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newsmagazine

January 2025 | Volume 19 - Issue 1



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Just in Time for Irish Heritage Month

We look and feel a little slim this month. Do you feel it too?



I am biased, and I think this is a great issue, looking mostly forward, but being self-aware enough to know how the past has affected us as a community and at *iIrish*. We have recipes that reward, and how to lose

the weight they add; being organic and healthy and wise with reviews and resolutions, as well as poetry and performance, in English and in Irish.

Irish Heritage Month

Irish Heritage Month is not far in front of us, and the honorees feature only needs ... your honorees! Send them on to us to be included in the St. Pat's issue (1 Word document and 1 High-Res pic that you own). We will have the 2025 pins for sale – so let us know if you would like one.

Speak Irish

Our next *Speak Irish CLE* 10-week class starts January 14th; our first was September 29th of 2014! Every step of the way, PJ McIntyre's has been there in space and in other support. We are so fortunate to have such caretakers.

What a fantastic journey and evolution it has been, with 20 to 40 students per 10-week session, three times a year, times 10 years in the books.

How grateful we are to PJ's, Pat, Doug, Katie, Patrick, Rosie and so many others; to the teachers and students who are dedicated to building and carrying on this effort to build an Irish speaking circle right here in Cleveland with

such fun and impact on our wider community - much *Grá* (love) to you all.

Irish Video



I hope you have had a chance to see the new website and *iIrish* Merch Store, warm, soft, funny, or fabulous, we had many great choices for Christmas gifts, but they work even better for birthdays and trips to Ireland.

The Irish are racking up awards in films, and many have been featured here each month. *Some of our columnists are finally jumping on board and embracing today's technology to tell more of their story each*



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Out of the Mailbag	John O'Brien, Jr.
Speak Irish	Bob Carney
Terry From Derry	Terry Boyle
Wise Craics	Joe McDonough

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About Our Cover:
Dublin Castle at Christmas.
Dame Street, Dublin.
Pic by Karen Bennett

month, in print and in video.
Check them all out and let us know what you saw, what you loved, and what you think.

Irish Tour of Ireland

Speaking of, so looking forward to the AOH History Tour of Ireland in March; and leading a small group on a personal roots tour myself in June. Be very careful who you book with, to avoid ethical issues, lack of morals and not getting what you were promised.

I highly recommend Patricia Hollywood and Travel Connections; Pat and her son Mark have been handling booking for Cleveland Irish Festival for decades. They are also helping iIrish with our tours now, since we got so badly burned in June of 2023 with the last provider we worked with.

See the *What's the Craic?* page 16 and 17, for *great places to sing, dance and make merry*, and the details too. There is so much more inside.

The Ancient Order of Hibernians Bluestone Division hold a monthly mass at a different Irish roots parish each month for most of the year. We honor past sacrifices, and provide scholarships for students who wish to learn in the future. It is followed by a panel talk about a connecting issue as we enjoy the topic, an Irish breakfast, and each other.

Last month's Holy Name Parish mass was extra special. Francis McGarry speaks more on that in his Cleveland Irish column this month, but a short side of it (Francis **DOES NOT** do short) is that Holy Name Parish has the last surviving Hibernian window in Greater Cleveland.

We all gathered, learned, enjoyed and shared the great company of our Hibernian brothers and sisters. We welcome you to join us too. Give me a shout, email, text ... and I can tell you more about the Men's or the Women's divisions, right here in Cleveland, and the more than 320

divisions across our beautiful U.S. of A.

Sustainable, Diverse, Charitable Donations

Last and nowhere near least, iIrish has exceeded a milestone never envisioned when we started this 18 years ago this month. Happy Anniversary! We (**All of us – readers, advertisers, staff and friends**), by **working together, have enabled us to donate more than \$420,000 to local and national charities and organizations since our 2006 inception.**

We couldn't do it without you, and wouldn't want to. We strive to stay sustainable in operations and activity; diversity of staff; share knowledge past and present; and help others to do the same. Thank you for loving us into impactful evolution, for everyone.

iIrish is made in America. We have always been green and are proudly Irish, all year long. We wish you and yours a very **Happy New Year.**

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

John

"FOLLOW ME WHERE I GO, WHAT I DO AND WHO I KNOW."



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In Akron?
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In Detroit?
In Toledo?



Beyond the Pale? In Your Town?

IF YOU DON'T SEND THEM, WE CAN'T PRINT THEM!

Submit news, events, releases, memories, milestones, ads and pics for inclusion in the iIrish What's the Craic Monthly Events List, blurb features or the Coming Next Month Save the Dates List.

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

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**GET IN LADS,
WE'RE GOING
ON AN
ADVENTURE**

KAREN BENNETT & SHANNON THOMAS-ZIEMNIK

The Diamond Experience - A Brilliant Day in Donegal

In the heart of Donegal town lies the Diamond, a central square that once served as a bustling market for livestock and other goods. Since then, it is now a popular spot to meet up, relax after a day of sightseeing, or simply take in the views of the surrounding town.

Like many Irish town squares featuring monuments, Donegal town does not disappoint. At its center stands a tall four-sided stone pillar, honoring the historians who composed *The Annals of the Four Masters*, a written account of medieval Irish history. The Diamond was the perfect starting point for our day

to discover.

Karen Relates:

For lodging, we stayed at the Central Hotel, which, as its name suggests, is centrally located and conveniently close to everything. The hotel was nicely decorated, clean, and our room was sufficient.

However, there were a couple of drawbacks. The beds were uncomfortably firm, like sleeping on plywood, and there was no fan, making the room stuffy in warm weather. While we could open the window for fresh air, our room's location in an inside corner limited any breeze, in addition to a couple of pigeons roosting in the eaves, looking at us like they were waiting an invitation in! Acknowledging that this is an older hotel, we didn't let these issues affect our stay, but if we return to Donegal town, we might consider trying a different place.

The Best Scone in Ireland

For breakfast we went to the Blueberry Tea Room & Restaurant, a short stroll from the hotel. The warm spring sunshine made it perfect to sit outside and enjoy a delightful meal. For over 30 years, this family-operated establishment has been serving scratch-made pastries, soups, sandwiches, and more—proof of their quality and service.

I ordered a cup of tea and a scone with clotted cream and berry jam, and though I had to



wait a few extra minutes for a fresh batch to finish baking, it was worth every second. So far, it was the best scone I had in Ireland.

Wandering around the Diamond, we stopped at Triona Design. If you are looking for authentic handwoven tweed made in Donegal, this family-owned business features their own curated designs, along with other Irish-crafted goods and jewelry.

I finally found the sweater that I had been searching for, and the staff were so kind and helpful, ensuring I was fitted for the right size. Though you can shop online on their website, they only have stores operating in Donegal.

Just a few buildings away from the Diamond, is the Bluestack Bar and Lounge. Our driver, Phillip, recommended we stop in to understand and appreciate what a traditional pub was really like

“back in the day.” Walking through its doors felt like stepping back in time.

This was no modern, tourist-packed pub filled with snugs, posters, and signs; it was unfussy, with a bar along one wall and seating along the other that looks as though it has not been updated since the 1970s. Its greatest asset was the welcoming publican behind the bar, the same kind gentleman that has been pouring drinks and telling stories for the last several decades.

Shannon Relates:

A great way to start an evening is with a pre-dinner cocktail. A 2-minute walk across the street from The Central Hotel is McCaffertys - an Irish pub that has live music. Once inside, a mixture of tourists and locals decorate bar stools and the dance floor in the

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back.
The space is open and spans generations. It is a great option for people watching and enjoying the craic but not a destination.

One of the greatest advantages to staying in a central location is the wide variety of dining options within walking distance. Although I wouldn't describe my taste in food as particularly adventurous, I can usually find a dish or two I am excited to try. When our tour guide Philip suggested La Bella Donna, my heart and stomach were immediately happy.

Shades of taupe, black, and gold create an atmosphere that feels like you're stepping into an exclusive dinner party with a close circle of guests. Tables situated next to one another afford impromptu conversations, but still maintain a level of privacy.

With an atmosphere like this, I was confident the food would live up to the setting. La Bella Donna's menu is comprehensive, showcasing a variety of classic dishes. It is also thoughtfully designed to be inclusive, clearly indicating potential allergens and specifying which dishes contained them.

I ordered the linguine al pesto and ate every, last bite. While it was not quite Tuscany, this Italian restaurant was an enjoyable meal with a great location.

Irish Desert

Dessert is always on my mind; wrapping up a meal with something sweet is my go-to tradition. Sometimes I prefer to order dessert from the same restaurant where I had dinner, but often I enjoy seeking out a

different spot to try something new. When Philip mentioned a 99, my curiosity was piqued.

That curiosity grew when we wandered into what appeared to be a convenience store—stocked with the usual items, but featuring a dedicated space for serving 99 cones. I learned quickly about one of Ireland's favorite desserts.

A 99 is simple- vanilla soft serve in a wafer cone with a Cadbury chocolate stick. The placement of the stick can vary, but most prefer the side of the cone.

This felt like an arrival. I was a local with her 99.

Looking back on my love for Donegal, much of it comes from spending the evening and the wee hours of the morning at The Forge. When you are 1 of 3 Americans in the pub, you know you are in for a good time.

The Forge, with its intimate space, encourages connection and introduces you to some of the most fascinating characters you'll ever meet. Discussions of Frank

McCourt are followed with several rounds of drinks that keep the conversations flowing. You have not had a night out in Ireland until you have a proper lock-in, accompanied with an Irishman strumming his guitar to "Piano Man."

Diamonds are timeless for a reason.

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, this is, in fact, their first rodeo. They can be reached at ksiirish@gmail.com.

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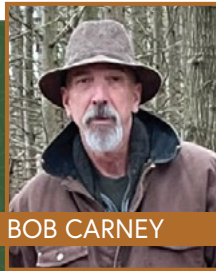
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**SPEAK
IRISH**

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BOB CARNEY



Na Míonna

Old Irish first appeared in its written form in the margins in Latin manuscripts written in monasteries in Ireland. Early Christian monks were responsible for saving much of our classical literature, history and mythology.

9 YEARS

WRITING FOR
Irish
NEWSPAPER

The early poem *Pangur Bán*, describes the musings of a scribe's work and his cats hunting prowess, as both being skilled in their craft. You can almost see the monk hunched at his desk painstakingly translating a writing into Latin,

occasionally embellishing his work with illustrations or a note in the margin in his native Irish.

As with any language, outside influences eventually become incorporated into the language. In Irish we have Viking influences early on, as well as Latin.

The Irish Calendar

The Irish calendar is based on the Julian calendar. In English calendars, the months are based on the names from classical mythology.

The Irish calendar names the months with references to Celtic religion and mythology. Christianity has left its mark with the name for December, Nollaig, derived from the Latin, natalicia, meaning birthday, referring to the birth of Christ. Likewise the names for the days of the week come from Latin, Lunae, Martis, Saturni and Dies.

The remaining are named for the fasting done by early Gaelic Christians. Dé Céadaoin, céad meaning first and aoine meaning fast, combined it means the first fast of the week. Dé Déardaoin,

the day between the fasts and Dé hAoine, the day of the fast.

Na Míonna (the months)

Eanáir (an-er) January in English January is named for the Roman god Janus. The word is Latin and means archway. Janus has two faces, one facing forward and the other facing back.

In Irish, the name is a direct borrowing from the Latin name. In Scots Gaelic, it is called Am Faoilleach, which means wolf month, in reference to the time of year when the wolves would start coming down from the highlands to scavenge.

Feabhra (fe-ow-ra) February - Februa was the Roman Latin name of a Roman festival of purification. The Irish is also a borrowing of the Latin.

Márta (mor-tuh) - March takes its name from the Roman god of war Mars. Márta is a direct translation from the Latin martius.

Aibreán (a-brun) - April from the Roman Latin word aperire, which means to open, possibly referring to buds and flowers beginning to open or bloom. The Irish is from the Latin aprilis.

Bealtaine (beyeo-tin-uh) - May is named for the Roman fertility goddess Maia. The Celts celebrated the feast of Bealtaine on the first of May in recognition of life and fertility. It marks the beginning of summer and a time of prosperity.

Meitheamh (me-huv) - June is another month named for a Roman fertility goddess, Juno. It is a very important month in Celtic traditions, as the Summer Solstice happens. At that time, the battle between the Holly King and the Oak King takes place.

The Holly King represents the dark half of the year and the Oak King the light half. During the battle, the Holly king is defeated and the Oak King rules until the battle is repeated at the Winter Solstice, and the Holly King is the victor. In Irish it also means middle month.

Lúil (lool) - July is named for Roman Julius Ceasar. In Irish it literally means Julius.

Lúnasa (loon-ah-sa) - August is another one named for a Roman emperor, Augustus Ceasar. In

Irish it is named for the festival Lughnasadh, marking the start of the harvest season and is named after the god Lugh, who is said to have started the festival.

Meán Fómhair (man-for) - September was originally the seventh month in the Roman calendar and takes its name from the Roman Latin word septem, meaning seven. In Irish it translates to middle harvest.

Deireadh Fómhair (dare uh-for) - October was originally the eighth month in the Roman calendar and gets its name from the Roman Latin octo, meaning eighth. In Irish it refers to the end harvest.

Samhain (sow-in) - November. I think by this time that not a lot of effort was put into naming the months in the Roman calendar, as it was once the ninth month. It was named aptly after the Roman Latin novem, meaning, you guessed it, ninth. In Irish, Samhain was the time for a very important pagan festival that celebrated the end of harvest and the beginning of winter.

Nollaig (null-ig) - December, from the Latin word decem, meaning ten. The Irish Nollaig comes from the Latin natalicia, meaning birthday.

There are alternatives to the names given above. The word mí may precede the name, be omitted, or used with the article an.

Days in Irish

Na Laethanta (nuh lay-un-tuh)
The Days

Dé Luain (day loon) Monday
Dé Máirt (day mort) Tuesday

Dé Céadaoin (day kay-deen)
Wednesday

De Déardaoin (day dare-deen)
Thursday

Dé hAoine (day heen-uh) Friday
Dé Sathairn (day sa-hern)

Saturday
Dé Domhnaigh (day down-ig)

Sunday
Inné (in-yay) yesterday

Inniu (in-yoo) today
Amárach (amah-rakh) tomorrow

Anocht (anohkt) tonight
Oíche amárach (ee-ha amah-

rakh) tomorrow night
Aréir (areyr) last night

Cá raibh tú aréir? (kah riv too areyr) Where were you last night?

Bhí mé sa teach tábhairne. (vee

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may sa chakh ta-warnya) I was in the pub.

Tá tú mall inniu. (taw too mahl in-yoo) You are late today.

Tá an lá go maith. (taw ahn law guh mah) It's a good day.

Tá mé go maith anocht. (taw may guh mah ah-nocht) I'm good tonight.

You can find pronunciation for most of the Irish listed here by using the audio section of the on-line dictionary, teanglann.ie. It is free and easy to add to the home page of your mobile device.

You can choose which dialect you want and repeat it as often as needed. For more information on the role early Irish Christian monks placed in saving so much of what is known from early history, check out Thomas Cahill's book *How the Irish Saved Civilization*.

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

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William Bernard O'Donoghue and the Last Fenian Raid

The Fenian Brotherhood (the Fenians) was a secret Irish republican society founded in the United States in 1858 by John O'Mahony and Michael Doheny. Members of this movement tried to take Canadian territory by force, so they could then broker an exchange with Britain for Irish independence.



From 1866 to 1870, the Fenians launched three armed attacks against Canada. Each raid was put down by Canadian militia and British forces. Dozens were killed or wounded on both sides. There was, however, a fourth and final raid into Canada in 1871.

William Bernard O'Donoghue was born in Sligo, Ireland in 1843. He moved to New York while still young. He carried with him a strong hatred towards England and an equally strong feeling of Irish patriotism. There is no evidence that William was ever a member of the Fenian Brotherhood. In 1868, William was living in Port Huron, Michigan. There he met Oblate Bishop Vital-Justin Grandin, then bishop of Saint Boniface Diocese, in the area of western Canada known as Rupert's Land (now the province of Manitoba). He offered O'Donoghue an opportunity to serve in the western Canadian missions of the Catholic Church. O'Donoghue traveled with Bishop Grandin to the Red River Settlement in Rupert's Land. The Settlement was a colony built at the forks of the Red and Assiniboine Rivers. It would later become the city of Winnipeg. There he taught mathematics at the College of St Boniface and began studies to enter the priesthood. By the autumn of 1869, O'Donoghue questioned his religious vocation and was drawn to the Métis (French pron: meh-TEE) protest movement headed by Louis Riel. The Métis were a Canadian indigenous tribe who were descendants of French fur traders who intermarried with indigenous tribes. The Métis were mostly Catholic, spoke the French language and lived along the Red River. They were concerned about the expansion of Anglo-Canadian authority and sought a guarantee of their political rights and culture. Their fight for recognition was known as the Red River Rebellion. Most of western Canada was administered by the Hudson's Bay Company (HBC), and efforts were being made to transfer sovereignty to the Canadian Confederation. The HBC functioned as government in Rupert's Land for nearly 200 years, until the HBC relinquished control of the land to Canada in 1869. Métis opposition to the Confederation in late 1869 caused the Canadian government to refuse to take over the territory, and matters soon escalated when Riel's followers seized the HBC funds at Fort Garry. A provisional government was declared by the Métis, with Riel as its leader. O'Donoghue was appointed treasurer. By August 1870, government patience had worn thin and, when troops arrived at Fort Garry, Riel and O'Donoghue were forced to flee to the USA. Riel and O'Donoghue had come to a parting of the ways: O'Donoghue saw Riel as too pro-British and compromising, and Riel saw O'Donoghue as more concerned with striking a blow against Britain than sincerely working to alleviate the plight of the Métis.



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The Invasion of Canada O'Donoghue devised a plan to seek American support to invade Canada and combine forces with the Métis against the larger British Confederation. In late 1870, O'Donoghue took his plans to Washington, DC, where he received a hearing before the US Senate and an audience with President Ulysses S. Grant on January 28, 1871, but neither made any promises regarding his proposals for assistance. O'Donoghue next turned to the Fenian Brotherhood in New York. There he met with Fenian leaders John C. O'Neill, the hero of the Battle of Ridgway, and Colonel John J. Donnelly. O'Donoghue promised the support of the Métis rebels, O'Neill offered the Fenian army, and they believed their combined forces would succeed in liberating Manitoba. O'Neill and Donnelly agreed to assist in presenting it to the Fenian Council, of which O'Neill was a member. The council



Captain John C. O'Neill

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William Bernard O'Donoghue



Louis Riel

was not thrilled with the idea of another invasion and politely refused.

They were, however, able to work out a compromise: The Council promised to provide funds and the necessary arms. In addition, they would not publicly denounce O'Neill or the raid.

The plan was to invade from North Dakota, declare a republic, and hope that the Métis and numerous Irish veterans of the US Civil War would join the cause. O'Neill and O'Donoghue then went to St. Paul, Minnesota to enlist the aid of workers sympathetic to his cause, and to obtain a promised 250 Springfield rifles, courtesy of O'Neil's fellow Fenian, Henri Le Caron. Remarkably, O'Neill was unaware

that Le Caron was a British spy who had infiltrated the Fenian Brotherhood. Caron promptly passed on details of the conspiracy to Canadian Police.

In the early morning of October 5, 1871, O'Neill, O'Donoghue, Donnelly and about thirty-five other men crossed the Red River from Minnesota into Rupert's Land and captured the Custom House at Pembina, Manitoba, as well as the nearby HBC trading post, taking 20 hostages. Their hopes of joining forces with Louis Riel's Métis came

to nothing; Louis Riel had disavowed them. The Métis cavalry and volunteers from the Red River Colony turned out against them.

Unknown to O'Neill and O'Donoghue, shortly before this invasion took place, the United States and Canadian governments had redrawn the border between their respective nations. Pembina was now one mile south of the Canadian border and firmly within the bounds of the United States. The invaders had used forty men to invade abandoned buildings within the United States.

The U.S. Cavalry promptly liberated Pembina and the Métis captured O'Donoghue and Donnelly, turning them over to American authorities. O'Neill made a run for it but was soon arrested by American law officers.

None of them, however, were ever convicted of a crime. No casualties resulted.

Fenian Raids

The Fenian raids took place at a time of growing concern over the threat posed by American military and economic might. This led to increased support for Confederation, which led to Canada becoming an independent country. Fear of Fenian attack plagued the Lower Mainland of British Columbia during the 1880s,

as the Fenian Brotherhood was active in both Washington and Oregon, but no raids ever materialized.

In 1885, Louis Riel lead another rebellion, the North-West Rebellion. He was executed for treason on November 6, 1885. Today Riel is recognized as the "Father of Manitoba."

William Bernard O'Donoghue became a teacher in Rosemount, Minnesota, but died in poverty of tuberculosis in St. Paul on March 16, 1878, at age 43. He is buried in old St Joseph's Cemetery, in Rosemount, the cost of the burial and headstone being borne by his American friends.

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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COOKING UP
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KATIE GAGNE



raspberries and white chocolate. You can add spices and cheeses and make more savory ones.

It also is very easy to double or even triple if you need to make more or adjust the size to make smaller bite-size ones too.

Caramel Pecan Cheesecake Scones

Makes Approximately 16 Medium Size Scones

Scones

Ingredients:

- 4 cups AP Flour
- 4 teaspoons Baking Powder
- 1 teaspoon Kosher Salt
- 1/2 teaspoon Baking Soda
- 1 1/2 stick of cold Unsalted Butter cut into cubes
- 1 cup of Buttermilk
- 2 Large Eggs
- 2 cups Chopped Pecans
- 1 12-ounce package Caramel Baking Chips
- 1/2 package (6 ounces) Cinnamon Baking Chips
- 2 teaspoons Cinnamon
- 1/2 cup Heavy Cream
- 1/3 cup White Granulated Sugar

Cheesecake Filling

- 1 1/2 block of Cream Cheese (12 ounces Full Fat)
- 2 Egg Yolks
- 2 teaspoons of Vanilla Extract or Pure Vanilla
- 6 tablespoons of White Granulated Sugar.

Using a hand or stand mixer, mix the softened cream cheese, egg yolks, vanilla, and sugar together until creamy.

Preheat oven to 400*

Place pecans on a baking sheet and toast in the oven for 4-5 minutes until slightly browned. Make sure to watch

carefully so they do not burn. Set aside to cool.

In a large bowl, place flour, baking powder, baking soda, and salt along with the cinnamon.

Sift until combined.

Using a pastry cutter or your hands, incorporate the cold butter into the flour mixture until it is coarse crumbs. This part will take several minutes, so be patient.

Lightly whisk eggs and buttermilk together.

Pour into flour mixture and mix with a spoon or spatula until combined. Do not overmix.

Here is where you add in your additional ingredients or flavors.

Mix in the cinnamon and caramel chips and the pecans.

Have 2-3 lined baking sheets ready. Make the cheesecake filling. This can be done ahead of time.

Take a palm-sized amount of the scone mixture in your hand and add a tablespoon of the cheesecake filling on top. Get another palm-sized amount of the mixture and place it on top.

Press the sides together to form a slightly rounded mound. Place on the baking sheet.

Once the baking sheets are filled, take a pastry brush and brush each one with the heavy cream and sprinkle with the sugar.



Bake in the oven for 15-18 minutes, or until slightly browned on top and fully set in the middle.

Serve warm or at room temperature with butter, or clotted or Devonshire Crème.

They last covered for 4-5 days and freeze great in a freezer bag for up to three months.

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

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Scones Anyone Can Make

I am much more of a savory person. Yet, oh my goodness do I love scones!

They are perfect because they are not too sweet but are so satisfying. They really are easy to make.

In my bakery, I do not make breads, rolls, and certain kinds of pastries because there are many bakers with old-world family recipes that are just heavenly. I do though love making and enjoying scones.

These little forms of quick breads are actually Scottish and trace back to the 16th century. They are often served with tea and are derived from the word "skonn" which means to slice, cut, or break off.

You need to give these a try, even if you are not much of a baker. They are very simple to put together, and your house will smell amazing.

I love this recipe because once you make the base recipe you can add your fillings or toppings to change the flavors. Some favorites are chocolate chips, blueberries, cranberries or



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MILESTONE & SWEET SNAPS

Congratulations to the Newly Elected 2025 Cleveland GAA Board

The evolution, growth and success of Cleveland GAA is unprecedented in its long and storied presence in Cleveland. Men's Gaelic Football and Hurling clubs, Women's Gaelic Football and Camogie clubs and Youth Team clubs take the field with outstanding representation all summer and take volunteer positions at the West Side Irish American Club, and other places and events, all year long. They put in the work, to win.

We are blessed to have such an active Irish community in teaching, learning and presenting our rich Irish culture in music, dance, sports (just need to add handball!), Irish language, history, festivals and friendship, plus iIrish in print and multiplatform digital, to share it all with you.

Here is to another successful and fun year, and thank you for all that you do.

- **Chairperson:** Vincent Beach
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- **Secretary:** Danny Sullivan
- **Treasurer:** John Kernan
- **Registrar:** Cory Berry
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- **Field Operations Manager:** Jarlath Caldwell
- **PRO:** Meghan Daniel
- **Youth Manager:** Michelle Beach
- **Hurling Camogie Manager:** Damon Margida
- **Hurling Players' Rep:** Joey Murphy
- **Camogie Players' Rep:** Clo Murphy
- **Football Manager:** Jim Coyne
- **Men's Football Players' Rep:** Alec Stott
- **Women's Football Players' Rep:** Annie Coyne



Back row: Damon, Maura, Meghan, Maureen, Alec, Michelle, Clodagh, Joey, Cory, Annie and Jim Front row: John, Jarlath, Vincent, Danny

Brigid McNally, age 5, playing shamrock squares while her sister is in Irish step dance class, practicing for the Oireachtas in Youngstown with the Burke School of Irish Dance





Superorganic

The study of Irish immigration in recent years has begun to accept new research that decentralizes the shared narrative, and all-encompassing commonalities. History of the Irish diaspora now includes developing a longer chronological scope.



Pre-Famine and late 19th century migration have always been a part of the story, just not as studied in the history of our history.

Recent historians study the strategies of Irish mothers who were the heads of households in Chicago, or how the Land League in America was a means to expand the voice of all the Irish in America. There are two works, Suellen Hoy's *Good Hearts: Catholic Sisters in Chicago's Past* and Maureen Fitzgerald's *Habits of Compassion: Irish Catholic Nuns and the Origins of York's Welfare System* that are well worth the read and are not the newest of studies.

As histories increase the years and the people that are a part of those histories, we get a much deeper grasp of what Irish immigration and the Irish in America were, and are, collectively. I have been reading up on the Irish in the South.

As a member of the Hibernian Society of Baltimore, and a perspective member of the Hibernian Society of Savannah, I need to be informed. Professor Trouillot would be joyous with the unsilencing of those voices of the past.

Holy Name Parish

The Sunday before Thanksgiving, we did some unsilencing at Holy Name. People gathered near the



front door, and Bruce Greig piped everyone in just before 11:00am. There were multiple pews reserved and those were exceeded.

Monseigneur Antell began the day's history lesson discussing the Hibernian window at Holy Name. He then shared some parish and personal history.

It is always a plus when you are afforded a memorable homily. Aunt Irene always liked a good story. That Sunday, Monseigneur was talking to us as he recounted the stories of his Irish mother. "She got more Irish as she got older."

That was after he noted Father Walsh "puts the ancient in Ancient Order of Hibernians." It truly was beautiful Mass. Once the choir had concluded "Our Lady of Knock," most folks went to the brunch.

Irish Breakfast

Tim Neary arrived before the 8:30am Mass to start cooking. Raddell's bangers, potatoes and eggs were on the menu. Sarah picked up the coffee and soda bread. The brown gravy did bring it all together, like a rug in a room.

Once folks were settled, Chelsea Chavez presented a brief history of the parish. Chelsea is a sophomore at St. Martin de Porres. She attended with her father and St. Martin's Bill Klein. Each Mass we invite students from the Catholic high schools that receive funding from Bluestone Hibernian Charities to give the presentation and to assist with Mass.

Margaret Lynch, Executive Director of Irish American Archives, provided additional

historical data and some interesting stories. She knows Cleveland Irish history.

There was, and still is, plenty to learn about Holy Name and its place in the history of the south side Irish in Cleveland. It was impressive to all the graduates of Holy Name in attendance.

History was in the air that day, a history that is not as well-known as other Irish narratives in our city. That is what the Hibernian Mass was created to be: a celebration of the history of the Irish in Cleveland at the parishes they fought to build. We are just getting started with Mass season.

January 19 is the Hibernian Mass at St. Aloysius. There are at least three members of the Irish Archives that were baptized at St. Al's.

Ireland Rugby

That was Sunday and we are not limited to history alone. That Saturday, Gormley's opened early to a full house for Ireland rugby. Fiji did not have a great day, but everyone at Gormley's did. I even got a haircut, a good one to boot.

Celtic won that afternoon. Irish migration that day was to PJ's. When we head west we eventually have to head back East. That typically involves a stop for dinner at Harp, Flat Iron, or Old Angle. It takes a lot of calories to cross the river. The weekend concluded at Jack Murphy's Lounge.

We are blessed to have such a vibrant local Irish community, a community that includes various spaces and opportunities to experience our history and our

culture as lived today. In many ways, Irish chronicles and supports those intersections.

It's not even March. Just as historians are embracing a wider lens in the study of Irish immigration, we know Irishness is not limited to a particular month, or a singular event.

Unification of Ireland

It can be the weekend before Thanksgiving or a Tuesday at the Westside IA to discuss the unification of Ireland. It can be embraced and celebrated every day, and in the personal moments Monseigneur Antell shared with us.

Culture is alive and each individual has a relationship with that culture. In anthropology, scholars like Alfred Kroeber and Edward Sapir applied the term "superorganic" to the complexity of human society.

Social evolutionary thought uses superorganic to discuss their claim that culture exists in a larger scope than the individuals in that culture. It is the universals of human behavior mediated by the forces of history and culture. It is organic, it is living.

We just live it and sometimes we don't realize we are living it. There are also opportunities for us to knowingly embrace it.

Either way, live your best Irish. You can do it on your own terms and at your own pace. There are the Speak Irish classes, bagpipe lessons or you can just enjoy the craic at your local Irish pub.

If you are reading this newsmagazine, you are already on your way. It is your Irish journey, so own it and enjoy it.

Francis McGarry is the Director of the Food Rescue Program at the Hunger Network of Greater Cleveland. He holds undergraduate degrees from Indiana University in Anthropology, Education and History and a Masters in Social Science from the University of Chicago.

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safe home



*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.*

Philomena "Phyllis" Dillon

(May 29, 1936 - December 3, 2024)



Philomena "Phyllis" Dillon, 88, passed away peacefully at Ames Family Hospice in Westlake on Tuesday, December 3, 2024, after a brief illness. Born

on May 29, 1936, in Pallasgreen, County Limerick, Ireland to Patrick and Bridget (nee Power) Harrington, she was the youngest of 14 children and shared a special bond with her twin sister, Sheila.

Phyllis immigrated to England at the young age of 15, then later to Montreal, Canada, where she met and married the love of her life, James Dillon, of Tulla, County Clare, Ireland. They married in Montreal in 1959 and began to raise their family.

In 1965, the family then immigrated to the US and settled in

Lorain, Ohio, when James began his career with Ford Motor Company. A devoted homemaker, Phyllis adored her four children and four grandchildren. She took immense joy in caring for her family and home.

She was an exceptional cook and baker, finding happiness in preparing meals for her loved ones and exploring new recipes. She always had fresh scones or soda bread for friends and family. Her warm and welcoming table was a testament to her love and generosity.

A devout Catholic, Phyllis was a longtime member of St. Peter Catholic Church in Lorain, where her faith was an integral part of her life. She is survived by her children, Brendan (Barbara) Dillon, James Dillon, and Barbara (Gene) Doverspike; grandchildren, Eamon (Eryn) Dillon, Clare Doverspike, Keira Dillon, and Katherine Dillon; her twin sister, Sheila Wright, of England; brother, Patrick Harrington, of Canada; and numerous nieces and nephews

spread around the world.

Philomena was preceded in death by her husband, James; son, Kieran Dillon; her parents; and eleven of her siblings.

In lieu of flowers, the family suggests contributions to Hospice of the Western Reserve, 17876 St. Clair Ave., Cleveland, OH 44110, or the Monastery of the Poor Clare Nuns, 3501 Rocky River Drive, Cleveland, OH 44011. Online condolences may be left for the family at www.dovinreberjones.com.

her sister Doreen.

She met and married her husband Chuck in Plattsburgh, New York. They moved to Dayton with close friends Chuck and Joyce Schafer, where they became part of the Schafer and Hausfeld clans.

Marion was very proud of her Scottish heritage and held onto her British citizenship. She loved to party with family and friends, travel the world and attend Irish Dance events.

She was preceded in death by her father William B. Linden, mother Catherine Graham Scott Linden and eight siblings. She is survived by her husband of 57 years, Chuck; daughter Kimberly Timm (Bradley Horne); son John (Heather); grandchildren Andrea (Andy Green), Donovan and Danica; four great grandchildren Oliver, Pippa, Vera and Calvin; and one brother, George.

In lieu of flowers, please make donations in her honor to Hospice of Dayton.

Marion Timm



October 8, 1945 - November 21, 2024)

Marion Timm, 79, passed away in Hospice care November 21, 2024.

Marion was born October 8, 1945, in Colmonell, Scotland. She migrated to Montreal, Canada after high school with

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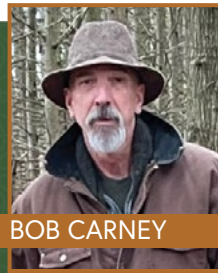
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Top Ten of 2024

Mary and I have shared our home with many dogs over the years, and daily walks were part of my routine. Cian our first Irish Wolfhound, and Morrighán, his younger “sister,” and I would walk two or three

miles in the evening, until they started getting older.

Rían is our biggest guy at 210lbs, and now the oldest at five years. Aisling is three and Draoi is two. Little Doolin is eight now

and at fourteen lbs. has more energy than all three wolfhounds combined. Those three are the laziest dogs on the planet!

Draoi loves to play and rough house with Aisling, but a walk at the end of the day, he’d prefer to just lay in the grass. As a result I spend more time on the treadmill in the morning and more evenings in the backyard reading while the dogs nap outside.

I found myself reading a lot more fiction this year and even reread Bram Stoker’s *Dracula* and Le Fanu’s *Carmilla*. There were a few Irish language books and a few Irish mythology books.

Irish and American history are always favorites. I hope you find something that peaks your interest in my top ten choices for 2024.

The Ghosts of Belfast

by Stuart Neville

I came across this fantastic novel quite by accident. I was browsing the horror section at the book store and the title caught my eye just as Mary was telling



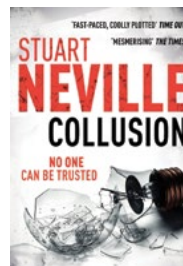
The story is set in Northern Ireland after the Good Friday Agreement ended most of the violence there.

The ghosts are in Gerry’s head. He is an ex paramilitary assassin who is tormented by the faces and voices of the people he killed. Each one, in turn, pushes him to avenge them by killing those that gave the orders.

When Gerry can no longer control the voices through alcohol abuse, he does what he thinks they want. I spent two evenings squinting in the dark to finish this phenomenal book.

Collusion

by Stuart Neville



lines together. I will definitely seek out other works by this writer.

Listen to the Land Speak

by Manchán Magan

I have reviewed a few of Manchán’s books in my Speak Irish column in the past. He is passionate about sharing his love for the richness of the Irish language in a way that makes it accessible to everyone.

In this book he sticks to English to share the history and mythology of Ireland’s landscapes. Cleveland writer and playwright Christopher Johnson (*The Ascension of Mary*

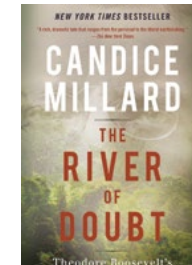
me to hurry up. I grabbed the book and was hurried to the checkout.

I don’t think I would classify this as horror, but more crime fiction, or thriller.

Mulligan) chose the Burren as the setting for his play because of a magical or spiritual connection he felt there. You will find this book to be a great read if you’ve experienced that connection yourself in the Irish outdoors.

The River of Doubt

by Candace Millard



After his election defeat in 1912, Theodore Roosevelt looked for a distraction. He had been humiliated politically during his final attempt to regain the

White House and thought an adventure would put him right.

What had started out as a planned excursion through previously charted areas of the Amazon, changed when Roosevelt was challenged to explore an unmapped tributary of the river.

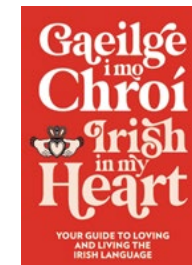
The expedition suffered many hardships, including starvation, disease, drowning, Indian attacks and even murder. Roosevelt himself contemplated suicide under the physical and mental strain of it all.

For a man who was a legend in his own lifetime, this was the biggest challenge he ever faced. This is a brilliant outdoor adventure tale.

Gaeilge i mo Chroí

by Molly Nic Céile

Where was this book when



I was first introduced to the Irish language? Molly launched *Irish in my Heart* in 2019 as a YouTube channel and Instagram account to share

her love for the Irish language.

The book is not just for Irish language learners, but for anyone interested in language or their Irish heritage. It is full of *seanfhocail*, old sayings, and each chapter includes a glossary to help the reader out. The online dictionary teanglann.ie is helpful with the pronunciation for

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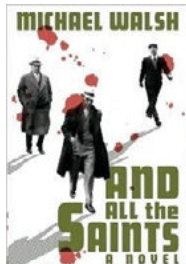
the new words and phrases you encounter.

I enjoyed Chapter 5 quite a bit, as Molly takes a conversation showing how Irish would sound if it were English. I recommended this book to all of Speak Irish Cleveland members.

And All the Saints

by Michael Walsh

Walsh tells the story of the most infamous Irish-American mobster in history as a memoir. Owey Madden tells us his life story from it's beginnings in England to his arrival on the streets of



New York. It can be difficult to remember this is a novel based on the real Madden, who formed a coalition that became the New York Crime Syndicate.

The book is largely accurate in its depiction of Madden's life in crime with only small events and conversations being the work of the author. I read this over a couple of evenings and was inspired to share the story of Owey Madden in my July and August 2024 Cleveland Comhrá columns, *The Killer*.

Small Things Like These

by Claire Keegan

This a great time to sing the praises of our own Irish book club C.R.A.I.C., Cleveland Reads About Irish Culture. I rarely am able to make their monthly meetings.



I leave work early on Tuesdays for Speak Irish class and can't leave on the

Wednesday night they meet. They are kind enough to share their monthly book choice with me and this short story was one of them.

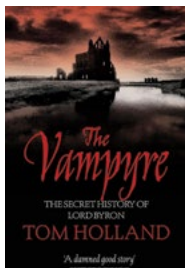
It takes place in a small Irish town in 1985, just before Christmas. The town's basic institutions are run by the Catholic Church and the local convent.

It tells the story of one man who

stands up for what is right. It is a story of hope and second chances at life. It depicts a dimmer side of religion and its impact on the Irish in those earlier years.

The Vampyre

by Thomas Holland



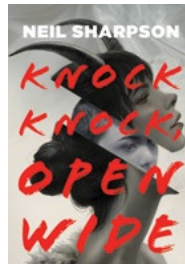
Most of us are familiar with the story of Lord Byron and his holiday with friends that led to the challenge to come up with tales of horror to share with one another. Mary Shelley came up with Frankenstein and Lord Byron started a story about a vampire, but grew weary of it.

His personal physician, John Polidori, saw something in it and asked if might elaborate on it making it his own. Byron had no objections and Polidori published *The Vampyre* in 1819. It is considered the forerunner of the vampire genre.

In this novel, Tom Holland builds on that relationship between Byron and Polidori, casting one as the immortal vampire ready to share his story two hundred years later. A very interesting blend of fact and fiction.

Knock Knock Open Wide

by Neil Sharpson



Written by Dublin playwright turned novelist Neil Sharpson, this story is like something you don't want to see but can't look away from. He blends celtic

mythology with supernatural horror and modern alternative lifestyle.

A couple of months after reading the book, I saw a children's toy, a small black stuffed goat, and looked at it in a totally different way. A freaky story that has me anticipating his next book.

Christmas and Other Horrors

Ed. by Ellen Datlow

This is a collection of modern



stories from around the world, set during the time of the winter solstice. Stories of ghouls and creatures and things that go bump in the night, all during the most wonderful time of the year!

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

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

scan the code:



1. Mutton Island is found off the coast of which county in Munster?
2. Name the Cork-born footballer who has played for both Manchester United and Republic of Ireland?
3. Derry is nicknamed the _____ Leaf County?
4. In what county is the Twelve Bens Mountain range?
5. The bones of what animal were found in Poll na _____, in County Leitrim?
6. Who was the first female president of Ireland?
7. What county has won more Hurling All-Ireland Championships than any other county?
8. Billy Roll is a type of a) ham b) dance or c) cake?
9. How many counties in Ireland begin with the letter L?
10. What city in Munster is known as the oldest city in Ireland?

1. Clare
2. Roy Keane
3. Oak Leaf County
4. Co. Galway
5. A brown bear
6. Mary Robinson
7. Co. Killkenny
8. Ham
9. 5
10. Waterford

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; 2/12 – The Story Collector, By
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What's the Craic?

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Submissions are due by the 8th of each month, for the following month.





AKRON
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LISA O'ROURKE



Sisters Are Doin' It for Themselves

It's a little hard to make out what is going on at first. Then a girl materializes from the twisting bodies. She is all 80s - jeans and big hair. There are two other women in the tussle. One of them looks to be her mother

and the other a nun. She is being pushed through convent gates, her body an elbow of resistance. The image is haunting.

Auld Times

The scene is from the second literary work by Claire Keegan that was adapted to film. The first was



"The Quiet Girl." The current film is adapted from a novella of the same name, *"Small Things Like These."* They are different stories, but they share common themes.

Claire Keegan is a gifted writer. Keegan's Ireland is the country of the not-so-distant past. It is a country on the cusp, but still in the throes of the old systems.

Keegan is devoid of any sentimentality for the "auld days." She saves her empathy for the fates of her characters, who are caught in a society that is ruled by church and righteous neighbors. Her characters struggle to act in a humane and kind way against a society thinks that the right way belongs to dispassionate and inflexible systems.

Small Things Like These

"Small Things Like These" is set in the late 80s. The Magdalene laundries are part of the story, but not the main part. Yet, it is shocking to see a girl who would have been my contemporary pulled into a convent against her will.

The laundries were a cruel system that functioned for an amazingly long time. They existed in broad daylight albeit on lonely streets.

Keegan's stories often feature a

female who is trapped. They lack the power to control their destinies. The conflicted characters in both stories are the men who see the wrongs but are constrained by circumstance to right them.

The Times Do Be Changing

The Magdalene laundries seem like an institution that operated exclusively in the poverty-stricken dark ages. Seeing that girl in jeans just smacks of how recently this was still happening. The first president of Ireland, Mary Robinson, was in the final days of her presidency in 1996 when the last of the laundries closed in Dublin.

Irish culture was patriarchal and heavily influenced by a church often corrupted by their power. Naturally, all the blame and the shame went on the head of the woman. There were no homes for "wayward" men.

Saoirse Ronan

Saoirse Ronan sat on a couch, the lone female on an episode of the Graham Norton talk show. The discussion revolved around one of the actors learning some unconventional ways to protect himself to prepare for a role. The men scoffed at the idea, for example, of shoving a cell phone in the jugular of a would-be attacker.

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Saoirse simmered. She interrupted the man-splaining to comment that women think about things like that all the time. They must think about how to protect themselves with whatever is at hand.

The comment cut through the jokey atmosphere like a knife. The thrust of the comment landed on fellow Irishman Paul Mescal. To his credit, Paul praised Saoirse and owned his oversight.

Saoirse has since done several interviews on a point that is obvious to women. She talked about the lack of freedom that women still feel. They must be ready to protect themselves in situations as simple as going to their car.

Bad Bad Sisters

Moral stoicism is not a feature of the behavior of Apple TV's "Bad Sisters." The show is set in the Dublin suburbs of here and now. It is written by one of the stars, Sharon Horgan, and it shows.

The female voice is clear. These ladies aren't waiting for help.

The sisters are a tight knit group. They want to get on with things, but they are plagued by some truly awful adversaries.

The societal traps are still in effect, but have weakened. These ladies know the game and how to play it.

The series shows them deftly playing people by putting on transparent displays of good behavior. They do things like gracing a dining table with a large statue of the Child of Prague. These displays are put on and shrugged off so easily that we are all in on the joke.

It is the other characters in the show who own the shameful secrets. So far, these secrets belong to a few dreadful men and a "devout" Catholic poser. The brother-in-law in the first series is so patriarchal, condescending and toady that you want to slap him through the TV.

The sisters, while imperfect, exult a humane innocence that defies the tricky circumstances that they find themselves in. They are doing their best to thrive and take care of each other for F's sake! So what if they are having the craic while they do it.

Do Not Go Quietly

It is hard not to admire the stoic determination of Claire Keegan's characters. It is an admirable way to be. But for my money, I am going with the subversive Bad Sisters and the out-spoken Saoirse.

Irish women are often called demur and ladylike. Don't believe it. They are playing the game too.

These images are here because they struck me with their contradictions. They make you realize how much has changed and how much is clinging to the past. But looked at together, they are on the side of change.

Ireland did not stroll into the 21st century. It was thrown. The lives and status of women changed fast too.

There are Irish women of my mother's generation, early Boomers, who were eras away from many of their western peers. They weren't smoking and burning bras in the 60s. Some Irish women didn't drive or venture too far on their own.

Cat Ladies

Before we get too far out over our smug skis, we have yet to elect a woman president in this country. We just had a fellow Ohioan call out women who made lifestyle decisions as "childless cat ladies."

The equivalent name for men who make these types of decision is ambitious. To quote Taylor Swift, self-proclaimed Cat Lady, "Is it cool that I said all that?"

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge. She runs a Gaeilge study group through the AOH/Mark Heffernan Division. She is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music, and travel. She likes spending time with her dogs, cats and fish. Lisa can be contacted at olisao7@icloud.com

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– St. Francis of Assisi



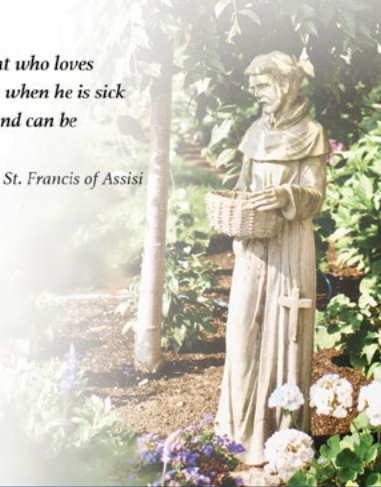
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Inauguration Day is a special day in the United States. On this day, the new President of the United States takes an oath and officially starts their job. The oath the President takes is a promise to do their best to lead the country and to protect and defend the Constitution.

The date and the oath are actually written into the United States Constitution. The president must say the oath to become president.

Inauguration Day always takes place on the January 20th following a presidential election.

It is moved to January 21st, if the 20th falls on a Sunday. Most of the events on Inauguration Day are based on tradition.

During the inauguration, there are many exciting events. The new president gives a speech, called the Inaugural Address. In this speech, the new president talks about their plans and hopes for the country. There are also parades, music, and sometimes even fireworks.

It is a day of hope for the future. Inauguration Day is important because it shows the peaceful transfer of power from one president to the next.

It is a tradition that has been followed for many years, starting with George Washington. This day reminds everyone that in a democracy, the leaders that are chosen must work for the good of the entire country and all its citizens.

Dates Change

From George Washington in 1793 to Franklin Roosevelt in 1933, Inauguration Day was held on March 4th. This day was picked because it was the anniversary of the date the Constitution took effect, in 1789. Many felt that there was too much time between the November election and March 4th, so the 20th Amendment was added to the Constitution.

This amendment changed the beginning and ending dates of presidential terms. The new inauguration date became January 20th.

Bundle Up

Often it is very cold on Inauguration Day. In 1840, President William Henry Harrison became the 9th President of the United States on a cold and rainy day in Washington. His speech of 8,444 words took over two hours to read. A month later, he died of pneumonia.

Many believe that he got sick because he stood out in the awful weather reading his speech for so long, but back in those days, it was not clear what caused him to sicken; there was little known to cure it. Harrison became the president who served the shortest period of time; all of 30 days!



kids in the kitchen

Classic Chicken Noodle Soup

Ingredients:

- 1 chicken breast, cooked and shredded
- 1 cup noodles
- 1 cup carrots, diced
- 1 cup celery, diced
- 4 cups chicken broth
- 2 Tablespoons butter
- Salt and pepper to taste

Directions:

- In a large saucepan, melt butter and cook the carrots and celery until tender. Add chicken broth and shredded chicken.
- Bring to a boil. Add noodles. Cook until tender. Season to taste with salt and pepper.

LITERATURE CORNER

Swimmy by Leo Lionni

This has been my favorite book since 1st grade!!! Swimmy is different than other fish in his school. The other fish are afraid of the dangers in the deep ocean. Swimmy learns to use his uniqueness, bravery, ingenuity, and leadership to help his friends overcome their fears by using teamwork! For ages 2-6, 32 pages.



The River Between Us by Richard Peck

It is 1861 and the Civil War is imminent. Tilly's brother, Noah, wants to go fight for the North. With their father gone, Tilly, her sister, and their mother struggle to make ends meet and hold the family together. One night, a mysterious girl arrives on a steamboat headed to St. Louis. She is not like anyone the small town has ever seen. Tilly's mother agrees to take the girl and her traveling companion into their home. No one knows what to make of the strangers. Are they slaves? Are they spies? Are Tilly and her family traitors? A great tale of mystery and war and a breathtaking portrait of the lifelong impact one person can have on another. For ages 8-12. 164 pages.



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Happy New Year to You = Athblian shona duit

(pron: ought/bleen hunna dwit).

Megan is a Reading Intervention Educator for the Cleveland Metropolitan School District. She may be reached at meganlardie126@outlook.com.





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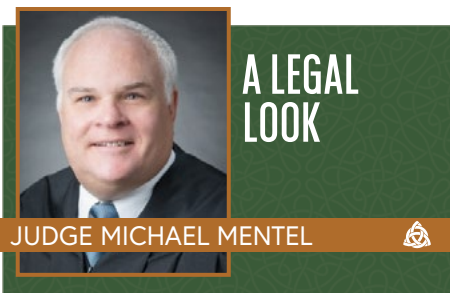
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10am Mass, followed by an Irish Brunch
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“Tiocfaidh ár gcuid ama” Their Time Will Come

In 1981, ten men died during a 217-day hunger strike in Long Kesh Prison. Their aim: to attain the political prisoner status stripped away from them five years previously and obtain the basic human rights being denied to them by the British government. Forty-four years have passed since that hunger strike.



Shamrock Club President Meghan Dempsey and the Judge with the *Tiocfaidh ár gcuid ama* timepiece

Since 1981, memorials have been commemorated and tributes made across the globe in recognition of the ten men who died on that

strike. These memorials and tributes have been exhibited in various ways.

Some are depicted in sculptures or monuments. Other depictions are embodied in art, song, text, or documentary form. Another depiction can be found in time itself.

James Smyth, known to his friends as “Jim” or “Jimmy,” was a political prisoner in the H-blocks of Long Kesh Prison in 1981. He was a cellmate of Raymond McCreech, the third man to die on hunger strike on May 21, 1981, at the age of twenty-four.

Jim knew Ray and the other nine men who died on that strike. They were his friends. He has never forgotten them.

Jim was born and lived with his parents in the Ardoyne area of Belfast. In 1977, he was arrested and accused of the attempted murder of a prison guard.

He was subsequently tried and convicted by a judge in a Diplock Court of attempted murder. The conviction was based upon circumstantial evidence.

He denied the charges. Following his conviction, Jim was sentenced to twenty years in the H-blocks of Long Kesh Prison.

The Great Escape

The Diplock Courts did not operate like the regular criminal courts. Defendants were denied the right to a jury trial. Additionally, these Courts curtailed a political defendant’s due process rights compared to the legal rights provided to non-political defendants.

Jim’s story does not end there. On September 25, 1983, thirty-eight Republican prisoners carried out an escape from Long Kesh Prison. It garnered worldwide attention. Among Republicans, the escape is known as the “Great Escape.”

The escape took place from H-block 7 where Jim was confined. Jim and three other escapees made their way to the United States and would later be recognized as the “H-block 4.”

In 1984, Jim made his way to San Francisco. While living there, Jim worked as a painter and carpenter. He lived his life quietly until 1992, when a provisional warrant was issued by a federal district court to hold him for extradition to Britain. Jim fought the extradition, contending that Article 3(a) of the United States-United Kingdom Supplemental Extradition Treaty barred his extradition.

Article 3(a) of the Extradition Treaty provides that, “... extradition shall not occur if the person sought establishes ... [that] if surrendered, [they would] be prejudiced at [their] trial or punished, detained or restricted in [their] personal liberty by reason of [their] race, religion, nationality or political opinions.”

Many elected officials at the time, including U.S. Representative Nancy Pelosi, as well as Irish organizations wrote to the federal court asking that Jim’s extradition be barred under the Treaty.

The federal district court did rule that Jim was exempt from extradition to Britain. However, following the Government’s appeal of that ruling, U.S. Ninth Circuit Court of Appeals reversed the federal district court’s decision, holding that Jim failed to establish he would suffer punishment or harm at the hands of British authorities if he were returned to the north. He subsequently was

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returned to Long Kesh to serve out the remainder of his sentence.

Good Friday Agreement

In 1998, the Good Friday Agreement was signed, bringing the Troubles to an end and peace to the north. As part of that agreement, paramilitary and political prisoners, Republican and loyalist, were released from Long Kesh Prison. Jim was released in accordance with terms of the Agreement.

Waiting outside of Long Kesh to welcome him home was his wife, whom he married in the chapel of Long Kesh, and his son. As he was being greeted by his family, Jim thanked those in the United States who helped him fight his extradition.

I had the opportunity to meet Jim and his wife in July of last year. Jim's wife is a native of Columbus and still returns home from time to time. Jim, however, is barred from returning to the United States.

During our meeting, Jim discussed with me his life in the north, his confinement at Long Kesh, the Great Escape, and how he made his way from Long Kesh to San Francisco. It is a fascinating

sequence of events that cannot be condensed to this article. Suffice it to say it is a riveting account of a life lived, and the injustices suffered, in the north.

When Jim and his wife arrived, they had a gift for me. It was completely unexpected, and it was nothing that I had ever seen before.

As they approached me, I could see that it was in the shape of an "H" and each column of the "H" was lined with photograph portraits. After we greeted each other, Jim said, "I have something here for you."

Looking at it more closely, I could see that it was a hand-crafted piece and that the photographs on the "H" columns were the portraits of the ten hunger strikers. Installed in the crossbar of the "H" was a timepiece.

The entire piece stood a little over a foot tall. I was completely shocked at receiving the gift and thanked him multiple times for gifting it to me.

The most striking part of the piece is what is written on its base; "Tiochfaidh a' gcuid ama." Translated from Irish it reads, "Their time will come." I

is, of course, a reference to the ten hunger strikers appearing on the piece. The craftsmanship, the timepiece installed in the crossbar of the "H," and the title written on its base express an insightful level of thought and reflection on remembering the lives of the ten hunger strikers.

Before we left, Jim told me that he had made another piece, twice as high as the one he gifted to me. He asked if he could gift it to the Irish club that I was a member of back home. The Irish club he was referring to is the Shamrock Club of Columbus. The Club graciously accepted it.

This month, the Shamrock Club will formally accept and recognize Jim for the Tiochfaidh a' gcuid ama timepiece during its January membership meeting. The timepiece includes the phrase, "Tiochfaidh a' gcuid ama" on its base.

The 1981 hunger strike will never be forgotten. It is remembered in many ways. From the perspective of James Smyth, it will forever be remembered in time.

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Sessiúns: See *What's the Craic* for a new, updated list!

1st – 10th Annual Ancient Order of Hibernians Scholarship Raffle @ IrishAmericanClubEastSide

1st – 1st Day of Black History Month

2nd – Groundhog Day

8th – Submission deadline for ad reservations, listing in *What's the Craic* events

9th – Superbowl

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14th – Valentine's Day

17th – President's Day

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The Magnificent, Mighty **March issue** arrives, featuring ***Irish Heritage Month***, and the **2025 Honorees**

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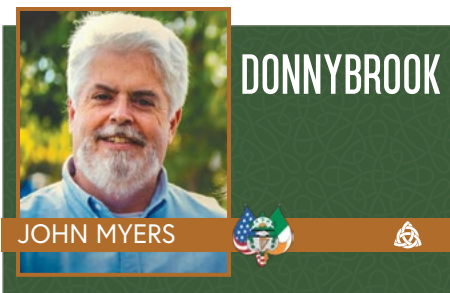
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Irish Election 2024

The results are in for the Irish Election, with 174 seats representing 43 constituencies (districts) up for election. Fianna Fail (48), Sinn Féin (39), Fine Gael (38), Social Dems (11), Labor (11), Independents (23) and People before Profits (3). Eighty-Eight (88) is the magic number to assemble to constitute a majority.



Likely historic enemies Fianna Fail and Fine Gael will continue their coalition government, with FF's Micháel Martin being the Taoiseach. FF and FG have publicly stated they would not join Sinn Féin to form a coalition government.

The two historic constitutionalist parties have never really said why they would not join into a partnership with Sinn Féin. The two historic parties have much in common, much at stake to respond to each of their establishment supporters and maintain the cozy status quo.

While Sinn Féin did not make the breakthrough they were hoping for, they have established that they are a force that is here to stay. Still, Sinn Féin did move the ball forward by increasing their number of seats, more than in any Dáil in over a century.

The jockeying to assemble a new governing majority will be entertaining to watch. Sinn Féin's Mary Lou McDonald said, "we will continue to fight for the people and continue to be the party of reconciliation and reunification."

Felonious Monk

American Jazz pianist Thelonious Monk is considered one of the greatest jazz musicians and

composers of all time. However, he was not on the ballot in last month's Irish national elections (RIP 1982).

But, alleged Irish mobster, Gerry "the Monk" Hutch, was running for Dail Eireann in Dublin Central's district. He took almost 10 per cent of the vote and came close to taking the fourth seat in the district.

The Monk has been linked to two of Ireland's largest bank robberies and was associated with drug dealer Eamon Kelley's crime organization early in his career. Now a days, The Monk is heavily invested in Dublin real estate.

Some wags suggested if Felonious Trump can be elected than why not Felonious Monk? Monk allegedly earned his nickname by an Irish journalist, who claimed Hutch led a very ascetic lifestyle given his many riches. Maybe next time.

Green Season Kick-Off

February 1, 2025, will be the date of the annual St. Brigid/St. Patrick celebration dinner. This event has become the new kick-off to the "High Holy" season, starting with the feast of St. Brigid on February 1st, and culminating with the Feast of St. Patrick on March 17th.

These two saints, along with St. Columbkille, are the patron saints of the Island of Saints and Scholars. The Ancient Order of Hibernians and the Ladies Ancient Order of Hibernians are the sponsors of this event.

In addition to celebrating our patron saints, the mass and dinner celebrate and honor the Hibernian of The Year and the local honorees of the United Irish Societies of Greater Cleveland (i.e. The Parade Committee), as follows: Shannon M. Corcoran, Parade Grand Marshall; Mary Murphy Joyce, Irish Mother of the Year; Katie Schmitt, Inside Co-Chair; Michael Conkey, Outside Co-Chair. ("Hibernia" is the Latin word for Ireland).

This year the event is at the West Side Irish American Club in Olmsted Township, Ohio, please contact LAOH member Anne Gaffney (216) 952-5488 or AGaffney05@Yahoo.com for tickets (\$65.00 each). The event starts with mass at 4:30P.M. with dinner to follow.

This will be a double celebration of St. Brigid, as the theme of

the 2025 Cleveland Parade is: "Celebrate the Life of St. Brigid". Cleveland will celebrate it's 18^{3rd} annual parade at 1:04 P.M. on March 17th. All are welcome.

The Russians are Coming

The Irish Naval Service had to shadow the Russian Subsea spy ship, *The Yantar*, off the coast of Dublin in the Irish Sea last month. The Ruskies claim the Yantar is merely a 'research' ship. However, Janes defense magazine identifies the Yankar as a spy ship with mini subs designed to map and/or destroy underwater communication cables and natural gas transmission lines.

The Western nations of good will cannot let our guard down on Czar Putin's attempts to rebuild Imperial Russia. With Putin's buddy returning to 1600 Pennsylvania Avenue, we must push all the harder back against Russian aggression.

The Irish Government Department of Foreign Affairs stated: "*As part of the EU, we are providing Ukraine with humanitarian, political, financial and non-lethal material assistance. With active Irish support, the EU has initiated the largest ever package of sanctions against the Russian leadership.*"

Lesotho & U.K.

Lesotho (South Africa) and the U.K. are the only two countries left in the world with a hereditary element to its parliament. The new U.K. labor government has promised to complete a package of parliamentary reforms that would end hereditary membership in the U.K. House of Lords. The pending bill will deliver the largest constitutional change to Parliament in a quarter of a century.

Removal of hereditary peers would end the practice of certain families being granted membership into Parliament by virtue of birth. The landmark legislation will remove the right of the remaining 92 hereditary peers to sit and vote in the House of Lords. Of course, no one from Ireland sits as a hereditary peer in the House of Lords, are you surprised?

Farewell Oz Tour

This was the label given to King Charles and Queen Camilla's trip Downunder by those advocating for Australia to remove King Charles as

head of State and become a Republic. The King's recent visit renewed calls to end the formal relationship with the Monarch as head of State.

Australian Prime Minister Anthony Albanese has called for a referendum on the Republic but has yet to set a date. King Charles continues to be the head of state for 15 countries, including the six gerrymandered counties in the North of Ireland.



Gerry Faust

Fighting Irish football lost its biggest fan this past fall with the death of Gerry Faust. The University of Notre Dame du Lac astonished the college football world in 1981 by naming high school coach Gerald "Gerry" Anthony Faust as Dan Divine's replacement as head football coach.

Ohioan Gerry Faust helped create and lead the football program at Cincinnati's Archbishop Moeller High School. Faust served there from 1962 to 1980, and had a 174-17-2 record, a stunning .902 winning percentage. He was selected as the National High School Coach of the Year in 1979.

Faust played football at the University of Dayton but had always longed to be with the Blue and Gold in South Bend. He served as ND head coach from 1981 to 1985, with a winning record, but that was not good enough for Notre Dame's high expectations. While not the winningest coach at Notre Dame by far, his strong faith, authenticity and dedication to the Fighting Irish earned him a place of honor in the long a storied program.

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TERRY FROM DERRY

TERRY BOYLE



Resolutions

It's the time of the year again; a new beginning, a chance to make some realistic resolutions if I can. I might endeavour to stop



bashing the Orange Man but that's hopelessly unrealistic. Maybe I should refrain from wishing the constituency who voted for him suffer the consequences of their choice, but that would be asking too much too. When it comes to politics, I doubt if I'll ever shut my mouth up, especially when I see the actions of a convicted fel-

on unfold in the most self-serving ways.

One thing that I have noticed is how those who worship at his shrine seem to hold the Democrats to a greater higher moral code than their lord and master. Biden pardons his son and they bleat about it, whereas the Orange Man pardons his crooked friends and they say nothing.

It seems that Republicans expect him to be a swindler, and a peddler of lies. It appears they're quite happy with his lack of morals, so long as he gets them what they want.

I'm disappointed with the Dems who scorn Biden for pardoning his son. I want to tell them to grow a pair.

When dealing with a capricious monomaniac, you need to fight a just war. After all, popes in the past didn't mind incorporating a bit of just war theology when it suited them. In such cases, it was deemed righteous to use a lesser evil to obliterate a greater evil.

Ask Saint Augustine, he was a

good man for doling out that sort of inspirational theology. And, of course, we have those Jesuit scholars in the 70s who promoted the idea of liberation theology. In the face of true injustice, they believed you needed to get down and dirty to protect the lives of the innocent.

There were even a few of those clerics who supported the actions of the IRA during the Troubles. Bombing and shooting the great English tyrant was all well and good with God. After all, the God of the Old Testament seemed to favour one side against the other.

When it comes to us all being the family of God, he clearly has favourites, if you have the right theology. So, it seems we have the church's blessing on attacking the Orange Man's policies of supporting the rich and wealthy at the expense of the poor. We should be more worried about being silent during these times.

Clearly, the Orange Man is deranged and should be institutionalized, but since we're all a little crazy at the moment, no excrement has yet to hit the fan. But once it does, let's see how his followers feel then. But there I go again, this is why I should never make resolutions I'm going to break, almost as soon as I make them.

Taking the Pledge

I remember when I was 15, and it was time for the priests to sell us on the idea of abstinence from alcohol, or as it was known then, 'taking the pledge.' Why 15? At the age of 9 during your confirmation you promised to abstain from alcohol until you were 21.

So, why the need to approach you at 15? Obviously, we had forgotten our original pledge, and needed a refresher, a refresher that was to last a lifetime.

From my perspective, the strategy was a lost cause. At 15, you're hardly going to turn down a chance to enjoy yourself by trying out a few things.

But the pressure was on to take the pledge, and of course, you were hardly going to disappoint the priest and your teacher. We

kept our pledge for a whole week before going across the border to drink whiskey.

The moral of that story is to remind myself that any attempt to make unrealistic resolutions will only end up at the bottom of a glass. It's better to content myself with accepting that given the chance to air my views of the Orange Man, I will happily do it.

In doing so, I have had a bit of backlash to some of my articles. It seems that my critics think me bitter and angry, without wondering why. One wants to criticize my arguments against the Orange Man, without commenting on points that I raise.

When teaching literature, you make the distinction between what is a critique and what is a review. One finds evidence within the text to prove a point, the other requires no proof whatsoever. However, I must congratulate the observant reader who determined that I'm angry and bitter.

If this person knew me, they would know that this is not my usual disposition. Generally, I'm affable, even likable to some. There are few things that rankle me, and those have to do with injustice and political corruption.

It's almost impossible for me not to want to rip of the blinkers off those who voted for the Orange Man, and say, see him for who he is. He's a convicted felon, a womanizer who is guilty of libeling women he's abused. He's a liar (try fact checking him, and see how he cringes), and he's a racist.

Does that sound angry and bitter? I don't think it does. It's hard to believe that unmasking the would-be-king as a charlatan to be anything more than a true assessment of his dubious character.

If I'm to make any resolution that I have any hope of keeping, it's to continue to remind myself of the truth and not believe the lies.

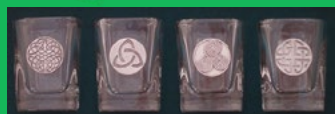
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Family Involvement and Honorees

As we prepare for a New Year, let us first look back at the last year. This past year was very special for me. I concluded my term as National President of the Ladies Ancient Order of Hibernians.



As the Past President, I can look back on the achievements of the Ladies Ancient Order of Hibernians and feel very proud. I am most proud of my goal at the National Convention in 2016 of erecting a Wayside Marker for the Nuns of the Battlefield Monument. The marker was dedicated this past September.

At the dedication, I was honored to have special guests that made the day extra special. The Monument was the dream of one of my Hibernian role models: Past National President Ellen Ryan Jolly. Jolly's Great-granddaughter Jacqueline was present to assist me in the unveiling of the monument.

This monument was one of the first monuments that the Hibernians made possible. Many other monuments have been made possible because of the efforts of one of my Hibernian Brothers, Jack O'Brien.

Jack was one of the driving forces behind my efforts to make the wayside marker a reality. For the past eight years, Jack helped to guide me with the National Park Service and he was instrumental in making the connections with the Jolly family.

On that day in September, I was

with Jack when I first saw the marker. What a gift to see it first with him. Writing this, I am sad because Jack has been called home to God.

I am also encouraged, because I know he will be directing us with other worthwhile projects from heaven. This also speaks to me of how important the people in our lives are in making our time special.

We are so lucky in Cleveland to so many individuals committed to promoting our Irish Heritage.

Here in Cleveland, there are many individuals that are as committed as Jack O'Brien was in promoting our Irish Heritage. Last month, I wrote about the family connections with the Cleveland St. Patrick's Day Parade.

Parade Honorees

Shannon Corcoran will be leading a fine group this year. She will be joined by the Irish Mother of the Year Mary Murphy Joyce, Co-Chairs Katie Cooper Schmitt and Michael Conkey. More next month about the Parade Honorees.

Working on the Parade Committee, I am honored to work with a great group of individuals. As President of the Ladies Ancient Order of Hibernians, I wanted our younger members to be recognized for their dedication and commitment to our Irish Heritage. The Irish Echo recognizes these young Irish Americans with their *40 under 40 Award*.

During my term as President, twelve Young Women Hibernians have been honored. Last year, Bridget Linton from Akron was honored. This year, I decided that my nominee should be a young woman that caught my interest from the Parade Committee, Bree Gurry. It was my pleasure to nominate my Hibernian Sister

Bree. I was so happy when she notified me that she was selected as one of the first ten.

We are so lucky in Cleveland to so many individuals committed to promoting our Irish Heritage. Many of those individuals will be recognized by their Clubs this St. Patrick's Day. Congratulations to the West Side Irish Honorees; Man of the Year Tom Nagel, Women of the Year Christine O'Donnell, Queen Bridget Chambers, Volunteers of the Year Elizabeth and Mary Bridget Lavelle. We are still waiting to hear who the Honorees from the Irish American East Side and the Hibernian of the Year.

Family connections are very important, as demonstrated by the Honorees this Year. Bridget Chambers is the daughter of the West Side Irish American Club's President, Danny Chambers. Both her Chambers and Campbell relatives have been active in the community for years.

I am so happy that two of my favorite people, Liz and Mary B. are being recognized. They truly follow in their parents Pat and Gerry's footsteps in giving back to the West Side Irish American Club.

Every year at St. Colman's there is a bright light that shines down on the marchers. It is Gerry, and this year it will be extra bright.

As we start this New Year, let us remember those who we love and are no longer with us, and cherish all those still with us. Let's make this a wonderful year.

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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On This day in Irish history JANUARY

BY TERRENCE J. KENNEALLY

2 January 1920 - Recruitment begins of former British soldiers as reinforcements to the RIC, later dubbed the "Black and Tans," they arrive in Ireland in late March.

9 January 1980 - Taoiseach Charles J. Haughey gave his famous "as a community we are living beyond our means" television address. Unknown to the public at the time, he owed AIB 1.43 million pounds due to persistent overspending.

13 January 1941 - James Joyce (58) writer, died in Zurich from a perforated duodenal ulcer. He was survived by his wife, Nora, and son, Giorgio.

14 January 1965 - Taoiseach Sean Lemore and the prime minister of Northern Ireland, Captain Terrence O'Neill, met at Stormont Castle, breaking the ice in cross-border relations for the first time since partition.

15 January 1988 - Sean McBride (83), lawyer, revolutionary and international jurist who was awarded the Nobel Peace Prize (1977), died.

20 January 1968 - Sir Alfred Chester Beatty (92), American mining magnet, businessman, philanthropist, and the first person granted honorary Irish citizenship (1957), died.

20 January 1961 - John F. Kennedy is inaugurated President of the United States.

21 January 1919 - 27 Sein Fein TDs assembled in the Mansion House, Dublin, for the first sitting of Dáil Éirean

24 January 1824 - Daniel O'Connell introduces Catholic Rent. The program was devised to show the people of England that Catholic millions showed a deep interest in O'Connell's efforts to secure Catholic Emancipation.

30 January 1972 - Bloody Sunday (Derry), British soldiers open fire on people protesting against the policy of interment without trial, shooting 28 people, killing 14.





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SUSAN MANGAN



A Poem for the New Year

Notes from an Irish Field:

Winter



On the eve of a superstorm wind howls pushing clouds east.

In recent years forecasters began to name the storms:

Conall
Naoise
Darragh

As though one could predict the mood of the earth, sky, and sea based upon the nuance of name.

Whether the turn of weather acts as prophet foreseeing feast or famine joy or pain.

As you walk up the stony path below the house clouds clear unveiling a Winter Night. Stars align illuminating

clear constellations:
Orion
Perseus
Andromeda.
String upon string of lights dangle from the Midnight Sky.
Infinite
Caught up in the vastness of deep navy vertigo, you stumble upon the stones. Eyes level with the field you are surprised to see the same sky spirit arrays reflected in dark mounds.
Phantoms rest in the midnight field bearing twin stars in the eyes of guardian angels.
Lanterns illuminating the simple truth that leads you to *terra firma* away from the fear of obscure prophecy.
Steady on firm ground the angels reveal themselves. Unlikely prophets, the sheep lay in the field, eyes shining like stars guiding you 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.

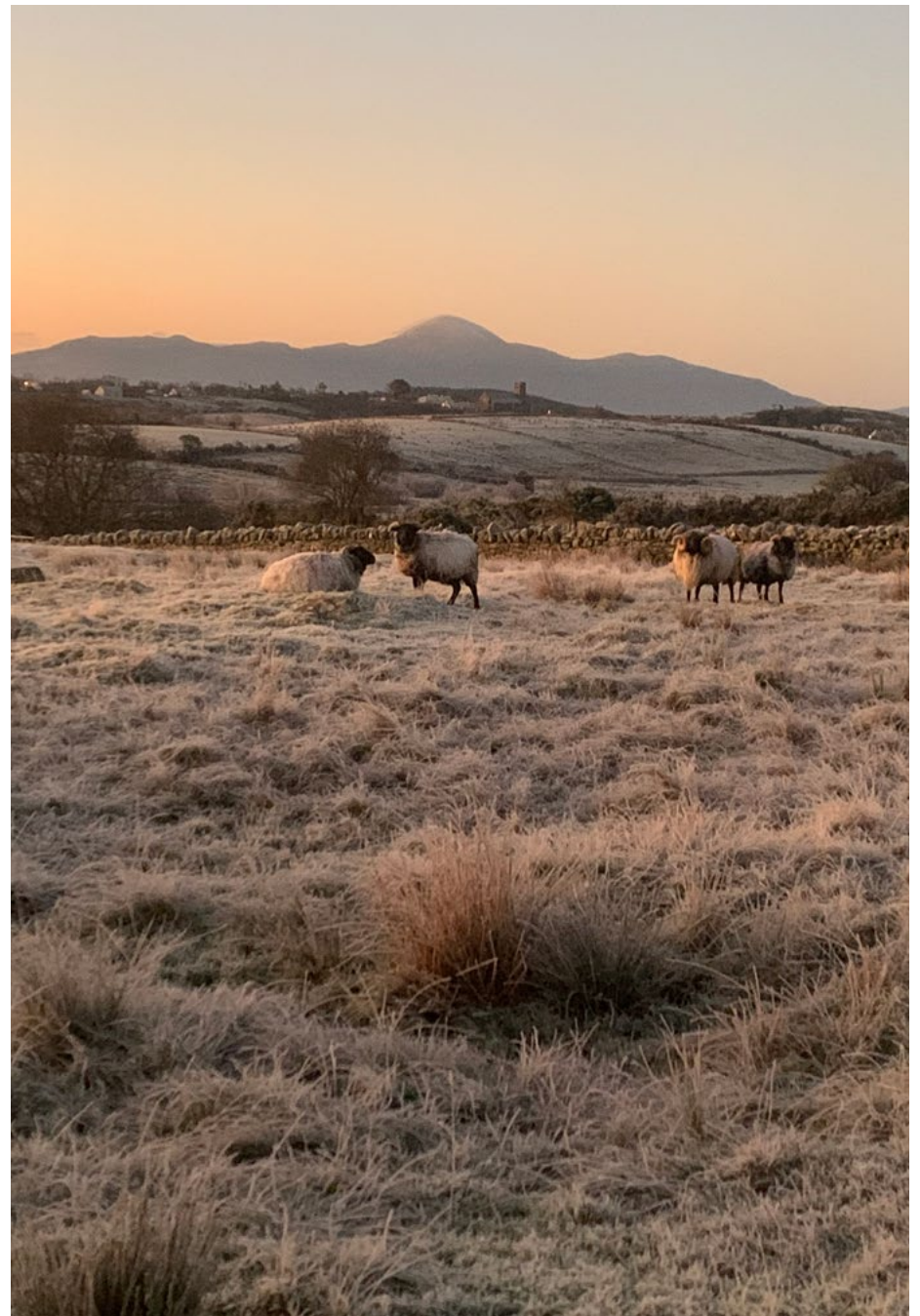


Photo by Susan Mangan

View of Croagh Patrick , Newport, County Mayo

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Certain foods can naturally activate pathways involved in appetite suppression. These foods mimic the effects of popular weight loss drugs, without the side effects. Managing your appetite can make it easier to control hunger and stick to your weight-loss goals!



Apples

Apples contain pectin, a type of soluble fiber that expands in your stomach and delays digestion. Eating an apple before a meal can help reduce your overall calorie intake by helping you feel fuller faster.

The natural sweetness of apples can also satisfy cravings, making them an excellent snack to keep hunger in check. Pair your apple with a protein or healthy fat like a hardboiled egg or handful of almonds for an even more satisfying snack!

Oats

Oats are packed with soluble fiber, specifically beta-glucan, which helps slow down digestion and increases satiety. By forming a gel-like substance in the stomach, oats delay gastric emptying, keeping you full longer. This mimics the way GLP-1 drugs prolong the digestion process, reducing the frequency and intensity of hunger.

Greek Yogurt

Greek yogurt is a high-protein, filling snack that promotes satiety and reduces hunger. Protein takes longer to digest than carbohydrates,

helping to curb appetite. Research also suggests that protein may increase natural GLP-1 secretion, which enhances feelings of fullness. Choose plain, unsweetened Greek yogurt for maximum protein and minimal added sugars, and top with nuts and fresh berries.

Lentils

Lentils are rich in fiber and protein, both of which support weight loss by promoting satiety and steady blood sugar levels. Fiber in lentils slows down digestion, mimicking the effect of GLP-1 drugs. The protein content in lentils also helps trigger fullness hormones, making it a great plant-based option to help with appetite control.

Avocado

Avocados are high in healthy fats and fiber, both of which contribute to satiety. The monounsaturated fats in avocados delay gastric emptying, which can keep you feeling satisfied between meals. Additionally, studies show that eating healthy fats stimulates GLP-1 release, promoting fullness. Try starting your morning with avocado toast or add avocado with salt and pepper as a side to your meal.

Barley

Like oats, barley is another whole grain with high beta-glucan fiber levels. This type of fiber increases GLP-1 production and slows digestion, supporting appetite control and prolonged fullness. Swapping refined grains for barley in dishes like soups and salads can help reduce calorie intake and improve satiety.

Chia Seeds

Chia seeds are a fiber superfood, swelling up to 10 times their size in water. When you eat them, they absorb liquid and expand in the stomach, physically filling you up and slowing down digestion. This is like the way GLP-1 drugs delay gastric emptying.

Eggs

Eggs are another high-protein food that promotes fullness by increasing levels of satiety hormones, including GLP-1. Studies show that people who eat eggs for breakfast feel more satisfied and

consume fewer calories throughout the day than those who eat high-carb breakfasts like bagels or pastries.

Dark, Leafy Greens

Dark leafy greens like kale, spinach, and Swiss chard are nutrient-dense, high in water content, and packed with fiber, all of which help fill you up without adding many calories. Fiber slows digestion, and the volume of these greens activates stretch receptors in the stomach, which signal fullness to the brain. Pairing your dark leafy greens with a lean protein like salmon or grilled chicken can help round out the meal and provide balanced nutrients.

Conclusion

If you're looking to naturally support your weight-loss efforts,

these foods can be a valuable part of your diet to help you better manage your appetite. Incorporating foods that mimic GLP-1 effects can help reduce cravings and promote satiety, making it easier to stay on track without any of the detrimental side effects!

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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The Drowned

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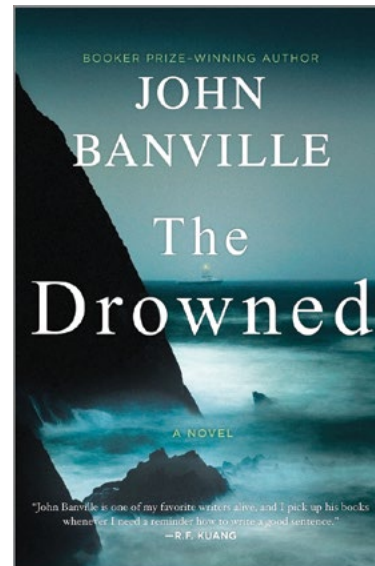
Set in the buttoned-up Ireland of his 1950s boyhood, the crime series that Banville began

under the alias Benjamin Black (dropped in 2020) now reaches its tenth installment with his latest book, *The Drowned*. This is another absorbing outing for the widowed Dublin pathologist, Detective Inspector Stafford, last seen in 2023's *The Lock-Up*. In the seventeen years of writing this column, I have probably reviewed 6-10 of Banville's books in the series. The *Drowned* is probably the final volume in the Quirke/ Stafford series.

Banville's latest 1950s-set crime novel opens with Denton Wymes, a recluse who lives in a caravan in rural Ireland with his dog, stumbling upon an unusual site: a Mercedes SL idling in a field, its headlamps on and no driver in sight. A man named Armitage accosts Wymes, saying that his wife, who had been driving the car, has gone missing and may have "drowned herself." Wymes is suspicious of Armitage, whose affect seems off; "It seemed a piece of bad acting, but then Wymes told himself that's mostly how people behave when there's a crisis and they're distraught." DI



after a second disappearance, this time of a toddler, which plunges the reader into a heart-rending dilemma that threatens to destroy the protagonist in the wrong place at the wrong time.



The actions finally boil over in the company of a master criminal seduced by his own villainy. While its ultimately evil

St. John Strafford arrives from Dublin to investigate, quickly sussing out that nothing about the case will be straightforward.

Armitage is slippery and unpredictable. Wymes is a convicted child molester, and something seems amiss about the couple whose rental house Armitage and Wymes go for help. Charlotte and Charles Ruddock, the new parents holidaying on the Wicklow coast, appear to be strangers to Armitage. But their exchanges bear a whiff of prior antipathy, at least that's how it seems to the unlucky bystander, Denton Wymes, once jailed, now living as a hermit.

Into this triangle comes DI Stratford, blindsided by his estranged wife's desire for a divorce (good job they got married in England), just as his girlfriend, Phoebe, Quirke's daughter, reveals she's pregnant. The unhurried pace of the novel ratchets into gear

not good, that gives *The Drowned* its crackling denouement, the novel takes care to part on a more cheerful note. This is yet another fine thriller by an author at the top of his game. A TOP SHELF read.

Terrence Kenneally is an attorney and owner of The Kenneally Law Firm in Rocky River, Ohio. He received his master's degree in Irish studies from John Carroll University and has taught Irish Literature and History.





WISE CRAIGS

JOE MCDONOUGH



One From Aunt Gussie

Mrs. Mulcahy came home with four cases of beer, three boxes of wine, two bottles of whiskey, and two loaves of bread. Mr. Mulcahy

inquired, "Are we expecting guests?" "No." replied his wife. "Then why in the world did you buy so much bread?" (Happy 97th Birthday Aunt Gussie)

On the Throne

A wife being the romantic sort, sent her husband a text, "If you are sleeping, send me your dreams. If you are laughing, send me your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you!"

The husband, typically unromantic, replied, "I am on the toilet. Please advise."

Skilled Trades

A zebra walks into a Bar, sits down and orders a double whiskey.

The bar is shocked and amazed, but just stands in awe watching the Zebra drinking and eating peanuts.

Drink after drink, the Zebra orders, until finally, the barman can take it no more.

You are amazing, I've never seen a talking Zebra before. You should get so the circus that's in town, they'd

love you...

Oh cool, says the Zebra, they looking for plumbers?

With Friends Like This

Patrick and Michael were the best of friends. One day they decided to go bicycling, but when they got to the rental shop, all that was left was a tandem.

They decided to take it anyway, and Patrick got on in front. They rode for a while down the scenic country roads until they came to a steep hill.

They stopped and looked up. "Begorrah, that's the tallest hill in all Ireland!" exclaimed Patrick.

"It is, so it is" replied Michael "We'll have our work cut out for us, sure." And so, they started up the hill, each pedaling as hard as he could. Soon the sweat was pouring off and they were gasping for breath. "Faith, this is a steep hill" gasped Patrick. "It is, so it is" exclaimed Michael, and they pedaled even harder.

At last, they reached the top and stopped to catch their breath. "Saints preserve us, that was the steepest, tallest and hardest hill in all Ireland!" said Patrick.

"It was, so it was," said Michael. "And if I hadn't kept the brakes on we'd have rolled right back down!"

The Perfect Crime

A rich playboy had so many girlfriends that he hadn't enough time to entertain them all. So he made a research lab an offer they couldn't refuse and got them to clone him, in order to balance the load.

However, the cloning technique hadn't been perfected, causing the clone to suffer from Tourette's Syndrome. By and by, the clone's obscenities caused the girlfriends to run away.

Eventually the playboy decided

something had to be done, so he took the clone to The Cliffs of Moher and pushed him over.

He thought he'd got away with it, but shortly after the police arrested him for making an obscene clone fall.

Divine Intervention

Stosh went ice fishing. He'd seen many books on the subject, and finally, after getting all the necessary "tools" together, he made for the nearest frozen lake. After positioning his comfy stool, he started to make a circular cut in the ice. Suddenly, from the sky, a voice boomed, "THERE ARE NO FISH UNDER THE ICE!"

Startled, Stosh moved further down the ice, swigged down a beer, and began to cut yet another hole. Again, from the heavens, the voice bellowed, "THERE ARE NO FISH UNDER THE ICE!"

Stosh, now quite worried, moved way down to the opposite end of the ice, swigged down another beer, and tried again to cut his hole. The voice came once more: "THERE ARE NO FISH UNDER THE ICE!"

He stopped, looked skyward, and said, "Is that you, Lord?"

The voice replied, "No, I'm the Ice-Rink Manager!"

Bad Dog

An insurance salesman is visiting a remote Irish farmstead. He parks at the foot of the drive and walks up to the house to find an old Labrador lying on the porch.

As he tries to step over it, it speaks, "Watch where you're stepping, buddy!"

The salesman almost faints with shock. "You can talk!"

"Yeah, sure", says the dog. "I've made a pretty good career out of it."

Intrigued, the salesman asks to hear more.

"Well", says the dog, "it all began back in '81. My owner found out about this gift I had and turned me into a travelling sideshow. 'Course, all I had to do was do simple skits, a few words, a couple jokes; it was beneath me, but it paid well.

"Anyway, I was spotted by some government types, and got recruited by the CIA. They taught me to speak Russian, and I was infiltrated into secret bases all over the Soviet Union.

"I mean, who's gonna suspect a dog, right? I was the most effective source of intelligence throughout the entire cold war; I can't tell you how many times I saved the world with my timely intel.

"After the cold war ended, I got moved to the FBI, rooting out terrorist cells: same gig, different bad guys. In the end, after becoming the FBI's most decorated agent, I was retired; I had my pick of the lady dogs as they tried to breed a successor with my gift, but I guess I'm just unique. So, I ended up in retirement here in Ireland, filling my days in comfort and peace."

The salesman is practically bursting at this. Just then the farmer emerges from the farmhouse. "How much do you want for this incredible dog?" yells the salesman. "I'll pay any price!"

The farmer spits. "Ye can have him for nothin'."

The salesman is even more flabbergasted. "How can you give away such an incredible animal? A talking dog with such an amazing story?"

The farmer laughs. "Cos he's a damn liar. He never did any of that stuff."

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