



Cardinal O'Malley calls for prayer during this crisis



Speaking from an empty Cathedral of the Holy Cross, in Boston, Cardinal Sean O'Malley delivered a message of hope to viewers on Catholic TV during the annual St. Patrick's Day Mass on 17th March.

O'Malley stressed the importance of supporting each other in times of social distancing. The Cardinal's remarks were made after he stopped daily public Masses last week because of the coronavirus.

Governor Charlie Baker has also announced a limit on gatherings to not exceed more than 25 people.

"As a people, a community, and a nation, we are being forced into a stance of social distancing to ward off potential health disaster," O'Malley said. "But even as we embrace the methodology of physical isolation, we must reject any stance of alienation and individualism."

O'Malley urged viewers to reach out to those who are most vulnerable to the disease caused by the coronavirus, including older people and those with underlying health conditions. He likened the current pandemic to the Sept. 11 attacks, describing the present atmosphere of the country as "surrealistic." O'Malley also acknowledged the plight of those indirectly affected by the virus as well, such as health care workers and those affected economically by the closings of businesses.

"Our motivation cannot be fear and self preservation, but a sense of solidarity and connectedness," he said. "We need to come together as a people, with a profound sense of solidarity and community, realizing that so many people are suffering and fearful."

Although large public masses are prohibited for the time being, people can still contact priests in the parishes, O'Malley said. The Archdiocese of Boston is attempting to use social media and internet streaming to communicate with people, he added.

But even without the sense of community that comes with gathering in person, O'Malley requested that Catholics pray the rosary everyday — it "has always been the powerful prayer of the Catholic people."

"Even if we cannot go to mass, the rosary is always accessible to us," he said. "We all need to be in a prayer mode now... May this strange lent that we're living help us to overcome physical distance by growing closer to God and by strengthening our sense of solidarity and communion with each other."

Stay at Home! But if you have to go out, keep your distance!

Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Social Distancing Outside

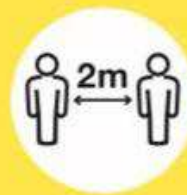
Spending time outdoors is good for our health.

**But social responsibility is essential for
ALL our health.**



Avoid

close contact
with others



Distance

yourself at least
2 metres (6 feet) away
from other people



Small group

sizes should be kept
to a minimum



Don't arrange

to meet up with other
groups



Avoid

an area if it looks
very busy and go
somewhere else
for your walk

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a delay strategy
in line with **WHO** and **ECDC** advice



Rialtas na hÉireann
Government of Ireland

Julia O'Malley launches a cook book with a difference!



Launching a book on Alaska food, Julia O'Malley talks food trends and the surprising beauty of a Jell-O salad

Julia O'Malley, an avid home cook since her college vegetarian co-op days, left full-time work at the Anchorage Daily News in 2014 after the birth of her second son. Soon, because she was bored, needed income and missed writing, she started to blog and began freelancing. Her work kept returning to the subject of Alaska's food culture. In 2017, Anchorage Museum director Julie Decker approached her to collaborate on a book to accompany the museum's food exhibit. The new book, "The Whale and the Cupcake: Stories of Subsistence, Longing, and Community in Alaska," collects her food writing as well as interviews with Alaska food influencers and recipes inspired by Alaska's historic cookbooks (most of which were tested in a Facebook group of Alaskans and published over 2018 in the Anchorage Daily News). It also features the work of a number of local photographers.

What was the process of researching the book? Where did you find your sources?

The book research began by accident. I was pitching stories I was interested in, and most of them had to do with food. Pretty soon I teamed up with this photographer Katie Orlinsky, and we got a grant to write about climate and subsistence. The most memorable trip we took was to Point

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Hope, a village my grandparents had connections in, for the whaling feast. We got off the plane, in the fog, and realized all the arrangements for rides and lodging had fallen through. But we were soon rescued by Aana Lane, who brought us to her kitchen and asked us to help make doughnuts. We spent a lot of time in that kitchen. We made akutuq, ate fermented whale, whale flipper, seal oil, and there were a good number of amazing, surprising, sheet cakes. I became totally obsessed. My sources, mostly, are regular people who welcomed me into their regular kitchens, which is where I think Alaska's cooking magic happens, though I spent some time in grocery stores and restaurant kitchens, too.

What's the biggest common denominator you noticed in Alaska food trends?

One big theme is longing, that sense of wanting foods you don't have. A hundred years ago, it was the Presbyterian church ladies in Fairbanks, longing for a civilized tea experience with white cake they'd eaten growing up in Seattle or San Francisco. It's that thing I felt as a kid, thinking about chain restaurants like Krispy Kreme. It's how my parents felt growing up here, thinking about fresh peaches. It's what urban Natives feel, longing for village foods like seal, or immigrants from Africa, longing for foods from home. It's that feeling you get in February when you go to Fred's on a Sunday and the barge broke down so they're all out of fresh spinach. That feeling is at the center of our food relationship, something to do with being annexed way up here. It drives us to fill freezers with fish and pantries with Costco and to bring pineapples home from Hawaii in our carry-ons.



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What's an ingredient or cooking method that's fallen out of fashion that should be revived?

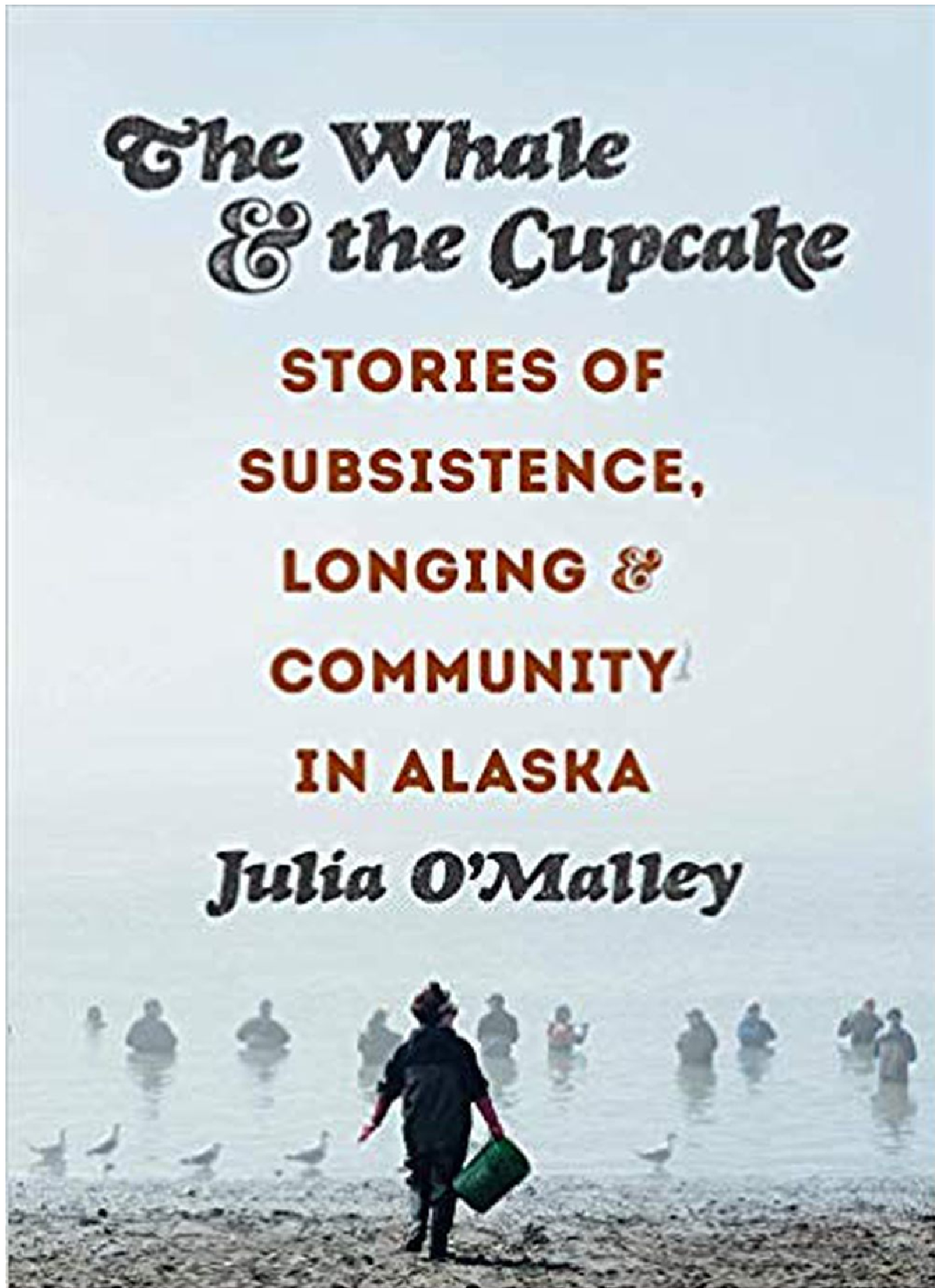
I'm weirdly a fan of Jell-O? One of the most fun things I did for this book was spend a summer researching old cookbooks, many of them from the museum archive. There were lots of amazing, creative, fascinating recipes that subbed wild foods into recipes, like seal spaghetti and meatballs. But the section I always got the biggest kick out of was "salads," which rarely involved actual fresh vegetables, but instead were totally centered on canned fruit, wild berries and Jell-O. You can't really overstate the influence of shelf stable foods like Jell-O, Ritz crackers, Pilot Bread and cake mix in Alaska's kitchens. But here's the thing: Some of those "salads" are actually kind of good? There's something about the crazy vivid color and the combination of tart fruit and sweet. I'm super into a salad I just had at my Aunt Barbara's house over Thanksgiving, made with cranberries, frozen Alaska raspberries and Jell-O with this perfect ribbon of sour cream that runs through the center.

What's something that's better left in the past?

There's this idea that comes up from time to time that we don't have a food culture here. But what I think is that we just haven't talked about it enough and really defined it. Our food culture is vibrant, awesome and central to how we live and understand our relationship to this place, it's hidden in plain sight. We are masters of wild food gathering, preservation and preparation. We are beasts at provisioning and pantry-building. My hope is that in restaurant kitchens we'll eventually see less of the practice of mimicking dishes from the Lower 48 and more really leaning into and exploring what we have here. There is, for example, this amazing high-brow wild food/low-brow shelf stable thing that happens in home kitchens — see, like, fresh salmon rolled in Dijon and butter and saltine crumbs — and I'd love to see that come across on restaurant menus more. I'd also love for big, non-ethnic restaurants in Anchorage to take more notice of our diverse community. People who eat in this city know that you can get everything from injera to goat curry to banchan to menudo to pancit. Restaurant kitchens in Anchorage are actually really diverse places, but why don't influences from, say, for example, the Philippines, show up on menus more? Immigrants from Asia especially have influenced how Alaskans eat for a century. I'd like to see us own and integrate those foods more on restaurant menus, to help really articulate and reflect how Alaska eats.

"The Whale and the Cupcake: Stories of Subsistence, Longing, and Community in Alaska," produced in collaboration with the Anchorage Museum and published by University of Washington Press, is available now at the Anchorage Museum store and on the store website. It can also be ordered at national booksellers like Amazon for delivery is available in bookstores nationwide from January 2020.

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The O'Malley Clan Association aims to reach out to O'Malleys from all around the world and foster links between the O'Malleys around the globe and the clan at home here in Ireland.

The Clan Association formed in 1953 has been connecting O'Malleys around the world in The US and Canada, Britain, Australia, South Africa, New Zealand, South America, and anywhere else you can think of for over 60 years now.

We hope with our new website, and newsletter, that We can go from strength to strength in our aim to connect all the O'Malleys around the world.

The O'Malley Clan DNA Project on Family Tree DNA

The most common queries we get at The O'Malley Clan Association are queries in relation to helping to trace peoples ancestors in Ireland. As we all know, written records can only take us so far, (if you're lucky you'll get back to the early 1800's or late 1700's).

Many of the Irish Census Records and other historic documents were destroyed during the early part of the 20th century and as a result it can be very hard to trace ancestors back beyond the 19th century. Church records are a help, but can be patchy at times.

One way of narrowing down the search is through DNA testing. The O'Malley Clan Association is involved in a project with Family Tree DNA to test as many O'Malleys as possible to try and expand our knowledge of our roots as much as we possibly can.

There's a specific page for the project on the Family Tree DNA website:

<https://www.familytreedna.com/groups/omalley/about>

Check it out, there's lots of info there, and administrators also for any questions.

