

"We enhance the careers of our members through professional and personal growth"

Reflection of Two Years and Choice

Recently I ran across a quote from Bo Jackson, who is a former Heisman Trophy winner, motivational speaker, and CEO of Bo Jackson Enterprises. I believe his quote is very fitting for many of us to read and realize the choices we have made in the past, present and the future. Bo's quote is, "Everything in your life is a reflection of a choice you have made. If you want a different result make a different choice".

I think this quote is so fitting this month as we look back on the two years since the onset of the pandemic and the memory of so many thousands of lives that passed. The past two years certainly has redefined many things.

Springtime holds the eternal hope for the future with March 20th marking the spring equinox. I think back 39 years ago when my world changed as our now adult children and very successful twins were born on March 20, 1983. I reflect on what it meant becoming a new father that day and the forward-thinking choices I would be making then and now in my life.

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March 2022

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St. Patrick's Day
March 17, 2022

SOMETHING TO THINK ABOUT

*May you never forget what is worth remembering
nor remember what is best forgotten.*



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

Hope is ahead in 2022!

Reflection of Two Years and Choice

(Continued from page 1)

Today, I can look back on what has helped shape my life and my career and realize the importance of what Bo Jackson noted. I chose in 1982 to become a member of IFSEA and the difference it has made in my life then and now. I received a wonderful note from longtime friend and colleague, past IFSEA chairman of the Board Larry Brown last month regarding my monthly February IFSEA newsletter article. His note meant a lot to me and as we look at the past 2 years since the pandemic came into our lives, the new choices we have all been forced to make.

Our business models in the industry changed, our way of thinking about going out changed, our way that even our news and media reporting has changed, and the forward-thinking processes perhaps has changed as well. I believe that even based on my article last month on our industry being the industry of resilience, that the choices in front of us should be carefully revered. Yes, revered.

Why, may you ask? Revere, “implies a regarding with great respect, affection, honor, or deference, applied to a thing or abstract idea rather than to a person, paying homage. If you revere someone or something, you respect and admire them greatly, awe, respect, honor”. I believe our industry is time honored, and that we have diligently respected our communities, our guests, our staff’s, and our vendors that are so important parts of the hub and spokes of our industry. The choices that so many operators and people made these past 2 years have led me to an entirely new level of respect for the tireless, and often thankless days, nights, and sleepless nights our leaders have faced. No matter from the producers, manufacturers, distributors, chefs, dishwashers, servers, bar tenders, manager, supervisors, and owners, everyone has made sacrifices and I believe should be individually and collectively revered.

Let us make the best choices going forward as we move ahead and realize that the “norm” we choose for tomorrow, will take the past two years of life’s lessons and result in a stronger and more positive industry and world that our hospitality industry serves for greater humankind.



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LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



GFI-IFSEA CERTIFICATIONS – THE HISTORY – So, WHAT MAKES THEM AUTHENTIC

So, in the February article, I talked about why you should get certified and why you should do it before you NEED an improved resume. This month I would like to let you know why they are relevant, on target with what the industry needs for you to know.

The Knowledge Bank – In 2001 I was President of IFSEA, a staff position, and as such I represented us to a group of the major associations in food service – ACF, NRA, AH&LA, CMAA and more. We met annually to discuss the industry and what part associations could play. The government wanted to establish standards for all industries as to what you need to know, be and do to be successful, and to set up education leading to certifications, so the work force would be improving and define “world class”. Our group was chosen to represent the hospitality business and I volunteered to Chair the Steering Committee, for about 3 years, called “Hospitality & Tourism Futures”. The US Department of Labor (DOL) named it Skill Standards, and the US Department of Education, (DOE) “Career Clusters”; names that continue too today. We held focus groups in 4 cities, asking people what they need to know, be and do in their various jobs. That, plus the resultant work, enabled me to put together the 8 subjects that comprise the Master Certified Food and Beverage Director (MCFBD) Symposium – I knew what you need to know, be and do, and put together a team to create the training and certifications.

The Structure – Much of our business was, and is, the military. I wanted the military to be able to use their GI Bill, which at the time took one month for each certification, whether it cost \$50 or \$500 (finally changed that). So, 8 classes that we thought were needed to cover the industry, would take 8 months of their 36 the GI Bill offers, and realized that wouldn’t work. So, we created MCFBD, with 8 sub-certifications, and got that approved for \$2215, and it has just been re-approved. So, for one month, you get 9 certifications.

The Payback - So now you know this is not just a random collection of certifications, but rather a well thought out and constructed set of knowledge that is what, the DOL and DOE agreed with, was what you need to know, be and do in the hospitality industry. Thus again, for the many reasons discussed last month, I encourage you to consider taking at least some, if not all the certifications GFI offers. Last month we told you about Glenn Beatty, and his 30% pay raise. I don’t know what he makes, but I’m guessing his \$2000 investment in the MCFBD Symposium came back to him in a month or two. Even if it took a year to make back the money, he has the rest of his life to use those credentials. So, the gift of continuing education in yourself that keeps on giving.

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



(Editor's note: Alysha your article this month is both inspiring and so informative and reminds all of us that mental health is as important as physical wellness, thank you Alysha for sharing and our condolences for your loss of your friend and associate.)

“When things get back to normal.”

I'm afraid and sad to say, this is our normal. This life is where we are at and there is no “going back.” There is, though, going forward. Going forward will not look like the present, it won't look like the past, and majority of the world is feeling the heaviness of the uncertainty of what the future holds.

Will our industry be able to recruit new employees and keep them?

What is happening with masks?

Where do we go from here?

How do we help our current employees, so they don't leave?

Some of the above questions are easier than others to answer, while others are completely out of our control. It's certainly stressful and some days it feels like too much to bear.

As leaders, our attitudes effect everyone. We can bring some peace and comfort to our employees by doing what we can to show them the emotional support and safe workplace they need with consistency; OR we can bring down everyone that we encounter by spewing our negative viewpoint around our businesses and place of employment.

It's hard when, we, as leaders, feel the pressure and stress too. We're holding the weight of our employees, clients, and businesses on our shoulders while trying to keep our lives afloat with family. Trying to stay healthy so you don't have to shut down or lose one of your few employees for a week due to exposure.

Many of our staff are parents working in our operations that have young children at home that may have to quarantine. These staff members are stressed trying to make things work and ends meet. When they return to work, they may be excited, but also feel overwhelmed by the loss of time and money. Many of our employees are working for minimum wage, living paycheck to paycheck, and have mental health problems prior to even entering the industry. This doesn't make it easier.

At a personal level, I know of someone that took their life over the weekend and had three separate individual children (between the ages of 13 and 17) that are struggling with mental illness and have been admitted to mental institutions for help.

This is something as leaders we must think about. We have employees that still must show up to work while handling hard stuff at home. I hear a lot of managers say, “well I'm struggling too.” I, 100% understand that and as a team, you can help one another get through this tough time. By showing compassion to our employees, they too will show compassion back, and if they don't, we as leaders must be able to let it go and not internalize it.

I promise, as the leader, if you choose to let it go and not be offended, your employees' attitudes will change. They will see you as a safe person and not the enemy.

? Did ? You ? Know ?

I r i s h C u i s i n e

Irish Food Fun Facts: Irish cuisine is a style of cooking originating from Ireland or developed by Irish people. It evolved from centuries of social and political change and mixing between the different cultures on the island, predominantly English and Irish. The cuisine takes its influence from the crops grown and animals farmed in its temperate climate.

March 17th is National “Eat Like an Irishman” Day.

Corned beef is strictly an American invention, the Irish don’t actually eat it to celebrate St. Patrick’s Day.

Over 41.5 billion pounds of beef are produced each year for St. Patrick’s Day, with the majority of it coming from Texas and over 2.5 billion pounds of cabbage are produced with the majority grown in California.

The Irish Potato Famine is an event that stands out in the history of Irish foods. Once the potato came along in the late 16th century, that began to change. By the 18th century, potatoes were the mainstay of the Irish diet.

When this potato succumbed to disease in the 1840s, the country fell into famine.

Before the potato was introduced to the country, beans, peas and wheat served as mealtime staples.

Strong alcoholic beverages such as Guinness, Beamish, Murphy’s and a variety of ales are commonly associated with Ireland.

The original Guinness Brewery in Dublin has a 9,000 year lease.

Whiskey of all types are popular throughout Ireland, and dedicated visitors can travel the country sampling the many varieties.

When whiskey and whipped cream are added to coffee, the brew is known around the world as “Irish coffee.”

Traditional Irish Dishes

Colcannon
Soda Bread
Shepherd’s Pie
Champ
Black Pudding
Dulse and Yellowman
Barmbrack
Guinness Stew
Topsy Pudding
Crubeen

**Only Irish coffee
provides in a single
glass all four
essential food groups:
alcohol, caffeine,
sugar and fat.**

- Alex Levine



Irish Recipe Box

Irish Bread serves 16



- 1 cup raisins
- 1 cup dried currants
- 4 cups all-purpose flour, or more if needed
- 1 cup white sugar
- 2 teaspoons salt
- 1 teaspoon baking soda
- 1 3/4 cups buttermilk

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch cast iron skillet.

Pour hot water over raisins and currants in a bowl and let soak. Whisk flour, sugar, salt, and baking soda in a separate bowl until well combined; whisk in buttermilk.

Drain raisins and currants and pat dry with paper towels; fold into dough. Turn dough out onto a floured work surface and knead gently until it holds its shape; if dough is too sticky, knead in more flour. Form into a round and place into prepared cast iron skillet. Use a sharp knife to cut a cross into the top of the loaf.

Bake in the preheated oven until golden brown and a slender knife inserted into the loaf comes out clean, about 1 hour.

Boozy Irish Whiskey Cake serves 12



- 2 tablespoons instant espresso coffee powder or granules
- 2 tablespoons Irish whiskey
- 1 box Betty Crocker™ SuperMoist™ butter recipe yellow cake mix
- 1/2 cup unsalted butter, softened
- 3 eggs
- 2/3 cup water
- 1/4 cup Irish whiskey

Irish Whiskey Butter Sauce

- 1/4 cup Irish whiskey
- 3/4 cup sugar
- 1/4 cup water
- 1/4 cup unsalted butter, cut into pieces

Heat oven to 350°F. Spray 12 mini fluted tube cake pans with cooking spray.

In small microwavable bowl, stir coffee powder and 2 tablespoons whiskey with whisk until combined. Microwave on High about 10 seconds or just until warm; set aside.

In large bowl, beat cake mix, 1/2 cup butter, the eggs, 2/3 cup water and 1/4 cup whiskey with electric mixer on low speed 30 seconds. Add coffee mixture. Beat on medium speed 2 minutes. Divide batter evenly among cake pans.

Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cakes from pans to cooling racks. Cool completely, about 1 hour.

In small heavy saucepan, mix sauce ingredients. Cook over low heat, stirring constantly, until sugar is dissolved and butter is melted.

To serve, place cakes on dessert plates; drizzle with sauce.

Irish Recipe Box

Irish Chicken

serves 4



- 1 whole chicken - cut into parts
- 1/2 head of cabbage
- 1 medium onion
- 4 potatoes
- 4 slices thick bacon
- 1/4 cup water
- Rub
 - 1/2 teaspoon onion powder
 - 1 1/2 teaspoons thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/2 teaspoon garlic powder
 - 1 teaspoon sweet paprika

Preheat oven to 375 degrees.

Mix together rub ingredients. Roll the chicken pieces in the spices and set aside.

Fry the bacon. When cooked put on a paper towel to drain. Drain most of the bacon grease from the pan, leaving enough to brown the chicken in. (you can also use olive oil if desired) Quickly brown the chicken pieces. When browned set aside on a plate.

While the chicken is browning, roughly chop the cabbage. Then slice the onion into thin slices. Next peel the potatoes and slice into rounds. When the chicken is browned, add the cabbage to the pan with 1/4 cup water, after a few minutes mix in the potatoes and onions. Take off of the heat.

Irish Rarebit

serves 4



- 1 oz butter (1/4 stick)
- 3 tbsp milk
- 8 oz Castello Herbs & Spice Havarti cheese, grated
- 1 tsp white vinegar
- 1 tsp prepared English mustard (or substitute your favorite mustard, or omit)
- freshly grated black pepper, to taste
- 2 tbsp chopped gherkin or cornichons
- 4 pieces of thick crusty bread, toasted

Melt the butter in a medium saucepan over low heat, then add the milk and grated cheese, stirring until the cheese melts and becomes smooth. Add the vinegar, mustard, black pepper and gherkins; stir to combine and remove from heat.

Allow to cool slightly, stirring occasionally. Pre-heat the broiler (grill) then place the four pieces of toast on a baking sheet and divide the cheese mixture evenly between them.

Place under the broiler, until bubbly and hot; place on plates and serve with gherkins/cornichons and salad, if desired.





FROM THE BARREL

Irish whiskey was one of the earliest distilled drinks in Europe, arising around the 12th century. It is believed that Irish monks brought the technique of distilling perfumes back to Ireland from their travels to southern Europe around 1000 AD. The Irish then modified this technique to obtain a drinkable spirit. Although termed "whiskey", the spirit produced during this period would have differed from what is currently recognised as whiskey, as it would not have been aged, and was often flavoured with aromatic herbs such as mint, thyme, or anise. Irish Mist, a whiskey liqueur launched in 1963, is purportedly based on such a recipe.

Although known to have occurred for hundreds of years, records of whiskey production in Ireland can be difficult to come by, particularly in the earlier years when production was unregulated. Even in later years, as production was frequently illicit, official records bear little resemblance to reality. In addition, as many Irish records were traditionally oral rather than written, details on early production are likely lost.

The oldest known documented record of whiskey in Ireland was in 1405, in the Annals of Clonmacnoise it was written that the head of a clan died after "taking a surfeit of aqua vitae" at Christmas. (Latin for "water of life") an archaic name for a concentrated aqueous solution of ethanol.

Its first known mention in Scotland dates from 1494. However, it is known that by 1556 whiskey was widespread, as an Act passed by the English Parliament declared whiskey to be "a drink nothing profitable to be drunken daily and used is now universally through the realm of Ireland". This Act also made it technically illegal for anyone other than "the peers, gentlemen and freemen of larger towns" to distil spirits without a licence from the Lord Deputy. However, as Crown control did not extend far beyond the Pale, a fortified area around Dublin, this had little effect.

Irish Whiskey Classifications

Single malt Irish whiskey is made from 100% malted barley by a single distillery in a pot still.

Grain Irish whiskey is particularly light in style. Made from corn or wheat, grain whiskey is produced in column stills. Single grain Irish whiskey has the same characteristics of grain whiskey, only a single grain is used in the distillate. Greenore is a perfect example of this newer distinction.

Blended Irish whiskey constitutes 90% all Irish whiskey production. Jameson and Kilbeggan are famous blended Irish whiskeys. Single Pot Still (formerly Pure Pot Still) whiskey is a blend of both malted and unmalted barley distilled in a pot still. Pure Pot Still is a style of whiskey unique to Ireland.

Potcheen or Irish moonshine distillates don't meet the age requirement to be labeled as Irish whiskey. Similar to American white dog, this is new make of spirit that has seen little to no time in the barrel. Knockeen Hills and Bunratty are two popular brands.

Irish Whiskey Distilleries

For years, Ireland had only three working distilleries: Midleton, Cooley and Bushmills. Midleton and Cooley are located in the Irish Republic while Bushmills is in Northern Ireland. In recent years, the artisan Dingle Distillery opened its doors. Much like the scotch whisky industry, each of the three main distilleries have house brands that they produce as well as 3rd party brands that are produced by contract.

Midleton and Cooley distilleries produce both pot still and grain whiskey, while the Bushmills distillery produces only pot still whiskey (they do, however, source grain whiskey from the Midleton distillery).

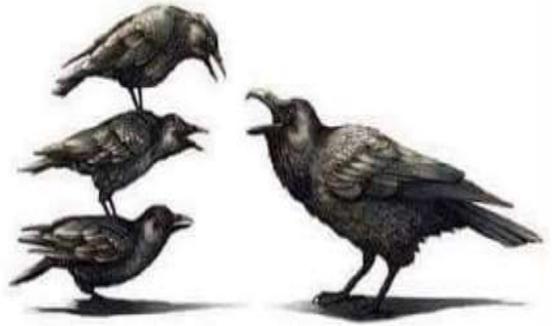
RANDom STuff

I always wanted to be a Gregorian Monk,



but I never got the chants.

Scientifically, a raven has 17 primary wing feathers, the big ones at the end of the wing. They are called pinion feathers. A crow has 16. So, the difference between a crow and a raven is only a matter of a pinion.



I can't even imagine the self control required to work at a bubble wrap factory.

I hate spelling errors...

You mix up two letters and your whole post is urined.



March is the third month of the year in both the Julian and Gregorian calendars. It is the second of seven months to have a length of 31 days. In the Northern Hemisphere, the meteorological beginning of spring occurs on the first day of March. The March equinox on the 20th or 21st marks the astronomical beginning of spring in the Northern Hemisphere and the beginning of autumn in the Southern Hemisphere, where September is the seasonal equivalent of the Northern Hemisphere's March.

The name of March comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. His month Martius was the beginning of the season for warfare, and the festivals held in his honor during the month were mirrored by others in October, when the season for these activities came to a close. Martius remained the first month of the Roman calendar year perhaps as late as 153 BC, and several religious observances in the first half of the month were originally new year's celebrations. Even in late antiquity, Roman mosaics picturing the months sometimes still placed March first.

Zodiac signs for the month of March are:

Pisces : (February 19 through –March 20)

Smart, creative, and deeply intuitive, Pisces can be close to psychic. Pisces feel things deeply, and have incredibly strong gut reactions. A Pisces "knows" things from deep within, and can often judge whether a person or situation is good or bad. That doesn't mean a Pisces ignores the logical part of their brain, though. Deeply intelligent, Pisces have a profound respect for the power of the human mind. Pisces signs are sensitive, and get along well in small groups of people.

Aries : (March 21 through April 19)

Aries loves to be number one, so it's no surprise that these audacious rams are the first sign of the zodiac. Bold and ambitious, Aries dives headfirst into even the most challenging situations (which is appropriate, since the body part associated with Aries is the head). Like their fellow fire signs, Leo and Sagittarius, Aries is a passionate, motivated, and confident leader who builds community with their cheerful disposition and relentless determination. Uncomplicated and direct in their approach, they often get frustrated by exhaustive details and unnecessary nuances.

March birth stone
is Aquamarine.



March flower
is the Daffodil



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15 Things You Might Not Know About St. Patrick's Day

1. We Should Really Wear Blue. Saint Patrick himself would have to deal with pinching on his feast day. His color was “Saint Patrick’s blue,” a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.
2. Saint Patrick Was British. Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn’t Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.
3. The Irish Take Saint Patrick’s Day Seriously. As you might expect, Saint Patrick’s Day is a huge deal in his old stomping grounds. It’s a national holiday in both Ireland and Northern Ireland.
4. So Do New Yorkers. New York City’s Saint Patrick’s Day Parade is one of the world’s largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot – the parade still doesn’t allow floats, cars, or other modern trappings.
5. Chicago Feels Lucky, Too. New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river to a suitably festive shade!
6. It Used to Be a Dry Holiday. For most of the 20th century, Saint Patrick’s Day was considered a strictly religious holiday in Ireland, which meant that the nation’s pubs were closed for business on March 17. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick’s Day.) In 1970, the day was converted to a national holiday, and the stout resumed flowing.
7. It’s the Thought That Counts. Not every city goes all-out in its celebratory efforts. From 1999 to 2007, the Irish village of Dripsey proudly touted that it hosted the Shortest Saint Patrick’s Day Parade in the World. The route ran for 26 yards between two pubs. Today, Hot Springs, Arkansas claims the title for brevity – its brief parade runs for 98 feet.
8. There’s a Reason for The Shamrocks. How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
9. Cold Weather Helped Saint Patrick’s Legend. In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the “snakes” Saint Patrick drove away were likely metaphorical.
10. There’s No Corn in that Beef. Corned beef and cabbage, a traditional Saint Patrick’s Day staple, doesn’t have anything to do with the grain corn. Instead, it’s a nod to the large grains of salt that were historically used to cure meats, which were also known as “corns.”
11. The World Runs Up Quite a Bar Tab. All of the Saint Patrick’s Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick’s Day celebrations at \$245 million. And that’s before tips to pubs’ bartenders.
12. It Could have Been Saint Maewyn’s Day. According to Irish legend, Saint Patrick wasn’t originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.
13. There Are No Female Leprechauns. Don’t be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.
14. But the Leprechaun Economy Is Thriving. Another little-known fact from Irish lore: Leprechauns earned that gold they’re guarding. According to legend, leprechauns spend their days making and mending shoes. It’s hard work, so you can’t blame them for being territorial about their pots of gold.
15. The Lingo Makes Sense. You can’t attend a Saint Patrick’s Day event without hearing a cry of “Erin go Bragh.” What’s the phrase mean? It’s a corruption of the Irish Eirinn go Brách, which means roughly “Ireland Forever.”



Leprechauns

As revelers across the world celebrate St. Patrick's Day, they will embrace classic symbols like the shamrock and the leprechaun. But what exactly are leprechauns, and how did the famed green figures of folklore come into existence?

The original leprechaun was not the top-hat wearing, pipe-smoking, green clad sprite of modern day.

The legend of the leprechauns states that these fairies hail from Ireland, where they make shoes and wreak havoc on unsuspecting humans, according to AngelicInspirations.com.

The group's namesake is purported to have arisen from the Irish term "leath bhrogan," meaning shoemaker, according to the site IrelandsEye.com. Other theorists believe the word comes from the term "luacharma'n," which means pygmy. And yet some say the mythical figures are named after the Euro-Celtic god named Lugh, pronounced "Luck," according to [Angelic Inspirations](http://AngelicInspirations.com).

Spotting a leprechaun does indeed bring good luck, according to legend, but it's not an easy task. The sound of the fairy's shoe hammer is purported to lead one to an elusive pot of gold, but the mischievous creatures will cunningly try to entice humans with riches, only to snatch it away in an act of trickery, [Time magazine](http://TimeMagazine.com) reported.

The fairies guard the treasure believed to have been buried by the Danes who once conquered Ireland. To see and follow the merry mischief-maker is no small task, as they are known to vanish before humans may spot them.

When they are not making shoes or guarding treasure, the tiny green figures are known to be merry-makers who drink, dance, and play music, [Angelic Inspirations](http://AngelicInspirations.com) was quoted by MyFoxDetroit.com.

Though leprechauns are traditionally featured wearing green garments, Irish novelist Samuel Lover wrote in the 1830s that the leprechaun of his tale wore red.

