



# THE NOLAN



The Newsletter of the O'Nolan Clan Family Association

March 2008

Issue 18

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*Dia dhibh go leir (God be with you all)*

I am really looking forward to meeting many of you at the Nolan Clan Gathering in Co. Carlow on July 25th.

Carlow is the heartland of the Nolans ----- a beautiful county, one of the hidden gems of Ireland.



I always get a thrill when driving down and seeing Mount Leinster and the Blackstairs mountains before me, knowing my ancestors lived here for thousands of years.

These old links are getting weaker, so let's try to keep it going.

**Beannachtai na Feile Padraig and a happy Easter to you all.**

*Slan agus beannacht,*

*Mary Nolan-FitzSimons, Clan Chief*



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The Nolan Clan Newsletter is published at least once a year by and for the membership of the Nolan Clan Family Association.

Member input for publication in the next newsletter is welcome at any time and indeed essential.

Letters, comments and articles of interest should be sent to the editor either by regular mail, by FAX or by E-Mail at the addresses listed above. The Editor reserves the right to condense or edit for style all items submitted for publication.

Editorial views and opinions expressed in this publication are not necessarily those of the Clan association.

## In Brief ...

### Next Clan Gathering

On the cover page our Chief, Mary Nolan-Fitzsimons reiterates her invitation to members to gather on July 25<sup>th</sup>. For the benefit of those who may have missed receiving the initial invitation sent out in December, a copy of it is attached to the newsletter.

### A look back at our Common Heritage

At the last Clan Gathering in 2006 it was recognized that the focus of the modern-day O’Nolan Clan was family, not genealogy, and the celebration of a common heritage going back thousands of years, rich and diverse, uniting us all in heart and spirit.

Emphasizing this new-found focus, I have written, for your benefit, a series of three articles which focus on our Nolan Roots, our common heritage. After reading about the family’s prehistoric beginnings, early history in Ireland and the origins of the family name, you will no doubt emerge with a new-found sense of identity, more ready than ever to celebrate St. Patrick’s Day and your Irish roots.

### St. Patrick’s Day Celebrations

To further help celebrate, I have pulled together a few Irish Proverbs which you should enjoy and a bit of history and a recipe for Irish soda bread.

### In Sickness & In Health

Over the past year I have collected from members a few tidbits of information related to major events in their lives, one birth, one family reunion and one marriage.

### Major Revamping of Nolan Website

In January, the NolanFamilies.org website underwent a major upgrade which hopefully will make it easier for visitors to the website to find information on the Nolan Clan.

Although Nolan Clan information and past newsletters are hosted at the NolanFamilies.org website, the main focus of this not-for-profit website, owned and maintained by one of our members, Roger Nowlan (current newsletter editor) is genealogy and the preservation of Nolan family lore worldwide.

The main resources available at the website include three databases, all fully searchable:

- a database of early Nolan family stories from around the world
- a database of Irish memorials (including most Nolan tombstones found in Co. Carlow and bordering towns, some dating back to the 1700s)
- a forums database meant to capture queries and tidbits of information provided by visitors to the website.

To check out the improvements to the website visit:

*<http://NolanFamilies.org>*

### Dues are Due

**... on the 1<sup>st</sup> of January each year**

If you have not already done so please take the time to renew your Clan membership. You will find a renewal form at the end of the newsletter.

**By Roger Nowlan**  
*Newsletter Editor*

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## Nolan Roots: Part 1 - Prehistoric Beginnings

Based upon worldwide DNA sampling of the male population, geneticists are now able to identify to which “haplogroup” a particular male individual belongs and also to retrace in time the prehistoric migrations of his group’s ancestor and his descendants.

DNA tests performed so far (by FTDNA) seem to indicate that most modern-day Nolans belong to “haplogroup” R1b, the most prevalent DNA grouping in Europe with the highest concentrations being in southern England (Cornwall) and parts of Spain (Basque country) and Ireland (Connacht).

In the following paragraphs we will retrace the ancestral journey of the R1b haplogroup ancestor and his descendants from their prehistoric beginnings in Africa to the time during the last ice age when the group was mainly concentrated in the Iberian Peninsula, just prior to the ultimate migration of some of its descendants to Ireland.

### 60,000 – 40,000 years ago

M168, the ancestor of the R1b haplogroup (and hence of most Nolans) was born some 60,000 years ago in north-eastern Africa at a time when the climate was becoming increasingly unfavourable to human life and former fertile grasslands were reverting to desert. In the face of such harsh environmental conditions many migrated out of the continent, some settling in the Middle East where M89, a descendant of M168, was born towards the end of this period around 40,000 years ago.

### 40,000 – 35,000 years ago

Some of M89’s descendants followed the great herds of buffalo, antelope, woolly mammoths, and other game further north, making their way through what is now modern-day Iran and ending up on the vast steppes of Central Asia where M9 was born around 35,000 years ago.

Over several thousand years M9’s descendants multiplied and spread out over the vast expanse of the Eurasian steppe which, at that time, extended

from eastern France at the western end to Korea at the eastern end. During this time one group of descendants pursued the herds of animals eastward until they encountered the massive mountains of south Central Asia, splitting at that point into two subgroups, one moving southward into Pakistan and the Indian sub-continent and the other one, the one of interest, pushing northward into the game-rich steppes of Central Asia in the area of present-day Kazakhstan, Uzbekistan, and southern Siberia. This is where the next significant ancestor, M45, was born at a time when glaciers in the north were gradually expanding southward and the large Eurasian steppe was experiencing near desert-like conditions due to reduced rainfall.

### 35,000 – 30,000 years ago

As climatic conditions worsened in Central Asia the large herds of animals upon which they depended migrated ever northward and M45s descendants followed, developing weaponry and adjusting their hunting skills and techniques to the animals and conditions which they encountered. They also learned to build animal-skin shelters and perfected their skills at surviving under harsh winter-like conditions.

Towards the end of this period, part of the Central Asian group of R1b descendants began heading westward following the Eurasian steppe. This is when M207 was born and, as the group approached Europe, some of them turned south eventually making it as far as India. The others, including the next descendant of interest, M173, continued on into Europe. They were amongst the first modern humans (Cro-Magnons) to set foot in Europe where the Neanderthals, a race of hominids, had reigned for hundreds of thousands of years beforehand. The latter, however, were no match for the more resourceful and agile Cro-Magnons who out-competed them for resources and within a few thousand years drove them to extinction.

## 30,000 – 20,000 years ago

Shortly after the arrival of M173's descendants in Europe, M343 was born and his descendants spread even further into Europe. This seems to have been a time of relative peace and tranquility during which M343's descendants found time to spend on artistic endeavours creating such masterpieces as the spectacular cave paintings found in southern France.

## 20,000 – 18,000 years ago

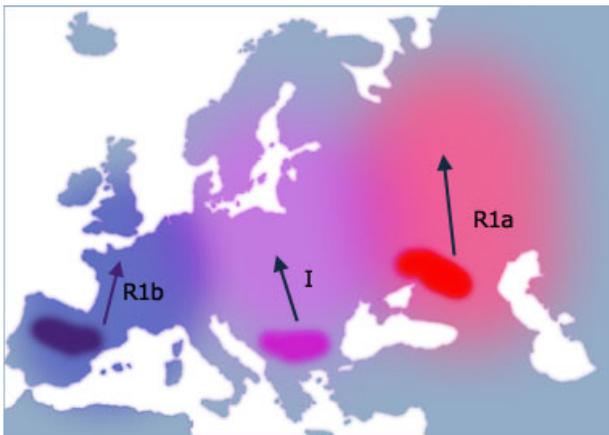
Between 20,000 and 18,000 years ago, expanding ice sheets forced the herds of animals to move further south in search of pasture. M343's descendants who depended on the herds naturally followed moving ever further south.

## 18,000 – 12,000 years ago

M343's descendants spent the last ice age in three main refuges in southern Europe, one in Spain, one in the area of the Balkans and another one in the area of the Black Sea.

Considering the level of human development which occurred after the ice age, it would appear that the experience of higher population densities in the refuges led to an accelerated pace of cultural exchange and the spread of ideas between the various peoples confined to the refuge areas.

## 12,000 – 9,000 years ago



As the ice melted, water once more became available and grass and other food for game began to grow. As the game moved out of the refuge areas

and into formerly occupied areas of Europe, M343's descendants again followed. This usually meant following river valleys or beaches.

In this time period between the end of the last ice age and the introduction of farming techniques around 9000 years ago, descendants of the R1b haplogroup followed the game in whichever direction it went, east, west, north or south, some, more than likely, returning to the pre-ice age homeland of their ancestors on the European steppe.

## 9,000 – 6,000 years ago

In the comparatively short period of 3000 years, from 9000 to 6000 years ago (7000 - 4000 BC), the knowledge and practice of agriculture spread across Europe. Two processes were involved in the spread, the obvious one being the immigration of agriculturists from Anatolia (Greece) and the Middle East into central Europe but the second, less obvious process and, as it turns out, predominant one, was the adoption of farming practices by the former hunter-gatherers, including the descendants of M343.

With regards to the rapid spread of farming practices around 9000 years ago it is interesting to speculate that this might have been a direct result of a cataclysmic event which caused the Black Sea basin to be flooded by waters from the Mediterranean Sea. This possibility has certainly not escaped the attention of some archaeologists who have begun looking for evidence of an earlier seashore for the Black Sea, one which would have been much smaller in periphery.

## 6,000 years ago – 400 BC

During this period M343's descendants continued to spread throughout Europe with a higher concentration eventually forming in north-western Europe. As regards the ancestors of the Nolan family, one of many families belonging to haplogroup R1b, available data is currently insufficient to establish what migratory path they took after reemerging from their ice age refuge on the Iberian Peninsula some 9000 years ago.

*By Roger Nowlan*

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# Nolan Roots: Part 2 – Early Irish History

## 1. The Tuatha De Danaan and Ugainé Mór

According to Irish oral tradition, the Nolans are descendants of the Tuatha De Danaan, a mythical tribe of Scythians whose homeland, according to modern archaeology, was Scythia, a large territory at the western end of the Eurasian steppe which, in earlier times, extended on the east as far as Korea and the borders of China.

Modern archaeology also tells us that the Scythians were amongst the first nomadic tribes of the Eurasian steppe to domesticate the horse perhaps as early as 4200 BC. From that point on, nomadic life changed dramatically. They had no need of buildings, houses or towns. They could simply camp somewhere for the night and be off the next day. They lived in the saddle, roaming wild and free over the endless steppe. Their children learned to ride and shoot arrows at prey almost before they learned to walk.

By the middle of the first millennium BC, they had become rich through their control of the East European grain trade with the Greeks and, drawing upon their own ancient artistic and cultural traditions, they commissioned from the finest Greek goldsmiths lavish gold objects many of which have survived to this day, like the one shown below.



As suggested by early Irish writings and supported by recent discoveries in human genetics it is now known that the influx of Celtic people into Ireland occurred by two separate processes:

- one process, the dominant one, involving a gradual seaward migration via seaside settlements, finally reaching Ireland sometime around 1000 BC
- a second process involving the migration of Celtic populations predominantly overland through central Europe reaching the British Isles and Ireland sometime around 500-400 BC.

Given that the early Irish Annalists referred to the Nolan family as “the ancient ones of Leinster”, it would appear that our Nolan ancestors were part of the seaward migration of Scythians (referred to as the Scoti by the Romans) arriving in Ireland from the Iberian Peninsula sometime around 1000 BC.

From Caesar’s first-hand accounts of battles with the Celts during the 1<sup>st</sup> century AD, we know that, in size, early Celtic ships towered above the relatively slow Roman galleys and that their construction was such that they could outride tempestuous or contrary winds “upon the vast open sea” without sustaining damage. Such glowing praise of early Celtic sailing abilities would seem to lend credence to those researchers like Barry Fell who contend to have found evidence of early Celtic presence in America.

The early link between the Nolan family and sea travel is also evident in early accounts from Irish history which relate that, in the 4<sup>th</sup> century BC, during the time of Alexander the Great, Ugainé Mór, the then High King of Ireland, and an ancestor of the Nolans, sailed off with his armies to the Mediterranean Sea landing in Egypt and from there attacking Sicily.

## 2. Eochaidh Fionn and the “Seven Fothartas”

According to Keating’s History of Ireland, Eochaidh Fionn, son of Feidlimidh Reachtmhar, High King of Ireland, 111-119 AD, and descendant of the 4th century BC High King, Ugainé Mór, was called upon by his father to help Cú Chorb, the then King of Leinster, to halt the advance of invading Munstermen who, by then, had encroached far into Leinster territory. Organizing and mobilizing a large army with the help of his foster son, Laoighseach Cean More, Eochaidh, after very many battles, successfully chased the Munstermen out of Leinster.

In recognition, the King of Leinster rewarded Eochaidh and his foster son with extensive lands in Leinster. Eochaidh received “in perpetuity” what later became known as the “seven Fothartas”, two of which survive in name as the modern baronies of Forth in Co. Carlow and Forth in Co. Wexford. For his part, Laoighseach (the ancestor of the O’Mores) received what later became known as the “seven Laoighises”, lands in modern-day Co. Laois.

## 3. Cathair Mór, Conn of the Hundred Battles and Eochaidh Fionn

After the death of Feidlimidh around 119 AD, the kings of Ireland assembled at Tara, and elected Cathair Mór, King of Leinster, as the new Monarch of Ireland. This decision, however, does not seem to have pleased Conn of the Hundred Battles, who as eldest son of Feidlimidh, must have coveted the high kingship left vacant by his father’s death. Within three years, through battle, Conn had wrested the high kingship away from Cathair Mór who died in battle defending it.

According to historians, Cathair Mór was buried on Ballon Hill. Supporting this belief is the fact that when Ballon Hill was excavated in the mid-1800s many prehistoric funerary urns were found. Most of the artifacts unearthed now reside in Dublin, but modern-day visitors to Ballon Hill can still observe a large triangular-shaped stone, standing eight feet above ground and known locally as the “Stone of the Dead” or Cloghan-na-Marbhan. Because of its shape local children also know it as the “sliding stone”.

So many years later, it is difficult to know exactly what role Eochaidh played in deposing Cathair Mór as high king. However, previous and succeeding events suggest that he sided with Cathair Mór or, at least, was not involved. As we saw earlier, Eochaidh led the high king’s armies against the Munstermen who had invaded Leinster, indicating that he was the leader of the Fianna, a

warrior band charged with protecting the high king and the kingdom. Thus, around 120 AD, when the Irish chiefs elected Cathair Mór as the new high king, Eochaidh would have been duty bound to protect the new high king. Furthermore, some historians believe that Eochaidh was the firstborn son of Feidlimidh and, as such, had his own designs on becoming, one day, high king. Lending credence to this belief is the fact that, in 157 AD, after the Battle of Moylena, Eochaidh, aided by a third brother named Fiachaidh, killed two of Conn’s sons, Conla and Cionna, and arranged Conn’s murder.

Upon Conn’s death, Conaire, one of Conn’s son-in-laws, became high king, and upon his death, some 8 years later, around 165 AD, Conn’s remaining son, Art Aoinfhear, assumed the high kingship. As High King, Art Aoinfhear (i.e. Art the Melancholy) could now exact revenge for the killing of his two brothers. Banning from Tara his two uncles, Eochaidh and Fiachaidh, he initiated a period of conflict which pitted, for many years, the forces of the high king against those of his uncles and the Leinstermen.

Over time, Eochaidh resettled in Leinster where he had earlier been granted extensive lands and became known to history as Eochaidh Fionn Fuathairt ( i.e. Eochaidh the fair, hateful towards Art).

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## Nolan Roots: Part 3 – Origins of the Family Name

Current known variations of the Nolan family name, found around the world, include: Ó Nualláin, O'Nolan, Nolan, Noland, Nolen, Nolin, Nowland, Nowlan, Nowling, Newland, Knowland, Knowlan, Knowling, Knollin, ...

It is hard to determine with any degree of certainty when the most ancient form of the Nolan family name, i.e. Ó Nualláin, was first used. However, based upon Irish royal genealogies we do know that, around the year 1000, Mael Mórda O'Donnall, a son of the then king of Leinster, Donnchad macDomnall, married Luanmaisi Ingen Ceile O'Nualláin, a great-great-grand-daughter of Murchad MacNuallain, thus establishing that the family name was being used as early as the end of the 9th century.

The most common explanation for the Nolan family name is that it is derived from the Gaelic word "nuall" meaning shout/howl and the suffix "áin" meaning "one who". Thus Nualláin would mean one who howls or shouts. A simple explanation for this derivation is that the shouting or howling refers to the eerie blood-curdling war-cry which was such an integral part of early Celtic warfare. Circumstantial evidence suggesting that this explanation may be the right one is to be found in early Nolan family history. Indeed, if we are right in our earlier assumption that Eochaidh, the ancestor of the Carlow Nolans, was the leader of the Fianna during his father's reign, he would, in the natural course of his duties, have been called upon to lead the armies of the High King into battle, exhorting them with shouts and howls.

According to the Annals of Ireland, after the establishment of surnames the chief family of Fotharta Fea or Fotharta Osnadhaigh, one of the seven Fothartas, took the surname O'Nualláin.

Over time, Fotharta Osnadhaigh became known as Fotharta O'Nualláin and eventually, by its English rendering, as Forth O'Nolan. Also, in historical writings Cill Osnadha is identified as Kellistown suggesting that early residences for the Nolan chiefs would have been in that general area.

After the arrival of the Normans in the 12th century and the building, very early on, of a castle at Castlemore, near Tullow, the center of Nolan activity is believed to have shifted further south. The loss of Nolan lands in the Tullow area would also have been a motivating factor. Given the prominent role that Templepeter and its church (*ruins shown below*) played in later Nolan life, it is assumed that it became the new center possibly sometime around the mid 13th century.



Today the Nolan name is largely associated with descendants of the Gaelic sept Ó Nualláin which, at the arrival of the Normans in the 12th century, was mainly concentrated in County Carlow and neighbouring counties. Anglicized forms of the Ó Nualláin family name include O'Nolan, O'Nolane, O'Noulane, Nowland, Nowlan, Nolan and possibly other forms.

After the arrival of the Anglo-Normans in 1169 and the subsequent gradual increase in the use of the English language, Gaelic family names became more and more anglicized, especially in official records. In an attempt to make Gaelic family names more pronounceable or recordable, they were, most often, simplified.

By the mid 1500s, O'Nolan seems to have been the most common English rendering of Ó Nualláin but it should also be noted that, at the same time, a few descendants of two other septs, the Ó hUllacháins and the Ó hUltacháins, also started to use O'Nolan or something close to it as the English rendering of their family name. In essence, the

original Gaelic form for "of the Holohans" (i.e. "ní hUllacháin") and for "of the Ultachans" (i.e. "ní hUltacháin") sounded very much like "Nualláin" to the untrained ear and hence those people were registered in English records as Nolans.

The ancestral lands of the Ó hUllacháins, a sept of Clan Colgan (O'Dempsey, O'Holohan, O'Hennessey and O'Madden), were in the old Kingdom of Thomond which included Clare, Limerick, North Tipperary and part of Offaly; in later centuries, branches of this sept settled in neighbouring counties or were transplanted to remote parts of Ireland; although not related by blood to the Ó Nualláin sept, the Ó hUllacháins share a common history with them going back to the 2nd century when their ancestor, Cathair Mor, then High King of Ireland (120-123 AD), lost his life and kingship at the hands of Conn of the Hundred Battles, Eochaidh Fionn's brother; in the ensuing turmoil, Cathair Mor's descendants (the Ó hUllacháins, and other septs) and Eochaidh Fionn's descendants (the Ó Nualláins) joined forces and did battle for many years against Conn's son Art (High King: 166-196 AD) and also his grandson Cormac (High King: 227-267 AD). Today the most common rendering for the Ó hUllacháin family name is Holohan. Other forms include O'Holohan, Mulholland, Highland, Hylan, Hoolohan, Houlihan, Hooligan, Oulighan, Oulihan, Oulahan, Whoolahan and Whelton.

The ancestral lands of the Ó hUltacháins, a small sept, are believed to have been in County Fermanagh. Today the most common rendering for the Ó hUltacháin family name is Hultaghan.

Once the original Gaelic family names (Ó Nualláin, Ó hUllacháin and Ó hUltacháin) had been anglicized further variations came about as a result of social and political influences. For example, the Nowland spelling seems to have originated in the mid 1650s, in the aftermath of widespread confiscations, at a time when having land was a sign of status and social respectability. Similarly, Noland may have referred to the plight of landless Nolan families banished to Connacht or America.

An example of social influence might be a particular family's desire to distance itself from a less desirable, less educated or infamous branch of the family, or again the desire to not appear to be Irish by dropping the "O" part of the name.

Another major influence on the evolution of the Nolan family name was emigration, starting perhaps as early as the 12th century and the Crusades. Different cultures and pronunciations in the areas settled inevitably produced local variations in the Nolan name such as Nowlin, Nolen, Nolin, Knowlan, and perhaps even Nollent.



Emigration also changed the rate at which the family name evolved. For example, whereas in the early 1800s, Nolan families in Ireland using the "Nowland" or "Nowlan" spellings quickly switched over to using the "Nolan" spelling (as attested by the above tombstone found in the old cemetery behind the Ballon church in Co. Carlow) their emigrant relatives generally preferred to retain the original spelling. This explains why, for example, Nowland families are still found in the state of Michigan (US) and Nowlan families in Australia and Atlantic Canada.

In Ireland today, "Nolan" is by far the most widely used spelling and it ranks 40th in popularity for all of Ireland. In County Carlow, it ranks 4th, in County Kildare 5th and in County Wicklow 6th. Very few families remain who still use the Nowland or Nowlan spelling. There however seems to be a trend developing towards re-adopting the original Gaelic spelling of the family name, for example O'Nualláin.

Given that Gaelic was common to many of the early founding peoples of the British Isles, it is quite conceivable that other Gaelic family names, outside of Ireland, ultimately were also rendered in English as Nolan or something close to it. This may be the explanation for the Knolling/Knollin family of Exeter and Devon, an area of England which shares

a common history with Leinster going back some 2000 years. At the time, the Laigain tribes from Armorica in northwestern France, then known as the "Veneti", fled to south-western England and south-eastern Ireland to escape Roman domination.

Much history and many wanderings have occurred since the 2nd century when Nolan forbearers were mainly concentrated in Leinster and the origins of some modern-day branches of Nolans are still unclear. Hopefully further historical research and the application of modern-day research techniques will help to clarify the early history of the many branches of the modern-day Nolan clan. Some variants of the Nolan name (e.g. Nolin, Knollin, Nollent and Newland) may also have their origins in other countries.

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## Editor's Corner

To help plan for future newsletters I am introducing a new feature to the newsletter, an Editor's Corner, where I hope to share with you issues related to the production of the newsletter and any comments or feedback I receive from the membership.

The truth is that, over the last few years, the amount of material submitted by members for publication in the clan newsletter has gradually diminished to a trickle. This state of affairs cannot be allowed to continue and, as time and energies permit, I would sincerely urge members to consider forwarding for publication news or information items of potential interest to other clan members.

Material submitted need not be original or final copy. As editor, I will take whatever is supplied and, working with you, transform it into something which can be published in our newsletter.

Choice of topic or subject matter is also entirely yours. It need only be about something you believe would be of interest to other clan members. The only real restriction is that it be of a non-commercial nature.

As mentioned earlier, there are several means available to you for communicating with me. The choice of which one you use is entirely up to you.

Here are my particulars:

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For future reference you should also note that the above particulars can always be found in the left side panel on page 2 of each newsletter.

I therefore invite you to consider submitting ideas or material for publication in future newsletters. It would be most welcome and appreciated!

Thank You

*Roger Nowlan*

Newsletter Editor

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## In Sickness and Health

### Caroline and Casey wed in September 2006

On September 6, 2006, Caroline Cardon and Casey Nolan were married in Atlanta, Georgia. The young couple now lives in Arlington, VA, across the Potomac River from Washington, DC, where they have since bought a home.



Casey is the son of Lewis and Betty Nolan, clan members and avid world travelers. You may read about their travel exploits on their travel webpage, at: <http://home.att.net/~nolantravels/>. Lewis has also thoroughly researched his family roots and published a book detailing his findings (if interested see <http://www.lewisnolan.com> or telephone +1-901-327-8845). Through his research, Lewis has been able to establish that his Nolan ancestor was one John Nolan, son of Mathew and Honora Nolan of Ballinasloe, Co. Galway, who sailed for America from Liverpool, England, in the summer of 1843 and eventually settled around 1856 in the area of Ridgeville, Wisconsin. John also had a brother Andrew who preceded him to the US and also settled in the area of Ridgeville.

### More than 12 Years as a Modern-Day Clan

Founded in 1995 by a handful of local Carlow enthusiasts, the modern-day Nolan Clan, despite a few setbacks and lulls in membership, continues to attract new members. Really something to celebrate!

### Six Nolan Sisters reunite in Galway in 2007

Shown, left-to-right, are Nuala, Annette, Teresa, Patsy, Pauline (sitting in front) and Margaret. At the time, Patsy and Margaret were visiting from Canada. Nuala is a clan member from Galway.



### Simon Bernhard Campbell Nowlan arrives in 2008 ... proud parents, proud grandparents

On the 24th of January, 2008, in Ottawa, Canada, was born Simon Bernhard Campbell Nowlan, son of Christiane Campbell and Michael Nowlan. This is a first child for the young professional couple.

Michael is the son of Roger and Rosie Nowlan of Gatineau, Quebec, long-time members of the Nolan Clan. Roger is also the current editor of the clan newsletter.



## Irish Proverbs - in Gaelic with their English Translation

Many Irish proverbs originated in the Gaelic language, but have come into common usage among the Irish and their descendants in their translated form. In Irish, proverbs are called *seanfhocail*, which literally means “old words.” You will no doubt recognize some of the following proverbs which, in a certain sense, demonstrates the extent to which Irish culture has spread around the world. (Source: <http://www.compassrose.org> )

Original Gaelic	English Translation	Meaning
Aithníonn ciaróg ciaróg eile	One beetle recognises another.	It takes one to know one; like sees like.
Bíonn adharca fada ar na ba thar lear.	Cattle in faraway lands have long horns.	The grass is always greener on the other side.
Bíonn ciúin ciontach.	The quiet are guilty.	
Briseann an dúchais tri shúile an chat.	Breeding will break out in the eyes of a cat.	The true nature of someone's character is revealed through their eyes.
Cailín ag Mór agus Mór ag iarraidh déirce.	Mór has a maid and yet Mór has to beg.	Anything to keep up appearances.
Ceileann searc ainimh 's locht.	Love is blind.	
Is binn béal ina thost.	A silent mouth is sweet.	Silence is golden.
Is fearr an tsláinte ná na táinte.	Health is better than wealth.	
Is iomaí slí muc a mharú seachas a thachtadh le h-im.	There are many ways of killing a pig other than by choking it with butter.	There's more than one way to do something.
Is leor don dreoilín a nead.	The nest is enough for a wren.	Home is where the heart is.
Is maith an scéalaí an aimsir.	Time is a good story teller.	Stories become embellished with time.
Is maith an t-anlann an t-ocras.	Hunger is a great sauce.	If you're hungry, everything tastes good.
Níl aon tinteán mar do thinteán féin.	There's no hearth like your own hearth.	There's no place like home.
Níor bhris focal maith fiacail riamh.	A good word never broke a tooth.	It doesn't hurt to pay a compliment.

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## Irish Soda Bread

Soda bread is a type of quick bread in which baking soda has been substituted for yeast. The ingredients of traditional soda bread are flour, baking soda, salt, and buttermilk. Other ingredients can be added such as raisins or various forms of nuts.

The buttermilk in the dough contains lactic acid, which reacts with the baking soda to form tiny bubbles of carbon dioxide. Soda bread can dry out quickly and is typically good for two to three days; it is best served warm or toasted. In Ireland, typically the flour is made from soft wheat, so soda bread is best made with a cake or pastry flour (made from soft wheat), which has lower levels of gluten than a bread flour.

### History

Soda bread dates back to approximately 1840, when bicarbonate of soda was introduced to Ireland. Because the climate of Ireland hinders the growth of hard wheat (which creates flour that rises easily with the assistance of yeast), bicarbonate of soda replaced yeast as the leavening agent. There are several theories as to the significance of the cross in

### Recipe

- 3 cups all-purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 9 tablespoons butter
- 1 tablespoon caraway seed
- 1/2 cup golden raisins
- 1/3 cup dried currants
- 1 cup buttermilk for dough
- 1 1/2 tablespoons buttermilk for brushing

In a large bowl, combine flour, sugar, soda and salt. Cut in butter with a pastry blender or rub with

Various forms of soda bread are popular throughout Ireland. The bread is either brown or white, with the former known colloquially as "brown bread" in the Republic of Ireland or wheaten bread in Northern Ireland. The two major types are the loaf and the "griddle cake," or farl in Northern Ireland. The loaf form takes a more rounded shape and has a cross cut in the top to allow the bread to expand. The griddle cake, or farl, is a more flattened type of bread. It is cooked on a griddle, allowing it to take a more flat shape and split into four sections.

Damper is a traditional Australian soda bread most likely brought to Australia by Irish immigrants.

soda bread. Some believe that the cross was placed in the bread to ward off evil. It is more likely that the cross is used to help with the cooking of the bread or to serve as a guideline for even slices.

Soda bread eventually became a staple of the Irish diet. It was, and still is, used as an accompaniment to a meal.

fingers until fine crumbs form. Mix in caraway, raisins and currants; add buttermilk for dough. Stir until evenly moistened.

Gather dough into a ball and knead about 16 turns on a lightly floured board. Pat into a smooth ball, then into a flat 1 inch thick round. Place on a greased 12 by 15 inch baking sheet.

Slash an X about 1/4 inch deep completely across each round; brush with remaining buttermilk. Bake in a 375F oven until deep golden, 30 to 35 minutes. Serve warm or cool. Cut into wedges.

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## O'Nolan Clan Gathering – Friday 25<sup>th</sup> July 2008

### Borris House (1 p.m.) and Ballykealey Hotel (6 p.m.), Co. Carlow

The Clan will gather for lunch at Borris House, Borris, County Carlow at 1 p.m. Following lunch we will be conducted around The House by Tina Kavanagh, wife of Andrew Kavanagh, the current owner of the house. Cost per person for the Borris venue: €20.



Borris House is a plain 3-storey late 18th century block of Tudor appearance incorporating part of an old castle. Badly damaged in 1798 and restored circa 1820 by Richard and William Morrison giving the house a classical interior.

The MacMurrough Kavanagh dynasty were former Gaelic Kings of Leinster. The O'Nolan Clan were the hereditary Grand Marshals of Leinster and in this capacity as Senior Lord of the Kingdom were responsible for the inauguration of a new King of Leinster. This ceremony took place on the summit

of Knockanvoeka. Borris town adjoins the House and is very picturesque.



At approximately 6 p.m. we arrive at Ballykealey Hotel where the ceremony of installing the new Clan Chief will take place. This will be followed by dinner in Ballykealey at 7:30 p.m. Cost: €35.

Accommodation in courtyard suites is available at Ballykealey by contacting the hotel directly by Email.

We look forward to seeing you on the day. Please indicate by March '08 whether you will be attending the Clan gathering.

*Eamonn FitzSimons, Clan Secretary*

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# O'Nolan Clan Ò Nuallàin



## Membership Application / Renewal Form

I wish to join ( *or renew my membership # \_\_\_\_\_ in* ) the O'Nolan Clan, a voluntary, non-profit organisation, relying upon its members for fund-raising, organizing clan activities and recruiting new members.

I understand that membership is open to anyone who supports the goals and aspirations of the clan:

- To organize a Clan Gathering every second year
- To publish a Clan Newsletter at least once a year
- To create and maintain, for current and future generations, an archive of historical and anecdotal information of interest to Nolans everywhere.

I also understand that membership dues are to be paid upon joining and, thereafter, at the beginning of each calendar year, prior to March 17. The yearly membership fee per household, in known **local currencies** of interest, is currently: set at 10 Euros, \$13 USD, \$15 CAD or \$17 AUD. For other local currencies, the membership fee is the equivalent of 10 Euros in that currency. To save on postage and service charges, I may also choose to pay for more than one year at a time.

Enclosed is a **personal cheque in my local currency made out to "Sean Nolan - Nolan Clan"** in the amount of \_\_\_\_\_ as payment for \_\_\_\_\_ year(s) membership in the clan.

For clan records and to help with administration, my particulars (*or revisions thereto*) are:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Co./State/Prov. \_\_\_\_\_ Country/Postal/ZIPCode \_\_\_\_\_

Age \_\_\_\_\_ Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Other family members \_\_\_\_\_

**Post To:**

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Tullow, Co. Carlow,  
Republic of Ireland  
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