



The Blarney

UPCOMING:

Monthly Meeting:

August 11th 6:30 P.M.

The Mickle Center

Menu: Sweet-N-Smokey Kielbasa,
BBQ Baked Beans, served over
rice, with a side of corn bread, and
dessert.

Next Meeting:

General meeting September 8th

Mickle Center

6:30 P.M.

BOARD CONTACT INFO

Pres. – Adam McCarty –

515-802-0141

amccarty2000@gmail.com

Vice Pres. – Justin Dye – 641-757-
2375

Justin.dye.23@gmail.com

Treas. – Josh Soliday – 577-0990

Jsoliday2323@gmail.com

Sec. – Jeff DeMoss – 771-7070

jjdemoss3@gmail.com

Parade Chairman –

Colton O'Connor – 770-2419

Migilly2010@gmail.com

Scott Tilton – 822-2342

Setilton13@gmail.com

Donnie Corben -

515-205-0528

donaldduck1423@gmail.com

Tim Schuck –

515-778-8390

schuck.t@cmbaarchitects.com

Tony Schmid –

515-554-1107

tbnoutdoors1@gmail.com



AUGUST (LÚNASA) 2025

Engaging men's clubs in community service, membership growth, and fundraising

Men's clubs have the potential to be powerful forces for good within their communities. By strategically combining volunteer efforts, membership drives, and fundraising initiatives, these organizations can achieve significant positive impact and build a thriving, engaged membership.

1. Meaningful volunteering creates community bonds and attracts new members

Volunteering as a group fosters camaraderie and a shared sense of purpose among existing members. However, for a men's club to truly make an impact and attract new members, its volunteer activities must be meaningful and address real community needs.

- Focus on skills and interests: Rather than simply performing generic tasks, clubs should identify projects that align with the collective skills and interests of their members. For example, a club with members who enjoy woodworking might build ramps for residents with disabilities, or a club of sports enthusiasts could organize a youth sports tournament to benefit a local charity.
- Identify community needs: Collaborate with local charities, schools, or community organizations to identify specific needs that the club's skills and resources can address. This ensures the club's efforts are truly impactful and create a tangible difference in the community.

Continued on the next page

- **Showcase accomplishments:** Document the club's volunteer activities through photos, videos, and stories, and share them on social media and other platforms to raise awareness of their positive impact and attract new members who are motivated by a sense of service.

Growing membership is crucial for the long-term sustainability and impact of any men's club. This is especially true for the Friendly Sons, as we are labeled as an ethnic group. To attract and retain members, clubs need to actively promote their value proposition and create a welcoming and engaging environment.

Meaningful volunteering creates community bonds and attracts new members. Volunteering as a group fosters camaraderie and a shared sense of purpose among existing members. However, for a men's club to truly make an impact and attract new members, its volunteer activities must be meaningful and address real community needs.

Focus on skills and interests: Rather than simply performing generic tasks, clubs should identify projects that align with the collective skills and interests of their members. For example, a club with members who enjoy woodworking might build ramps for residents with disabilities, or a club of sports enthusiasts could organize a youth sports tournament to benefit a local charity.

It is important for each and every member to drive on membership, look around the room the next time you are at a general meeting. Our average age continues to rise, without new young members we will eventually cease to exist. Son's, grandsons, and even co-workers are all great additions to the club.

It is also important that the club as a whole, volunteer for events, we cannot continue to rely on the board to drive and handle every single event. Most of the older members can say "Yea well, I did my part." Who will do your part when we are all gone?

FRIENDLY SONS OF ST. PATRICK
OF CENTRAL IOWA



BOARD NEWS

Meeting attendance has been stuck around the low 30's, make plans to be there this coming Monday. The board has identified that we need to increase quality of the raffle items, so we are busy doing so.

Mr. Tilton and Mr. Corbin are busy with the car show organization but all looks good. Trophy sponsors are still needed, so if you or someone you know would like to donate, please let them know. September is fast approaching. They are also in need of volunteers, we will also be grilling hamburgers, hot dogs, and brats, that day.

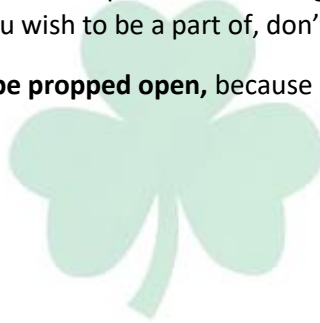
Mr. Soliday is busy planning for the bags tourney and he needs volunteers. If you are not planning to play, please give him a hand. There is not a lot that needs done, and you will get out of the house and have some fun. Maybe a beverage or two also.

The Christmas party is in the works. Keep in mind the date, December 1st, which is the first Monday of the month. Attendance is limited to 65, and will once again be held at Chicago Speakeasy.

Mr. O'Connor is already busy with the 2026 parade, the city is already taken care of, he will be signing the contract with the Marriott soon, and the agreement has been made for the St. Paddy's pre-party.

Please keep in mind that it takes all of us to keep this club running, we can always use an extra set of hands. If there is ever an event that you wish to be a part of, don't hesitate to let a board member know.

From now on the **front door is not to be propped open**, because of security reasons. We will have the door unlocked



Presidents Pint of View



Brothers,

I can hardly believe summer is nearly over—the year has flown by so quickly. I'm truly grateful for all the memories and fun we've shared so far. As a group, we've enjoyed fantastic events and have seen our brotherhood grow stronger. It's been a pleasure to meet and connect with more of you at each gathering, and I deeply appreciate everyone's hard work in making these events so successful.

That said, I'd love to see more members getting involved in planning and working at our events. Lately, it's often the same eight to ten guys volunteering and organizing everything. If we don't broaden the group of people helping, those who always pitch in may eventually burn out.

For example, Colton, our Parade Chairman, took on the extra responsibility of running the Pre Paddy Party this year—a huge task in a short timeframe, especially with a newborn at home. It would be great if someone not currently on an event committee could step in and support him, especially for the Pre Paddy Party next year. If you have skills or ideas to make it even better, I know Colton would really appreciate the help. I'm passionate about our events and this club because of the positive impact we're making in our community. This year alone, we've donated almost \$8,000 to local charities, not to mention the joy we bring every St. Patrick's Day with the parade.

Experiencing the parade from within this year, rather than just helping from the sidelines, gave me a new perspective. Seeing so many smiling faces in the crowd was incredible. I'm also proud of how many of our floats are entries from families simply celebrating their Irish heritage. Unlike other local parades, which are often filled with businesses and organizations, ours truly stands out with personal touches—like a family float or the one for Hanna's birthday.

As a club, we have so much to be proud of, and we should show that pride at every event. I challenge each of you to volunteer for at least one additional event in the coming year, beyond the parade. I'd also love to catch up and share a beer with as many of you as possible at the car show in September—look for my daughter selling 50/50 raffle tickets there.

Thank you all, and I hope the rest of your summer is filled with joy and fun!

President

Adam McCarty



F.S.O.S.P UPCOMING EVENTS

Saturday September 14th – 3rd Annual FSOSP Car Show

- Charlies Filling Station – 305 Grand WDM
- DJ – FOOD – VENDORS – TROPHIES
- Registration 11 to 1
- Trophy presentation at 3

Saturday October 11th – Annual FSOSP Bags Tourney

- Sully's Pub time to be determined
- \$30 per team

Monday December 1st, Annual FSOSP Christmas party

- Chicago Speakeasy

FRIENDLY SONS OF ST. PATRICK
OF CENTRAL IOWA



‘Whiskey, you’re the Devil, leading me astray...’

(From the vault of Mr. Kelly.)

Whiskey is a drink which “enables a man to magnify his joy and his happiness.” There’s little in life better than pouring a double whiskey and sitting down to relax after a long day. Whether you drink Scotch, rye, or bourbon, you are in the company of some of the world’s finest minds and characters. Mark Twain, Winston Churchill, and James Joyce all enjoyed a dram. Most of us would agree: There is no bad whiskey...only some are not as good as others.

Sip on a few of these interesting whiskey-factoids:

1. Whiskey is low carb and fat-free. One shot has zero fat and .04 carbs, guys, so you can wear your skinny jeans and drink highballs, too.
2. the name comes from the Gaelic “uisce beatha,” which means “Water of life.” That phonetically became “usky,” and eventually was pronounced as whiskey. Drink to that, me boyos!
3. in frontier country, Whiskey WAS AS valuable AS gold. In 18th century Pennsylvania, the favored currency was whiskey, which was used for cooking, medicine and drinking, among other things. That whiskey loyalty would eventually lead to the 1794 Whiskey Rebellion, where farmers fought against the taxes that threatened their liquor livelihood.
4. Whiskey can help prevent cancer. In 2005, Dr. Jim Swan, speaking at the Euro Med Lab conference in Glasgow, said, “Research has shown that there are even greater health benefits to people who drink single-malt whiskies. Why? Single-malt whiskies have more ellagic acid than red wine. That ellagic acid, also found in most fruits, is an antioxidant that may absorb rogue cancer cells in the body.” More research is needed to make this conclusive, but let’s drink up...and hope Dr. Swan is correct.
5. drinking Whiskey can lower your risk of having A Stroke. To be clear, drinking large amounts of alcohol is related to a higher incidence of stroke. However, if you can master the art of moderate consumption, meaning one drink a day, that may provide protection against an ischemic stroke. In fact, having one drink per day is better than no drinks per day when it comes to protecting against ischemic stroke.
6. it Also may reduce your risk of developing heart disease. A 1998 study found that a big shot of whiskey can help protect against heart disease, and boost the body’s defenses against disease by raising the level of antioxidants.
7. drinking one to Six glasses of Whiskey A Week can lower risk of dementia. A 2003 case study with the Beth Israel Deaconess Medical Center found that the odds of incident dementia were lower among those adults who consumed moderate alcohol, rather than none at all.
8. Winston Churchill drank Whiskey and Water for breakfast and led A nation through World War II.
9. A closed bottle of Whiskey Will be good for 100 years. And after you open a bottle of whiskey, a half-full bottle will remain good for five years.

10. Whiskey might be the Smartest investment you'll ever make. Unlike wine, whose taste deteriorates in the bottle, the fact that whiskey lasts almost forever means its value can appreciate in a big way. So, instead of that 401k plan, just buy a couple of rare bottles and watch their value soar! (It's a lot more fun that way, too.)

11. George Washington, founded one of the country's largest Whiskey distilleries. After his term as the first president of the United States ended in 1797, Washington's Scottish farm manager encouraged him to build a whiskey distillery. It was the largest of its kind in America, producing 11,000 gallons of whiskey in 1799.

12. Whiskey WAS originally crafted only by monks, making it A holy Spirit. That practice changed in 1541, when King Henry VIII dissolved all of their liquor-ridden monasteries.

13. below-freezing temperatures Won't freeze it. Nothing proved that more than when a crate of 100-year-old whiskey was unearthed in Antarctica. And even though it suffered through -30 Celsius temperatures, the bottles and liquor were all in great condition.

But let's be honest: The very best reason to drink whiskey is because it's delicious. We all have a lot of drinking to do. There are over 5,000 types of single-malt whiskey...and they are not going to try themselves



FRIENDLY SONS OF ST. PATRICK

OF CENTRAL IOWA



MONTHLY RAFFLE

\$25 PER TICKET

MAXIMUM 75 TICKETS TO BE SOLD

GRAND PRIZE \$1000 (must be present)

5 - \$100 winners

Maximum 2 tickets per person

***If the person chosen for the grand prize is not present then
an additional 5 - \$100 winners will be drawn***

***DRAWING IS THE FIRST WEDNESDAY OF
EVERY MONTH***

Carl's Place just down the hill from the Mickle Center

***"Located just south of I-235 and slightly north of Western Gateway Park,
Carl's Place has been Des Moines' favorite dive since 1962. And it's the only
local bar that's totally, 100%, NO LIE -- on the way home from absolutely
everywhere!"***



FRIENDLY SONS OF ST. PATRICK OF
CENTRAL IOWA PRESENT

HALFWAY TO ST. PAT'S DAY CHARITY CAR SHOW

SUNDAY SEPT. 14 2025



DJ.
FOOD.
TROPHIES.
VENDORS.

JOIN US AT
CHARLIE'S FILLING STATION
305 Grand Ave., West Des Moines

SPONSORED BY
FAREWAY.
MEAT & GROCERY

\$25 DAY-OF REGISTRATION • CASH OR VENMO

REGISTRATION 11 A.M. — 1 P.M.
TROPHIES AWARDED AT 3 P.M.

QUESTIONS? CONTACT SCOTT@FRIENDLYSONSIOWA.COM

SCAN HERE
FOR DETAILS



WWW.FRIENDLYSONSIOWA.COM

The Friendly Sons of St. Patrick of Central Iowa are a merry band of gentlemen that enjoys gathering together to commune and celebrate our Irish heritage. We are also a benevolent organization. With the support of many sponsors & contributors we are able to raise money that is donated back to local organizations in need that we call our "Community of Caring."



Friendly Sons of St. Patrick
of Central Iowa present

Leprechaun Bags Tournament

Saturday, Oct. 11

REGISTRATION 11 A.M. • PLAY STARTS AT NOON

\$30 PER 2-PERSON TEAM

CASH PAYOUTS FOR TOP 3 TEAMS

RAFFLE PRIZES - 50/50 RAFFLE - FUN FOR ALL



HOSTED AT SULLY'S IRISH PUB
860 1ST ST., WEST DES MOINES

For further information contact Josh Soliday at (515) 577-0990 or FSOSPtreasurer@gmail.com.



IOWA IRISH FEST IS RIGHT AROUND THE CORNER

DOWNLOAD OUR APP

Make sure you download the official Iowa Irish Fest app - available in both the Apple App Store and Google Play Store. We want to thank our app sponsor, [Cedar Valley ASCENT!](#)

[Download the App](#)

VOLUNTEER

It takes over 1,500 people to help with our Fest! We couldn't do it without our sponsors or volunteers. Get in for FREE by volunteering! Check out our open shifts by clicking below.

[Volunteer Shifts](#)

Tickets for this event can be purchased through their web site:

<https://www.eventbrite.com/e/iowa-irish-fest-2025-tickets-1225632893979?aff=oddtcreator>

Are you ready for an adventure?

WE'RE GOING TO
Kansas City
Irish Fest!



Labor Day Weekend 2025

Saturday, August 30th — Sunday, August 31st

\$210 DOUBLE OCCUPANCY ROOM
PER PERSON

\$298 SINGLE OCCUPANCY ROOM

\$25
FOR NON-CARA MEMBERS

Price includes transportation, lodging & admission to the
Kansas City Irish Fest for Saturday & Sunday.

\$50 deposit is due at booking, refunded if cancelled.

Depart from VGM

Stop in Ames

Stop in Des Moines

Stop TBD

GAMES ON THE BUS!



CONTACT: Cara@iowairishfest.com
REGISTRATION DEADLINE: JUNE 1, 2025