

President's
Pint of View



A happy New Year to you all and I hope everyone had a joyous holiday season!

It's now time to start looking at our 2016 schedule of events:

First event up is the 31st Annual Skywalk Open on Sat., Feb. 27. Once again we need volunteers to help run our hole, so come on down to the Skywalk Open and help us promote ourselves.

In March we have this little thing called St. Patrick's Day Parade and Celebration. Remember we will be celebrating on Fri., Mar. 18 due to the NCAA Basketball Tournament.

This year's 5-10 K Run will be held Sun., Apr. 3. The run is in April because Easter is in March this year.

In May we hold the Irish Open Disc Golf Tournament on Sat., May 14 at Grandview Park.

Moving to the month of June, the Leprechaun Open will be held on Saturday the 11th. We have a new venue this year, Copper Creek.

Our last fundraiser of the year is the Halfway To St. Patrick's Day Bike Ride to be held Sat., Sept. 17.

Last, but not least, is Christmas Party on Mon., Dec. 12.

So there you have it; mark your calendars and get ready to volunteer. There should be at least one event you can help with.

See you at the meeting! *President Mike O'Connell*

Wearin' of the Grin

I recently picked a new primary care doctor. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him,

"Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco, or drink beer, wine or hard liquor?"

"Oh no," I replied. "I'm not doing drugs, either!"

Then he asked, "Do you eat rib-eye steaks and barbecued ribs?"

I said, "Not much, I know all that red meat is very unhealthy!"

"Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?" he asked.

"No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lots of sex?"

"No," I said.

The doctor paused, looked at me and said,

"Then, why do you even give a damn?"



Michael O'Houlihan was courting Frances Phelan. The young couple sat in the parlor of the girl's house night after night, much to the annoyance of old man Phelan.

One night he couldn't take any more. Standing at the top of the stairs, he yelled down, "What's that young fella doin' here all hours of the night?"

"Why, Dad," says Frances, "Michael was just telling me everything that's in his heart!"

"Well, next time," roars Phelan, "just let him tell you what's in his head and it won't take half as long!"

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



The Blarney

Upcoming:

Monthly Meeting

January 11

Menu:

Cavatelli & Salad
Bread & Butter

Next Meeting

Feb. 8

Annual First Tee Skywalk Golf Classic

Feb. 27



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JANUARY [EANÁIR] 2016

2016 Commencement

Sally forth into the new year
by taking stock of yourself

An Irish counselling psychologist, **Aisling Curtin**, just hosted a public workshop entitled "Living Life with Minimal Regrets" at the Psychological Society of Ireland Headquarters in Dublin on Tues., Jan. 5.

"If less than 10 per cent of us keep New Year's resolutions, why make them in the first place?"

"As with most things in life, the motivation underlying making resolutions is key. All too often we spout off a long list of all the things we wish we were "better" at. These often include changing our exercise and/or eating habits, losing/gaining weight, and quitting/reducing a habit that we believe is unhealthy, such as nicotine, caffeine or alcohol consumption. We are extremely motivated by how others will see us, view us and ultimately judge us. At least, in the short-term.

"Here's the thing: trying to live up to someone, or everyone, else's expectation of who you should be is rarely, if ever, enough to motivate you to make long-term meaningful changes in your life. What if there's an alternative to mindlessly reeling off the same list of to-dos that we've recited every year for the past decade? We can take a chance to pause and ask ourselves some questions, which might inspire us to live closer in line with who we truly want to be, rather than who we think we should be."

So, she says to forget New Year's "resolutions," as "questions" are the healthier alternative. Here are the five she proposes for you in 2016:

RECALL A MOMENT

1. What was one sweet moment for you in 2015? As best you can, connect to what this moment was like through your five senses. What did you see, hear, smell, taste and feel in that sweet moment?

This moment doesn't need to be extraordinary. This moment may be something as simple as receiving a text message from someone you love or seeing a friend for coffee. In my experience, these sweet moments rarely cost a lot in terms of financial resources yet often give us so much. This sweet moment will most likely indicate what is worth investing more time in 2016.

PLAN AN EXPERIENCE

2. What one thing on your "bucket list" would you love to do in 2016? We often treat life like it is an infinite resource that will always be available to us. How many times have you put important life goals on the long finger? Often, we don't actually end up

Commencement, cont'd.

doing these activities that we know would give us a sense of joy and fulfilment.

What difference would it make to you if you engaged in this one activity on your bucket list? If, after mindful consideration, this still feels like something you want to do, see what small changes you can make to fulfil this dream.

DITCH A DRAIN

3. What have been the biggest drains on you in 2015? We all have drains on our energy. These can be people, relationships or activities that take more away from our life than they give back. Turn off the autopilot to ask yourself if these drains are worth your investment of time, energy and other resources. Most of us will find that some drains on our energy are not worth pursuing. Particularly, if we notice that our own tank is running on empty. It may be time to make some changes.

ENVISION A BEHAVIOR

4. What would you love to see yourself doing more of in a video of your life one year from now? When we make resolutions or goals, we frequently focus on things like I want to be happier, calmer, slimmer or healthier. Yet, these goals are pretty abstract. It is hugely beneficial to make your goals more tangible by focusing on what you would see yourself doing differently in your life a year from now. This gives us something clear and concrete to aim for and engage in.

ANTICIPATE A BLOCK

5. What blocks and barriers are likely to come up for you? Most, if not all, of the people reading this now will know what it's like to try and fail. It's important to acknowledge the thoughts that we get hooked by such as "what's the point?" and "that's well and good for others but I won't be able for it."

It can be incredibly useful to put the phrase "I'm having the thought" before your self-limiting thought. For example, saying out loud or in your head, "I'm having the 'what's the point?' thought," and then reconnecting to what the point is for you. Feeling unwanted emotions when we go outside of our comfort zone is inevitable. 🍀

Board member Bree Young passes on this recommendation for dealing with a worry-free New Year.

Perhaps specious, but as good as any other shot in the dark!

IRISH PHILOSOPHY

There are only two things to worry about: Either you are well OR you are sick.

If you are well, there is nothing to worry about.

If you are sick there are two things to worry about: Either you will get well OR you will die.

If you get well, there is nothing to worry about.

If you die, there are two things to worry about: Either you will go to heaven OR hell.

If you go to heaven, there is nothing to worry about.

But if you go to hell, you'll be so damn busy shaking hands with your friends, you won't have time to worry!

Slainte! 🍀

Leprechaun Open to move to Copper Creek on June 11

An Irishman once said, "Playing golf is like playing fetch with yourself."

Aye, true that may be. But what glorious fun that fetchin' is!

Experience some of that fun with the golf-besotted horde that shows up to play each year in our **FSOSP Leprechaun Open on June 11.**

We'll move to Copper Creek Golf in Pleasant Hill for the first time this year and give those 18 holes our best shot(s).



Course Czar Brian Kreps has everything in the bag: a shotgun start at 1 p.m. followed by a steak dinner and the most awesome, Nirvana-like raffle ever seen.

A bonus will be range balls and donated rounds to be used as prizes.

Best of all, the cost will remain \$65. So get your ringers lined up and find a way to maintain the edge on that wicked swing you worked so hard on. Stay tuned! 🍀

Board News

Dues remain \$40 and will be welcome at next week's meeting.

As you fork that over to Mr. Murphy at the front table, you can sign up to sell Lucky Draw books and to volunteer for parade duty, as well.

Hillary is right: "It takes a village," so gather your friends and step up to help us out with our coming parade event.

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Speaking of the St. Pat's parade, it will be held on **Friday, March 18**, due to the city's concerns about the "perfect storm" created by the competing NCAA tournament.

Everything from police to parking will be a challenge on the Thursday game day, as well as on the Saturday follow-up day.

One plus is that we should have a world-beater of a crowd at our celebration. One dream is that perhaps Notre Dame would be scheduled in DM and we could get their pep band and cheerleaders into the parade. Too much?

☐☐☐

In our search for donors to help support our charitable giving, we have developed a **4-tiered sponsor level:**

Shamrock - \$250

Shillelagh - \$500

Leprechaun - \$1000

Pot O'Gold - \$2000

Look to the website for details on what benefits and rewards those levels bring.

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The Sons will proudly sponsor a hole next month at the **Skywalk Golf Classic in Capital Square**, the 31st anniversary for the event.

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Requiescat in pace

Sadly, two sons of members have been lost recently. On Dec. 23, **Tim Fogarty**, son of Bob and Eileen, passed away at age 54. Memorial contributions may be made to Mosaic in Urbandale, where he spent many years.

John Ward, son of Leo Ward, was 55 and died on December 28. Memorials may be made to the family.

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The thoughts of all the Friendly Sons are with these fathers at this time, wishing them comfort.

*Love leaves a memory no one can steal.
Death leaves a heartache no one can heal.*

BLARNEYBITS

Recent philanthropic donations to **Holy Family Catholic School** and Dowling's **Best Buddies** program (\$1000 each) were much appreciated.



"I can't thank you enough for your continued support of Holy Family. I hope all the Sons had a blessed Advent and Merry Christmas," said Flaherty.



"Thank you for your generous and ongoing support in our efforts to develop relationships with students that have intellectual and developmental difficulties," said Dan Malloy, Best Buddies Counselor and Faculty Advisor. 🍀

Upcoming events

JAN. 16

*AJ's TO SULLY'S POLAR RIDE #2
BENEFIT FOR DSM BICYCLE COLLECTIVE
START @ EITHER BAR / FREE FOOD & DRINK AND
BEER SPECIALS / 1 P.M.*

JAN. 20

STU RYAN O'BRIEN SINGALONG @ SULLY'S, 7 P.M.

JAN. 23

*CMA PRESENTS TEN STRINGS & A GOAT SKIN
@ HOLY TRINITY HALL - 8 P.M.*

FEB. 13

*CMA PRESENTS THE ELDERS
@ HOLY TRINITY HALL - 8 P.M.*

FEB. 27

*31ST ANNUAL SKYWALK GOLF CLASSIC
@ CAPITAL SQUARE*