



# Division Newsletter

Dutchess County Msgr. Sheahan Division # 1

Division Website: [www.dutchessaoh.com](http://www.dutchessaoh.com)

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**March  
2018**

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*Historian:*

**Matt Fitzgerald**

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**John Kelly**



## **Presidents Message**

Brothers and Friends of the AOH,

Parade season is finally upon us. The Dutchess County St. Patrick's Parade begins with a celebratory Mass at St. Mary's in Wappingers Falls at 9AM. It is customary for AOH brothers to attend and sit in the front pews. Our new AOH caps from Ireland are in and can be distributed before or after the Mass to those of you who are interested. The caps are \$50 each. Checks are preferable. After the Mass, you are welcome to have breakfast at the Tail Winds Cafe located at the Dutchess County Airport on New Hackensack Road.

Parade lineup will begin around noon and parade kickoff will be about 1PM. We are in the first division so try not to be late. Wear your AOH scarves, jackets, new caps to show who we are as an organization. This is a huge year for us to expand and grow our membership and build towards the future. The AOH will set up our new county tent outside the Knights of Columbus Hall where t-shirts and scarves will be sold, and membership forms will be handed out to prospective members. Details will be discussed at mass of how the tent will be manned. After the parade concludes, please make your way towards the VFW hall behind West Main Cafe. Brother Gerry McVicker will be back playing music, and parade awards will be presented. Hope to see you all there.

Our busy month continues the following Saturday, on March 10th at the Paddy on the River in Poughkeepsie. The AOH will have our tent at the event, and will once again be selling AOH merchandise, while also trying to introduce ourselves to new people. Let's start praying now for better weather than last year.

On Wednesday March 14th, the division will be serving Irish meals to those in need at the Lunch Box in Poughkeepsie. It is always a rewarding experience. Feel free to bring teenagers who are in need of volunteer hours. The following night is our next regularly scheduled monthly meeting at 7:30PM at the Knights of Columbus. Please try to attend. Can't wait to see you all Saturday on Parade day. Let's hope the Irish Eyes are Smiling. Slainte.



Yours in friendship,  
Michael Shephard  
AOH President  
D. C. Msgr. Sheahan Division 1



*ST. PATRICK WAS A GENTLEMAN WHO THROUGH STRATEGY AND STEALTH  
DROVE ALL THE SNAKES FROM IRELAND, HERE'S TOASTING TO HIS HEALTH.  
BUT NOT TOO MANY TOASTINGS, LEST YOU LOSE YOURSELF AND THEN  
FORGET THE GOOD ST. PATRICK AND SEE ALL THOSE SNAKES AGAIN.*





## Historian's Corner

As I start this month's article, I need to throw something out to you for your consideration and comment. Over the years I seem to have "gone my own way" in selecting the topic of the month. Although I have asked for your input relative to topics, none have been forthcoming. On the other hand, I appreciate the personal comments from some brothers that the articles are enjoyable", and/or "you are doing a good job". Be that as it may, the monthly pieces are not always about history, which may or may not be a good thing. In researching the seanchaí in many cultures, not just the Irish culture, in addition to the "keeper of the history" role he played, he kept alive the traditions and folklore of the community whether he was "of that community" or an itinerant. The seanchaí, especially the itinerant was very often relied on to "bring the news from abroad". So, in summary, I think I have been combining that role with that of the historian. Let m know your thoughts. Remember, I still welcome your suggestion for topics, as well as inviting any of you to submit a "guest" article. Now, back on to the road again...but first let me reflect on the Irish blessing to guide the Seanchaí on his path:

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

**At our February meeting** a couple of days ago, I was reminded of something I tried to clarify at one of our Fall meetings. At that time, I picked up on a point made by our former Chaplain, Fr. Dan O'Hare, an unfortunate relative of this year's esteemed Grand Marshal of the Dutchess County St. Patrick's Parade. [*Good Luck and Good Health to ye, Judge.*] At any rate the point involved the way we say the Lord's Prayer. At Mass, we do not say "Amen" at end of the "basic" prayer. However, when we say the prayer as part of the Rosary or during the intonations at our meetings, we should say Amen [or So Be It, or verily, or truly, etc. if we prefer different "versions"]. After all, we always say "Amen" at the end of the Hail Mary and the Glory Be... I believe the reason for not saying "Amen" after "...but deliver us from evil" is that the "Amen" is said at the end of the Doxology. [Please note, I hold myself out as is said in the song "Home Sweet Home" ... Be it (I) ever so humble... And don't you know, amn't I a humble guy; and will bear any correction from the Clergy, since they have the power.

**From the humor department:** As you know, there are people called philosophers whose main job it is to "philosophize". Well, did you hear about the ancient Druid who tried to explain the meaning of life to the Gaels [Milesians] who came to Ireland in the last leg of their journey to get to the Holy Ground...that was when the descendants of Mil ventured from Northern Spain to follow the call of The Green Wind. Well, after they finally landed despite the trickery of the Druids, and "settled in", one of the Philosopher Druids instructed them about the meaning of life thusly. [Naturally, if St. Patrick had gotten there earlier and converted the pagans, the Druid would have used the word "God" instead of "Creator".]

So, the Druid said, said he...

On the first day, the Creator created the dog and said, "Sit all day by the Door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten"? So, the Creator agreed. On the second day, the Creator created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did"? And the Creator agreed.

On the third day, the Creator created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty"? And the Creator agreed again.

On the fourth day, the Creator created man and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But man said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back. That makes eighty, okay"? "Okay," said the Creator, "You asked for it." So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

So, the Druid intoned...There you have it... Life has been explained to you. Now, go forth and enjoy it!

**The Blessed Potato** [or the SPUD, an acronym from the Society for the Prevention of Unhealthy Diets] is very often the subject of derision in connection with the Irish. However, we should be proud to defend this Superfood. [Another time I will deal with new information about The Great Hunger, but for now I just want to review some of the reasons why the potato is a true superfood.]

(Continued on next page)



## A Wee Bit of Irish History (continued) By: Matt Fitzgerald, Division Historian



Although we Irish have shown that we love global cuisine, Bord Bia, Ireland's food board, recently asked the Irish what their favorite dinner was. The national response made many a heart swell...bacon, cabbage and potatoes. And don't forget the lashings of butter on the praties. Irish potatoes, also known as the tuberous crop from the perennial nightshade *solanum tuberosum*, are a superfood because they are:

- *An excellent source of vitamin C*
- *A good source of potassium (more than a banana!)*
- *A good source of vitamin B6*
- *Fat, sodium and cholesterol free*
- *Also only 110 calories per serving – so dig in!*

They're also packed with other vitamins and minerals, such as carotenoids and natural phenols, trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, and zinc, but here's a breakdown of the basic. Now for the reasons why the Irish potato is a superfood:

**Healing**...A potato provides 45% of your "Daily Value" (DV, the amount you need per day) of Vitamin C. That's more than a medium tomato (40%) or a sweet potato (30%). And, what does Vitamin C do? It is a water-soluble vitamin that acts as an antioxidant stabilizing free radicals and, therefore, it helps prevent cellular damage. It also aids collagen production, iron absorption, and helps heal wounds, and keep your gums healthy.

**Aids digestion** A medium sized potato, with the skins on, contributes 2 grams of fiber (that's 8% DV). Fiber is a complex carbohydrate. It is the part of the plant material that cannot be digested and absorbed into the bloodstream. Soluble fiber may help with weight loss, as it makes you feel full longer, and research has shown it also may help lower blood cholesterol. The high levels of dietary fiber present in potatoes support healthy digestion and regular bowel movements while giving a protective effect from colon cancer.

**Strength** One medium potato provides 6% of your DV of iron. Imagine if you have that with a grilled lean steak!

**Relieves stress** Potatoes are rich in vitamin B6 (10% DV), needed for the renewal of cells and maintenance of a healthy nervous system and a balanced mood. Vitamin B6 aids in the production of adrenaline, a hormone that helps us respond to stress, and GABA, a substance linked to relaxation. It also helps the body make nonessential amino acids needed to make various body proteins; it is a cofactor for several co-enzymes involved in energy metabolism. Vitamin B6 is required for the synthesis of hemoglobin – an essential component of red blood cells.

**Lowers blood pressure** The fiber and potassium found in potatoes are like a miracle worker. Not only do potatoes help lower blood pressure they also help your heart! Fiber helps in lowering cholesterol and improves the functioning of insulin in the body, which helps lower blood pressure. A potato includes 620 milligrams / 18% of your Daily Value of potassium. This is needed to neutralize the adverse effects of sodium which could lead to an increase in blood pressure.

**Boosts brain function** The B6 vitamins in Irish potatoes are critical to maintaining neurological health. Vitamin B6 helps create useful brain chemicals, including serotonin, dopamine, and norepinephrine. In addition, it contains other elements like phosphorus and zinc which are good for the brain.

**Healthy heart** Irish potatoes contain minerals, roughages, and a substance called carotenoids, which promote good heart health.

**Prevents cancer** Potatoes are rich in the sources of flavonoid antioxidants and vitamin A, like zeaxanthin and carotenes, as well as a compound called quercetin. To mere mortals that doesn't mean a whole lot, but in essence, what it comes down to, is that potatoes protect you from cancer by inhibiting the growth of cancerous cells.

**So, there you have it**...the Irish have had the secret of good health all these years. Dig in! Eat your SPUDS whether they're boiled, roasted or baked, but get those Irish praties into ye!

### **Trivia and History Questions:**

- 1] According to new research, when and where was the first St. Patrick's Day Parade in America?
- 2] When was the first St. Patrick's Day Parade in Ireland?
- 3] Where is the Celtic Sea?
- 4] According to legend, the devil spat out what?
- 5] Charles Stewart Parnell' downfall resulted from a romantic entanglement with what woman?
- 6] Which city in the Province of Ulster was the subject of a siege from December 1688 to July 1689?
- 7] Who was known as the Lord Protector of the Commonwealth of England, Scotland, and Ireland?
- 8] Who was was known as the Liberator?
- 9] Recent research purports that the "first" Irishman [Celt] had what skin tone, eye color, and hair color and texture.
- 10] When was the Irish Tri-Color first flown publicly?

**In future editions...** There are three more months left in this program year. In addition to whatever else I include, I am planning to write more about The Rising in April; revisiting The Great Hunger in May; in June, Thomas Meagher.

**Lá fhéile Pádraig sona dhaoinbh!**

Matt Fitzgerald  
[irishrm@juno.com](mailto:irishrm@juno.com)  
 845-454-5308

## Division Activities

### AOH Activities

The Annual St. Patrick's Parade, it is scheduled for March 3rd. Our Division always marches in this 23 year tradition, we have also had many AOH members who were Grand Marshal's so get your Irish on to support this parade. The day starts with Mass at 9AM at St. Mary's, followed by breakfast at Tail Winds Café, New Hackensack Road (DC Airport). Line-up starts at noon (wear your AOH regalia). Parade kicks off at 1PM.

We will again be volunteering at the Lunch Box in Poughkeepsie on March 14th. See Chairman Jim Englishby for details and responsibilities. Happy St. Patrick's Day

- ◆ March 3rd; DC St. Patrick's Parade
- ◆ March 14th; Lunch Box in Poughkeepsie
- ◆ March 15th; Regular Business Meeting
- ◆ March 17th; St. Patrick's Day & NYC Parade
- ◆ April 18th; Regular Business Meeting

*Just some of the activities your  
Dutchess County,*

*Division 1, AOH is involved in.*

*Be a good member and join in, be ACTIVE!*

### Financial Secretary Corner

Brothers,

Our busy season is upon us as we walk in the St. Patrick's Parade this Saturday. On the 10<sup>th</sup> we will be meeting at "Patty on the Hudson" trying to interest people in joining our organization. On the 14<sup>th</sup> we will be at the "Lunch Box" in Poughkeepsie to serve the homeless a nice home cooked corned beef dinner. Anyone who wants to volunteer can contact Jim Englishby at 845-463-2472. We will also be holding our regular monthly meeting at the Knights of Columbus in the Village on Thursday, March 15<sup>th</sup> at 7:30PM.

The membership cards have been mailed and you should be receiving shortly. In addition, a new membership application was included in the mailing. Our President, Mike Shepherd, has made it a high priority to bring in new members. As always, if you know anyone who you feel will make a good candidate, have them fill out the new membership application and then we will follow up.

Please take the time out of your busy schedules to come to a meeting. As our motto states, help us make Friendship, Unity, and Christian Charity our top priority.

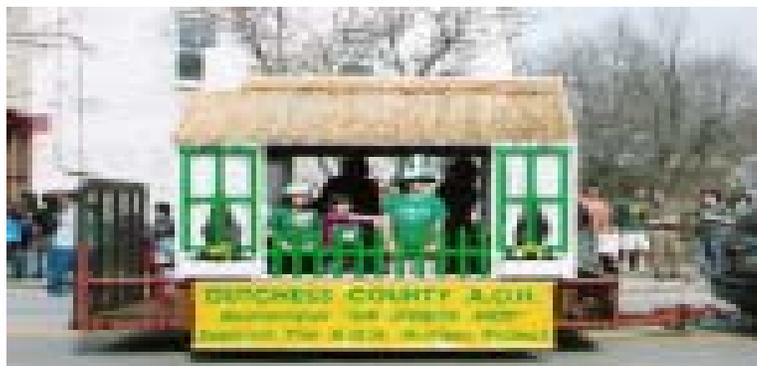
Looking forward to seeing you at one of our meetings and making our division as strong as it can be.

In Brotherhood & Motto,  
Jack Fedigan  
256 Osborne Hill Road  
Fishkill, NY 12524



*It's always time for membership, ask your friends, neighbors, even members of your church!  
The only requirements are that you need to be a male, at least 16 years old, Irish and Catholic.  
Help make our Division grow. Bring someone to a meeting!*

There is a 9AM Mass at St. Mary's Wappingers Falls to begin the day. Parade Line-up is at noon on North Street. Parade will kick-off at 1:00PM. Marchers should wear any AOH gear that you have.



23rd Annual Dutchess County  
**ST. PATRICK'S  
PARADE**  
SATURDAY  
**MARCH 3, 2018**  
STEP OFF: 1:00PM

2018 Grand Marshal  
William O'Hare



For Information:

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**ÉIRE**  
 HAPPY  
**ST. PATRICK'S DAY!**

## Important Dates

- March 3rd, DC St. Patrick's Parade
- March 14th, Lunch Box in Poughkeepsie
- March 15th, Regular business meeting
- March 17th, St. Patrick's Day & NYC Parade
- April 19th, Regular business meeting

## Prayers for the Sick

Paul Becker  
Nathan Redmond  
Jim Sweeney

Noel Morris  
Bill Schimpf

\* In Memoriam \*



*"CORNEd BEEF ANd CABBAGE ANd LEPRECHAUN MEN.  
COLORFUL RAINBOWS HIDE GOLD AT THEIR ENd.  
SHAMROCKS ANd CLOVERS WITH THREE LEAVES PLUS ONE.  
DRESS UP IN GREEN-ADD A TOP HAT FOR FUN.  
STEAL A QUICK KISS FROM THE LASSES IN RED.  
A TIN WHISTLE TUNE OFF THE TOP OF MY HEAD.  
FRIENDS, RAISE A GOBLET ANd OFFER THIS TOAST-  
"THE LUCK OF THE IRISH ANd HEALTH TO OUR HOST!"  
~RICHELLE E. GOODRICH, MAKING WISHES~"*



ANCIENT ORDER  
OF  
HIBERNIANS  
IN AMERICA

Dutchess County  
Msgr. Sheahan  
Division #1

PO Box 1530 Wappingers Falls, NY 12590



Friendship, Unity & Christian Charity

