

President's Pint of View



As we all know, nothing ever stays the same, even long-standing traditions have their ebbs and flows. Just look at our parade with its many changes over the years with many different hands directing it along the way...and it still survives!

For the past six years, Ed Kelly has done an exceptional job with producing the Blarney, doing everything except writing the POV.

The Blarney is our best way to keep our members up-to-date on FSOSP issues, aside from going to a meeting.

With that said, Ed is ready to pass on the duties of the Blarney to new blood; anyone in the Friendly Sons is eligible to take over those duties. Ed will be willing make a smooth transition to help out the next creative genius who wants to take on this once-in-a-lifetime chance at producing this once-a-month award-winning newsletter.

Keeping on the topic of change, we are looking for a new prize committee to take over our monthly raffle. Once again all members are eligible for running our often imitated, but never matched raffle offering fabulous prizes from the ends of the Earth. Think of the fun you and your committee can have with this golden opportunity.

Again, there will be professional assistance for making a seamless transition. Please talk to one of your board members if you have the bolas, mis amigos.

And to all you kick-ass chefs out there, we are still looking for a new crew to take over the main duties for suppling meals for our monthly meetings.

If you think there is a spot for you to fit in, now's your chance. See you Monday!

President Mike O'Connell

Wearin' of the Grin

There comes a time when a woman just has to trust her husband... A wife comes home late at night and quietly opens the door to her bedroom. From under the blanket she sees four legs instead of two.

She reaches for a baseball bat and starts hitting the blanket as hard as she can. Leaving the covered bodies groaning, she goes to the kitchen to have a drink.

As she enters, she sees her husband there, reading a magazine. "Hi, sweetheart," he says. "Your parents have come to visit us, so I let them stay in our bedroom. Did you say hello?"



A man suffered a serious heart attack while shopping in a store. A clerk called 911 and paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard loaded with several forms and a pen. She asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked.

He replied in a raspy voice, "No health insurance."

The nun asked, "Do you have money in the bank?"

He replied, "No money in the bank."

"Do you have a relative who could help you with the payments?" asked the irritated nun.

He said, "I only have a spinster sister, and she is a nun."

The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect. Send the bill to my brother-in-law."

Friendly Sons of Saint Patrick
The Mickle Center #241
1620 Pleasant
Des Moines, IA 50314



The Blarney

Upcoming:

Monthly Meeting
August 8, 6:30 p.m.

Menu:
Hamburgers / Brats
Sweet Corn / Baked Beans
Tomatoes

Halfway to St. Pat's Bike Ride
September 17

Next Meeting
September 12



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AUGUST [LÚNASÁ] 2016

Celebrate with our FSOSP friends

August means it's time to gather for a delightful picnic-style meal with special invitees, our "Friends of the Friends" network.

It's been a warm Iowa summer for us outside and we'll give a warm welcome inside the Mickle Center on Monday night to all the organizations that we have worked so closely with and/or supported during the past year.

Invites have been mailed and we're hoping for a good showing, both of them and you.

All who attend will be treated to a down-home Iowa summer feast of burgers, brats, hot dogs, sweet corn, tomatoes and baked beans.

The prize committee, just back from the ends of the Earth, reports that the raffle will be especially delectable. Alas, the whiskey is on hold for the month, per usual.

Don't forget that we are also shining a light on the important work of the **Food Bank of Iowa**.

Bring some canned food items, instead of your \$10 meal fee, and we will proudly drop it off with that organization. A quick and simple alternative is to grab a pre-packed donation assortment at your

local HyVee. Otherwise, a \$10 cash donation that night will work, too.

The Food Bank is a worthy recipient for our charity. Last year's Blarney summarized their mission:

"Food Bank of Iowa is a private, not-for-profit organization located at 2220 E. 17th in Des Moines. They are committed to alleviating hunger through food distribution, partnership and education.

"Amazingly, 1 in 8 Iowans is food-insecure and 20% of Iowa's children do not have enough to eat. This is appalling, especially here in the food heartland of America.

"At Food Bank, volunteers receive and distribute donated food and grocery products to 375 partner agencies in 55 counties who directly serve needy individuals within their communities. These agencies include soup kitchens, food pantries, homeless and domestic violence shelters, child and adult care centers, and youth and senior programs."

Gents, little extra prep energy will be needed. Come early and help our usual volunteer crew get the room ready for our guests that night. We'll need to set up more than the usual number of tables & chairs, in addition to the coolers and trash cans.

Join in and get a sense of how much we should all appreciate that work done each month by the "regulars."

See you next Monday. 🍀



'Whiskey, you're the Devil, leading me astray...'

Whiskey is a drink which "enables a man to magnify his joy and his happiness."

There's little in life better than pouring a double whiskey and sitting down to relax after a long day. Whether you drink Scotch, rye, or bourbon, you are in the company of some of the world's finest minds and characters. Mark Twain, Winston Churchill, and James Joyce all enjoyed a dram. Most of us would agree: There is no bad whiskey...only some are not as good as others.



Sip on a few of these interesting whiskey-factoids:

1. **WHISKEY IS LOW-CARB AND FAT-FREE.** One shot has zero fat and .04 carbs, guys, so you can wear your skinny jeans and drink highballs, too.
2. **THE NAME COMES FROM THE GAELIC "UISCE BEATHA,"** which means "water of life." That phonetically became "usky," and eventually was pronounced as whiskey. Drink to that, me boyos!
3. **IN FRONTIER COUNTRY, WHISKEY WAS AS VALUABLE AS GOLD.** In 18th century Pennsylvania, the favored currency was whiskey, which was used for cooking, medicine and drinking, among other things. That whiskey loyalty would eventually lead to the 1794 Whiskey Rebellion, where farmers fought against the taxes that threatened their liquor livelihood.
4. **WHISKEY CAN HELP PREVENT CANCER.** In 2005, Dr. Jim Swan, speaking at the EuroMedLab conference in Glasgow, said, "Research has shown that there are even greater health benefits to people who drink single-malt whiskies. Why? Single-malt whiskies have more ellagic acid than red wine. That ellagic acid, also found in most fruits, is an antioxidant that may absorb rogue cancer cells in the body." More research is needed to make this conclusive, but let's drink up...and hope Dr. Swan is correct.
5. **DRINKING WHISKEY CAN LOWER YOUR RISK OF HAVING A STROKE.** To be clear, drinking large amounts of alcohol is related to a higher incidence of stroke. However, if you can master the art of moderate consumption, meaning one drink a day, that may provide protection against an ischemic stroke. In fact, having one drink per day is better than no drinks per day when it comes to protecting against ischemic stroke.
6. **IT ALSO MAY REDUCE YOUR RISK OF DEVELOPING HEART DISEASE.** A 1998 study found that a big shot of whiskey can help protect against heart disease, and boost the body's defenses against disease by raising the level of antioxidants.
7. **DRINKING ONE TO SIX GLASSES OF WHISKEY A WEEK CAN LOWER RISK OF DEMENTIA.** A 2003 case study with the Beth Israel Deaconess Medical Center found that the odds of incident dementia were lower among those adults who consumed moderate alcohol, rather than none at all.
8. **WINSTON CHURCHILL DRANK WHISKEY AND WATER FOR BREAKFAST AND LED A NATION THROUGH WORLD WAR II.**
9. **A CLOSED BOTTLE OF WHISKEY WILL BE GOOD FOR 100 YEARS.** And after you open a bottle of whiskey, a half-full bottle will remain good for five years.
10. **WHISKEY MIGHT BE THE SMARTEST INVESTMENT YOU'LL EVER MAKE.** Unlike wine, whose taste deteriorates in the bottle, the fact that whiskey lasts almost forever means its value can appreciate in a big way. So, instead of that 401k plan, just buy a couple of rare bottles and watch their value soar! (It's a lot more fun that way, too.)
11. **GEORGE WASHINGTON, FOUNDED ONE OF THE COUNTRY'S LARGEST WHISKEY DISTILLERIES.** After his term as the first president of the United States ended in 1797, Washington's Scottish farm manager encouraged him to build a whiskey distillery. It was the largest of its kind in America, producing 11,000 gallons of whiskey in 1799.
12. **WHISKEY WAS ORIGINALLY CRAFTED ONLY BY MONKS, MAKING IT A HOLY SPIRIT.** That practice changed in 1541, when King Henry VIII dissolved all of their liquor-ridden monasteries.
13. **BELOW-FREEZING TEMPERATURES WON'T FREEZE IT.** Nothing proved that more than when a crate of 100-year-old whiskey was unearthed in Antarctica. And even though it suffered through -30 Celsius temperatures, the bottles and liquor were all in great condition.



But let's be honest: The very best reason to drink whiskey is because it's delicious. We all have a lot of drinking to do. There are over 5,000 types of single-malt whiskey...and they are not going to try themselves. 🍀

Board News

This past month a request from past-president **Bob O'Hern** for a charitable donation to **Challenger Sports League** was honored in the amount of \$500.

That organization helps kids with special needs participate in sports. Learn about their mission and the work they do at challengersports-ia.org.

A past donation gave the group Special Olympics bowling team shirts and that will be repeated this year for over 30 participants.

(Our good friend, Bob, says 'hello' to everyone, too!)



Speaking of donations, **Unity Point Health Foundation** sent us a nice thank you for our contribution to the John Stoddard Cancer Center in memory of Friendly Son **Tony Sullivan**:

"Thank you for your kind gift. Your support will be directed toward the programs and services that enhance our mission to provide compassionate, quality, comprehensive care for over 1,500 patients and their families each year.

"To make a difference in the lives of others in memory of Donald 'Tony' Sullivan is a wonderful way to make an impact at a time when it is needed most."



Board member **Mike Dennis** is busy, busy, busy: In addition to his webmaster duties, he is handling the update and production of our club's new PR flyer. Additionally, he is planning to create a "living" directory on the website that can be continually revised/updated. Film at eleven.



A recent idea floated at a board meeting concerned reaching out to local micro-breweries and asking them to promote themselves by supplying some "good" beers on a given month for our gatherings. They could even send a rep to make a presentation about the samples on hand.



Plans for the **Halfway to St. Pat's Bike Ride** coming **Sept. 17** are progressing nicely. T-shirts are being designed and ordered. The Piranha Bros. will again rock the Cumming Tap party from 2-5 p.m. that day.

Note the registration and ride times to be announced next week and try to get some bike riders you know to show up at **Orlando's Bar & Grill** and be seen.

Raffle tickets will be ready for distribution at the meeting this next Monday. Get a book or two to sell to help us out with our fundraising mission.

Also, we're looking for a couple of good men to be co-chairs for the event next year. If you have a yen to get involved, then stop by the registration table and make yourself known.

(Renda does know we're coming, doesn't he??) 🍀

BLARNEYBITS

The **Leprechaun Open** was held June 11 at a new venue, **Copper Creek Golf Course** in Pleasant Hill. Though a wee bit warm that day, the annual outing was enjoyed by over 50 golfers.

A recap from our hard-working planning chair, **Brian Kreps**:

"Just to show they still owned everyone on the course, Pat & Mike Rhoades again had the lowest score of 71, but since they had won last year, they were not eligible to take home the trophy this year. That honor goes to Tom McCarthy & Rob Jackson who posted a score of 72. This was Tom's second time winning. They each won a \$50 gift certificate to Golf Galaxy.

Second went to Cory Jaeger & Maureen Roushar with a score of 74. They each won a \$25 gift certificate to Golf Galaxy.

Third place went to Tony Orcutt & Brian Kilbride with a score of 75. They each won squat.

After a playoff, Maureen Roushar won the One Armed Putting Contest with a two-putt.

Pin Prizes: Tom McCarthy won Longest Drive, Closest to the Pin went to Davin Holmes & Tom Leon made the Longest Putt.

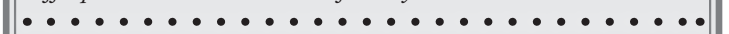
Special "Talent" Awards

Into The Woods – Tim Schuck. Apparently he hit many balls very straight... straight into the woods.

Water Ball – Brian Kreps. Had to move a fish away from his ball as he retrieved it from the water.

Take Up Another Sport – 2 votes for Alissa Young. Three to four practice swings per shot did not prevent her from winning this award.

Ken Norland, Noble Burkhead and the Copper Creek staff did an excellent job hosting the event, and though it was a hot day, we had a great turnout, played some decent golf, gave away some excellent raffle prizes. 'Twas an overall a fun day on the course."



Upcoming events

AUG. 12

*CMA CONCERT: THE HIGH KINGS
HOYT SHERMAN AUDITORIUM*

AUG. 18-21

*ANNUAL MILWAUKEE IRISH FEST
ON THE LAKEFRONT
irishfest.com*

AUG. 26-27

*DUBUQUE IRISH HOOLEY MUSIC FEST
DUBUQUE STAR BREWERY
irishhooley.org*

SEPT. 2-4

*ANNUAL KANSAS CITY IRISH FEST
CROWN CENTER SQUARE & WASHINGTON PARK
FRI., 5-11 P.M. / SAT. & SUN., 10-11 P.M.*

