



# SCÉAL ÉILE



THE NEWSLETTER OF THE COOLEY-KEEGAN BRANCH OF COMHALTAS CEOLTÓIRÍ ÉIREANN

Dear friends and members,

First off, I'd like to thank Michael Riemer and the rest of the Board for the fantastic job that they did last year. We saw the start of many new things in 2004:

- The formation of the West Region,
- The award of the first of the Mallen Fund Scholarships,
- The West Region 'Mini-Convention' and a further push for our own music program of classes and workshops,
- The slow seisiuns at Ireland's 32 and The Plough and Stars are well attended, and people are progressing well.

The new year brings with it the promise of keeping the traditions alive and well. The North American Convention in Ottawa this year looks like it will be a good one, and I hope that the West Region will be well represented there. The West Region continues to grow with the addition of the new Seattle branch.

Beyond all that, we still have a good schedule of ceilis and other events this year.

I will try to keep my column short each month to make more space in the Sceal for other items - I'd like to see people contribute more to content the Sceal. Perhaps a series of short stories, poems or even recipes. For this, I look to our membership - send in what you have!

Slán,  
Michael D.

## ⌘ GENERAL MEETING ⌘

The next General Meetings of the Membership will be on **Tuesday, January 11<sup>th</sup> at 7:30 p.m.**, the **SECOND Tuesday for this month**, at the United Irish Cultural Center (2700 45<sup>th</sup> Ave. at Sloat).

The February meeting will be on the first Tuesday on **February 1<sup>st</sup> at 7:30 p.m.**



COMHALTAS CEOLTÓIRÍ ÉIREANN IS IRELAND'S PREMIERE CULTURAL MOVEMENT, FOUNDED IN 1951. WHEN YOU JOIN COMHALTAS YOU JOIN PEOPLE FROM MORE THAN 400 BRANCHES WORLDWIDE IN SUPPORT OF THE TRADITIONAL IRISH ARTS OF MUSIC, DANCE AND LANGUAGE. WE WELCOME NEW MEMBERS. PLEASE CONTACT THE CHAIRMAN, OR MEMBERSHIP SECRETARY FOR MEMBERSHIP INFORMATION, OR VISIT US AT [SF.CCEWEST.ORG](http://SF.CCEWEST.ORG)

⌘ Recipe ⌘

This month we are pleased to present a recipe from Josephine Brogan. Now you can all make the Irish Bread that Josephine brings to ceilis.

**Irish Whole Wheat Bread**

2 cups of whole wheat Flour  
(I use Gold Medal whole wheat Flour)  
1 cup of Bran  
½ cup of Wheat germ  
1 teaspoon of Bread Soda  
3 teaspoons of Baking Powder  
1 teaspoon of Salt  
1 Egg  
  
1 ½ cups Buttermilk approx.

In a large bowl, mix all dry ingredients together until well combined. Add beaten egg mixed in with enough buttermilk to make a soft dough, but firm enough to hold its shape.

Knead on a lightly floured board until dough is smooth. Form into a round loaf and place in a well-buttered, 8-inch cake pan or on a well-buttered cookie sheet. Cut a cross on the top of the loaf with a knife.

Bake in a preheated 375°F. oven for 45 to 50 minutes or until the loaf is nicely browned.

Enjoy

⌘ Children's Ceili ⌘

The next Children's Ceili will be at the United Irish Cultural Center (St. Patrick's Room-Stage Side) on Sunday, JAN 16; 4-6 p.m.

Free admission for members; \$5 per child for Non-members; Kids 3 and under are free. For questions about new admission policy please contact Michael Riemer (510-548-4727) or Maureen Murphy (415-661-0351). For general information about our kids' ceilis, contact Michael Murphy at 415-564-7188 or irishboogieman@yahoo.com.

The next ceili after our January event is on February 20<sup>th</sup>. A double dose of dancing and more music for our kids in early 2005!

⌘ Rememberance ⌘

Our Branch would like to remember Paddy O'Regan on the first anniversary of his passing, Dec 30, 2004. Paddy was a great supporter of many clubs & activities including CCE for many years.

We all remember Paddy O' with fondness.



☞ COOLEY-KEEGAN BRANCH OFFICERS ☞

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Dé Domhnaigh Sunday	Dé Luan Monday	Dé Mairt Tuesday	Dé Céadaoin Wednesday	Déardaoin Thursday	Dé h-Aoine Friday	Dé Sathairn Saturday
<b>January 2</b>	3	4	5 <u>Set Dancing</u> 8PM Scruffy Murphy's Sunnyvale	6 <u>Set Dancing</u> 8:00 Plough and Stars	7 <u>Song Seisiún</u> Michael Jones San Carlos	8
9 <u>Seisiún</u> 8:30 Plough and Stars	10 <u>Slow Seisiún</u> 8PM Ireland's 32	11 <u>CCE Meeting</u> 7:30 UICC	12 "No Hiding Place" Starring Judy Forest 9PM Plough and Stars	13 <u>Set Dancing</u> 7:30 Sunset Rec Center 9:30 Plough and Stars	14	15
16 <u>Chilren's Ceili</u> 4-6PM UICC <u>Oíche Ghaeltachta</u> 6:30 Hayward <u>Seisiún</u> 8:30 Plough and Stars	17	18 <u>Set Dancing</u> 8:30 PM O'Neil's San Mateo <u>Slow Session</u> w/ Michael Duffy Plough and Stars	19	20 <u>Set Dancing</u> 7:30 Sunset Rec Center 9:30 Plough and Stars	21	22
23 <u>Seisiún -</u> 8:30 Plough and Stars	24	25 <u>Set Dancing</u> 8:30 PM O'Neil's <u>Slow Seisiún</u> 8:30 Plough and Stars	26	27 <u>Set Dancing</u> 7:30 Sunset Rec Center 9:30 Plough and Stars	28	29
30 <u>Seisiún</u> 8:30 Plough and Stars	31 <u>Slow Seisiún</u> 8PM Ireland's 32	<b>February 1</b> <u>Song Seisiún</u> Plough and Stars	2 <u>Set Dancing</u> 8PM Scruffy Murphy's Sunnyvale	3 <u>Set Dancing</u> 8:00 Plough and Stars	4	5

⌘ Song and Storytelling ⌘

The next Irish/Scottish Song and Storytelling Seisiún will be hosted by Michael Jones, on Friday, January 7<sup>th</sup>; 8 p.m. until 11-ish. Admission is free. Beginners, intermediates, and veterans of Irish and other types of Celtic songs and stories are all welcome. Michael will provide munchies. Bring books if you want and make a bunch of copies of anything unusual you'd like others to join.

Michael's address is 412 Winding Way, San Carlos, 94070.  
home phone: 650 622 9598.

A map and detailed directions are at: <http://idonotlike.tv/map>.

⌘ Gaeilge - Irish Language ⌘

Oíche Ghaeltachta, Hayward, Dé Domhnaigh an 16 Eanáir 2005, 6.30 i.n. (3ú Domhnach de mhí) --- comhrá as Gaeilge agus seisiún ceoil agus amhránaíocht ar an tsean-nós. "Ádh an phóta": 6.30 ; seisiún 8:00 i.n.

An chéad ceann eile: 20 Feabhra 2005, in Hayward.

Seoaldh agus treoreacha le fáil: [gaeilge@ccwest.org](mailto:gaeilge@ccwest.org), 510 881 5958

Gaeltacht Night, Hayward, Sunday the 16<sup>th</sup> of January 2005, 6.30 p.m. (3rd Sunday of the month) --- conversation in Irish and a music and sean-nós singing session. "Pot luck": 6.30; session: 8:00 p.m..

Next one: 20 February 2005, in Hayward.

Address and directions: [gaeilge@ccwest.org](mailto:gaeilge@ccwest.org), 510 881 5958.

### Set Dancing

**1<sup>st</sup> Thursday** - 8PM - Shannon Ceili Band at the Plough and Stars.

**2<sup>nd</sup> through Last Thursday** - 7:30 to 9:30 Lessons at the Sunset Recreation Center (on Lawton at 28<sup>th</sup> Ave.)

Following the lessons 9:30 - Topsy House performs at the Plough and Stars. Dancers are encouraged to contribute about \$5 to help support this great opportunity

**2<sup>nd</sup> and 3<sup>rd</sup> Tuesday** - 8:30 PM to 11:00 PM - Josephine Moore teaches at O'Neil's in San Mateo (B Street, just up from 2<sup>nd</sup>. take the 3<sup>rd</sup> street exit from 101). Call 650-372-9659 for details.

**1<sup>st</sup> Wednesday** - Scruffy Murphy's in Sunnyvale. Michael Murphy teaches. Lessons begin at 8PM with live music beginning at 9:00. Call 415-564-7188 for details.

### Music Seisiún

**Slow Seisiún** - 8PM Ireland's 32 Pub (3920 Geary Blvd. Between 3<sup>rd</sup> and 4<sup>th</sup> Ave.) two Mondays each month.

Intended for beginners learning to play traditional Irish tunes. Starting at 9PM more experienced musicians are encouraged to join in on the faster paced, more Traditional Seisiún which follows. All are welcome to come listen as well. Contact Michael Riemer or Michael Duffy for more information.

**Slow Seisiún** - 8:30 Plough and Stars -- Michael Duffy is also hosting a Slow Seisiún one Tuesday each month.

**Seisiún** - 8:30 Sundays at the Plough and Stars, various hosts.

**Song and Storytelling Seisiún** - held on the first Friday. See the calendar page for this month's location.

Cooley-Keegan Branch of  
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