



NEWSLETTER

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President:
Rebecca Coleman
740-407-6824
rebecca.coleman653@yahoo.com

Vice President:
Roy Nichols
614-339-9880
Nicholsworth1946@hotmail.com

Treasurer:
Joyce Geary,
614-885-3164 jgeary@columbus.rr.com

BOARD MEMBERS

Michelle Cornell
614-784-0538
csmithberger@yahoo.com
Veronica Fenney-Okafor 614-258-8884 vfenneyokafor@sbc-global.net
Julie O'Keefe McGhee
614-891-6731
julie_mcghee@att.net
Melanie Pratt
614-481-9674
storytellermel@gmail.com
Larry Staats
614-891-6293
cfmsstaats@gmail.com

Webmaster
Cathy Jo Smith
614-875-3304
<http://irishsteller.com>
storyteller@dublin.com

Editor
Frank McGarvey
frankmcgarvey@gmail.com



Our Next SOCO Meeting

Our next SOCO meeting will be 09:30, April 13 in St. Matthias' Reading Enrichment Room. St. Matthias is located at 1582 Ferris Rd. in Columbus.

The Geralts will be sharing some tools they use that we will find useful.

Here are:

Two brief reports on the community outreach on the part of our SOCO tellers in our connection with the Ohio History Connection and Columbus Story Adventures.

Ohio History Connection Program Planners sent me a list of events that they would like our storytellers to enhance those experiences and they are: **May 25** Ohio Village Open Day, **June 22/23** House Divided, **July 6** Independence Day, **August 10** Crime and Corruption, Ohio Village Closing and Ohio Cup **August 31 & September 1**, All Hallows Eve **Oct 12&19**, Dickens **December 7,8,14,&15**. So far I've heard from only two of our SOCO people about their participation...I guess the rest of you are waiting for individual appeals.

Columbus Story Adventures Update; I met with Arielle Scott from Boys and Girls Clubs regarding our participation with children at the Reeb Avenue Center on theb South Side nothing else to report there. Elizabeth Keeran from Warm wants us back perhaps at two sites. I did mention that when we are telling we would like their assistants to not schedule other activities...she agreed with that policy. Angels Un-aware Thrift Shop in Johnstown definitely wants up back I think we will be going there for 3 Wednesdays at either 11 or 2. Jim has also talked to DowdI have no report. I got a positive reply from Rachel Muha but no definite dates. I will get back to you all when I have more to report.

Julie McGhee

Jim Flanagan Shares

He has been the storyteller in residence at Nationwide Children's Hospital for 5 years.

Selection of tellers for the **Columbus Arts Festival** will be made by the middle of April.

Jim is in contact with the Ohio Hispanic Coalition and SOCO will receive some grant money. Dates for telling will be out early June. To go along with the OHC, does anyone speak or know someone that does speak Spanish?

Thank you

Jim Flanagan

JUST LAUGH!

April 14 is International Moment of Laughter Day. Humorologist Izzy Gesell created the idea to encourage people to laugh, because "laughter is the best medicine". And, like storytelling, it's an inclusive experience--we all laugh in the same language.

In 2005, researchers at the University of Maryland Medical Center first reported a link between laughter and the healthy functioning of blood vessels.

Laughter causes the dilatation of the inner lining of blood vessels, the endothelium, and increases blood flow.

Laughter's beneficial effects on various other aspects of biochemistry have also been noted. Laughter has been shown to lead to reductions in stress hormones such as cortisol and epinephrine, and to the brain's releasing of endorphins that can relieve some physical pain. And it costs nothing to laugh.

On April 14, share a moment of laughter with friends and family. Or watch a funny TV program or movie. Or read a humorous story or book. Or, do what I do: first thing in the morning, before I've neatened up, I look in the

belly buttons, and give yourself a good belly laugh.

Lyn Ford

Certified Laughter Yoga Teacher

Erin O'neil tells us

We have someone looking for a few storytellers for the Family Fun Zone at Gahanna's Creekside Blues & Jazz Festival. The festival is June 14-16 in the Creekside District. They would prefer anyone able to incorporate a musical instrument into their performance, however it is not necessary. Anyone interested in participating please forward contact information to erin7oneil@gmail.com no later than April 20th

SOCO Elections Are Coming Up

To keep our organization up and running we need to fill several positions. Are **you** willing to serve?

We need to elect our President, Vice-President, Treasurer, Secretary. There are also five board positions

If you are willing to serve in any of these positions please contact Julie McGhee

julie_mcghee@att.net

julie.mcghee839@gmail.com





Stranded in Asia

When a young woman finds herself stuck in China, unemployed, and only \$2,000 in her savings account, she set out on an international adventure that would change her life forever. Join us on a journey of self-discovery as her spirit is enriched with lessons in impermanence, trust, patience, vulnerability, and love. Meet the traveler who dauntlessly bounded into worlds unknown and the influential people she met along the way. Hear the comedic tales of navigating grocery stores, banks, and public transportation using only charades and Google translate. See how unpredictable challenges impacted a young woman's global perspective, and identify some of the key traits of an immersive travel experience. These extraordinary stories of ordinary people will lift your heart and leave you filled with wanderlust.

Venues

Grandview Heights Public Library

Westerville Public Library

Thurs., May 2 at 7:00 p.m.

1685 W 1st Ave, Columbus, OH 43212

Thurs., May 16 at 6:30 p.m.

126 S State St, Westerville, OH 43081

Why I began the effort to collect stories from people in Central Ohio to publish the book *Transplanted Shamrocks*.

Originally it began with my father, who shortly after my birth brought home a book about Ireland and its people, obviously I was too young to appreciate it, which he shared with me later. Dad would always make clear he was proud he was proud of his Irish heritage by singing songs in his off-key voice especially, "the Minstrel Boy" which he declared was the unofficial Irish Anthem. He took St. Patrick's Day so seriously, thought not somberly, that all who knew him, even the non-Irish, would not tease him about celebrating the holiday. Dad even had our candy maker at the store create green candy snakes for the green season, a whimsical touch that some people remembered for years after he had died. I remember him taking me to see my great-grandparents grave in Mount Calvary so I'd know where it was and the inscription that included their origins in County Waterford. He made me recognize the importance of know who we were, who we are, and what we want others to remember about us as Americans of Irish descent.

Later as an adult stepping out of the Irish-American cocoon of my family you can imagine my dismay when I encountered less than favorable views of the Irish such as the time when I was viewing Ernest Warther's carving in Dover, Ohio and the guide pointed out the only person belonging to an ethnic group as being a drunken canal worker and, of course, everyone laughed, or the man I met at the Ashville Viking Festival who stopped by the Irish Living History's site spouted his disdain of all things Irish so much that his wife who came after him felt impelled to apologized for him or the man at the yearly U.N. Festival who pulled his wife

away from the Daughters of Erin display saying he didn't want to see anything Irish and the little girl in a classroom who announced that her mother didn't want her to learn about the Irish. All of those situations led me to feel that we Irish-Americans need to share our stories of the importance and the inclusions of the Irishness in our lives... all of this started the book effort.

Julie McGhee



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