

Volume 1, Issue 119

November 2024

# Ó Máille



## O'Malley Clan Association Monthly Newsletter

### This month's highlights....

- A special Christmas gift from The O'Malley Clan!
- Get in touch and share your O'Malley Heritage!
- Social Media and Teens with Stella O'Malley
- King O'Malley—A Trailblazer in Australia
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- The O'Malley Clan Association Needs You! Join Today!!

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### The Perfect Gift for the O'Malley in your life!

When you're searching for that perfect little gift for the O'Malley in your life, what better option could you have but a membership with The O'Malley Clan Association! A beautiful membership certificate, (just asking to be framed and put on display), exclusive access to our newsletter archive in the members area of our website, and full voting and membership rights of our historic Irish Clan. Its easy to organise. Just click on the image below and head over to the site where you can purchase a membership. The perfect little stocking filler for any O'Malley worldwide!



### Get in touch, and share your O'Malley Heritage!

Have you got an article or old photographs that you'd like to submit for future editions of "O Maille" The O'Malley Clan Association Newsletter.

We'd love to hear from you wherever you're based around the world. Old photographs and stories to go with them, old letters, family trees or just an article that you'd like to share with the rest of the clan. Drop us a line and We'll get right to it!



## Social Media and Teens with Psychotherapist Stella O'Malley

# Trust yourself: How to help a teenager navigate social media, friendship, anxiety and romance

Parents should remember they are the experts when it comes to their kids. Just being there for them can be the biggest help



Children these days are heavily encouraged to believe in a fairy-tale life.

Prior generations of kids weren't brought to vast palaces of fantasy such as Legoland, The Wizarding World of Harry Potter and Lapland; little wonder this generation is disappointed when adolescence hits and they are suddenly slammed hard against the brick wall of reality.

It's no small event to be told during the first 10 years of life that life is fair, and then to suddenly realise it can be profoundly unfair. Previously, many adolescents became very religious or political as a way of making sense of the world. These days, in my work as a psychotherapist, I often see young teens who choose instead to withdraw from life.

They begin to dread getting older. They avoid school. Many develop unhealthy coping mechanisms such as body image problems, disordered eating or compulsive gaming as they try to either control or distract themselves from their general sense of anxiety about the chaotic nature of life.

Until puberty or so, most children assimilate any trauma that they have experienced without properly processing what has happened. The parents might believe the worst is over but then, during adolescence, the trauma catches up. It's frightening for everyone.

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## Social Media and Teens with Psychotherapist Stella O'Malley

The challenge for teenagers is to recalibrate so they begin to understand that, although life is fundamentally difficult, there are pockets of real joy available and living a life with meaning and purpose can lead to a sense of satisfaction.

In my book *What Your Teen is Trying to Tell You* I explore the many additional pressures on teens today. A seismic shift occurred around 2012 when people



with a smartphone began to outnumber those with a “dumb phone”. The impact of new technology on teenagers’ mental health has been chilling.

Studies over the past decade have shown a consistent spike in mood disorders among teenagers. The lockdowns added to the general sense of pressure.

Technology can be used as a way for teens to protect themselves from feeling vulnerable. One client, who I’ll call John, told me: “Life is better online. My online friendships are better. There’s more fun; the sex is better — everything is better online.”

Technology provides an illusion of companionship, but we need to be vulnerable if we are to develop deep relationships. We’ll remain lonely if we’re not willing to become vulnerable.

Fifteen-year-old Ciara (again, name changed) would often message dark secrets late at night to her friends about her self-harming behaviour and feelings of self-loathing.

The faux intimacy was exciting, yet it wasn’t heart-warming. Her friends’ messages never brought the soul-nourishing closeness that a real-life confession would have brought. Then the next day they would meet in school, all sunny smiles and no mention of the confessions from the night before.

Romance today is also startlingly different compared to previous generations. Our hyper-sexualised society means that tweens are viewing content that is way beyond their level of development.

Sharing a first kiss or even holding hands with your crush has come to be left behind in favour of a colder, more business-like arrangement where photos are swapped instead.

Sexting might give teens a quick thrill, but the fallout can be devastating for young teens gullible enough to believe their pictures won’t be passed around.

The major online catastrophes I hear about tend to happen among younger teens — by the time they hit 15 or so, they have generally learnt some sense. But then there are new challenges. A predatory porn industry that targets teenagers has led to a normalisation of brutal acts such as choking, hitting and gagging during sex.

## Social Media and Teens with Psychotherapist Stella O'Malley

Online bullying is a constant source of pressure — feeling left out is another. Most of us know how hurt we can feel when we have been excluded, but previous generations didn't feel forced to press "like" on pictures of their so-called pals having great fun socialising without them.



The distress might be low-key, so it mightn't seem like a big deal. Yet continuously feeling on the outskirts of any peer group is demoralising — and extremely common.

I wrote the book to help parents help their teenagers. In a world which is quick to pathologise and diagnose understandable and justifiable human emotions, parents frequently feel disempowered and incompetent in the face of emotional distress.

There has been so much emphasis on mental illness that parents tend to feel frozen, petrified in the face of their child's distress, afraid to do anything for fear they'll make things worse. But parents can forget they are the world experts on their kids.

While therapists and other professionals can be valuable, nobody knows their teen quite like their parents do — and nobody is willing to put in the effort to help their kids as much as parents are.

There is great value in psychotherapy and counselling, especially in more serious contexts, but when a teen seems sad or dejected, it's often better if the parents initially lean into the relationship rather than immediately calling the professionals.

Most parents are good enough — and good enough is good enough. Although teenagers might roll their eyes in disdain at parents' efforts to connect with them, it's still worthwhile to try to scale the wall of hostility.

If your teenager has lost their way, if they're feeling sad or being difficult, if you just can't seem to reach them, it's worth trying a range of small strategies. You might begin by visiting their bedroom with a drink or something small you bought for them. Perhaps you might say a few warm words and leave it at that. Try not to seek a Hollywood-style denouement. If you keep making small gestures of love, one day all the little efforts you make to understand their pain will all add up — and your teen will feel sufficiently loved and ready for the big world.

## Social Media and Teens with Psychotherapist Stella O'Malley

- *Many teenagers believe their phones are private. They're not. Anything that can be screenshot is not private. If teens want privacy, they can have in-person discussions with their friends or they can simply call them.*
- *Many parents prefer to tell themselves that their kids can easily swerve the parental controls. This is a lie we tell ourselves usually because we can't face the hassle involved in setting up the parental controls.*
- *Digital habits should be handled in the same way we tackle other habits in the household. How strict are you on junk food? The sooner you can figure out where it's gone wrong, the sooner you can take steps to address it.*
- *Some parents maintain access to all messaging apps and social media. This is in keeping with our working lives, where communications sent on the work phone are not considered private information by companies.*
- *Some parents use the "trust and verify" approach while others insist on knowing all the passwords. It doesn't matter which approach you take so long as you build a collaborative relationship that is moving towards a healthy relationship with technology.*



*Above: Psychotherapist Stella O'Malley*

## King O'Malley—An Australian Trailblazer!

### King O'Malley

King O'Malley is best remembered as a colourful and at times controversial politician in the period following Australia's federation. He was a significant figure in the initiative to create a national bank with central banking responsibilities.

### Who was King O'Malley?

Ambiguity surrounds the early years of King O'Malley's early life. By his own account, he was born in Quebec, Canada, but other sources suggest he began life in Kansas, United States.

Following the death of his father in the Civil War, O'Malley was sent to live with his aunt and uncle in New York. He received a very limited education and spent much of his time working at his uncle's small bank between the ages of 14 and 22.

From the age of 22, O'Malley pursued a career as an insurance salesman and real estate agent on the United States' west

coast. He migrated to Australia in 1888 – living at first in Melbourne, before Hobart and Zeehan in Tasmania,

Coolgardie in Western Australia and Adelaide. O'Malley claimed to have arrived in Australia in Port Alma, Queensland, before journeying on foot to Sydney, then Melbourne and Adelaide – however, historians have regarded the tale of this dramatic arrival as dubious.

O'Malley was elected as an independent to the South Australian House of Assembly in 1896. He avoided an eligibility restriction precluding his candidacy by claiming to have been born in Canada (and therefore a British subject), rather than the United States. As a politician, he advocated fervently for the federation of the Australian colonies. He successfully stood for election to the new federal parliament in 1901. He first sat as an independent before joining the Australian Labor Party, representing mining and pastoral communities in western Tasmania. Despite being a popular and prominent Labor figure, O'Malley was something of an outlier within his party. This was due both to his atypical background and flamboyant style but also his political positions, which were often more radical than those of his caucus colleagues. It was at O'Malley's suggestion that the party revised the spelling of its name to the American style, 'Labor', which he argued would present a more modern image.

O'Malley was passed over for ministerial service in the short-lived Reid Labor Government, however with the election of the Fisher Labor Government, O'Malley served as Minister for Home Affairs from 1910 to 1913. He was reappointed to this ministry in the Hughes Government between 1915 and 1916. These appointments saw him involved in projects of national significance, such as the construction of Australia's transcontinental railway.

O'Malley was responsible for the identification of Canberra as the site of Australia's capital city and the selection of architect Walter Burley Griffin's design for it. O'Malley proved himself to be an important ally and enthusiastic supporter of Griffin, whose work was otherwise stymied by bureaucratic and political



*Above: King O'Malley, pictured in 1915*



## King O'Malley—An Australian Trailblazer!

resistance. The prohibition of the sale of alcohol in the Australian Capital Territory until 1928 was a result of O'Malley's own position as a teetotaler. O'Malley's pocket watch, which was used as the official timepiece at the ceremony naming Canberra as the capital of Australia on 12 March 1913, is on display as part of the Museum's permanent exhibition.

The First World War placed O'Malley in an awkward political position. Whilst he was himself a committed pacifist, the constituency he represented was strongly in favour of Australia's involvement in the war. His anti-war and anti-conscription stance contributed to his alienation from cabinet and his defeat at the 1917 election. Subsequent attempts at re-election in 1919 and 1922 were both unsuccessful. After this, O'Malley withdrew from public life. O'Malley died in Melbourne in 1953 at the age of 99. He was the last surviving member of the first Federal parliament. O'Malley was a charismatic, gregarious and colourful figure. His considerable intellect and his flair as a salesman contributed to his success both in business and in politics. His mischievous sense of humour charmed many.

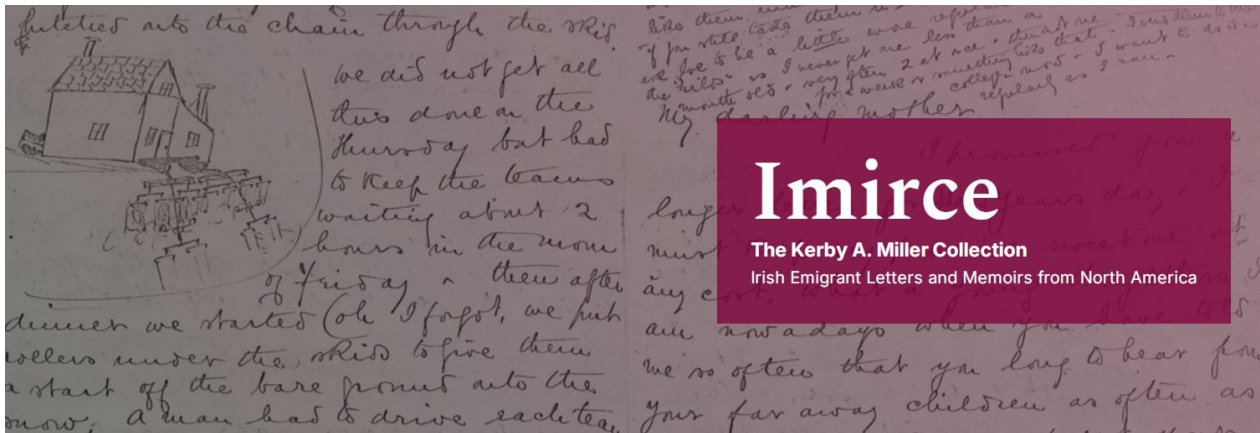


*Above: King O'Malley, on the right, pictured in 1913, at the ceremony naming Canberra as Australia's new capital*



*King O'Malley's pocket watch, which was used as the official timepiece at the ceremony naming Canberra as the capital of Australia on 12 March 1913.*

## “Imirce” - A Fabulous Archive of Emigrant's Letters



Imirce provides access to thousands of letters, memoirs and other documents composed by Irish emigrants to North America from the seventeenth through the mid-twentieth centuries. This resource was made possible by an extraordinary gift of historian Kerby A. Miller, Curators' Professor of History at the University of Missouri (emeritus), to the University of Galway where he holds an honorary professorship in History. For scholars of Irish and North American history, Imirce is an enduring connection, across time, to generations of emigrants, while for the descendants of those emigrants it is an opportunity to reconnect, across the broad Atlantic, with the home that they left behind.

From the early 1970s, when researching what became his landmark *Emigrants and Exiles: Ireland and the Irish Exodus to North America* (Oxford, 1985), Miller transcribed writings by emigrants from Ireland to North America held in libraries and archives. And looking beyond those repositories, he placed notices in Irish national and local newspapers asking people to send him treasured correspondence which he and research assistants then copied, transcribed and returned. Following publication of *Emigrants and Exiles*, Miller continued to collect such material. The result is a vast collection of transcripts of the writings of craftsmen, especially weavers and spinners, miners, domestic servants, farmers, and canal, railroad, mill and construction workers; the material dates from the late 1600s through the mid-1900s.

Included in the collection are transcripts of correspondence collected in the 1950s-60s by historian Arnold Schrier when working on his *Ireland and the American Migration, 1850-1900* (Minneapolis, 1958), and by historian E. R. R. (Rodney) Green, director of the Institute of Irish Studies at the Queen's University-Belfast; both Schrier and Green subsequently shared their materials with Miller. The University of Galway also holds research data compiled by Kerby A. Miller when working on items in the collection. All the materials described above can be consulted in the University Library.

In addition, in 2003 Miller and Schrier, in collaboration with scholars Bruce D. Boling and David Noel Doyle, published an edited collection of letters and other documents written by emigrants who left Ireland between 1660 and 1815, titled *Irish Immigrants in the Land of Canaan* (Oxford, 2003). Some of those materials are also in the Miller Collection at the Hardiman Library; the remainder are in the Bobst Library at New York University.



## “Imirce” - A Fabulous Archive of Emigrant’s Letters

Check out a couple of extract examples below, (letters home to County Mayo), . You can click on the “Imirce” banner on the previous page to have a browse through the archive.

Sept. 11, 1831

Dear Mother,

*We have got 200 acres of land. We came on it a year and a half ago. We have got thirty acres cleared, sixteen of which have have given a crop, and the rest I am going to sow winter wheat in. We have got a good house, and a good barn, worth £50, the house is worth as much as the barn. We have got two pair of oxen, five cows, and five young cattle, and some sheep. I thank God he has blessed the work of my hands, since I came here. There is a good chance for education and worship in my neighbourhood. I think this country much better than Ireland, for any man that is willing to work. It is much easier for a poor man to get property here than in Ireland, if he is willing to work and careful. Our taxes are light, it is one penny per acre for improved land, and one farthing per acre for wild land. We have no rent to pay, as every man here is his own landlord. This country is settling fast. When you write direct to Mr James Grimes, Township of Killey, County of Leeds, Upper Canada, near Smiths-Falls.*

Nov 28th 1831

My Dear,

*I fell in with a company of the name Batey & Katchum, who keeps saw mills and iron works, blacksmiths and nailors, and horse nail makers. It grieves me to think of your distress and I having plenty. One of our head employers went off to the state of Georgia last September and brought a ton of nails along with him, also a ton of horse nails, and sold them in New York. The horse nails was never established in this nation until a man of the name of Eston, an Englishman, came over two years ago, and his family came over this season. He earned nine dollars a week by a machine. Kelly from Athlone, and Humphrey gave him forty dollars a piece for their learning. I did not like to pay so much money. I worked at the common nails until now, my employer wrote home to set me at the horse nails. You will find I will send you a good sum of money in my next letter. Dear Michael, you will write back to me the instant you get this letter and let me see that you will prepare yourself and be ready. When I write next, bring your wife and children along with you. Your wife will earn as much money in a manner as yourself. I am 400 miles from Quebec , and 300 from New York. This is a fine country. It is a pity a great deal of fine young men in Ireland to be, I may say, half starving, and good bread for them in this country, for all that could handle an axe, or for a good labourer, and all for want of courage.*



OLLSCOIL NA GAILLIMHE  
UNIVERSITY OF GALWAY



## Malcolm O'Malley, The Immune System, and Outer Space!

# We Are All Made of Cells: Space and the Immune System

Malcolm O'Malley and his mom sat nervously in the doctor's office awaiting the results of his bloodwork. This was no ordinary check-up. In fact, this appointment was more urgent and important than the SATs the seventeen-year-old, college hopeful had spent months preparing for and was now missing in order to understand his symptoms.

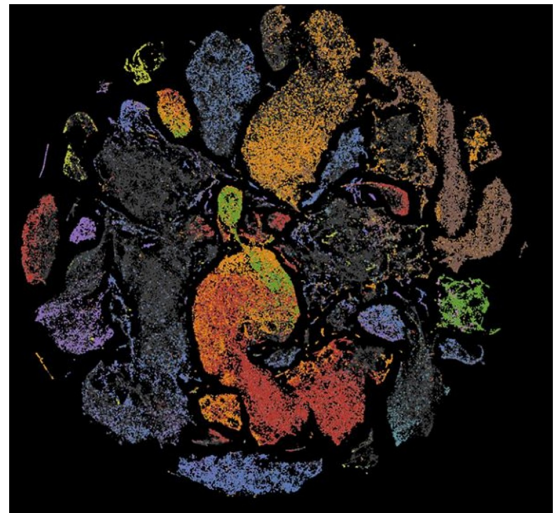
But when the doctor shared the results – he had off-the-charts levels of antibodies making him deathly allergic to shellfish – O'Malley realized he had more questions than answers. Like: Why is my immune system doing this? How is it working? Why is it reacting so severely and so suddenly (he'd enjoyed shrimp less than a year ago)? And why does

the only treatment – an injection of epinephrine – have nothing to do with the immune system, when allergies appear to be an immune system problem? Years later, O'Malley would look to answer some of these questions while interning in the Space Biosciences Research Branch at NASA's Ames Research Center in California's Silicon Valley.

"Anaphylaxis is super deadly and the only treatment for it is epinephrine; and I remember thinking, 'how is this the best we have?' because epinephrine does not actually treat the immune system at all – it's just adrenaline," said O'Malley, who recently returned to his studies as a Ph.D. student of Biomedical Engineering at the University of Virginia (UVA) in Charlottesville. "And there's a thousand side effects, like heart attacks and stroke – I remember thinking 'these are worse than the allergy!'"

O'Malley's curiosity and desire to better understand the mechanisms and connections between what triggers different immune system reactions combined with his interest in integrating datasets into biological insights inspired him to shift his major from computer science to biomedical engineering as an undergraduate student. With his recent allergy diagnosis and a lifelong connection to his aunt who worked at the UVA Heart and Vascular Center, O'Malley began to build a bridge between the immune system and heart health. By the time he was a senior in college, he had joined the Cardiac Systems Biology Lab, and had chosen to focus his capstone project on better understanding the role of neutrophils, a specific type of immune cell making up 50 to 70% of the immune system, that are involved in cardiac inflammation in high blood pressure and after heart attacks. "The immune system is involved in everything," O'Malley says. "Anytime there's an injury – a paper cut, a heart attack, you're sick – the immune system is going to be the first to respond; and neutrophils are the first responders."

O'Malley's work to determine what regulates the immune system's interrelated responses – like how one cell could affect other cells or immune processes downstream – provided a unique opportunity for him to



*Above: Bone Cells*

## Malcolm O'Malley, The Immune System, and Outer Space!

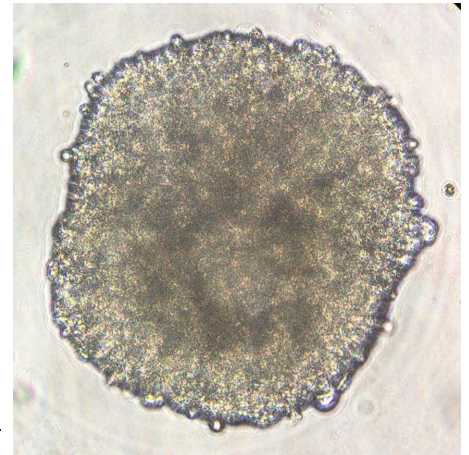
support multiple interdisciplinary NASA biological and physical sciences research projects during his 10-week internship at NASA Ames over the summer of 2024. O'Malley applied machine learning techniques to the large datasets the researchers were using from experiments and specimens collected over many years to help identify possible causes of inflammation seen in the heart, brain, and blood, as well as changes seen in bones, metabolism, the immune system, and more when humans or other model organisms are exposed to decreased gravity, social isolation, and increased radiation. These areas are of keen interest to NASA due to the risks to human health inherent in space exploration and the agency's plans to send humans on long-duration missions to the Moon, Mars, and beyond.

"It's exciting that we just never know what's going to happen, how the immune system is going to react until it's already been activated or challenged in some way," said O'Malley. "I'm particularly interested in the adaptive immune system because it's always evolving to meet new challenges; whether it's a pandemic-level virus, bacteria or something on a mission to Mars, our bodies are going to have some kind of adaptive immune response."

During his NASA internship, O'Malley applied a statistical analysis techniques to plot and make more sense of the massive amounts of life sciences data. From there, researchers could find out which proteins, out of hundreds, or attributes – like differences in sex – are related to which behaviors or outcomes. For example, through O'Malley's analysis, researchers were able to better pinpoint the proteins involved in inflammation of the brain that may play a protective role in spatial memory and motor control during and after exposure to radiation – and how we might be able to prevent or mitigate those impacts during future space missions and even here on Earth.

"I had this moment where I realized that since my internship supports NASA's Human Research Program that means the work I'm doing directly applies to Artemis, which is sending the first woman and person of color to the Moon," reflected O'Malley. "As someone who's both black and white, representation is important to me. It's inspiring to think there will be people like me on the Moon – and that I'm playing a role in making this happen."

When O'Malley wasn't exploring the mysteries of the immune system for the benefit of all at NASA Ames, he taught himself how to ride a bike and started to surf in the nearby waters of the Pacific Ocean. O'Malley considers Palmyra, Virginia, his hometown and he enjoys playing sports – especially volleyball, water polo, and tennis – reading science fiction and giving guest lectures to local high school students hoping to spark their curiosity. O'Malley's vision for the future of biomedical engineering reflects his passion for innovation. "I believe that by harnessing the unique immune properties of other species, we can achieve groundbreaking advancements in limb regeneration, revolutionize cancer therapy, and develop potent antimicrobials that are considered science fiction today," he said.



Above: A preflight image of beating cardiac spheroid composed of iPSC-derived cardiomyocytes (CMs), endothelial cells (ECs), and cardiac fibroblasts (CFs). These cells are incubated and put under the microscope in space as part of the Effect of Microgravity on Drug Responses Using Heart Organoids



## Stephen O'Malley & The Infrastructure Podcast

### In its latest episode, The Infrastructure Podcast spoke to Engineer Stephen O'Malley of Civic Engineers on city planning, transport, and lots more.

It's a huge and growing issue. The UN reckons that around 57% of the world's population currently lives in an urban environment – and that this number is perhaps as high as 80% in many developed nations. It's a number that is growing fast, both as a percentage but also as an absolute number, as the global population increases and our lives become more intertwined and interdependent.

And with this change comes a number of challenges - and a number of opportunities around creating equity, liveability, sustainability and prosperity for inhabitants. And creating safe places to live.

The 2017 Grenfell Fire in London certainly highlighted the tragic consequences of failure.

Of course, we must also now add to that list resilience to climate change. Protection from flood; from drought; from heat; from storms and from pollution has never been so important.

All of which puts our built environment designers – those creating the buildings, the infrastructure and the spaces in between – absolutely in the driving seat - and the spotlight.

Fundamentally, better cities

create better lives. Which is why barely a week goes by without a new report or paper into why and how we should transform our urban landscapes. The latest of which being the New London Agenda by the team at New London Architecture.

I mention this because amongst many other things, my guest today was involved in producing this Agenda and so I hope will be well placed to guide us through the issues.

So let's discuss this issue with Stephen O'Malley, founder and chief executive of Civic Engineers, a firm with the mission "to create inspirational structures and places that have a positive impact on the environment and enable people to lead happier and healthier lives".



*Above: Engineer Stephen O'Malley of Civic Engineers*

Click on the banner here to have a listen.



## Clare Island Whiskey, and a few O'Malleys enjoy a trip to Chicago!

What a day was had in Chicago recently when Clare Island Whiskey came to town. Lots of O'Malleys turned up to meet up and swap stories and enjoy the fabulous presentations and music, (including our friend Niall McCabe, right). Great to see O'Malleys gathering together for fun days around the globe. Just a handful of them are pictured below. Great to see you all folks! Thanks to one of our full O'Malley Clan members, Kathleen Carr for the pictures! Ó Máille Abú



## O'Malleys! Test your brain with a 50 States Crossword

### Across

- 4. East from Arizona
- 7. The Empire State
- 9. Cheers! (as they say in Boston)
- 13. Lots of vineyards
- 15. Lots of crab fishing
- 16. The Island that isn't an Island
- 17. Also a Normandy beach in 1944
- 18. Hula Time
- 21. The state with the windy city
- 22. Viva Las Vegas

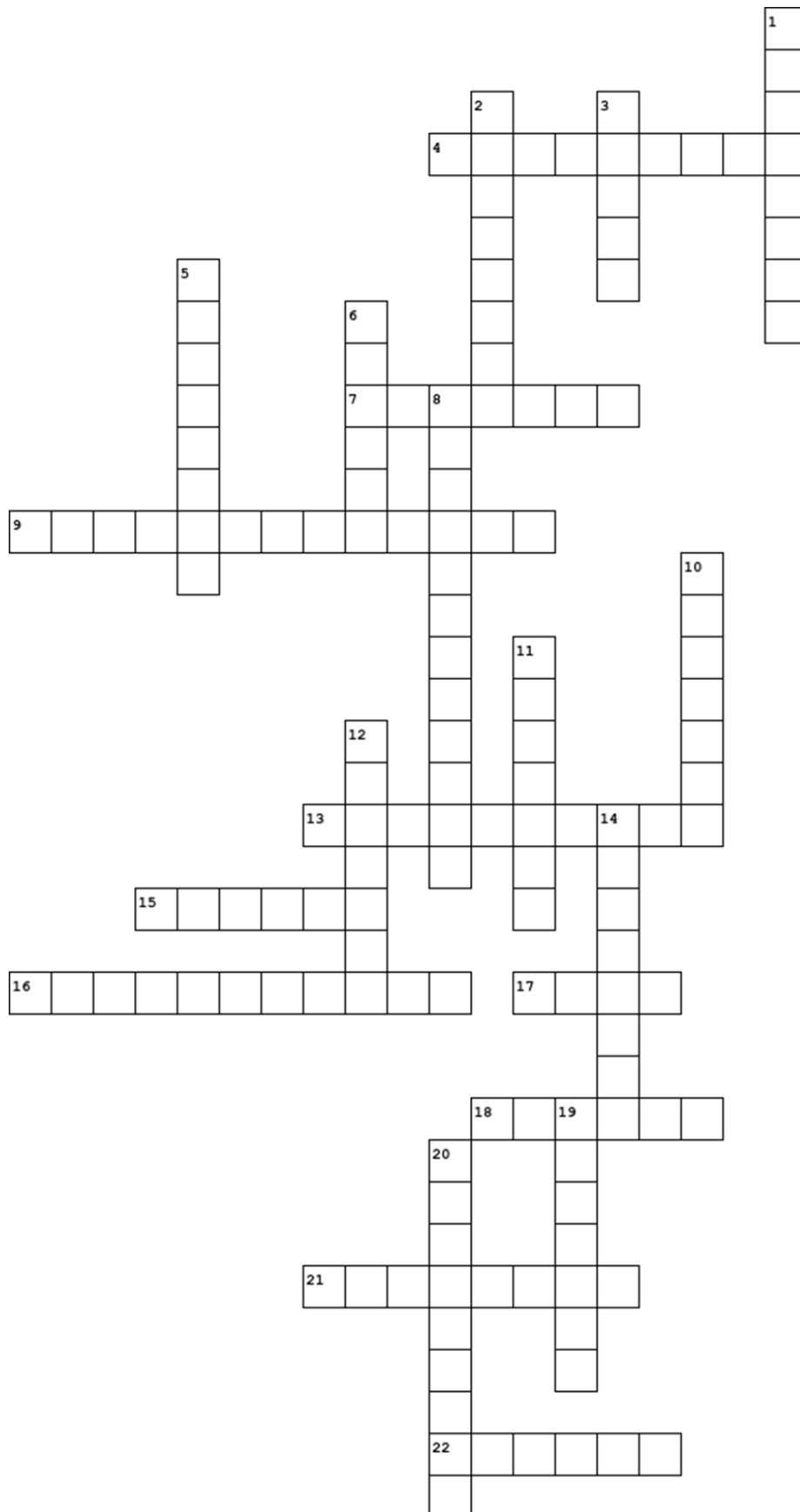
### Down

- 1. Rocky Mountain High!
- 2. Famous for Bourbon Whiskey
- 3. South from Oklahoma
- 5. Home of the auto industry
- 6. Dorothy, you're not in ..... anymore
- 8. Take me home country roads
- 10. The Sunshine State
- 11. West from New Hampshire
- 12. Sweet Home .....
- 14. North from Kansas
- 19. Last of the states when listed alphabetically
- 20. Plenty of Gators!

Answers from our October issue:: Across, 2 DEVALERA, 5 POTATO, 6 CLIFDEN, 9 COBH, 12 PATRICK, 15 PUNT, 17 SINNFEIN 18 STRONGBOW, 19 HEANEY, 20 BLACKANDTANS 21 BOYNE,

Down, 1 HARP, 3 EEC, 4 ROBINSON, 5 PALE, 7 COSGRAVE, 8 THEEMERGENCY, 10 KINSALE, 11 VALENTIA, 13 CLONTARF, 14 UNION, 16 CASHEL, 21 KELLS



**O'Malleys! Test your brain with a 50 States Crossword**



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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 70 years now.*

*We hope with our 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 Association NEEDS YOUR HELP, Join Today!**



**Support  
the Clan,  
Be a part  
of it**

**The O'Malley Clan  
Association Needs You!**

**Join Today.....[www.omalleyclan.ie](http://www.omalleyclan.ie)**