - literature (or perhaps the second greatest if, like Claire Keegan, you think horsemanship is a premier artform).

Literary Festivals

Literary festivals happen in Ireland all year-round. Take a look at the website <https://www.writing.ie/resources/writing-festivals-in-ireland/> and you'll find a month-by-month list; hardly exhaustive, but a good start.

The one I attended, Write by the Sea, takes place in a fishing village of about 320 residents in Kilmore

Quay; this year, the festival featured the inestimable John Banville, Booker Prize winner of The Sea, hailed as Ireland's Proust and self-described as Henry James' acolyte.

Banville is Wexford born, as is Colm Toibin, from Enniscorthy, and you can visit the places in the novels as surely as you can walk Joyce's Dublin. While in Kilmore Quay, sitting by the shore, I perused with my new Tessa Hadley novel as she also spoke at the festival, and I looked out to the Saltee Islands.

Had I another day, I would have taken the ferry to pay my respects to the grey seals basking and breeding in the autumn months: the 500-pound bulls and 200-pounds cows all dog-nosed and happy to be in protected waters with their white-furred pups. You can also easily see the Irish cousins of the Galapagos' red-footed or blue footed boobies, called gannets, imposing with their six-foot wingspans. And because all things natural and literary root themselves in each other, its fun to know that the Spanish named these birds "bobos" or "clowns," which slipped into the comical "boobies," both bird and word silly and amusing.

I'll save my account of what I learned in Claire Keegan's workshop for a separate piece, save to say that Small Things Like These is as compelling a Christmas story as Dickens' Carol or Joyce's The Dead. You should get and give it as a gift and read it immediately and again.

The film will be out, though not as I write this, and then Keegan's work will receive even more of the attention it deserves. So, if you also wish to hear a master literary craftsperson discuss writing, as I did, you can consult announcements made by a number of groups.

Poetry Ireland is one source:

<https://www.poetryireland.ie/whats-on/>. Subscribing to The Stinging Fly (<https://stingingfly.org/about-us/>) is another, the magazine focuses on emerging writers, but it also offers online seminars and news of literary

events. If you wish to listen to great readings or commentary, the Arts Council of Ireland offers suggestions for podcasts: <https://www.artscouncil.ie/News/Literature/Literature-Podcasts>.

Dublin Theater Festival

One of the most highly regarded international theater festivals, I chose two productions at the Dublin Theatre Festival and was not disappointed in either. The Abbey mounted Grania, a 1912 play by Lady Augusta Gregory, never previously performed there despite the fact that Gregory worked with Yeats to establish the Abbey as the national theater.

Gregory called her play a tragedy, since Grainne's engagement to the powerful Fionn is disrupted by her instantaneous attraction to his clansman Diarmud. But wait - she remembers she had actually seen him before, when she was a young girl.

Fionn, furious, banishes them, and they wander for seven years as Diarmud struggles between his love for Grainne and his loyal oath to Finn not to touch her. No modern production can resist lampooning bromance over romance, and so when they are found (Fionn, too, has obsessed and languished), Grainne's annoyance that they men greet each other heartily makes her loss more farcical than sorrowful.

Most of the audience was with her when she stomps away: at least one of these guys was supposed to give her a house and a baby. It didn't happen.

Druid Theatre

Galway's Druid brought The House, by Tom Murphy, to Dublin, an enraged tale of desire and dispossession. Murphy was born in Galway, and the Druid Theater dedicated one of its plays' cycles to his works, reinforcing his reputation as one of the greatest Irish playwrights.

This play, obviously indebted to The Cherry Orchard, centers on the loss inflicted by economic disparity and forced emigration, and on homecomings, where the revenant can never recoup what has changed, disappeared, or

been lost.

It is a play about life's great (and avoidable and sometimes culpable) swindling, the bait and switch of hoping that the time, opportunity, and love taken away might be regained or re-purchased. It is not clear whether The House will come to the U.S., but Marie Mullen, its star, sometimes appears in plays at the Irish Rep in New York, and she is always brilliant.

Museum of Literature

I bookended my trip with two visits to the Museum of Literature Ireland, opened in 2019 in Newman House on Saint Stephen's Green as a partnership between National Library of Ireland and University College Dublin. (You can nip into Cardinal Newman's chapel next door.)

Of course, I wanted to see Copy 1 of Ulysses, inscribed to Harriet Weaver, and other parts of their many Joyce's holdings (it's called MOLI, after all), but the reason for two visits was the immersive installation. The three-floor museum, one for "place," one for "voice," one for "inspiration," has won architectural accolades, and while it offers changing exhibits, it is the room with the "riverrun of language" that most fascinated.

"Sound showers" of writing in Irish and English, with different accents from different times, rain down on the listener in eight columns from ceiling speakers, and fragments of texts dance across a large screen. An ancient Gaelic poem, a recording of Yeats' voice, a woman talking about meeting Joyce, a bit of a child's story: the installation counters literature as static or univocal. The language swirls, bends, beckons, and invites: Come. ●

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

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A LEGAL
LOOK

JUDGE MICHAEL MENTEL

Thirty-Five Years Later The British Government Launches Inquiry into The Murder of Patrick Finucane

On February 12, 1989, Patrick Finucane (/fi'nu:kən/) and his family were at the table in their Belfast home, enjoying a Sunday dinner. Without warning, two members of the loyalist paramilitary organization, the Ulster Defence Association (the "UDA"), using a sledgehammer, smashed through the front door of the Finucane home and quickly moved into the kitchen. Once there, the UDA loyalists opened fire on Finucane with a Browning Hi-Power 9mm gun and a .38 caliber revolver.

He was shot fourteen times. After hitting him with two rounds, the loyalists stood over Finucane's body and fired twelve shots directly into his face.

His wife, Geraldine, was also wounded in the attack. His three children took cover under the kitchen table, watching as their father was executed. That was thirty-five years ago.

Patrick Finucane was not a member of a paramilitary organization nor was he an elected official. He was a criminal defense attorney, well known for representing Republican and loyalist paramilitary members alike. Finucane was also a noteworthy human rights attorney.

The Maze

He rose to prominence in the 1980s after obtaining several high-profile verdicts against the British government for human rights violations. Among Finucane's most notable clients was Bobby Sands MP, who died on hunger strike on May 5, 1981, in Long Kesh prison. He also

represented other hunger strikers who, along with Sands, died during the 1981 strike.

Since 1989, the British government has refused to conduct a public inquiry into Finucane's murder and the RUC and UDA collusion behind it. Several other investigations were conducted; however, none were at the level of a public inquiry.

To be clear, a public inquiry could have been called for by the government at any time following the murder. The government simply chose not to conduct one.

On September 11, 2024, Hilary Benn, Secretary of State for Northern Ireland, announced that an independent public inquiry would be launched into Patrick Finucane's murder. "[T]he plain fact is that two decades on, the commitment made by the Government - first in the agreement with the Irish Government, and then to this House [of Commons] - to establish an inquiry into the death of Mr. Finucane remains unfulfilled. It is for this exceptional reason that I have decided to establish an independent inquiry into the death of Patrick Finucane under the 2005 Inquiries Act."

The Inquiries Act of 2005 allows the British government to conduct investigations, hold hearings, to call witnesses, and determine if, and to what extent, any individuals or organizations were involved in the murder. The murder of Finucane was believed by several human rights organizations at the time to be a collaborative between the RUC and the UDA.

Collusion

In 1986, Raymond White, the former head of the RUC special Branch, met with Prime Minister Margaret Thatcher. White voiced his general concerns to Thatcher about the collusion and the management of informants embedded in the paramilitary organizations. After his meeting with Thatcher, White was instructed to "carry on, but don't get caught."

In 2003, an interim report on Finucane's murder was released by Sir John Stevens, the Commissioner of the Metropolitan Police Service. The report was called the "Stevens Enquiry."

Stevens stated in his report that he "uncovered enough evidence to

lead [him] to believe [that] there was collusion" between the RUC and the UDA in the murder of Patrick Finucane. Steven's report also stated that the "[c]ollusion [was] evidenced in many ways," ranging "from the [willful] failure to keep records, the absence of accountability, the withholding of intelligence and evidence, through to the extreme of agents being involved in murder."

In 2015, Michael Mates, the former Conservative MP and minister of the Northern Ireland Office during the 1980s, admitted that collusion between the British government and loyalist paramilitaries existed. He stated in his public revelation that collusion between the government and the paramilitaries was far more substantial than he thought at the time.

The government's announcement of the public inquiry thirty-five years after Finucane's murder was welcomed news for many. Geraldine Finucane, Patrick's widow, stated that "I welcome the announcement of the Secretary of State [in the House of Commons], that an independent statutory public inquiry will be established into the murder of my husband, Patrick Finucane. After 35 years of campaigning for such an inquiry, I believe this announcement represents a significant step forward for my family in our fight to uncover all of the circumstances behind Pat's murder."

Sinn Féin President Mary Lou McDonald also welcomed the announcement of an inquiry. "For 35 years, Mrs. Geraldine Finucane and her family have led a dignified and determined campaign for truth and justice, seeking a public inquiry into Pat's murder, efforts Sinn Féin have strongly supported throughout this time," she said.

Taoiseach [/tə'shək/] Simon Harris welcomed the Secretary of State's decision, saying that it was "...a vindication of Geraldine Finucane and her family who have campaigned over decades for truth and justice." President Michael D. Higgins released a statement saying, "[The] confirmation by the Secretary of State for Northern Ireland that the British Government will establish a public inquiry into the murder of Pat Finucane is very welcome."

The Opposition

In contrast, the Democratic Unionist Party ("DUP") leader, Gavin Robinson, was critical of the public inquiry. Robinson stated that the inquiry "perpetuates a hierarchy," and sends a message "that this murder was more deserving of investigation than others." Robinson failed to recognize that an inquiry into Finucane's murder was promised years before by the British government but, was reneged on by them.

The Traditional Unionist Voice ("TUV") leader, Jim Allister, also expressed his opposition to the inquiry, saying that the ICRIR (the investigative body formed under The Legacy Act of 2023) should have been used to launch the inquiry. Allister added that it, the ICRIR, was good enough for other families who suffered losses during The Troubles but "not for the Finucane family." Allister obfuscated the fact that the British government promised a public inquiry into Finucane's murder years earlier.

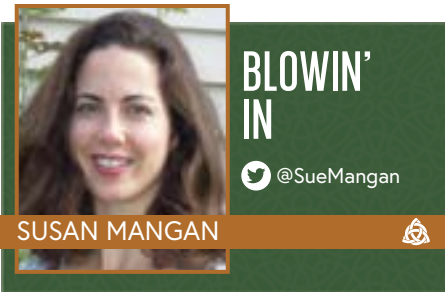
Now that an independent public inquiry has been called for, the Finucane family's journey to uncover the truth about the murder, and unmask the government's collusion in it, has finally reached a critical step. Let us hope that the steps following the public inquiry will lead to justice for Patrick Finucane and his family.

Judge Michael C. Mentel is an appellate court judge on the Ohio Court of Appeals for the Tenth District. Notably, he participated in a round table discussion at the National Committee on American Foreign Policy concerning the British government's proposed Legacy Bill and was interviewed in a question-and-answer session at the New York City Bar Association. His interview focused on the 1981 hunger strike and the Troubles in the north. Judge Mentel is an author and columnist with iIrish newsmagazine. He has also contributed to other publications on contemporary legal and political issues facing Ireland.

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BLOWN' IN

@SueMangan

SUSAN MANGAN

Going Home

"Maybe the way back will make sense of the coming."

(Foster by Claire Keegan)

Lined with old black walnut trees, a rocky road leads to my uncle's house on his century farm. As a girl I loved to listen to the sound of the stones as they crunched beneath the wheels of our Ford station wagon. I knew that my aunt and uncle could hear their visitors arriving. Soon, beagles would begin



barking, calves would low, and cats would scatter for shelter beneath the boughs of juniper bushes. I knew that this path led home.

My heart has always been a place divided. My father grew up amid the streets of Chicago, while my mother dreamt of the city when she rose before dawn to collect eggs from disgruntled hens and ease warm milk from the soft udders of appreciative cows.

I can see my mother sitting on a walnut milking stool, jeans rolled up, stained bobby socks drooping over tattered saddle shoes. I can feel her soft breath humming melodies as she pressed her head, gently, against the solid belly of her favorite cow.

As a girl, I always wanted to live on the farm. Petulantly, I would ask my mother, "Why did you ever leave the farm? I could be living there now."

My mother simply replied, "Then you wouldn't be you."

Unknowingly, my mother posed an existential question within her response that I ponder to this day: How do I fit in this world?

I like to think the answer lies in the path of my journey; however, the truth does not announce itself as clearly as the stones that rise to meet my uncle's farmhouse.

The Secret Ingredient

I cannot simply stoop down to gather black walnuts and bake them into my grandmother's iced orange cookies. The secret ingredient is not always that obvious.

Like the tumble of spices that freckle orchard apples beneath the fragile layers of a buttery lattice, I cannot pinpoint the exact chemistry between heart and home, self and other. I can, however, follow the scent of peace.

Nose raised high, alert to the fresh mineral sting of salt and sand, I am as content to dip my toes in the cold Atlantic waters that stroke Irish strands, as I am to walk in well-worn shoes along the streets of Chicago, equally at peace with the acrid smell of the city.

I am glad to have a gift for contemplation because I see the answer to my heart's question in changing winds and moody skies.

The dutiful peck of a red-headed woodpecker as she extracts late autumn sap from the stump of our damson plum tree fills my heart with awe. Open-mouthed, I witness a peaceful tableau of animals who come to feast on the last of the winter squash and the dried stalks of beans that cling to the faded trellis.

The Meaning of Life

I extract the meaning of life from the squirrels and blue jays that hop congenially about the clover and wild strawberries that cloak our back garden. I admire their peaceful co-existence at my suburban table, one that is rooted in organic soil. William Butler Yeats writes that peace lies in the "deep heart's core."

Perhaps I am a child of farm and city, of lake and sea, the ease of suburb, the rush of rising winds. Perhaps the lattice is not fragile and fragmented, but solidly layered, a symmetrical crust of familiarity bringing peace into my heart.

My lessons began with my parents; the roads that carried them from childhood to adulthood, to marriage and parenthood, from the bloom of first love, to their final



home on earth.

Buried beneath a drooping pine that barely filters golden light, soft winds serenade my mom and dad. As I said my last goodbye and turned to leave my parents at their final resting place, I looked at my loved ones. I sensed the same heaviness and sorrow that I felt as a girl when it was time to return home to the city and leave my home on the farm.

Though I was no longer that child running down the black walnut lane, my uncle saw my need for comfort, for answers. In his country wisdom, he pulled me aside to remind me that my mother always wanted to be buried back on the prairie.

My father, I suppose, was a lot like me. He recognized that our journeys become one inextricable tumble of spice and soil, a swirl of elements linked by love. We can be a lily in a pond, a bale of hay in a field, a bright mural on an urban wall, but the heart will always find its way home. •

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

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MADIGAN MUSES

MARILYN MADIGAN

Forgotten Veterans

In November 1917, the United States was in World War I. General John Pershing was the Commander of the American Expeditionary Forces.

The United States Signal Corps set up telephone lines from the frontlines to Allied Headquarters. The Signal Corps were overwhelmed with the influx of calls. The American, British and French soldiers at the front desperately needed the support of the telephone operators in updating changes on the battlefield.

General Pershing looked to America for help. At the time, many women made up the workforce as civilian telephone operators. He requested that women who spoke English and French be recruited to help this important need. Thousands of women applied. These women came to be known as the Hello Girls.

The Hello Girls

They underwent a very tough selection process. 450 were selected. Only 223 qualified to serve. Those selected had to agree to serve for the duration of the war. Their training was the same as Army Officer Candidates.

Since they were handling highly confidential information, they were investigated by the Secret Service. They were investigated more than the average soldier on their loyalty and motivations in wanting to serve.

The Hello Girls wore a uniform and were given ranks. Their

training included military drills and terms.

The Signal Corps Female Telephone Operators started their transatlantic journey in March 1918. They were invaluable to the war effort. They served across France and in England. The Hello Girls answered 26 million calls during their service.

President Woodrow Wilson, after hearing about the dedication of The Hello Girls in World War I, pushed for the United States Senate to pass the 19th Amendment providing women with the right to vote. The passage of this amendment delivered voting rights to women, the main mission of the women's suffrage movement.

During the War, The Hello Girls were in uniform, but the United States Army considered them civilian employees, refusing them veteran benefits. Sixty years later, the United States Government finally granted them veteran status. President Jimmy Carter signed the GI Bill of Improvement of 1977 that categorized these women as veterans.

In 1979, the thirty-one surviving Hello Girls received the Victory Medal of World War I. The Hello Girls paved the way for future generations of female service members.

Congressional Gold Medal Award

What can we do to make sure these women are not forgotten? We can join their descendants in their effort to have these women receive the Congressional Gold Medal.

The Congressional Gold Medal Award needs to receive at least two thirds of the vote of both the House and the Senate to co-sponsor this legislation. Help them secure the votes by asking your Senators and Representatives to support this effort. As of September 17, only 65 more votes are needed.

Please request your Congressional Representative to sign on to House Resolution (HR) 1572. If this resolution does not pass this year, the process will need to start all over again. The World War I Memorial will

be dedicated this year; let us make sure these Hello Girls are recognized with the Congressional Gold Medal.

The Hello Girls were trailblazers that made a contribution to our country. As you commemorate Veteran's Day this year, please remember The Hello Girls as the forgotten heroes of World War I.

Remember, "You can't spell Hero without Her." Thank all the women Veterans for their service to our Country. •

Marilyn Madigan is the

Immediate Past National President and National Organizer of the Ladies Ancient Order of Hibernians and a Deputy Director of the United Irish Societies of Cleveland. She received a Bachelor of Science in Nursing from St. John College and retired from Nursing at University Hospitals of Cleveland.

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Celtic Girl Travels, so You Can too

Hello Cindy, very nice to have this chance to sit down and chat at last; Slyman's makes it easy for a good lunch too. I think we first met at Cleveland Irish Cultural Festival?



Yes, it was a great festival. I think that they've been doing a fantastic job since they brought it back from after COVID. I know you guys have been working really hard. I travel to a lot of festivals in the area, also into other states as well, mostly on the East Coast, and I've been doing some art shows as well.

Tell me a little bit about your business, first how you got into it?

My business is Celtic Girl Travels Photography. I sell my photography from the Celtic Nations, mostly Ireland, Scotland, Wales, Cornwall ... I share the Celtic heritage with people. I like to bring people to a place; that's the whole point of my photography, I want people to feel immersed in it, and feel that they're there, in that place, and standing in the middle of that picture.

How do you pick the place?

It could be people ask me to go and shoot a specific place, or it's places that I want to see, places that I've researched and explored.

Someone comes to you and tells you the particular site they love, you make the best effort to get there?

Correct, people give me a list for the after-show season. I take a list of all the places that people have asked me to try and get to. People ask me to

go to their family's home, give me the contact to reach out to ... "they'll let you take pictures of our family home."

I gather all that information and then when I plan my next trip, I plan it around those spots, doing my best to hit the majority of what I can.

You are shooting for purpose, but also traveling and seeing other things as well?

Correct. Then I explore things that I want to see or things that I haven't had a chance to see. My great grandma came over from Ireland, I remember her very vividly. She was such an awesome lady; I'm glad I had the opportunity to know her for the short time that I did.

How did you progress from being something that you want to do, to something that you're doing for a living?

It was kind of a weird thing. Photography was never on my radar. My grandfather was a photographer, in addition to being a business owner; that was a hobby that he had. I've always appreciated photography because I like looking at the world through other people's eyes; that's what I feel that photography is.

The year I turned 40, I went over to Ireland, my dad was with me. I came back, and my sister was going through my pictures. She [said], you have a really cool eye. I said OK, whatever.

No, she said, you have a really cool eye. So, I did some research, and bought myself a good camera, and I went back over. I taught myself everything that I know. I took a class on how to use the camera and that was about it. I'm self-taught.

I started with a handful of pictures at an art show. Then I happened to get into Cleveland Irish Festival the next year. It's just kind of grown from there.

The skill level that you have is amazing.

Thank you, John. It's been about seven years. I explore different places. One of the things I do is, I don't alter my photography. There's no Photoshop, no Lightroom, no filters.

It's all natural because I want to share the true natural beauty that can be found. Finding the perfection in the imperfection that's out there; there's so many amazing places to see; they don't need to be altered, especially over there.

What are some of your favorite places to go?



Everybody always asks me that. Then I always feel bad if people say, well what about this?

I love the West Coast of Ireland. There's nothing wrong with the East Coast. The East Coast is beautiful too.

I do love the West Coast, especially up in Donegal, that's one of my favorite areas. In Scotland I love the Highlands. There are also very beautiful places there.

There are too many beautiful places in the world we want to see – don't you feel that we're never going to get to them all?

Oh absolutely, absolutely. There are beautiful places here in the states. I had the opportunity to go the Pacific

Northwest earlier in the year; that was absolutely amazing and gorgeous.

I love the East Coast too. The New England states, again, beautiful places, but my heart truly lies in the Celtic nations. That is what calls to you and what speaks to you.

Do you teach photography?

I do not now, but I have been approached and asked to teach some photography classes. I'm talking through with some people on that. There are certainly things, skills with photography, that I can help people with.

Are there dreams, other places you'd like to go, do, or see?



There are lots of places that I still haven't explored or touched or scratched the surface of, in Ireland, Scotland, Wales, Cornwall ...

I want to go to the Isle of Man. I want to go to Britannia, that area of France that have the Celtic roots. I want to hit all the Celtic Nations.

I want to go to other places, but every time I go over, my heart just keeps taking me back there. I know I need to step out of that.

Honestly, I just thought I'd try it and see what happened, see if people appreciated what I can give to them. It's grown over the years to the point where it means so much to me.

People hunt me down at festivals. [They say] I want to see what you have new. That means so much to me. I love giving people memories and sharing in people's memories.

When I can give somebody a memory; I wanted to bring people to a place. I do that because people have attachments to things.

People either want to travel and have a memory of that place. They may not have gotten a picture or something that has meaning for them. I can give that to them.

There is a little boy that wanted this picture of the Giants Causeway. That was the last trip they took as a family before his parents separated. He had to have that. When I found out the whole story behind the picture, it meant so much to me that I could give that little boy something.

Most people want to travel, but they may not have the means, their health may not be able for that. I can give



that to people, that's what means the world to me; that's what speaks to me.

I'm looking at travel agencies that are doing photography tours over in Ireland; we're putting feelers out now for that, to see if there's any interest in going to some of the iconic places. Everybody wants to do those things. Some of those out of the way places that I found; I'll talk to the local people - what is really cool here that people don't know about?

I'll find those out of the way and those little hidden gems that people don't know about. There is a beautiful holy well, a children's well, in Sligo that is in the middle of the forest; it's stunning. It is so peaceful.

There is a waterfall hidden in Donegal, just outside Donegal town; there's those little hidden things that you find, you stumble on.

Where should people go to get a look at/purchase your work?

My website is CelticGirlTravels.com. Contact me to purchase my work because I'm building a separate website for retail; I do wholesale as well. My work is in stores across the country, and in some local stores.

I love exploring new places and meeting new people. That's one of the things about going to the festivals. You meet people and they share their experiences with you. They want to talk; they want to have conversations with you. You meet amazing people. ●

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Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May the souls of all the faithful departed, through the mercy of God, rest in peace.

DANIEL F. COUGHLIN
(September 17, 1938 - October 6, 2024)



Dan Coughlin, 86, passed away peacefully at home in Rocky River, Ohio, on October 6.

Beloved husband of the late Madelyn

Louise (nee Kramer), and father of four adoring children: Joseph Daniel (Jeana); John Patrick (Hallie); Michael Francis of Marysville, Ohio; and Mary Bridget Jeffery (Brian) of Park City, Utah. Loving grandfather of 15: Danny, Grace, Evy, Tommy, Emmett, Finn, Jack, Annie, Maggie, Ben, Mollie, John, Cora, Joy and James. Devoted brother of Ruth Andrews (Craig, dec.) and Cathy Breninghouse (Bill, dec.). Proud uncle to many nieces and nephews.

Dan was born to Arthur Coughlin and Ruth Strain in the Collinwood neighborhood, grew up in Lakewood and raised his family in Rocky River. He attended St. Edward High School, the University of Notre Dame, and served two years in the U.S. Army.

A sports journalist whose career spanned seven decades, starting with The Plain Dealer, then for 40 years as a broadcaster for WJW Channel 8. His recognitions include the Greater Cleveland Sports Hall of Fame, the Press Club of Cleveland Journalism Hall of Fame and the St. Edward High School Athletic Hall of Fame. He won an Emmy award and was twice named Ohio sportswriter

of the year. He served and supported countless community organizations with his time and talent.

Donations in Dan's name are welcomed at St. Edward High School (sehs.net/giving) or St. Angela Merici School.

Obituary courtesy of McGorray-Hanna Funeral Homes

THOMAS (TOMMY) WEIR
(January 2, 1957 - September 12, 2024)



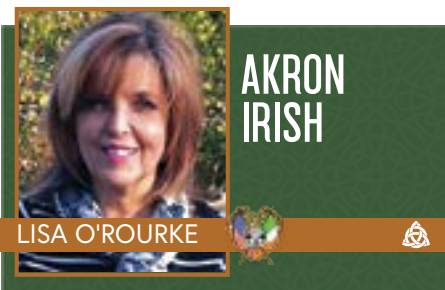
THOMAS WEIR, age 67, passed away September 12, 2024, in Castlebar, Co. Mayo, Ireland. Beloved son of the late

Celia (nee McFadden) and Gerry; loving brother of Mike (Pauline) and Mary Kessler (Jim); father of Andrew; uncle of Mike Brazis, Nicole, Kelly and Aidan. After retiring from the Cleveland Fire Dept., he spent the past 20 years enjoying Ireland. Relatives and friends gathered for Tommy's Memorial Mass, celebrated by Fr. Pat Spicer, Thursday, October 24, 2024, at the West Side Irish American Club with a reception and endless stories interrupted by laughter.

In lieu of flowers, memorial contributions are suggested to NAMI Greater Cleveland, 4415 Euclid Avenue, Suite 203, Cleveland, OH 44103 or online at namigreatercleveland.org

Obituary courtesy of Chambers Funeral Homes





Giddy Up!

Walking along the picture-book perfect hills of Dorset, we came across the stocky little wild ponies that roam the hills freely. The “wildness” of the ponies is pretty much in direct proportion to the quality of the snacks that you offer them.

Mr. O'Rourke never needs snacks to bribe companionship from a horse. He is a natural. He is not alone' there is a cultural affinity between the Irish people and the horse.

Equine Roots

Archeologists believe that domesticated horses were living in Ireland as far back as 2,000 BC. God love the man who first had the idea to sit on a horse's back. But once men had that figured out, they were away.

The horse has those side facing eyes and a strong flight or fight impulse that made them a great survival tool for early men, even when they weren't riding them. But it was in the riding that the early heroes displayed their valor.

Cu Chulainn was a renowned for his skill with horses. Cu Chulainn and his horses, Liath Macha and Dub Sainglend, were companions in many of his famous exploits, cementing the connection between horses and heroics.

The speed and power of horses was able to enhance the acts of man, but the horse took on a mythic stature of their own. The Celts depicted horses in their art and stories, associating them with their early gods.

Draught Horse

Ireland is primarily a rural country. Horses were indispensable

in both farming and transportation. There is a breed of sturdy farm horse native to Ireland, the Irish Draught horse, that had the strength to pull both the plow and the cart on a farm.

In rural parts of Ireland, horses pulled plows on farms into the 1960s. Horses were also a mode of transportation. Instead of seeing a single person riding a horse, more often you would see a horse pulling a cart with several people in it.

These carts are still a mode of transportation, but they are for tourists. You can't land on the Aran Islands without an offer of a horse and cart tour.

The Irish Travellers, a displaced nomadic group, are the last to give up their horses. They cling to horses and still use them for formal occasions like funerals. I was delighted to see their horse-drawn, barrel-shaped wagons meandering along the roads in Kerry.

It was not uncommon to nearly be run down by Traveller children riding bare-back on the outskirts of Dublin, clutching the mane of a pony. But this was all thirty years ago, the majority of Travellers have been housed in some fashion and their horses resettled as well. For the Travellers, horses represent a wildness and freedom that lives deep in their hearts.

The GeeGees

The term GeeGee is often used to refer to racehorses. Racing is viewed very differently in Ireland than it is perceived in the US. We tend to see racing as a shady sport, the last resort of down-and-out gamblers, with a few prestigious golden moments like the Kentucky Derby.

There is no dirty patina stuck to the horseshoe of Irish racing. It's all good. There are local race meets in spots like the Sligo Races. There are beautiful beach races like the annual one held in Dingle.

There are big meets that are one big party, like the annual Galway Races. The Galway Races would put the Kentucky Derby to shame. Clothes are a spectacle in themselves.

The racing goes on for a week. Everybody can go and they do. The people love looking at the horses,



Donal the Horse Whisperer

judging their form and placing mostly judicious bets. My mother-in-law made money at the races every year.

Racing Style

I could talk about Ladies' Day at Galway, but what I mean by style is the type of racing in Ireland. It is not the two minute sprint of the Kentucky fame. Most of the races that I have been to are Hurdles.

The horses run flat and then jump stick hurdles that are about three feet high and placed in intervals along the often-grassy track. The races take more time and are more exciting. The variable of the hurdle adds an element of chance to racing.

Gymkhana is a low-key event that is a version of the same style. It is an

event that is more of a county fair type of competition and involves flat racing and jumps. Irish horse style is speed and power.

Is it in the Water?

Not only do the Irish love racing, but they are also good at it. One of the most illustrious stud farms in the world is Coolmore Stud in Tipperary. They breed and sell horses to the fabulously rich all over the world.

It is nothing for an Coolmore horse to sell for millions. There are plenty of Irish trainers and jockeys to support that industry. Irish born Aiden O'Brien is the number one horse trainer in the world.

Why do they breed such amazing horses? Some people say that it is

in the water, which filters through all those layers of island limestone. Others swear by that deep green grass the horses graze on.

Whatever the reason, they breed beautiful animals. Horses contribute significantly to the Irish economy.

Mythical Beasts

One thing that I was warned about consistently when I went wandering was a Pooka. I laughed, of course, at this superstition. Then I had to find out what I was laughing about.

Pookas are shapeshifting, trouble-making imps. Assuming the form of a horse and leading people astray is one of their favorite pastimes.

Another dangerous horse spirit is the Kelpie. It can appear as a gray or white horse and lure a person to the water and drown them. You were warned.

So, the relationship with the horse, well, it's complicated. The sheer power and speed of horses

can be intimidating, leading to some of the spooky folktales. They symbolize a wildness and freedom, like you feel along the Wild Atlantic Way; the power of nature.

For all their power, they can be amazingly vulnerable. Maybe matching all that energy is where it's at. •

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. She facilitates an online Gaeilge study group. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music and travel. She likes spending time with family, friends, her dogs, cats and fish. Lisa can be contacted at olisao7@icloud.com

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Irish Effervescence

Inter amicos omnium rerm communitas is the Latin for “Among friends all things are common.” Emile Durkheim was a French sociologist who studied societies and social facts. He coined the French term conscience collective, or collective consciousness. Durkheimian theory contends societies are more than their collective parts and that communitas is an experience of zealous communal humanity that surpasses social structure.

Emile believed a community may gather from time to time and communicate a shared thought while participating in a collective action or event. This can result in increased intensity of individuals and the unification of the group, or community. This is called collective effervescence.

It is how we feel when we march down the Avenue on the feast of St. Patrick. It is also how one feels when you stroll through St. John Cemetery at 69th and Woodland.

There is something inspiring to see the rows of graves from the 1800s with Irish name after Irish name. St. John is next to the land that was the home of St. Edward’s Church and School.

Hibernian Windows Last month, this article noted the Hibernian window at Holy Name Church [John will insert the link]. That window was donated by the Ladies Ancient Order of Hibernians (LAOH).

I noted two-thirds of the known Hibernian windows were donated by the LAOH. Michael Finn is the historian for the State of Ohio Ancient Order of Hibernians (AOH), and we have a shared communitas. He shared that the two-thirds was incorrect. It was incorrect. 32 Hibernian windows were known to have been donated by the LAOH in 2008, as stated on the AOH website. This guy misread and misquoted that number. That number is now known to be 40 of the 346 Hibernian windows, as of February 2023.

That’s 338 in the United States, five in Canada and three in Ireland. Hibernian windows have been found in 35 states.

Ohio has 31 Hibernian windows. Massachusetts has 59, Pennsylvania has 42 and New York has 41. Cleveland had two windows.

One is at Holy Name. The other was at St. Edward’s and was donated by the AOH. It did not survive demolition.

We can thank JC Sullivan for rescuing the marble window sill that reads, “This window was



donated to St. Edward’s Church by the Ancient Order of Hibernians of the parish, A.D. 1887.”

We can also thank JC for a life well lived in service to his country and his community. He passed away peacefully in September.

Those who knew him were better because of his humor and kindness. He will be missed in the Cleveland Irish community, the AOH and by all those who felt the collective effervescence upon his passing.

JC knew St. Edward’s Church and St. John Cemetery. As Bill Homan says, “See ya in Church, if they clean the windows.”

It was that second Hibernian window that elucidates the Cleveland Irish communities on the Southside. St. Edward’s parish was very Irish.

The first cornerstone was laid in April of 1885 with over 10,000 spectators present. Bishop Gilmour dedicated the church on February 1, 1886.

Father Matthew Scanlon was the first pastor. He was already well known among the Ohio Irish.

Father Scanlon Father Scanlon moved to Cleveland in 1856 and completed his theological studies at St. Mary’s Seminary, which was on Lake Street at the time. He was ordained at the Cathedral and was assigned in 1859 to be the pastor of St. Vincent de Paul, the first Catholic parish in Akron.

In Akron, Father Scanlon built a new St. Vincent’s and the first cornerstone was laid on St. Patrick’s Day in 1864. The first Mass was celebrated after the Civil War in 1867.

He moved to St. Stephen’s Church in Niles. Father Scanlon

built the school there.

It is not clear when he joined the AOH, but he was named State Delegate in 1876. Today we call the State Delegate the State President.

As State Delegate he passed a resolution criticizing the Catholic press for its attacks on the AOH in connection with the Molly Maguires in Pennsylvania. In 1877, ten Molly Maguires were hung in Pennsylvania and ten more would be hanged before 1880. They were all Irish.

Historian Kevin Kenny’s Making Sense of the Molly Maguires discusses the intersections of labor, Irish immigration and resistance in Ireland and America. An Irish immigration that included the immigration of a collective consciousness.

Father Scanlon was transferred back to Cleveland in 1880. The Irish population on the southside of Cleveland necessitated the construction of a larger parish as new immigrants came to the city. It was Father Scanlon who oversaw the installation of the Hibernian window in 1887 at St. Edward’s Church.

12 years later Father Scanlon passed away. His funeral was at St. Edward’s in 1899, and it was attended by over 100 clergy. Rev. O’Callaghan was the celebrant and Rev. O’Conner preached the sermon. Father Scanlon is buried in St. John’s Cemetery, one of the many Irish who rest there, waiting to be re-discovered.

Southside Irish Chicago’s Southside Irish have a St. Patrick’s Day and Boston’s Parade is in Southie. There are few memories of the Irish on the

southside of Cleveland. St. Edward’s was demolished in 1976. St. Brigid’s on East 22nd was demolished in 1961. St. John’s cemetery has parishioners from both former parishes.

The Cleveland Irish still have Holy Name. The Hibernian Mass is there November 24th. It is a chance to see the remaining Hibernian window in the city.

It is also another opportunity to sit in the pews that were the pews to our brethren. Join your community in venerating our past and engage in our current collective Cleveland Irish effervescence.

I would like to thank fellow columnist Michael Finn for all of his years of historical research, for his contribution to this article and for his support. These are the histories that will be presented after each Hibernian Mass and discussed with a panel. We are excited to announce that panel participants will include: Margaret Lynch, Executive Director of the Irish American Archives Society; Marilyn Madigan, past National President

of the LAOH; and John O’Brien, Jr., publisher and editor of iIrish magazine. ●


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 and 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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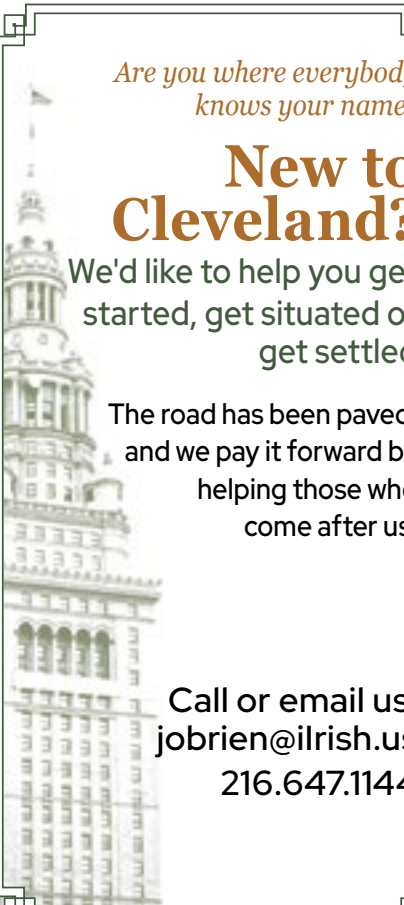
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iIRISH TRIVIA

BY TERENCE J. KENNEALLY

1. What was the first successful Celtic rock group?
2. What is the oldest form of Irish dance music?
3. What are Irish drums called, and what are they made of?
4. What are uilleann pipes?
5. Who is called “Ireland’s National Composer”?
6. Which city is referred to in “The Town I Love So Well”?
7. What was the name of “The Wild Colonel Boy”?
8. Who was the singer for the Dubliners who died in 1984?
9. What was Brendan Behan’s autobiography entitled?
10. Who wrote the Irish National Anthem, “A Soldiers Song”?

1. Horselips,
2. The jig.
3. Bodrans,
4. Bagpipes
5. Turloigh
6. Derry
7. Jack Duggan
8. Luke Kelly
9. Borstal Boy
10. Patrick Heaney
11. played by
12. musicians that
13. employ bellows
14. strapped to the
15. wrow
16. to generate air.





Midwest Gaelic Athletic Association

USGAA News

The County Junior team will again have trials starting this November in Chicago. In addition to the All-Ireland Junior Championship, the steering committee is laying plans for a match against the New York Junior team in the spring of 2025. New York fields a senior team that competes in Connaught and will be facing Galway on April 6, 2025, at NY's Gaelic Park.

To feed into the County team, divisional development boards are at work to further develop players and clubs. At the same time, the county youth board is also looking to develop a feeder program through the promotion of an all-county minor team.

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

The hurling and camogie teams headed down to Richmond, Virginia, for their Hurl-o-Ween



Richmond tournament Champions.

tournament on October 5th. The Cleveland gang had the opportunity to challenge other clubs from the Southeast Division. The men walked away with another cup. Comhghairdeas lads.

On Saturday, October 12th, Cleveland partook in the inaugural Shamrock Game festivities at John Carroll University. The club proudly tailgated, showing locals the skills and rules of both Gaelic football and hurling. At half-time of the JCU-Capital football game, the club exhibited both codes on the field for the crowd.

In the lead up to the JCU Irish game day, Cleveland GAA historians reached back to see exactly how many Blue Streak alumni donned a GAA sweater on the pitch. Astonishingly, over 26 players combining for six national championships can claim the dual status. The 1990s and early 2000s were most prominent, and the club looks to reignite the connection.

Youth Football & Hurling
Cleveland youth and the rest of

the Great Lakes contingent of clubs from Toronto, Mississauga, Akron, Detroit, and Chicago gathered in Canton, Michigan on September 21st, back where it all started for the Great Lakes circuit of Youth GAA tournaments! Three years ago, Detroit and the Midwest coordinated with Chicago and Toronto. Now, hosting for the third straight year, the Detroit tournament reached 165 players, 15 teams, and 41 games from ages U8 to U16 in Gaelic Football, Hurling, and Camogie. Numbers were high enough for a ladies-only match.

The clubs also honored two stalwarts of the games here in North America: Mr. John Treanor for his development of youth football in Detroit, and Mr. John O'Brien for his years of service to the North American and USGAA Boards, as well as local support for Gaelic games in Cleveland and the Midwest. Bios on the two as follows.

John Treanor was born 100 years ago in Emyvale, County Monaghan, Ireland on a Holy Day August

15, 1924. He was raised a devout Catholic, on a dairy farm, and one of eight children. He loved school (as well as playing Gaelic Football) and took pride that Master Smyth at Knockonan National School, Ballyoisin, Emyvale met him on Saturdays for extra schoolwork. In 1948, with two of his brothers, John boarded a US warship returning from Germany after WWII. They sailed to NYC and then boarded a train to Toronto. He had played Gaelic Football on the Toronto team and planned to do the same when he moved to Chicago, until he heard that Detroit was forming a new team.

John was excited about the opportunity to be a founding member of that team. He moved to Detroit for Gaelic Football alone - not for a job or to join up with others he knew.

John's second love has always been Gaelic Football, second only to his wife Kathleen, from County Mayo, whom he met on the dance floor of the Friendly Sons of St Patrick Hall in Detroit. They married in 1954. To this day, Kathleen and John are remembered as the first on the dance floor and the last off - their secret to longevity and 70 years married!

In 2010 they became the first married couple to become Grand Marshals of the Detroit St Patrick's Day Parade. They also shared the title of honorary chairpeople of the St Patrick's Senior Center Festival in 2009 for their generosity and love of the elderly.

They were known for financially and physically supporting every Irish organization in Detroit, all



John and John and the kids of the Great Lakes Tournament.

while raising a family of six sons and one daughter. John was also honored as Pallottine's Mission Man of the Year in 2003.

John was a member of the 1957 Pdraig Pearse team that won the Midwest States Championship. In 1992 John was honored at the North American Gaelic Athletic Association Convention in Philadelphia for almost 50 years of dedication to the GAA in native County Monaghan, Toronto, and Detroit Pdraig Pearse Club. In the 1960s, together with Tom Kennedy, John organized youth Gaelic Football in Detroit, later expanding to play teams from Cleveland, Pittsburgh, Chicago, and Boston.

John O'Brien was born in Kiltoom, County Roscommon, Ireland. As a young man playing county football, he won the 1951 Minor All-Ireland. Moving to Kiltimach for the 1952 and 1953 seasons, he returned to Roscommon in 1954 to play on the county panel.

In 1956, he arrived in Montreal, Canada, where he met his wife, Eileen. There he played both hurling and football and was

quickly elected president of the Montreal GAA. In 1959, he was a delegate at the first American Board Convention in Philadelphia, and the following year was elected as the national registrar.

John maintained the post in 1961 while also winning a North American County Board (NACB) hurling championship. While on the NACB board, he met Clevelander, Henry Cavanagh, who later convinced John to stop by while on his honeymoon.

Henry showed John the lay of the 'Land' from his CPD squad car. The invitation proved monumental for Cleveland, for in 1963, the O'Brien's settled in town.

This same year, John became secretary of the NACB. He also donned the red with green trim geansaí of St. Pat's, where they were the NACB senior football champions of 1964, 1965, 1966, and 1968 seasons.

Through the 1970s and 1980s as the O'Brien's raised their four children - Noreen, Catherine, Patricia, and John Jr. - John was active with the senior, junior, and minor teams in Cleveland, as well

as remaining highly active in the North American County Board. All in all, he served as national secretary in 1963, 1964, 1973 through 1977; national registrar in 1960, 1961, 1983, 1984; and honorary chairman in 1986. He was widely considered to be one of the most efficient secretaries the board has ever had.

In the early 1980s, John organized and served as director of one of the most successful Irish festivals in the mid-west area. His efforts carried the festival into recent years, where family have now shouldered the load.

In 1995, John was elected president of the West Side Irish American Club and remains an active board member to this day. He continues to be the heart of the Club, the Irish in Cleveland, and the GAA. There are few USGAA Conventions or Finals that he has not attended.

Go raibh míle maith agaibh!

Thanks y'all, to our readers and supporters. We need your help and involvement, but would most like to share the fun of Irish sport and Cleveland community with you.

Consider getting involved at any level.

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

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2024 activities for Men, Women, and Youth, or visit ClevelandGAA.com. Email 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. His Irish is a cross of dialects from the University of Cincinnati (suaimhneas síoraí d'anam Edgar Slotkin) and An Cheathrú Rua. .

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Ruairí Bannon

Mary and I lead very active lives, we both work full-time, and take care of our wolfhounds and little Doolin. I write for this publication and lead the Speak Irish Cleveland class, along with all the other things we manage to get involved in. Most days, dinner is an afterthought.

Thankfully for us, living in Strongsville, we have a variety of restaurants close by to choose from, where we can grab a quick, decent meal. We were delighted

when Hooley Pub & Kitchen opened up in Southpark Mall. The food is mostly pub style, but with an Irish twist, and for us, a mere three or four minutes away.

On one visit, I met floor manager Ruairí Bannon. He is a regular reader of iIrish, and we had an enjoyable conversation that day. We agreed to meet up later.

Originally from Monastervin, Co Kildare, also known as the Venice of Ireland, Ruairí has been living in the U.S. for about five years now. He and his family moved here to be closer to his wife's family after their child was born.

His wife is from Medina, but she had worked and lived in Dublin, where the two of them met. We thought it might be fun to compare life here to that of life in Ireland.

Was the move to America difficult for you?

Not at all. I moved to Dublin when I was eighteen or so. I worked in the pubs there for about six years and then managed



Ruairí Bannon

a pub in Galway for awhile and then moved back to Dublin and managed a pub there.

We have four weeks vacation a year in Ireland and I was able to travel quite a bit, I've probably visited more of America than most Americans. I was also able to visit Australia once.

What do you find to be the biggest difference between Ireland and here?

The food! I miss the food. Americans think the food in Ireland isn't that great. I mean here everything is cheese, cheese and more cheese. Give me real sausages and black pudding and I'm a happy man!

Bars are different here too. Over there you're in a pub that's been there since the 1700s. I like old dark paneled bars. Maybe it's because we're here in Strongsville, but back home the bars are busy till close. Here things wind down earlier.

You drive on the wrong side of the road! And your stop signs drive me bananas! To me roundabouts make so much more sense, but here when you do have one, you're still on the wrong side of the road!

But, I have travelled here a lot so I might be getting used to it. Now when I go back I have to be careful I don't drive on the wrong side!

I guess the other thing I miss is the vacation time. Back there, I had six weeks a year, compared to

a week or two here. I used to take a month off, usually in January when the bars are slower and travel, mostly in America.

But, I like the fact that when you work hard here, you get ahead. That makes up for the vacation time. The cost of living is higher in Ireland. You spend a lot more on basics than you do here.

It's hard to make a good wage and get ahead. You don't have as much to spend.

Speaking about disposable income, are the customers better here or there?

Here! It might be because I'm Irish and people can identify my accent, but more people talk to me here. They're a lot friendlier here, much more polite.

You think so?

Absolutely, in Ireland there are a lot more arguments in the pub, a lot more! In Dublin, on O'Connell Street, there are a lot of fast food joints.

At two or three o'clock in the morning there will be all kinds of fights! In the pubs we were breaking up fights all the time. People here, for the most part are out to enjoy themselves.

Although, the worst that happens in a fight in Ireland is you might get a punch in the face. Here the fellow might go out to his car and come back with a gun.

I think here, the pubs center around food. In Ireland there is no food, maybe a bag of crisps, but the pubs are for drinking.

How did you get involved with Hooley Pub & Kitchen?

I applied when I first came here five years ago and then I tried again on-line and they brought me on about a year and a half ago. I only applied for barman, but after I met Richie, he said I'd be grand as a manager. I only found out about this location when I was here doing a bit of shopping.

Is it easier to be a manager here or in Dublin?

I've been a bar manager since I was nineteen, working with people is the same everywhere. I do have to watch my language here, back home you can say pretty much anything and no one takes offense because we're all the same in the pub business. Here

it's a little different.

Once the staff gets to know me, like some of the people I've worked with since I started, they know that's just me. I'm more like "Don't ***** do that!" than "Please don't do that."

And don't even think about using the "C" word! I still do it but then I have to go and say "I didn't mean it like that." So I tippy-toe around the new people.

How long has Hooley Pub & Kitchen been at Southpark?

A year and a half now, they had five locations, but closed two of them due to location. We have a great deal of business because of the mall, people shopping will stop and give us a try and they make us the reason to come back.

I think they're looking for future locations better suited to open other places.

It's funny, before I started here I only knew one other Irish lad, James over at P.J.'s, I love their Irish breakfast, now I'm meeting many others from Ireland that live here.

I have to ask about the Irish Language, do you remember much of it?

Sadly no. When I moved to Dublin, what little I had, I forgot. In Galway I picked a lot of it back up, but then the move back to Dublin and then here, I've forgotten most of it. It is a bit of a shame, especially as I get older and realise how much the language is part of our identity as a people.

If I was able to write all of the laughter and side comments that were made during our chat, this column would easily be five or six times as long. Ruairí is an interesting man with an abundance of charm and good natured humor.

He makes his customers feel like friends and takes the time to treat them as such. •

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Examining the Battle of Vinegar Hill through the Lense of a Wargame

By Stephen L. Kling, Jr., Esq.

As many Irish are keenly aware, the Battle of Vinegar Hill was a climactic battle in the Irish Rebellion of 1798. The rebellion as well as the battle are part of the fabric of Irish history and the treatment of the participants in the battle and of civilians continues to evoke strong feelings to this day.

The battle was the largest of the rebellion. The Irish massed their troops and made a camp on Vinegar Hill across the Slaney River from Enniscorthy. Some accounts say there were 20,000 people on the hill but that may have included many women and children who had lost their homes or were following their men.

Gerard Lake was the British general in charge of suppressing the rebellion on the south. He devised a plan of five converging columns to attack and surround Vinegar Hill and Enniscorthy to crush the rebellion once and for all.

One column under General John Moore, later of Peninsular War fame, was delayed by an attack of Irish rebels under Father Philip Roche. A second column under General Francis Needham, hamstrung with supply wagons and carriages, failed to arrive on time. A third column attacked Enniscorthy and two more assaulted Vinegar Hill.

The fighting at Enniscorthy was fierce. The Irish were led by William Barker, an accomplished soldier who had fought with the French. The main bridge of Enniscorthy across the Slaney River was renamed in his honor.

The fighting at Vinegar Hill was also hotly contested and many women joined in the defense, but eventually, the British forced the Irish off the hill with their superior artillery and replaced the Irish flag with a British one on the top of a windmill on Vinegar Hill. As Needham's forces failed to arrive, a gap in the line toward Wexford allowed the Irish to escape to the mountains and carry on the war.

New Light on Battle of Vinegar Hill



Recent scholarly research has shed new light on the battle and focused some new interest in its underlying history. *Vinegar Hill: The Last Stand of the Wexford Rebels of 1798*, which was edited by Ronan O'Flaherty and Jacqui Hynes and published by Four Courts Press in 2021, includes research by a multidisciplinary team of archaeologists, historians, folklorists, architectural historians, and military specialists.

The book provides fascinating new insights into what happened at Vinegar Hill on that fateful day in June 1798. As part of a popular effort, the National 1798 Rebellion Centre in Enniscorthy, Wexford County was saved from local development and reopened in 2022 with all new exhibits about the history of the battle and the rebellion in general. An annual reenactment, "the Longest Day Commemoration" is also organized in Enniscorthy.

In 2014, I formed The Historical Game Company, LLC, as a part-time operation to publish low-complexity games based on historical battles. The games are intended to utilize a small format and attempt to interest players in the underlying history. They include an 11" x 17" map, between 48 and 64 counters (generally military

units that participated in the battle), 20 historically relevant event cards that drive game play, and a 4-page rulebook.

The map has a hex grid imposed upon it to the movement of the units during game play. Each copy of the rules contains the following statements: "No political agenda or condemnation or glorification of any historical situation upon which this game is based is intended. This is a historical game to explore and learn about tactics, problem solving and history- period. The hope is that game players will want to know more about this interesting history which is why a further reading section is added."

In the early fall of 2024, I set my sights on the Battle of Vinegar Hill. The battle had always been one I was interested in adapting into a game because I had an ancestor who emigrated from Limerick, Ireland in the early 1800s. My goals for the game were to do justice to the history, in a non-biased way, to allow players to learn more about the battle and to enable players to explore some "what ifs" and alternative strategies to see if they can change history in a game setting.

I am the author of several military

history books on 18th century wars and the co-curator and designer of The American Revolutionary War in the West Museum exhibit, which opened in 2021, so I am aware of the importance of in-depth research. While research for a game design cannot match the thoroughness required for a scholarly book, reading the primary sources first was a must to get a feel for the battle and the viewpoint of participants, particularly with an eye toward the selection of game cards. I also read the *Vinegar Hill* book, which provided further and new ways to consider the battle.

Historical Accuracy

While historical accuracy is an important element in game design, it can be a challenge to fit it facilitate [can break here and put the rest on the website, if needed] in the constraints of the system (as such limits are imposed by my publisher) while making it a challenging game and not a rote simulation. Developing each game generally starts with the map, which requires not only a study of source material but also a search for period maps.

The geography usually must be adjusted slightly to fit on hexagonal map and to provide for game flow. Important features such as Duffry Gate, Enniscorthy Castle, the Vinegar Hill windmill, Beale's Barn, the Slaney River, the all-important Enniscorthy Bridge (now the William Barker Bridge) and Vinegar Hill, which dominates the map, all need to be depicted for a historical feel.

The unit counters must reflect the historical forces that took part in the battle, which requires looking for orders of battle, or if those are unavailable, reading the reports of the military leaders involved. While I was unable to find any detailed order of battle for Vinegar Hill, I used the correspondence of British Generals Lake and Moore, the Musgrave and Maxwell histories, and the *Vinegar Hill* book to develop the unit counter mix.

While an exact listing of the regiments and battalions is elusive,

the general number of troops involved is discussed in several sources with some small discrepancies. The final game includes counters representing the few United Irish musket armed men, a plethora of pikemen, a couple women irregulars - who according to author Sir Jonah Barrington, "fought with fury" at the battle, and a few artillery units including a cannon mounted on a cart which was used by William Barker at Enniscorthy. For the British (referred to as Crown forces in the game), artillery, light battalions, dragoons, militia, fencibles and yeoman units round out the British side.

Game card development came next, with some of the usual move and attack limitations included in the cards, which I generally chose after reading the histories and based on my game design experience. Card names and special events listed in each card are based specifically on the history, which can aid or in some cases limit a player's options on a particular turn.

The cards need to evoke the history of the battle and incorporate significant real-life factors. For the Battle of Vinegar Hill, the cards feature Irish pikemen charges, experienced British generals, women who participated in the fighting, and the possibility of forces under British General Needham or Father Philip Roche showing up as expected - to name a few. Each player only has one card drawn blindly each turn, so the twenty game cards are an important part of the game and allow for varied outcomes of game flow and results depending on how players take advantage of card opportunities and deal with card restrictions.

Once preliminary designs for the map, counters and cards are developed, the next step is to have a playtest copy printed to see how the game works and what adjustments or special rules might be needed. All my games share the same basic rules, but there are always special rules tied to the specific battle the game is based on.

The victory conditions (how a player wins a game) usually need to be fixed after some playtesting, to make sure the gameplay remains in line with the historic objectives. Generally, victory conditions coincide with occupying or controlling certain key locations on the map. For example, in this

case, one would be the Vinegar Hill windmill hex which was the center of the United Irish camp. Of course, dice are part of the game mechanics, which further add a certain amount of unpredictability to each game.

Something new I tried with this game was to create a separate Facebook page, where interested people could follow along in the game design, development, playtest process, and historical considerations, and contribute comments or ask questions. The page can be found at this link: <https://www.facebook.com/profile.php?id=61564653026253>.

Much like games and ongoing historical research in the United States on key battles such as Yorktown and Gettysburg, the Battle of Vinegar Hill should be similarly well known and not forgotten.

Playtesting of the game should be complete in the next few months with a publication expected either the end of 2024 or early 2025.

Further Reading:

Ronan O'Flaherty and Jacqui Hynes, eds., *Vinegar Hill: The Last Stand of the Wexford Rebels of 1798* (Four Courts Press, Dublin, Ire.: 2021).

Dáire Keogh and Nicholas Furlong, *The Women of 1798* (Four Courts Press, Dublin, Ire.: 1998).
Riccardo Masini, *Historical Simulation and Wargames: The Hexagon and the Sword* (CRC Press, Boca Raton, FL: 2024).

Sir Richard Musgrave, *Memoirs of the Irish Rebellion of 1798*, 3rd ed. (Round Tower Books, Fort Wayne, Ind.: 1995)

Stephen L. Kling, Jr. is a practicing attorney and historian who has authored five military history books, mostly covering the American Revolutionary War in the western theater. He was the primary consultant for the award-winning House of Thunder documentary based on one of his books, and the designer and co-curator of the American Revolutionary War in the West Museum Exhibit.

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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 battalions' 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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TERRY FROM DERRY

TERRY BOYLE

Sympathy for the Devil

For those who know me, it's no surprise that I'm vehemently opposed to the Orange Man because he's a complete imposter, and worst of all, a father of lies. Someone once suggested that if I really wanted to change his supporters, I should get to know them.

I think this suggestion arose from my statement that they were all just morons. I may have added a suitable expletive to reinforce my point. I suppose I could go back in time and have a discussion with Hitler's boot boys. I'm sure they were disillusioned, disempowered chaps spellbound by a racist capable of one of the world's greatest atrocities.

No doubt, if I'd spoken with them I would've found out why they felt the need to elect a mass murderer. Asking me to understand the rationale behind such people is like asking the wife of a domestic abuser to sympathize with her oppressor.

The absurdity of such stupid argument only makes me want to underline my expletive moron comment. There is no room for understanding why someone wants to elect a buffoon who lies, cheats and creates division.

I may as well sit down with the Devil and ask him why the heavenly realms were not enough. Did God annoy you so much with his talk about righteousness and honour that you had to make a stand?

Was the idea of not killing, not lying, and not cheating too much to ask of an angel like yourself? I need to know why you choose to give the finger to the Almighty and risk being ejected from the place we all want to end up. I need to cultivate

sympathy for you Devil.

I wonder what his response would be. I'm sure he's thinking, oh, boy, we have a sucker here. He's ready to hear our best tall tales.

I should tell him that Kamala Harris is retarded. She's defective. God knows, tongue in horny cheek here, that we're better off without a woman to lead us.

After all, she's the one that got us into this mess to begin with. She listened to lies (let's not tell him where those lies came from), and it was her doing that got us kicked out of the garden. She demanded to make her own choices, and that was our undoing.

Women are not to be trusted to make such decisions. They had their chance to remain in paradise and they screwed it up. Since then, we men have had to put them in their place.

I suppose that's right, according to the story, but wasn't the story written not so much about a woman tricking a man but the punishment for wanting to know more? Maybe the writer of the story simply wanted to blame all of his problems on a woman.

After all, the story is merely a myth. It's a parable, not a real story. There was no Adam and Eve to begin with. When there are two genders, one wants to lord it over the other.

The man got to the podium first and spun a yarn that other men loved. Unfortunately, there were women who bought the lie too.

There is no consideration to the fact that Satan might have been male, after all he appears in the story as a snake, a great symbol for a man's penis. Angels might be portrayed as asexual but in this story it's a male voice she listens to.

The Devil tells a good yarn. He deflects his own flaws by creating another situation in order to demonize a woman. He's tired of living the good life, and wants to walk on the wild side, but he doesn't want to be alone.

After persuading a third of heaven, he commanders humans to oppose Godly oppression. I'm beginning to see the appeal. Why bother listening to facts when they get in the way of our prejudices? I mean, who cares about fact checking?

Isn't it better to accept the word of a blithering idiot who speaks more truth out his rear end than his mouth?



He is, after all, the smartest man in the world.

I think he may, in fact, be co-creator of the world. It would be terrible if we would ever doubt him.

It's such a temptation to google him and find out what the real story is, but let's not do that. We might find out his snake is doing the talking when it comes to women.

As hard as I try, I cannot find it in me to understand why his followers continue to believe his lies. Please convince me that they are not expletive morons. Please help me to see any shred of human compassion or dignity in such a devious person.

I suppose he loves his family, but then Hitler loved those closest to him. And the Orange Man's family are hardly embodiment of righteousness; there's a lot of snake-like characteristics in their dealings.

Oh, that's right, we don't really prosecute wealthy people. It's written into the constitution that we don't imprison people who will tie up the courts with endless appeals because they have the money to do it. We're better off slapping them on the wrists

and letting them off.

And it doesn't help that they have paid a lot of money to get the highest court in their back pocket. If we prosecute them, they will simply undo the conviction with their magic gavel. Is that another symbol of a male penis?

It seems that we can't get away from the male need to strike down any argument that gets in the way of establishing a good lie. Will I ever be able to relate to the Orange Man's followers?

I doubt it, since it requires the inability to deal with the truth. There is no sympathy for those who choose to blinker themselves to reality. •

Terry is a former professor of literature. Since his retirement from Loyola University, Chicago, Terry has written two books of poetry. He and his husband, Larry, live in the Coachella Valley, California.

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COOKING UP A HOOLEY

KATIE GAGNE

The Perfect Cupcake

"It only takes one time to get hooked." That is what my customers who love this cupcake tell me. Ironically enough, I am more of a savory person than a sweet one;

5 YEARS

WRITING FOR **ilrish**

a cupcake like this satisfies both cravings. I started making Maple Bacon Bourbon Cupcakes as a request for a 50th birthday party for a friend's husband. Soon after, they became a hit at all types of parties, from brunches to engagement parties, and graduations. These are not technically Irish in nature, but they are delicious, and easy to make.

Maple Bacon Bourbon Cupcakes
Makes approximately 18 regular-size or 36 mini cupcakes.

Ingredients

- 1 Box of White Cake Mix (you can use a scratch-made vanilla batter recipe if you have one).
- 1 lb. Bacon cooked and crumbled
- 1 cup Maple Syrup divided

- 2 tablespoons Coarse Salt
- 4 Tablespoons Raw or Turbinado Sugar
- ¾ cup Bourbon of your choice
- 4 cups Prepared Vanilla Frosting or use the homemade recipe below

Frosting

- 4 sticks softened Unsalted Butter
- 1 2-pound bag of Powdered (confectioners) Sugar
- 1 teaspoon Salt
- 2 teaspoons Pure Vanilla or Vanilla Extract
- 1/3 cup Heavy Cream

Instructions

Prepare the cake batter and line the cupcake pans with liners. Stir approximately half of the crumbled bacon into the batter and about ¼ cup of the Maple Syrup and ¼ cup Bourbon.

Fill the cupcakes ¾ full and bake as directed or at 350* until lightly golden brown.

Set cupcakes aside to cool completely.

To make the frosting, in a large bowl, beat the butter until creamy using a stand mixer or using a hand mixer.

Add in the Vanilla and Salt and mix until combined.

Add in the Powdered Sugar a little at a time, alternating with the Heavy Cream and mix until light and fluffy. You can add a splash of Bourbon and Syrup into the frosting.

Frost the cupcakes.

Mix the remaining Syrup and Bourbon together.

Top each cupcake with crumbled bacon.



Drizzle with Bourbon Syrup. Sprinkle with Raw or Turbinado Sugar and a pinch of Coarse Salt. Enjoy!!

These cupcakes are easily made without the bourbon. •

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, mkbbluebows@aol.com, or on Facebook at @sassyssweetsandmore.

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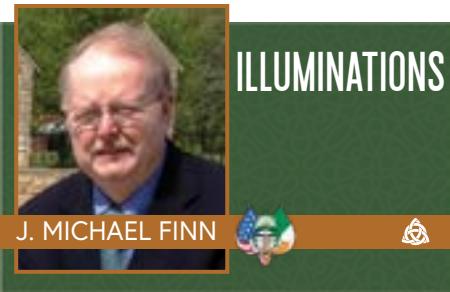
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ILLUMINATIONS

J. MICHAEL FINN

General Richard James Mulcahy – The Right Hand Man

Richard James Mulcahy, Irish revolutionary and politician, was born in Manor Street, Waterford, on May 10, 1886. His parents were Patrick Mulcahy, a post office clerk, and Elizabeth Slattery. Richard was educated at Mount Sion Christian Brothers School in

17 YEARS
WRITING FOR
ilrish



General Richard Mulcahy

Waterford and later attended school in Thurles, County Tipperary, where his father was transferred in 1898 as postmaster.

Although his five sisters, four of whom became nuns, graduated from the Royal University of Ireland, the family's financial difficulties forced Richard to turn down a scholarship to Rockwell College in Tipperary.

He left school at sixteen to join the post office, working at Thurles. He was later transferred to Tralee, Co. Kerry; to Bantry, Co. Cork where he spent time in Ballingearry, in the heart of the west Cork Gaeltacht; and then to Wexford.

Mulcahy had already joined the Gaelic League in Thurles, where he also discovered the *United Irishman*, the newspaper founded by Arthur Griffith. As with so many Irish nationalists, Griffith was his guru for, as Mulcahy later wrote, "It was Griffith who most fully painted in his weekly writings for us the traditions and the resources of Ireland, portrayed its mission and gave us for practical purposes our dream, our sense of work."

Mulcahy was convinced that self-education was his path to advancement; he won promotion to the engineering branch of the post office by private study, and he was already a fluent Irish-speaker when he was transferred to Dublin in 1907. On arrival in Dublin, Mulcahy joined the Keating Branch of the Gaelic League.

He passed the matriculation examination before enrolling for a diploma in engineering, which he took through night classes at several technical colleges, but in 1911, the post office refused him a three-year leave of absence to take up a scholarship at the College of Science. This setback further thwarted his educational advancement.

Nationalism

Mulcahy's education with nationalism progressed through his membership of the Keating branch of the Gaelic League, where he met many other future leaders of the revolution, including Cathal Brugha, Tomas Ashe and Michael Collins. Mulcahy also joined the Irish Republican Brotherhood (IRB) in 1907.

As an IRB member, Mulcahy was instructed to join the Irish Volunteers at their inaugural meeting at Dublin's Rotunda Hall on November 25, 1913. At the meeting, he was appointed second lieutenant in the 3rd Battalion of the Dublin Brigade.

He trained regularly on weekends and at summer camps. Mulcahy was promoted to first

lieutenant shortly before the 1916 Easter Rising.

The Easter Rising

Upon the outbreak of the Easter Rising, Mulcahy's unit cut the communication lines to Belfast and Britain in north Co. Dublin on April 24, 1916. Mulcahy became isolated from his battalion and instead joined the Volunteers 5th (Fingal) Battalion led by Thomas Ashe, who made him his second-in-command in successful raids for arms and ammunition on the RIC barracks at Swords and Donabate.

A raid on the Ashbourne barracks on April 28, 1916, ended in the RIC's surrender after ten of their number were killed. It was one of the few military victories of Easter Week. Ashe's force was the last to surrender, and he and Mulcahy were among the few Volunteer officers to emerge from the Rising with enhanced military reputations.

Following the surrender, Mulcahy was interned in Knutsford Prison in Cheshire from May 3 until June 17, and then was transferred to Frongoch internment camp in north Wales (Frongoch was known among the prisoners as "Sinn Féin's University"). He was released on December 3, 1917, with the last batch of untried political prisoners.

On his release, Mulcahy immediately rejoined the republican movement and became commandant of the Dublin Brigade of the Irish Volunteers. He was elected to the First Dáil in the 1918 general election for Clontarf. He was then named Minister for Defense in the new provisional government and later Assistant Minister for Defense.

In March 1918, Mulcahy became IRA Chief of Staff, a position he held until January 1922. Mulcahy managed to evade capture in the "German plot" arrests. This further enhanced his personal stature.

Unlike many of his contemporaries, he was never jailed again, notwithstanding the government putting a price of £10,000 on his head. He and Michael Collins were largely responsible for directing the military campaign against the British during the Irish War of Independence. Mulcahy became known as Collins' "right hand



Michael Collins (L) Richard Mulcahy (R)

man." Collins's death, on 22 August, 1922, pitched Mulcahy, who succeeded him as the national army commander-in-chief, into the limelight when he filled the leadership vacuum with a morale-raising funeral oration against reprisals.

During this period of political upheaval in 1919, Mulcahy married Mary Josephine (Min) Ryan. Min, was a member of the Cumann na mBan Executive, and was involved in nationalist activity at the time of the Rising. The Mulcahys had six children.

Mulcahy supported the Anglo-Irish Treaty of December 1921. Archive film shows that Mulcahy, as Minister of Defense, was the Irish officer who raised the Irish tricolor at the first hand-over of a British

barracks to the National Army in January 1922.

Following the end of the Civil War, Mulcahy continued to be active in Irish politics. He was elected to the Dáil from 1918 to 1938, and from 1943 to 1961, and to the Seanad from March 1938 to June 1938. He served as leader of the Fine Gael Party from 1944 until 1959.

He was appointed as Minister for Defense from January to April 1919 and from 1922 to 1924; Minister for Education 1948 to 1951 and from 1954 until 1957; Minister for the Gaeltacht (Irish speaking areas) from June 1959 until October 1956; and from 1927 to 1932 he served as Minister for Local Government and Public Health. He also served in the cabinets of W. T. Cosgrave and John

A. Costello.

Mulcahy resigned as leader of Fine Gael in October 1959 and retired from active politics at the next general election, in October 1961. He spent most of the following decade collating the voluminous collection of papers he had amassed throughout his career and in compiling tape recordings to complement them. These historic records and recordings are currently in the archives of University College Dublin.

General Richard Mulcahy died of cancer in Dublin on December 16, 1971, at the age of 85. He is buried in Ballymoreen Cemetery, Thurles, Co. Tipperary.●

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

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MEGAN LARDIE

In a World Where You Can Be Anything, Be Kind!

International Kindness Day is a special day celebrated around the world to remind everyone about the importance of being kind. It happens every year on November 13th.

World Kindness Day was introduced by the World Kindness Movement, a kindness organization, in 1998. It was established to encourage individuals and communities to make kindness and goodwill a fundamental value.

On this day, people are encouraged to do nice things

for others, like helping a friend, sharing a toy, or saying something nice. Being kind makes everyone feel happy and helps to create a better world.

On International Kindness Day, schools, communities, and families come together to celebrate. In schools, teachers might plan activities where students can write kind notes to each other or make cards for people who need cheering up.

Some people might volunteer at shelters or donate food and clothes to those in need. These

activities show that even small acts of kindness can make a big difference in someone's life.

Celebrating International Kindness Day is important because it teaches us to be thoughtful and caring. When we are kind to others, we make new friends and build stronger communities.

Kindness is like a ripple in a pond; one small act can spread and inspire others to be kind too. So, on November 13th, let's all remember to be kind and make the world a happier place!

What Can You Do?

Volunteer: spend some time volunteering at a local shelter, food bank, or community center.

Random Acts of Kindness: do some random acts of kindness, such as picking up litter or helping someone in need.

Kindness Rocks: Paint rocks with kind messages and leave them for others to find.

These activities will not only make others feel good, but will also create a more positive and connected community. Do you have some other fun ways to be kind?

LITERATURE CORNER



Kindness is My Superpower: A children's Book About Empathy, Kindness and Compassion

By Alicia Ortego
This charming story has peaceful rhymes and beautiful illustrations that explain to children that it is okay to make mistakes and then say I'm sorry. This book teaches good manners and positive behavior at home, school, and out in public.

It also shows examples of how to have more understanding for others, accept diversity, thrive in a multicultural and inclusive environment, and how to show more empathy. Children will learn what it is like to be kind, sensitive, caring and generous. For ages 3-6, 38 pages.

Out of My Mind

By Sharon Draper
Melody is 11 years old and is not like most people. She has cerebral palsy. She can't walk. She can't talk. She can't write. But she has a photographic memory. She can remember every detail of everything she has ever experienced. She is so smart, but no one knows it.

Her teachers, doctors, and classmates dismiss her as mentally challenged because she cannot tell them otherwise. She refuses to be defined by her disability, and she is determined to let everyone know. For ages 9 & up, 320 pages.



gab in gaelic

Say little but say it well = Beagan agus a ra go maith (pron: :byug/onn ogg/iss a raw guh mot)

kids in the kitchen Margharita Muffins

Try these fun little pizzas on a busy weeknight!

- Ingredients:**
- 4 English muffins, split
 - 2 c. tomato sauce
 - 8 oz. Mozzarella cheese
 - 1 pt. cherry tomatoes, halved
 - Fresh basil leaves, torn, for serving
 - Flaky sea salt
 - Pepper

- Directions:**
- Toast English muffins, then spread with tomato sauce.
 - Place on broiler-safe baking sheet and top with mozzarella cheese and cherry tomatoes.
 - Broil on high until cheese has melted, 1 to 3 minutes.
 - Top with basil and a pinch of salt and pepper on each.



Lardie's Laughs

Q. Why did the turkey cross the road?
A. To prove he wasn't chicken!

Q. Why did they let the Turkey join the Thanksgiving band?
A. Because he had the drumsticks!

HEALTH MATTERS

Beat Prediabetes: Essential Tips and Early Warning Signs You Can't Ignore

By **Dr. Anant Jeet**

According to the Centers for Disease Control & Prevention (CDC), more than one in three U.S. adults have prediabetes, a serious health condition affecting 96 million people. Alarmingly, many are unaware of their condition.



The silver lining is that prediabetes can often be reversed. It is crucial for adults to understand prediabetes, identify its risk factors, adopt preventive measures, and recognize early signs of diabetes to maintain a healthy lifestyle.

Understanding Prediabetes

Prediabetes is a condition where blood sugar levels are higher than normal but not high enough to be classified as diabetes. It is a critical warning sign indicating that a person is at increased risk of developing type 2 diabetes, heart disease, and stroke if no preventive measures are taken. Since prediabetes typically has no obvious symptoms, about 80% of those with the condition are unaware, making it easy for people to remain undiagnosed for years.

Risk Factors for Prediabetes

While many people are unaware of their prediabetes, you can learn the risk factors. The main ones include being overweight and physically inactive, both of which are linked to insulin resistance. Other risk factors include:

- Being over the age of 45
- Having a family history of prediabetes or diabetes
- Hypertension (high blood pressure)

- Smoking
- Sleep apnea
- Gestational diabetes (diabetes during pregnancy)
- Polycystic ovarian syndrome (PCOS)

If you have any of these risk factors, it is crucial to have regular check-ups with your doctor to screen for prediabetes. Early detection can significantly reduce the risk of progression to type 2 diabetes and other serious conditions.

Preventing Prediabetes

If you are diagnosed with prediabetes, know that the condition can often be reversed with lifestyle changes. Healthy eating, physical activity, and weight loss are the primary methods for managing and preventing prediabetes.

Healthy Eating: A balanced diet is essential. Focus on lean proteins, healthy carbohydrates, and foods rich in fruits, vegetables, and nuts. Reducing the intake of sugary and processed foods can help maintain stable blood sugar levels.

Physical Activity: Regular exercise is crucial for preventing and managing prediabetes. Strive for 150 minutes of moderate-intensity exercise per week. This can include activities like brisk walking, swimming, or cycling.

Weight Loss: If you are overweight, losing even a small amount of weight can significantly improve insulin sensitivity and lower blood sugar levels. Aim for gradual weight loss through a combination of diet and exercise.

In some cases, medications may be prescribed to help reduce the risk of developing diabetes. However, lifestyle changes remain the cornerstone of prevention.

Recognizing the Signs of Undiagnosed Diabetes

While prediabetes often has no symptoms, undiagnosed diabetes can manifest through several signs. If you experience any of the following symptoms, it is essential to consult a healthcare professional:

- Increased thirst and frequent urination
- Unexplained weight loss
- Extreme fatigue
- Blurred vision
- Slow-healing sores or frequent infections
- Tingling or numbness in hands or feet

Early detection and management of diabetes can prevent serious complications and improve quality of life. Regular screenings and being aware of the risk factors and symptoms can help catch diabetes early.

Prediabetes is a prevalent but often overlooked condition that can lead to severe health issues if left unmanaged. Understanding the risk factors, making lifestyle changes, and recognizing the signs of undiagnosed diabetes are critical steps in preventing the progression to type 2 diabetes. Regular check-ups and a proactive approach to health can make a significant difference in managing blood sugar levels and maintaining overall well-being. •

Anant Jeet, MD, is an endocrinologist who treats patients at Mercy Health - Lorain Endocrinology, Mercy Health - Lorain Endocrinology and Mercy Health - Lorain Endocrinology. He is board-certified by the American Board of Internal Medicine (Internal Medicine, Endocrinology, Diabetes & Metabolism).

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On this day in Irish history NOVEMBER

BY TERRENCE J. KENNEALLY

1 November 1884 – The Gaelic Athletic Association was founded when seven men met in Hayes's Hotel in Thurles, County Tipperary. Its purpose was the preservation and culmination of Ireland's national pastimes.

2 November 1847 – Major Dennis Mahon, a landlord with a 6,000-acre estate in Strokestown, Co. Roscommon, was ambushed and shot dead. His killing occurred in the worst year of The Famine, when 6,000 families were ejected from their homes.

7 November 1990 – Mary Robinson was elected the tenth Irish president, making her the first female President of Ireland.

10 November 1798 – Theobald Wolfe Tone gave his noted speech from the dock following his capture for his participation in the United Irishman rebellion of that year. In his speech, Tone admitted to having planned to establish an Irish Republic, separate from Great Britain.

13 November 1983 – Gerry Adams was elected President of Sinn Fin, a position he held for almost 35 years, until succeeded by Mary Lou McDonald in February 2018.

14 November 1923 – The Nobel Prize for literature was awarded to W.B. Yeats.

22 November 1963 – John Fitzgerald Kennedy, 35th President of the United States, was assassinated in Dallas, Texas.

24 November 1995 – Irish voters approved by referendum an amendment to the constitution that lifted the ban on divorce.

26 November 1998 – Tony Blair became the first British Prime Minister to address a joint session of Dail Eireann and Seanad Eireann.

28 November 1920 – The Kilmichael Ambush took place, led by Tom Barry, commander of the 3rd West Cork Brigade flying columns of the IRA. Barry was a former British soldier who had served in the First World War. The ambush took place in Macroom, Co. Cork. 16 Auxiliaries were shot dead.





Irish Dance Talent with Local Ohio Roots

In early October, Irish dancers competed from around the world at the All-Scotland Championships. Two American champions with local Ohio family ties were among the top winners!

The best part is these two dancers are the best of friends and live in two different states. Incredible talent and Irish cultural pride is alive and well in our young people!

Generations of Irish Dancers Maggie Murphy, whose mother grew up in the Westpark neighborhood of Cleveland, Ohio, placed 9th at the 2024 All Scotland Championships! Maggie dances for the Doherty Petri School of Irish dance. Maggie travels back to Cleveland often to visit her grandparents, aunt, cousin, and friends.

Maggie has been dancing since

the age of four in New York. She is a third-generation Irish dancer following in the footsteps of her Nana, Mary Beth Murphy (née Fahey), who danced for Tessie Burke in the early 1960s and continued with Betty Scott.

Her mother, Annie Murphy Leneghan, also danced for Betty and Peggy Cannon under the Cannon-Kish School of Irish dance. She has traveled to many international competitions, including three World Championships, and placing ninth at the 2024 All-Scotland Championships, her best overseas finish to date.

Maggie won sixth place in the heavy shoe round! She an all-



around great kid and athlete. She continues to push herself and work very hard to achieve great results.

“My Nana is my biggest fan and traveled to my first World Championship in Belfast in 2022. One of my favorite parts of dance is all of the memories, travel and friendships I have made along the way. I have so many friends in the Cleveland area and its pretty amazing that many of their parents and grandparents used to dance with my Mom and Nana. Our families are all still connected through dance and our Irish heritage. I am grateful for all for these experiences that dance has brought to me.” - Maggie M.

Garet Zagorski is the son of champion Irish dancer, Kristin Butke Zagorski, who grew up in the Akron, Ohio area. Kristin danced for the O’Hare School in Akron, Ohio and is now her son Garet’s teacher at her very own dance studio, Kristin Butke Irish Dance in Virginia.

Another interesting fact is that Garet’s Uncle, Jimmy Butkey, is a well-known Feis musician. The Butke family has both Irish dancing and Irish musical talent, and Garet has embraced both. He plays the cello, tin whistle, and piano.

Garet travels the world to compete in both traditional Irish music and Irish dancing. He holds international titles in both, and he is a joy to watch. Garet has



traveled overseas for Irish dancing completions since he was a wee one, around five years old. He holds several international and local titles, including North America Champion, All-Scotland Champion, and 2022 World Champion!

In early October, Garet recently won first place at the 2024 All-Scotland Championships in the U14 Boys competition! Garet loves the sport of Irish dance and claims that the friendships are the best part of the journey!

“Irish dance has always been a part of my life. My mom has been dancing since she was a child and now she is my teacher. Irish dance has given me so many opportunities and fun adventures. My favorite thing about Irish dance is the friends I’ve made. Dance friends are the best friends.” - Garet Z.

Both locally rooted superstars train very hard and diligently year-round. They wake up in the wee hours of the morning to train and put in several hours of training each week in their respective studios to perfect their skills. They are both tremendous athletes, academic students, and are well rounded with other extracurriculars.

We wish these two and all Irish dancers preparing for their regional competitions coming in November and December, the best of luck! Shine bright and know that you have an entire city of Cleveland, Ohio, full of Irish Americans, rooting you on! •

Catherine Duplisea was born and raised in Cleveland, Ohio. She danced for and now assistant teaches for the Burke School of Irish Dance. Catherine attained her Bachelors degree at John Carroll University, Ohio and earned a Masters of Education: Applied Digital Learning degree from Lamar University, Texas. She taught elementary education for ten years, served as a curriculum STEM coach for teachers for five years, and currently supports principals in the Cleveland Metropolitan School District.

To Read More to the Story, with more text, more pics and LARGER print, visit irish.us or:

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Happy Little Accidents

Even if you are unfamiliar with Ireland’s literary contributors, you can still appreciate the impact they made on Irish history. When sightseeing in Ireland there is a good chance of seeing a monument or statue, and Dublin has plenty!

Karen Relates:

Oscar Wilde. Dublin’s is writers. This childhood home of Oscar Wilde was once a house at the heart of it all; frequented by many of the great writers, poets, artists, and politicians of the mid 1800s, who gathered to discuss, share, or debate major events of their time, past or present. It is said Bram Stoker, author of *Dracula*, was among the many who frequented the house.

Oscar Wilde’s parents were Lady Jane & Sir William Wilde. Lady Jane was a poet, writer, and translator. She was a significant figure for the Irish people during the Great Famine through her writings in a local newspaper, and was an advocate and voice for women’s rights in Ireland. Sir William was a distinguished eye and ear surgeon known throughout Europe, an inventor of medical instruments, antiquarian, and writer.

While walking through Dublin, we stumbled across the Oscar Wilde home by accident. Though it was not on our list of places to visit, it was worth the small fee to take a step inside a place where so much took place.

The house itself is well-preserved and beautiful- a Georgian-style architecture, serving as a true hidden gem on a corner. Ornate crown moldings, arched doorways, a stained-glass door, are just a few



Childhood home of Oscar Wilde

pieces of architecture and design that left a lasting impression.

Another well preserved beautiful feature is the flooring; wide wood planks original to the house made from Irish oak. My favorite feature was the stain glass window. The sunlight pouring through the window made the room glow.

I was in awe of what this one window did to this space. If there were any takeaways from this visit, it’s that I was able to walk the same halls of many well-known names now written in history.

Shannon Relates:

The black and white iconic sign flashes from a distance. Could this happen again? Did we stumble upon another iconic literary establishment? It is Dublin after all; It is bound to happen.

I would venture to say that many people could claim to have read James Joyce’s *Ulysses* with roughly 1% percent of the population comprehending the stream of consciousness experiment. Drawing on Homer’s *The Odyssey*, the novel weaves the tale of Leopold Bloom, his wife Molly and Stephen Dedalus.

Packed with allusions and peculiar prose, all the events happen in Dublin on a single day, June 16, 1904. Being in the minority of not considering *Ulysses* Joyce’s masterpiece (it’s *The Dubliners* for me), I still am able to recognize the



James Joyce’s Ulysses

significance of this place Karen and I have stumbled upon.

Sweny’s Pharmacy

1 Lincoln Place is the famous address of Sweny’s Pharmacy. Leopold Bloom visits Sweny’s in *Ulysses* during the “Lotus Eaters” episode. In the scene, Bloom enters Sweny’s to buy a bar of lemon soap, which he carries around for the rest of the day. Standing outside the arched white windows, I can see a tiny glimpse of all the history that awaits inside the store.

The space is small but infused with so much to look at; I do not know where to begin. Every inch of counter is accounted for. Shelves hold books and other knickknacks - some Joyce-related, some not.

I feel like I am in a professor’s office. It is cozy and disheveled, and it feels like ideas and meaningful conversations are exchanged here.

Sweny’s opened its doors in 1847. While not operating as a working pharmacy anymore the remaining architecture and design still tell the original story of the store. The original shelves line the walls, still holding glass jars from the pharmacy’s past. The old, wooden counters and display cases have been preserved.

One noticeable artifact that sits on top of the counter is a replica of one of Joyce’s death masks. The death mask of James Joyce is a cast taken



Sweny’s Pharmacy

from his face shortly after his death in 1941. Joyce’s facial features are distinct, allowing visitors to really get an up-close look at the author.

The smell of wood and lemon leads my nose to the space where lemon soap is available to purchase. A literary souvenir! I purchased two bars for Karen and myself. As we make our way out of the store, a man leading a group stops me to ask if I would like to stay and participate in a read-along of *Ulysses*.

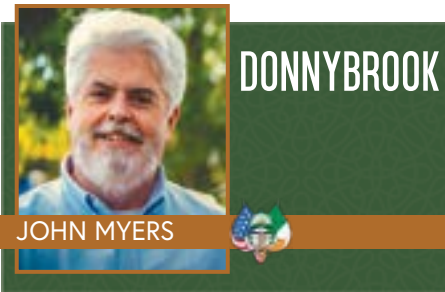
I think of Burgess’ sentiment, “It’s easy to sympathize with those who find it difficult. It’s a big, forbidding book, full of words that look difficult to understand.” I smile, decline the offer and continue on my way with my soap in hand. •

Karen Bennett and Shannon Thomas-Ziemnik are two old friends who share a passion for all things Irish. You can find them at PJ’s on Tuesday nights with a Jameson and ginger in hand, attending the Speak Irish Cleveland class. As far as their column-writing abilities are concerned, this is, in fact, their first rodeo. They can be reached at kstirish@gmail.com.

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Higgins Hollers

Irish President Michael D. Higgins expressed outrage at the Israeli Defence Forces (IDF) for menacing Irish troops deployed to Lebanon as part of the United Nations Peace Keeping force. Higgins stated: "Members of the Irish Defence Forces are risking their lives, and their families are making this sacrifice, on behalf of defenceless civilians in southern Lebanese villages. We all daily think of them and the importance of their safety and provisions. Ireland's contingent of 347 is part of an allocation of 10,000 UNIFIL (United Nations Interim Force in Lebanon) soldiers.

It is outrageous that the Israeli Defence Forces have threatened this peacekeeping force and sought to have them evacuate the villages they are defending. This is not only an insult to the most important global institution (U.N.), but it is also an insult to the soldiers and their families who have taken risks so we might all live in peace and protect the most vulnerable. I am sure that the courage being displayed by our contingent and their colleagues has the thoughts and prayers of all those who value peace, at home and abroad."

Taoiseach Simon Harris stated, "Any firing in the vicinity of UNIFIL troops or facilities is reckless and must stop." Taniste Micheal Martin, who is also Ireland's Foreign Minister and Minister for Defence added, "the attacks on U.N. Peace Keeping Troops illustrate the dangerous environment that peacekeepers are now operating within and the need for an immediate ceasefire in Lebanon between Hezbollah and Israel."

United Nations base UNP 2-45, is better known as "Camp Shamrock." The border with Israel is only a few miles from Camp Shamrock. Irish soldiers have been part of peace



Stella O'Leary (center, blue "Joy" Hat) is literally and figuratively at the center of this picture of Irish Americans for Harriss/Waltz who gathered last month in O'Reily's Pour House in Pittsburgh. Also present were U.S. Special Envoy to N. Ireland, Joeseph Kennedy III, and former PA. Congressman Connor Lamb. O'Leary was awarded Ireland's Presidential Distinguished Service Award for the Irish Abroad (2024).

keeping efforts in Lebanon for more than six decades. Let us pray for peace in the Holy Land.

How About Them Apples?

Fourteen Billion Apples to be exact (\$14B). From Irish Government Press releases: The European Commission launched a State aid investigation into Apple's Corporation's operations in Ireland. Both Ireland and Apple rejected the Commission's 2016 decision and appealed.

Recently, The Court of Justice of the European Union (CJEU), the EU's highest court, found that the amount of tax paid by Apple was insufficient. Ireland's Minister for Finance, Dr. Jack Chambers issued the following statement:

"The Apple case involved an issue that is now of historical relevance

only; the Revenue opinions date back to 1991 and 2007 and are no longer in force; and Ireland has already introduced changes to the law regarding corporate residence rules and the attribution of profits of non-resident companies operating in the State.

Much has been said about Ireland's corporation tax regime. However, a few key facts are often left out of the discussion. Ireland's corporate tax policy, and broader industrial strategy, has consistently been focused on attracting real, substantive investment and the creation of employment. We have been very successful at this, and a low but substantive competitive tax rate is just one small part of the story.

The strengths for which we are admired are clear - the talent of our workforce, the quality of our education system and how it interacts with industry, our place at the heart of Europe, the stability of our political system, and that we are an English-speaking, common-law jurisdiction with predictable tax policy. Overall, we are seen a trusted and reliable partner, that honours commitments and gets things done. Ireland continues to work with our international partners to ensure a global solution is implemented which provides for fair and transparent global taxation.

The government will need to carefully consider what is the best course of action to take with this revenue, and I will be engaging with the party leaders over the coming

weeks on the matter."

I would suggest Ireland escrow a chunk of this mammoth windfall to fund costs associated with the eventual reunification of Ireland as well as upgrade the Irish health system to match that available in the Six Counties NHS.

All Irish

The Minister of State for the Gaeltacht, Sports and Physical Education, Thomas Byrne TD, announced that a [National Plan for Irish Language in the Public Services has been](#) published: "Today's announcements herald the beginning of a new era in the journey towards embedding high-quality bilingual public services across the public sector, in line with the rights of the citizens of Ireland under the Constitution. "With the National Plan for Irish Language now published, it is intended that it will act as a roadmap for public bodies in terms of systematically increasing and improving the number and quality of Irish speakers in the public services, as well as increasing the number of staff who are competent in Irish in accordance with the Act's 20% recruitment target."

New Artificial Intelligence (AI) approaches are called to be developed to increase teaching of the Irish Language.

O'Leary Awarded

U.S.A.'s Stella O'Leary has been announced as a recipient of the Presidential Distinguished Service Award for the Irish Abroad (2024). The award will be presented by President Michael D. Higgins at a ceremony in Áras an Uachtaráin (the Irish Presidential Mansion in Phoenix Park) in January 2025.

Ms. O'Leary was a critical ingredient in efforts to keep President and Mrs. Clinton's energies directed towards the hope for peace and reconciliation in Ireland. Irish Tainiste shated: "The Presidential Distinguished Service Award acknowledges the connection between the work of the recipients and our values as a nation, strengthening the ties between Ireland and the Diaspora." Minister of State for International Development and Diaspora, Sean Fleming TD added: "We are immensely proud of our global Irish family."

Each of this year's recipients is a leader in their chosen field and rightfully deserving of the Presidential Distinguished Service Awards in recognition of their work and their contribution to enhancing Ireland's reputation. Stella O'Leary is being recognized for her work on "Peace, Reconciliation and Development."

O'Leary was appointed by President Biden as the U.S. Observer to the International Fund for Ireland (IFI). O'Leary is also the founder and President of the Irish American Democrats PAC. The main goal of the IAD is to support, "Democratic candidates who promote peace, justice and prosperity in Ireland."

Stella is a native of Dublin and graduated from University College, Dublin. She archived a collection of

rare Irish books and manuscripts at Catholic University upon her arrival in the U.S.A. in the 1960s. She also co-authored the reference volume, Classical Scholarship: An Annotated Bibliography, and is the mother of four children and a grandmother. ●

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Submit news, events, releases, memories, milestones, ads and pics for inclusion in the *ilrish* What's the Craic Monthly Events List, blurb features or the Coming Next Month Save the Dates List.
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2nd - Cleveland Piper's Weekend
Concert 8 pm. Traditional Irish
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13th - Long Island, By Colm Tóibín
- The story of Brooklyn's heroine
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married and with teenage children,
continues as she returns to Ireland
after learning of her husband's
betrayal. (Fiction)



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Rialto Theater - Gordon Shaffer
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Otie's Tavern - Tuesdays 7-9. 5344
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Nora's Public House - Scottish
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Sully's Irish Pub - 2nd Wednesday
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Logan's Irish Pub - 3rd Wednesday
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CeiliClubCleveland@gmail.com

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Introductory to intermediate level, Thursdays 7:00 p.m., 745 Pleasant
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THE FITNESS DOCTOR

DR. FREDERICK PETERS

Top Ten Most Common Fitness Myths

In the fitness world, there is no shortage of advice, tips, and tricks to help people achieve their goals, whether it's losing weight, gaining muscle, or improving endurance. However, many of these "fitness experts" are simply trying to capitalize on people's desire for quick results. Their advice is often misleading, scientifically unfounded, or

downright dangerous, making it difficult for individuals to navigate the path to a healthy and sustainable lifestyle. Let me debunk some of the most common fitness myths perpetuated by these unethical opportunists and highlight the importance of relying on evidence-based practices for long-term health.

Myth 1: Spot Reduction is Real

One of the most pervasive myths in the fitness world is that you can target fat loss in specific areas of the body through exercises like crunches for belly fat or triceps extensions for arm fat. This idea of "spot reduction" is appealing because it offers the promise of quick fixes in problem areas.

However, the reality is that fat loss occurs systemically, not locally. When you burn fat, it comes off from all over the body, and genetics play a major role in determining where fat is stored and lost first.

Multiple studies have debunked spot reduction. For example, a study published in the Journal of Strength and Conditioning Research found no significant fat loss in specific

body areas despite targeted exercise programs. Instead, a combination of cardiovascular exercise, strength training, and a healthy diet is the best way to reduce body fat overall.

Myth 2: You Have to Cut Carbs Completely to Lose Weight

Another myth that "fitness gurus" push is that carbohydrates are the enemy and must be eliminated to lose weight. While it is true that reducing carb intake can lead to initial water weight loss, demonizing all carbs overlooks their essential role in providing energy, particularly for athletes and active individuals. Carbohydrates are a vital fuel source for the body, especially for high-intensity workouts, and cutting them out completely can lead to fatigue, decreased performance, and a slower metabolism.

The truth is that weight loss comes down to creating a calorie deficit—expending more calories than you consume—rather than avoiding specific macronutrients. Not all carbs are created equal, and focusing on complex carbohydrates such as whole grains, vegetables,

and legumes can provide sustained energy and improve overall health without sabotaging weight loss efforts.

Myth 3: Supplements are Necessary for Results

One of the most profitable myths in the fitness industry is the idea that you need supplements—whether it's protein powders, fat burners, or performance enhancers—to make progress. While certain supplements can be beneficial for specific needs, they are often overhyped by fitness "influencers" with financial incentives to sell them. Many people are led to believe that they cannot reach their goals without these products, creating a dependency that's both unnecessary and expensive.

The reality is that most people can meet their nutritional needs through whole foods. For example, protein powders are marketed as essential for muscle growth, but whole food sources of protein such as beans, lentils, tofu, and quinoa can provide just as much benefit, especially for those following

a plant-based diet. Moreover, supplements like fat burners often contain stimulants or unregulated ingredients that can cause negative health effects, including increased heart rate or blood pressure.

Myth 4: More is Always Better

In the pursuit of fitness, many fall victim to the "more is better" mentality, believing that longer workouts or more frequent training sessions will inevitably lead to better results. This is often encouraged by "experts" promoting intense, unsustainable programs that lead to burnout or injury. Overtraining can have severe consequences, such as weakened immune function, chronic fatigue, and increased risk of injury.

In truth, quality matters more than quantity when it comes to fitness. Recovery is an essential part of the process, allowing muscles to repair and grow. For most people, consistency in training, paired with proper rest and nutrition, will lead to much better results than simply doing more. A balanced routine of strength training, cardio, flexibility exercises, and rest is crucial for long-term success.

Myth 5: Women Will Get Bulky from Lifting Weights

One of the most harmful myths targeted at women is that lifting weights will make them "bulky." This outdated notion continues to discourage many women from strength training, limiting their potential to improve muscle tone, bone density, and overall strength. The reality is that [If needed, break here and we can put the rest on the web] gaining significant muscle mass, or "bulking up," requires a specific combination of diet and intense training.

Furthermore, women generally have lower levels of testosterone, a hormone largely responsible for muscle hypertrophy, making it difficult to naturally develop large muscles. Strength training is one of the most effective ways to increase metabolism, improve body composition, and enhance functional fitness. Women should not fear lifting weights, as it is a key component of a well-rounded fitness program that promotes long-term health and resilience.

Myth 6: Metabolism Dramatically Slows Down with Age

One of the prevailing myths about metabolism is that it grinds to a halt as we get older. While it's true that metabolic rate tends to decrease with age, it's not an inevitable decline.

Factors such as muscle mass, physical activity, and genetics play crucial roles in how our metabolism functions over time. By maintaining a healthy lifestyle that includes regular exercise and a balanced diet, we can support our metabolism well into our golden years.

Myth 7: Eating Less is the Key to a Faster Metabolism

Many believe that drastic calorie restriction is the secret to revving up their metabolism. In reality, severely cutting calories can actually slow down your metabolism as your body enters a conservation mode, holding onto energy reserves. Opting for nutrient-dense foods that support metabolic function and engaging in strength training to build muscle are more sustainable ways to boost your metabolism.

Myth 8: All Calories are Created Equal

The age-old adage, "a calorie is a calorie" oversimplifies the complex nature of metabolism. While calorie intake certainly matters, the source of those calories matters just as much. Foods high in refined sugars and unhealthy fats can lead to metabolic dysfunction, while whole foods rich in fiber, protein, and healthy fats can support a healthy metabolism.

Myth 9: Metabolism Cannot Change

Contrary to the belief that our metabolic rate is fixed and unchangeable, our metabolism is a dynamic system that can be influenced by various lifestyle factors. Regular physical activity, adequate sleep, stress management, and even exposure to different temperatures can all impact our metabolism. Making small changes to your daily habits can have a significant cumulative effect on your metabolic health.

Myth 10: You Can Speed Up Your Metabolism Overnight

It's tempting to fall for quick fix

promises of overnight metabolic transformations, but the reality is far more nuanced. Sustainable changes to your lifestyle, such as incorporating more movement into your day, prioritizing quality sleep, and managing stress, are the keys to nurturing a healthy metabolism over time. Remember, patience and consistency are essential on the journey to improved metabolic health.

Conclusion: The Importance of Evidence-Based Fitness Practices

The fitness industry is filled with myths, perpetuated by unethical salespeople who prioritize profit over people's well-being. Spot reduction, carb demonization, supplement dependency, overtraining, and fear of weightlifting are just a few of the misleading notions that have taken root.

The truth is, there are no shortcuts or quick fixes to achieving long-term health and fitness. Sustainable progress comes from a combination of balanced nutrition, proper exercise, and consistent effort, not from trendy diets, overpriced supplements, or gimmicky fitness programs.

By dispelling these common myths and embracing evidence-based practices, you can empower yourself to make informed choices that support your metabolic well-

being. By debunking these fitness myths and prioritizing science-backed methods, individuals can make informed decisions and avoid the traps set by snake-oil salespeople looking to profit from misinformation.

In a world where information is readily available, but not always reliable, it is critical to rely on evidence-based practices and consult qualified professionals. I hope to be a source of guidance and knowledge amongst the endless abyss that Google searches inundate us with. So-called "health-experts" or "fitness gurus" often try to manipulate consumers into buying their products. I personally think this is immoral and unethical... but maybe I'm just old-fashioned. •

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

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SPEAK IRISH

@BobCarneyGTR

BOB CARNEY

It's about time

“Liebchen, Sweetheart, what watch? Ten watch. Such much?”

- From the movie *Casablanca*

I don't watch a lot of television, but when I do I prefer older movies. The classic horror movies are my favorites, but I'm also a fan of Humphrey Bogart's films, and *Casablanca* is one of his best.

I was watching the movie one night; when it came to the scene in Rick's Cafe, where the older couple were celebrating their morning departure to America, and he asked his wife the time in the best English he could muster, I realized we've never discussed telling time in Irish before.

Speak Irish Cleveland Class

In our Speak Irish Cleveland class, we have a lot of fun with this. First we have to start with an understanding of basic numbers. We've talked about number systems before in the Irish language.

There is a set for counting things, another for counting people and a basic number system. The basic system is used for things such as phone numbers and addresses, or for just standing on the street corner counting out loud. I tend to get curious looks from passersby when I do that.

Basic Numbers in Irish from Zero to Ten

a náid (*uh noy*) zero
 a h-aon (*uh hayn*) one
 a dó (*uh doe*) two
 a trí (*uh tree*) three
 a ceathair (*uh kya her*) four
 a cúig (*uh koo-ig*) five
 a sé (*uh shay*) six
 a seacht (*uh shakht*) seven
 a h-ocht (*uh hawkht*) eight
 a naoi (*uh nee*) nine
 a deich (*uh jeh*) ten

Basic Numbers in Irish from Eleven to Twenty

a h-aon déag (*uh hayn jayug*) eleven
 a dó dhéag (*uh doe yayug*) twelve

a trí déag (*uh tree jayug*) thirteen
 a ceathair déag (*uh kya-her jayug*) fourteen
 a cúig déag (*uh koo-ig jayug*) fifteen
 a sé déag (*uh shay jayug*) sixteen
 a seacht déag (*uh shakht jayug*) seventeen
 a h-ocht déag (*uh hawkht jayug*) eighteen
 a naoi déag (*uh nee jayug*) nineteen
 fiche (*fi-huh*) twenty

You probably noticed the *a* before all of the numbers up to the number 19, once we hit 20 we stop using it. We also pronounce the number twelve slightly differently from the rest of the numbers from eleven to nineteen.

That is a result of the grammatical rule of lenition that is being used on that number, notice the *h* following the *d*, that changes the pronunciation. For more on numbers, refer to www.ilrish.us and type in. *Speak Irish Counting*.

Gabh mo Leithscéal. Cén t-am atá sé?

(*guh muh lesh-shkale. Kayn tahm ahtaw shay*) Excuse me. What time is it?

We can also pose that question this way: Cén t-am é? Le do thoil. (*kayn tahm ay leh duh hull*). What time

is it, Please? When answered, we should reply, Go raibh maith gat (*gorra mah ah-gut*), Thank you.

Tá failte romhat (*taw fahl-cha roe-it*) You're welcome, will probably follow.

Time on the Hour in Irish

Telling time on the hour is very simple. Tá sé a h-aon a chlog (*taw shay uh hayn uh khluh*), It's one o'clock; Tá sé a trí a chlog (*taw shay uh tree uh khluh*), It's three o'clock.

Asking about time on the hour is also very easy, we simply change our version of the verb tá. An bhfuil a cuig a chlog? (*ahn wiil uh koo-ig uh khluh?*) Is it five o'clock? Níl. Tá sé a sé a chlog (*neel. Taw shay uh shay uh khluh*), No. It's six o'clock.

We could also pose a negative question. Nach bhfuil a dó dhéag a chlog? (*knock will uh doe yayug uh khluh?*) Isn't it twelve o'clock? Tá. (*taw*) Yes.

We can embellish our answer a little bit as well. Here are a few examples: Tá sé a ceathair a chlog anois (*taw shay uh kya-her uh khluh uh nesh*), It's four o'clock now. Or, Tá sé a h-aon déag a chlog anois díreach (*taw shay uh haynjayug uh khluh ah-nesh jee-rahkh*), It's eleven o'clock right now.

Tá sé a dó a chlog sa tráthnóna (*taw shay uh doe uh khluh suh traw-no-na*), It's two o'clock in the afternoon. Ar maidin (*air mah-jin*) would be in the morning, and san oíche (*sun ee-ha*) would be at night.

Parts of hours in Irish

Ceathrú (*kya-hroo*) a quarter; leathuair (*lah-hooir*) a half of an hour; Tar éis (*tar aysh*), after; and roimh (*riw*), means before. So if we combine some of these, we come up with: ceathrú roimh (*kya-hroo riw*), a quarter to; ceathrú tar éis (*kya-hroo tar aysh*), a quarter past; leathuair roimh (*lah-hooir riw*), a half of an hour till; leathuair tar éis (*lah-hooir tar aysh*), a half of an hour past.

Timely Vocabulary in Irish

When you're referring to time in Irish, you can use either *ag* or *ar* to translate at: *ag* a sé a chlog (*ahg uh shay ah khluh*), at six o'clock or *ar* a sé a chlog (*ahr uh shay uh khluh*), at six o'clock. Of the two, *ag* is the easiest of the prepositions to use,

as consonants that follow remain unchanged: *ag* ceathrú tar éis a dó (*ahg kya-hroo tar aysh uh doe*), at a quarter past two, but *ar* ceathrú tar éis a dó (*ahr hya-hroo tar aysh uh doe*) still means at a quarter past two, but requires lenition, changing the pronunciation.

Cén t-am a éiríonn tú ar maidin? (*kayn tahm uh eyereen too ahr mah-jin?*) What time do you get up in the morning? Cén t-am a théann tú ag obair? (*kayn tahm uh hyahn too ahg uh-ber?*) What time do you go to work?

Tosaím ag obair ag a naoi a chlog. (*tuh-seem ahg uh-ber uh nee uh khluh*.) I start working at nine o'clock. Fágaim an obair tipéall a sé. (*fohg-um ahn uh-ber uh shay*), I leave work around six.

Just as I encourage you to use

your Cúpla Focal in everyday conversations, try using your Irish when looking at the time. With a little practice, it won't take long to get it down.

Slán go Foill!

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

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OFF THE SHELF

TERRY KENEALLY

Schindler's Ark

By Thomas Keneally
ISBN 978-0-571-38796-0
Faber & Faber, LTD

The genre is Historical Fiction. The subject is John Mitchel.

The author is Thomas Keneally, the bestselling author of *Schindler's Ark*. As he did in *Schindler's Ark* (made into a movie

called *Schindler's List*), the Booker Prize winning author weaves a sweeping tale around historic fact. But this article is more than just a review of *Fanatic Heart*, it also include a review of an article in *Irish Historical Studies* Vol. XXXVIII No. 15 2012 titled, "John Mitchel and his biographer."

John Mitchel (3 November 1815 - 20 March 1875) was an Irish nationalist writer and journalist, chiefly renowned for his indictment of British policy in Ireland during the years of the Great Famine. Between Daniel O'Connell and Charles Stewart Parnell, in the pantheon of 19th century Irish patriots, Mitchel, in his day, was a highly influential figure. Were it not for his pro-slavery views, which tarnished his reputation, he would be better known in the U.S. and arguably, more respected.

In *Fanatic Heart*, Keneally's approach is fictional, although, as in his Booker Prize winning *Schindler's Ark*, he adheres strictly to the known facts. He chronicles Mitchel's life in three distinct parts: his youth, marriage and freedom struggle in Ireland; his conviction on the specious charge of "treason felony" and his transportation across the world; and his eventual escape and residence in the U.S. "The biographical literature on Mitchel has veered between the hagiographic and the critical before

settling ultimately into an apparent historical graphic indifference."

Mitchel was born in Coventry Derry. His father was a Presbyterian minister in Newry. He was educated at Trinity College, Dublin, followed by his elopement and subsequent marriage to Jenny Verner. She was his "first and only love."

He began working life as a lawyer, where he became noted for his defense of the Catholic landholders in front of Protestant judges. It earned him the reputation as a covert Papist. He eventually left the practice and began editorial



writing for *The Nation* newspaper. Mitchel's hatred of England caused him to write about the horrors of

The Famine and other injustices of British imperialism in which he addressed rebellion and was put on trial for sedition.

Mitchel was convicted and sentenced to penal servitude, first on a ship moored off Bermuda, then to the Cape of Good Hope, and ultimately, Van Dieman's Land (present day Tasmania), where he was joined by his wife and children. He escaped in the outback and made his way to

America, where he began editing the newspaper *The Citizen*, in which he vented the proslavery views that make him a problematic figure today; he parroted pseudo-scientific theories of the inferiority of the black race.

Mitchel eventually returned to Ireland and was twice elected to Parliament in County Tipperary but was unable to serve because of his felony convictions. *Fanatic Heart* is Thomas Keneally's compelling tale of an Irish rebel, and a Top Shelf read.

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WISE CRAICS

JOE MCDONOUGH

For The Nerds

A neutron walks into a bar and orders a drink.

When the neutron gets his drink, he asks, "Bartender, how much do I owe you?"

The bartender replies, "For you, neutron, no charge."



For Helen Keller

Two friends are walking their dogs together. One has a big black lab, while the other has a minuscule chihuahua. They pass a bar, and the lab owner says, "Let's get a pint."

The chihuahua walker complains, "Yeah great, but we can't take our dogs in there."

The first responds, "Watch me." The lab owner strolls in with her dog and orders a pint. The bartender tells her, "Sorry Miss, you can't bring your dog in here." "He's my seeing-eye dog," the woman replies, feigning offense.

The bartender quickly apologizes and serves her the pint. The other woman follows, her chihuahua in tow, and orders a pint as well.

Again, the bartender says, there are no dogs allowed in the bar.

"He's my seeing-eye dog," the woman replies.

"Yeah, right," the bartender says, "A chihuahua? Give me a break."



Without missing a beat, the woman replies, "They gave me a chihuahua?!"

For The Bulgarians

There was this man in Bulgaria who drove trains for a living. He loved his job.

Driving a train had been his dream ever since he was a child. He loved to make the train go as fast as possible.

Unfortunately, one day he was a little too reckless and caused a crash. He made it out, but a single person died. Well, he went to court over this incident. He was found guilty and sentenced to death by electrocution.

When the day of the execution came, he requested a single banana as his last meal. After eating the banana, he was strapped into the electric chair, the switch was flown, sparks flew, and smoke filled the air - but nothing happened. The man was perfectly fine.

Well, at the time, there was an old Bulgarian law that said a failed execution was a sign of divine intervention, so the man

was allowed to go free. Somehow, he managed to get his old job back driving the train.

Having not learned his lesson at all, he went right back to driving the train with reckless abandonment. Once again, he caused a train to crash, this time killing two people.

The trial went much the same as the first, resulting in a sentence of execution. For his final meal, the man requested two bananas. After eating the bananas, he was strapped into the electric chair, the switch was thrown, sparks flew, smoke filled the room - and the man was once again unharmed.

Well, this of course meant that he was free to go. And once again, he somehow managed to get his old job back. To what should have been the surprise of no one, he crashed yet another train and killed three people.

And so, he once again found himself being sentenced to death. On the day of his execution, he requested his final meal: three bananas.

"You know what? No," said the executioner. "I've had it with you and your stupid bananas and walking out of here unharmed. I'm not giving you a thing to eat; we're strapping you in and doing this now."

Well, it was against protocol, but the man was strapped into the electric chair without a last meal. The switch was pulled, sparks flew, smoke filled the room - and the man was still unharmed. The executioner was speechless.

The man looked at the executioner and said, "Oh, the

bananas had nothing to do with it. I'm just a bad conductor."

Easy Enough

One day, Einstein had to speak at an important science conference. On the way there, he tells his driver who looks a bit like him: "I'm sick of all these conferences. I always say the same things over and over!"

The driver agrees, "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place."

"That's a great idea," says Einstein. "Let's switch places then!"

So, they switch clothes, and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it.

But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So, this guy stands up and interrupts the conference by posing his very difficult question. The whole room goes silent, holding their breath, waiting for the response.

The driver looks at him, dead in the eye, and says, "Sir, your question is so easy to answer that I'm going to let my driver reply to it for me."

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