

DIVISION NEWSLETTER

DUTCHESS COUNTY MSGR. SHEAHAN DIVISION # 1

Division Website: www.dutchessaoh.com

Gene Noone - Editor genenoone13@optimum.net (914) 469-6661



PRESIDENTS MESSAGE

Brothers and Friends of the AOH,

Welcome to the very exciting Month of March! The upcoming feast of St. Patrick, the Patron Saint of the AOH, is one which combines fraternity and a change of pace during the Lenten season. Speaking of Lent, Msgr. Desmond O'Connor the pastor at St. Kateri Tekakwitha Parish gives a nice summary of what to concentrate upon during the 40 days which lead up to Easter Sunday: Prayer, Fasting, and Giving Alms. (More will be mentioned on the last item in a bit. There was good news in February.)

Here are some key dates and events to note regarding St. Patrick's Day:

- March 7th Saturday Dutchess County Parade Our Division marches
- March 14th Saturday VA Castle Point Luncheon Our Division sponsors
(Corned beef, Pipers, Dancers, Fiddler)
- March 17th Tuesday NYC St. Patrick's Day Parade Several Brothers march

I wish all participants a happy, safe, and rewarding experience in these fine events!

We had a very good monthly meeting in February which combined the planning of upcoming activities across the year, as well as spirited dialogue on how we continue to grow our Division. Brother Gerry McVicker will include a membership application with all yearly dues cards which are being mailed out. Please think of a person to invite. You certainly know someone who embraces the Irish heritage and Catholic faith. As Fr. Flanagan at Boy's Town once said: "He's not heavy, he's my brother."

On the subject of Giving Alms, I have excellent news to report from our February meeting. We have had an anonymous donor provide \$250 for Birthright International and our Division very generously met that with a matching donation of \$250! On behalf of the young mothers dealing with an unplanned pregnancy, I pass on a "Good Bless You" for this kind action. We will begin planning after 3/17 to have a Baby Shower event in which donations of clothing and articles required by a young mother will be collected and presented to the local Birthright International chapter. Stay tuned!

I will conclude by wishing you all of the best and hope that your family and friends are in good health.

Yours in Brotherhood and Motto,
Stephen Ren
President – AOH D.C., Div 1, Msgr Sheahan

MARCH
2015

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GLEN KELLY



*MAY ST. PATRICK GUARD YOU WHEREVER YOU GO,
AND GUIDE YOU IN WHATEVER YOU DO--
AND MAY HIS LOVING PROTECTION BE A BLESSING TO YOU ALWAYS.*





Historian's Corner

And aren't you remembering that last month's article closed with a recipe for Boxty, one of several potato dishes originating in Ireland. Wasn't I neglectful so for not including another recipe dealing with the main ingredient of the Irish diet starting way back in the 1500s; colcannon, it was. As explorers often do, in addition to finding new lands for the glory of their countries and sovereigns; they also bring back riches in all matter of form --- gold, silver, and jewels. And explorers bring back food stuffs galore. After all, Europe is not the place of origin of items like spaghetti, sugar, coffee, tea, spices, and so on. Before Columbus discovered the New World, Europe had never tasted tomatoes, red peppers, chocolate, pumpkins, coconuts, pineapples, strawberries, and much more. All these food items are native to the Americas. Although potatoes are normally contained in that foregoing list, I have held it out for special treatment and for obvious reasons. The importation of the potato to Europe is itself controversial as to who was first responsible and when. There are those who include it in the previous list attributed to the Spaniards who [along with the other items] brought potatoes back from the New World in the late 1500s. Although they had been consumed in South America for hundreds of years, Europeans were afraid to eat them for fear that it would give them leprosy. It wasn't until King Louis XVI [1754 - 1793], who was looking for a cheap food source for his starving subjects, served them at the royal table that people were convinced potatoes were safe to eat. Until 1720 in America, eating potatoes was believed to shorten a person's life. There are also references that potatoes were brought to the British Isles through the good graces of Sir Walter Raleigh, who also is credited with bringing tobacco over from his estates in the New World. You remember Raleigh... he was the well mannered gentleman who lay down his cloak so that Queen Elizabeth could walk over a mud puddle. He is also known for his exploits in Ireland. In 1580, Raleigh was enlisted to fight against the Irish rebels in Munster, where his outspoken criticism of the way in which the campaign was led, drew the attention of Queen Elizabeth I. He was quickly promoted, and his services gained him a place at the queen's court. He was rewarded with an estate in Ireland and received trading rights in wines, cloth and various materials imported from the New World. He received his knighthood in 1585. Raleigh also established a colony in North America, which he called Virginia, in order to flatter Elizabeth, England's virgin queen, even though he never set foot there himself. He had tobacco and potatoes sent from his new colony. The potatoes were planted in his estate in Ireland, [but, not until 1589] supposedly making him the first British potato planter. He also became the first British smoker, using a long-stemmed pipe. There are further anecdotes that other English agricultural scientists were responsible for the potato coming to England and Ireland. There is an Irish legend which says that ships of the Spanish Armada, wrecked off the Irish coast in 1588, were carrying potatoes and that some of them washed ashore, and that's how that got to Ireland. Finally, the controversy does not end with how and when the potato came to Ireland and environs. The name "spud" also comes into question. My father, a proud Kerryman, told me that the word spud was an acronym for an English group concerned about the diet of the poor and down-trodden in both Ireland and that other place. The group was named the Society for the Prevention of Unhealthy Diets. Now, who would not believe a story told to them by their very own father, and a Kerryman to boot. That's MY story and I'm sticking to it. [To be fair, however, it is also said that the word spud traces back to the 16th century. It subsequently transferred over to a variety of digging tools. Around 1845, the name transferred to the tuber itself. The origin of the word "spud" has erroneously been attributed to a 19th-century activist group dedicated to keeping the potato out of Britain, calling itself The Society for the Prevention of an Unwholesome Diet.] In defense of my Da, somewhere in my files I have a 1999 Sunday church bulletin from St. Michael's Church in Lixnaw, County Kerry verifying his version.

Sometime in the past [April 2011], I devoted an article to the use of corned beef as a meat staple in the Irish diet in America. So let me round out the "trinity" of the Irish-American diet of corned-beef and cabbage [recognizing that in Ireland the combination is bacon and cabbage]. The common cabbage has undergone multiple transformations since its wild "ancestor" was domesticated near the British Isles sometime between 600-400 B.C. Wild cabbage still grows along the cliffs of the Atlantic coast, but as early as 350 B.C it had been transported to Greece where the ancient philosopher Theophrastus described smooth, curly and wild leafed varieties. Cabbage, thought to be distributed throughout northern Europe by the Celts [remember that the Celts have Indo-European ancestry] thrived once it reached the cool climate of the Irish isle and soon became an important source of nourishment throughout Ireland. Since few crops were able to withstand the bad weather, greens such as cabbage and kale, along with leeks and onions, which could be stored in dry barns, were main sources of food in the winters of the twelfth through sixteenth centuries before the introduction of the potato. By the 1800s, literary references to cabbages being grown along ridges and sold in markets were frequent and crop production would have allowed for an annual cabbage intake of 65 lbs per person per year, according to economic historian Cormac Ó Gráda in his writings. During the so-called potato famine, when potato crops failed, the cabbage was once again turned to for sustenance. When and where it was available, cabbage became the main ingredient in traditional Irish dishes like cabbage soup. Where they had control of their "own" lands vegetables were prominent in the diets of

(Continued on next page)



the poor rural farmers. Wheat, oats, and livestock were generally farmed as a source of income, not for general consumption. Onions and cabbage leaves could be boiled together to make simple stews and soups which served as a staple for many of the Irish working class. Prior to the Great Hunger, potatoes would be added for additional nutrients; they also acted as a thickener. A really great addition to the soup or stew, when it could be attained, was a sheep's head or some such other supplementary item. So, when you sit down to your own feed of corned beef, cabbage, potatoes, soda bread, lashings of butter, and a pint, this St. Patrick's Day, think of sitting down instead to a hot [hopefully] stew or soup with potatoes, cabbages, leeks, onions, and maybe a meat of sorts, which our ancestors may have "enjoyed". Though there are many writings explaining the use of corned beef and cabbage as the traditional Irish dish, the main issue is the meat involved. In the times in which we are writing, beef would have been a luxury and unavailable to the majority of Ireland's population. In April of 2011, I submitted a fuller piece on the topic based upon the writing so our own AOH National Historian, Mike McCormack.

In closing out this month's article, I present what he wrote about the corned beef issue. He says that in the mid-19th century, New York was a major port in the China tea trade. From 1841 through 1860, clipper ships dominated that trade. These were the fastest sailing ships in the world at the time. When fully rigged and riding a trade wind, they could reach speeds of more than 16 knots which meant that the trip to China and back would only take about nine months, depending on the route taken. However, an unlucky ship could spend an additional three weeks crossing due to Doldrums - a part of the ocean where they might encounter calms, squalls, and shifting winds. Carrying a crew of 50 to 60 men, the ships were originally provisioned before leaving New York with enough fresh water, flat bread, oats, coffee, rum, and salted beef to last until they reached China. After gastric complaints about re-provisioning in China for the trip home, many began to carry double provisions for the round trip. These always included a bit extra in the event of doldrums. Upon arrival back in New York, the excess provisions were generally dumped in the harbor; what else could one do with lumps of beef that had been soaking in brine for nine-months. It was then that coincidence and circumstance collided and the Irish mothers seeking nourishment for their families spotted the floating beef in the river and fished it out. Fortunately, before the advent of power boats, the river was cleaner then. They took it home and soon developed a method of preparing it so that their diet would have meat at least once a week - or at least when the ships came in. They would boil the beef to remove the salt, discard the water and boil it again. They found that repeating that process three times - once each for the Father, Son and Holy Ghost - would remove enough salt to make it palatable. However, while the salt was gone, so was the flavor! That's when a head of cabbage was added. The last time the beef was boiled, it was boiled with a head of cabbage in the water a flavor was introduced to the meat. It didn't take long for ship's crews to realize there was a market for the old brined beef and returning ships soon saw women lining up for the leftover salted beef which was now sold at a penny a pound. It was a far cry from the bacon and cabbage they might have enjoyed in Ireland, but still it was a welcome dish. In later years, the dish became a traditional favorite for it brought back memories of a mother's love although the modern dish is far more palatable than the one those women dragged out of the river oh so long ago.

Matt Fitzgerald
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 845-454-5308

AOH ACTIVITIES

- ◆ **Dutchess County St. Patrick's Parade, March 7th, Wappingers Falls, NY.**
- ◆ **Castle Point Veteran's Luncheon, March 14th.**
- ◆ **St. Patrick's Day, March 17th.**
- ◆ **March 19th, regular business meeting**
- ◆ **April 16th, 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!



Brothers,

I have in my possession the membership cards for 2015. Please support me in committing to the Order by submitting your dues as soon as possible. The dues are \$30/year. There are a few brothers, whom we have kept on the rolls, who have not paid their dues for 2014. I am sure that in their busy lives that this is just an oversight. Please send your checks to me at address below or better still bring them to our next meeting.

In Brotherhood & Motto,

Gerard McVicker
Financial Secretary.
101 Brothers Rd
Stormville, NY, 12582

AOH ACTIVITIES



Dutchess County St. Patrick's Parade

March 7th, put your MARCHING SHOES on and join us for the 20th Annual Dutchess County St. Patrick's Parade! We will be marching as a unit with our Irish Cottage Float, line-up is at 12 noon with step off at 1:00PM. We are in Division 1, assembling on North Street in the Village of Wappingers Falls. Any member interested there will be a 9:00AM Mass at St. Mary's to kick off the festivities. Come one! Come all! Bring the family and make a day of it.

Castle Point Luncheon

March 14th, join us for our annual Castle Point Veteran's Luncheon. Plan on arriving by 11:00AM to help transport and serve our Veteran's a meal of traditional Corned Beef and Cabbage. There will also be entertainment in the guise of pipers, step dancers and a fiddler! Another opportunity to bring your family to help us honor our Veteran's. Remember many hands make easier work.



St. Patrick's Day

March 17th, a lot of your brothers march in the big parade in New York City, please enjoy the day responsibly!

Happy St. Patrick's Day!

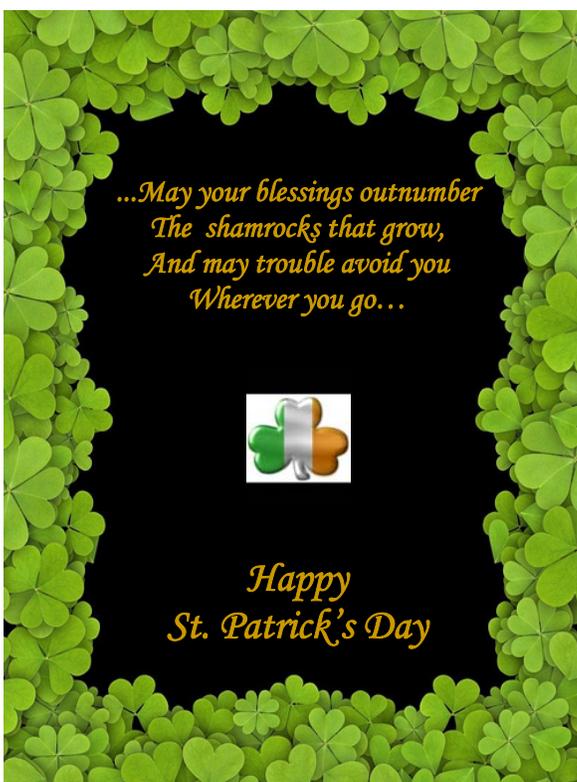


Irish Community

There is something new for the Irish Community to enjoy! Saturday, March 14th from 1:00 - 5:00PM at Riverfront Park, 123 Red Flynn Drive, Beacon.

Music by Ireland the Band and The Mighty Ploughboys.

Tickets are only \$10 in advance (www.townsquarehv.ticketleap.com), \$15 at the door if you wear green, or \$18 if you're not (cash only). Food and Beverages are available for purchase many vendors will have traditional Irish Fare. Please 21 or older only!



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Here!*



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IMPORTANT DATES

- March 7th: DC St. Patrick's Parade
- March 14th: Castle Point Veteran's Luncheon
- March 17th: St. Patrick's Day!
- March 19th: Regular Business Meeting
- April 16th: Regular Business Meeting

PRAYERS FOR THE SICK

Paul Becker	Deacon Bob Horton
Noel Morris	Nathan Redmond
Bill Schimpf	Richard Whalen

‡ IN MEMORIAM ‡

On the Radio 91.3 FM: "A Little Bit of Ireland"

Hosted by our own Brendan Daly and broadcast from Vassar College.

Saturday's from 1 PM to 3:30 PM.

*St. Patrick's Day is an enchanted time -
- a day to begin transforming winter's
dreams into summer's magic.*

~Adrienne Cook~



Friendship, Unity & Christian Charity



St Patrick's Day Party !!!

At Germania

Saturday, March 21st, 2015

*Corned Beef and Cabbage Dinner / Cash Bar
Doors Open 5pm, Dinner 6pm*

--- RSVP by 3/10 ---

\$30 member (paid by 3/10)

\$35 general admission

Info: Stephen Ren @ 845-214-5664 or sren82@gmail.com

Dance to Music by MacCana !!!



Mail this reservation form with check payable to Germania to:
Please P-R-I-N-T

Stephen Ren
168 Reilly Rd
Lagrangeville, NY 12540

Name: _____

Additional Guests: _____

Total # Attending: _____ Total amount enclosed: \$ _____

Please seat us with: _____