



CRUINNEWS

April 2025

Join us for our sixth annual gathering
June 5th – June 8th, 2025

Register at www.gulfcoastirish.org

Folks,

March was a month rich with music, sessions, dance, and fellowship...all the things I love about this tradition. I discovered Irish music as a result of my young daughter's interest in step dancing after seeing a group of dancers from Dallas at a San Antonio festival. My wife Dee dug around and found an Irish dance school in San Antonio. The rest is history! She and Katie both got the bug and became accomplished dancers. I found myself as their roadie at festivals, Feis and camps where I was exposed to the music, the culture, and, more importantly, the community around this. I loved it! I have made many friends in the years which followed, and I know I can stop at a session anywhere in the world, have some tunes, and make some new friends, the Irish Trad glue is so strong. It changed my life, and I feel so fortunate to be a part of this community in my retirement years. Part of the Cruinniú's charter is to help promote this music and the tradition as a whole and you, my musical friends, are our partners in this effort! We look forward to tunes and fellowship with you in June.



Slán!
Shawn Cayson,
Director

On behalf of the the Cruinniú Criú



gulfcoastirish.org

Our 2025 Instructors

Brenda Castles

int-adv concertina

Máirtín de Cógáin

storytelling & concert emcee

John Doyle

int-adv guitar

Colin Farrell

int-adv whistle

Katie Geringer

fiddle fundamentals

Therese Honey

int-adv harp

David Howley

int-adv banjo/mandolin

Paul McClure

int-adv bodhran

Michael McGoldrick

int-adv Irish flute

Robert Shaddox

bodhran fundamentals

Caitlin Warbelow

int-adv fiddle



Cruinniú 2025 Registration is now open!

9 Instructional classes, 4 Irish Journeys,
Céili, Concert, and Sessions galore.

Registration: \$350

NEW: One Day Option for the Harp and Fiddle Fundamentals classes

(You asked for this in the 2024 surveys. You got it!)

We are now offering a **one day only** option for
the **Harp and Fiddle Fundamentals** classes.

One-Day Registration: \$200

How will this work? Instructional content will vary by day. For specific details,
email us at the address below and the instructor will respond to your
questions. You select which day works best for you.

Email: info@gulfcoastirish.org **Subject:** One Day Option

LOCATION: The University of St. Thomas Campus, Houston, TX

ACCOMMODATION: Host Hotel, Crowne Plaza or Private Room on the UST Campus

PARKING: Secure parking in the UST parking garage, Free street parking.

MEALS: On campus, **Breakfast:** F-S-S **Lunch:** F-S-S (*you must pre-register for meals*)

See our web page for details on local restaurants.

CÉILI: Friday night in the Dining Hall at UST

CONCERT: Saturday night "All Star Concert" at Jones Hall

Both the Céilí and Concert are open to the public.



Faculty Connections

A column dedicated to Cruinniú instructor news and information .. by Laura Michaelides

Robert Shaddox joins us once again to teach bodhran fundamentals at this year's Cruinniú. Robert is an exceptional bodhran player and singer and has been a mainstay of Houston's Irish music scene for many years. After traveling to Cork as a young man, he fell in love with Irish traditional music. For the last 25 years he has been playing this music and sharing his love of the music with others as a player, instructor, and mentor.

Robert has studied bodhran with such stalwarts as Mark Stone, Albert Alfonzo, and Anna Colliton. For the ten years of its existence, he was the bodhran player for Houston's premier traditional Irish band, "The Jig is Up!", and is now a member of the band "Hup!". Robert is also a faculty member teaching bodhran at the Houston School of Irish Music (HSOIM).



Robert can be heard on two albums by "The Jig is Up!": "On Yer Toes!", and "A Penny for the Wren", which feature his bodhran playing and singing.

An Occupational Therapist by profession, Robert has worked extensively in the rehabilitation of physical disability, psychiatric illness, and industrial injury. He is a Certified Ergonomic Assessment Specialist who has given multiple presentations regarding the prevention of repetitive stress and ergonomic injuries. For four years Roberts was an Adjunct Professor in the School of Occupational Therapy at the University of Texas Medical Branch, Galveston. He has also led classes at the O'Flaherty Irish Music Retreat on how to prevent musician's repetitive stress injuries.





The Houston Food Scene

by Laura Michaelides

When you come to the Cruinniú, you know you're going to have a blast - playing tunes with friends old and new, taking workshops with fantastic musicians, and living and breathing Irish music and culture morning, noon, and night. For those of you who are coming from out of town, you might also consider giving yourself an extra day or two to enjoy a bit of what Houston has to offer. Within walking distance of the Cruinniú facility at the University of St. Thomas are some truly remarkable sights and venues. This article is the first part of a two-part series and will focus on the food scene close to the University of St. Thomas. We hope it's helpful and adds to your visit.

Houston is a major culinary destination. Regardless of budget, you can eat fantastic food in this town. Below is a list of just a few of the local venues in relatively close proximity to the campus.

Moderately Priced

Lua Viet Kitchen: Vietnamese restaurant, a great favorite of Cruinniú attendees.

Address: 1540 West Alabama, Unit 300

luavietkitchen.com/

The Pit Room: Houston is a big barbecue town. This nearby restaurant serves Central Texas style barbecue. Moderately priced. Address: 1201 Richmond Ave.

thepitroombbq.com/

Handies Douzo: Excellent sushi handrolls a few minutes from campus.

Address: 4005 Montrose Blvd.

handiesdouzo.com/

La Guadalupana: This cozy mom and pop restaurant is slightly farther away from campus (1.5 miles) - a quick Uber or longer walk. La Guadalupana is a completely authentic Mexican restaurant; the owners hail from Puebla, Mexico. It has the best flan in the city, and their enchiladas are terrific. Address: 2109 Dunlavy St.

laguadalupanacafeandbakery.com/

Mala Sichuan Bistro: Top-notch Chinese Sichuan cuisine. If you like spice and you like Chinese food, this is a great choice. Address: 1201 Westheimer, Suite B

malasichu5407an.com/

Southern Yankee Crafthouse: Gastropub near campus. Address: 1312 West Alabama

crafthousehtx.com/





The Houston Food Scene (cont'd)

Higher End Restaurants

Hugo's: This is a storied Mexican restaurant in an elegant and comfortable space not far from campus. The menu is creative. A meal here is a lovely experience.

Address: 1600 Westheimer

hugosrestaurant.net/

Clark's Oyster Bar: high end seafood restaurant- oysters on the half shell, lobster rolls, fish, cioppino, and great cocktails. Address: 3807 Montrose Blvd.

clarksoysterbar.com/

Rosie Cannonball: Modern European food with an Italian slant.

Address: 1620 Westheimer

rosiecannonball.com/

Uchi: Upscale and creative Japanese cuisine. Highly regarded food from a James Beard award winning chef. Address: 904 Westheimer Rd.

uchi.uchirestaurants.com/

Coffee

Agora: Great coffee in a cozy location. Great place to hang out. Address: 1712 Westheimer Rd.

agorahouston.com/

Black Hole Coffee: Slightly grungy, hip coffee hang out. Great place to sit for a while. Lots of students. Address: 4504 Graustark St.

black-hole-coffee-house.restaurants-world.com

Common Bond: Upscale bakery and coffee. Address. 1706 Westheimer Rd.

commonbondcafe.com/

Bars

Anvil: hip Montrose favorite. Great cocktails. Address: 1424 Westheimer Rd.

anvilhouston.com/

Poison Girl: affordable, hip, somewhat divey Montrose hangout.

Address: 1641 Westheimer Rd. Suite B

poisongirlbar.com/

Camerata: Wine bar with excellent wines. Comfortable place to hang out. Their casual Italian restaurant, Paulie's, is right next door. Address: 1830 Westheimer Rd.

cameratahouston.com/



Louvain's Corner

IRISH WORD of the month:

ciotog (Kit-ohg), a left-handed person

Things NOT to say to Irish people (Ever)!

"Top o' the mornin'!"

"I visited once, it rained."

"You must love Guinness!"

"Are you British?"

"So, do you believe in Leprechauns?"

"I have Irish in me too, my great uncle's dog was from Cork."

"Say something in Irish."

Just... don't.

Education

University of St. Thomas, Houston

The Flynn Center for Irish Studies sponsors several Irish-related events and classes each year.

Visit stthom.edu and search **Center for Irish Studies**



If you have gigs, concerts or sessions you'd like to promote, email us at info@gulfcoastirish.org and we will publish it in our next newsletter.



Donations

Thank you to those who have donated. Please remember that many companies have business matching donation program for 501 (c) (3) non-profits. Please check if your employer has such a program and consider giving to GCC.

All donations are tax deductible.
Click the DONATE tab on our web page.

Volunteers Needed!

We need volunteers on the ground for the GCC. If you are interested, please contact info@gulfcoastirish.org
Subject: Volunteering at GCC



If you can't get to a session, the Houston McGonigal's Mucky Duck Wednesday night session is now broadcast live at:
youtube.com/@LIVEfromNorfolkStreet

You can watch previous sessions at:
livefromnorfolkstreet.com/blogs/session



**New home for the
Cruinniú Sessions!**





We are thankful for the continued support of the



Government of Ireland
Emigrant Support Programme



An Roinn Gnóthaí Eachtracha
Department of Foreign Affairs

Cruinniú 2025 Instructor Playlist

Are you looking forward to a great Cruinniú weekend? Getting ready for music, friends, camaraderie, learning, and all-around merriment? Here's a playlist of music from our 2025 Cruinniú faculty members for you to enjoy while you're waiting for the big event!

For the playlist without any commercial interruptions, Apple provides the best platform:



[Apple Music Playlist](#)

For those without access to Apple Music, go to Spotify:



[Spotify Playlist](#)

Or, Youtube:



[YouTube Playlist](#)

If the links above do not work, cut and past the links below in your browser

Spotify: <https://tinyurl.com/GCCSpotify> YouTube: <https://tinyurl.com/GCCYT> Apple <https://tinyurl.com/GCC-Apple>

That's all for this month! Watch your email, social media feeds, and our website (gulfcoastirish.org) and for more information as it becomes available.

The Gulf Coast Cruinniú

is a 501(c)(3) non-profit organization led by volunteers with a passion for Irish traditional music. See DONATE on our web page. All financial donations are tax deductible

GCC is a project of



Contact the Criú

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Questions: Info@gulfcoastirish.org





Sessions in your area:

Wonder where to go for a session in your area or while travelling?

Go to <https://thesession.org/sessions> and search for your area.

ALABAMA

Sundays 6-8:30pm

McSharry's Irish Pub

101 N. Bancroft St., Fairhope

COLORADO

BOULDER, CO

Sunday 2pm

East Simpson Coffee House

201 E Simpson St

Sunday 8pm

The License No. 1. Pub

(in the Boulderado Hotel)

13th And Spruce St

DENVER, CO

Sunday 4pm

Celtic on Market Irish Pub

1400 Market St

Sunday 3pm

Abbey Tavern

5151 East Colfax Ave

Tuesdays 6pm

Wednesdays 6pm at

Clancy's Irish Pub

7000 W 38th Ave

FORT COLLINS, CO

1st Sunday 2pm

Avogadro's Number

605 Main Street

3rd Sunday 4pm

Equinox Brewing

133 Remington St

Mondays 7pm

The Forge Publick House

255 Old Firehouse Alley

OKLAHOMA

OKLAHOMA CITY

4th Saturdays 2-4pm

The American Banjo Museum, 9 E

Sheridan Ave

TULSA, OK

1st Sunday 2-4pm

Bishop Quigleys

1810 S Cincinnati Ave

EDMOND, OK

Mondays 7pm

The Patriarch Craft Beer House &

Lawn

9 E Edwards St

TEXAS

DALLAS AREA

See Next Page

AUSTIN, TX

Sunday 7pm

Kelly's

Tuesdays 7-8:45pm

Suds Monkey

Thursdays 7-10pm

BD Rileys

BRYAN, TX

Wednesday 6:30-9:00pm

Murphys Law

107 N Main S

GRANBURY, TX

3rd Saturday 6-9pm

D'Vine Wine

107 E. Bridge S

HOUSTON, TX

Sunday 4 - 6pm

Hugh O'Connors Dincans

5010 Dincans Street, Houston

Monday 7:30-9:30p.m.

Chelsea Wine Bar

4106 E Nasa Pkwy,

El Lago, TX (upstairs)

Wednesday 7:30-10pm

McGonigel's Mucky Duck

2425 Norfolk St





Sessions in the Greater Dallas, TX area

Thanks to Ken Fleming for this info

Monthly Session at Gillespie's Tavern 1st Mondays

This is an open session led by accordionist Ken Fleming, and all levels are welcomed. Players receive one free drink. For info on the pub, go to <https://gillespiestavern.com/>. For directions, go to [MAP](#). Please contact times@irishtradmusic.org for more details.

Weekly TIMES Session at the Celt Irish Pub in McKinney – Every Wednesday

The weekly TIMES sessions at the Celt Irish Pub are held every Wednesday evening from 7-10 p.m. All levels are welcomed, and players get one free drink. For more info on the pub, go to <https://www.theceltmckinney.com/>. For directions, go to [MAP](#). Please contact times@irishtradmusic.org for more details. You can also learn more about the session on the Celt Irish Pub Session Facebook [PAGE](#).

Weekly Session at J. Gilligan's in Arlington – Every Tuesday

This weekly public session is held on Tuesday nights beginning at 7 p.m. at J. Gilligan's Bar & Grill at 400 East Abram Street, Arlington, TX. All levels are welcomed. For more info on the pub, go to <http://www.jgilligans.com/>. For directions, go to [MAP](#). You can learn more details about the session on the Gilligan's Session Facebook [PAGE](#).

Session at Steve's Wine Bar in Denton – 2nd & 4th Saturdays

This public session is held on the 2nd and 4th Saturday afternoons from 3-5 p.m. at Steve's Wine located at 111 Industrial Street in Denton, Texas. Each session player receives a discount on beverages. For more info on the bar, go to <https://www.steveswinebar.com/>. For directions, go to [MAP](#).

Monthly Learning Sessions in Dallas Area – 2nd & 4th Saturdays

The Dallas Slow Sessions are held on the 2nd and 4th Saturdays of each month from 2-4 p.m. Please contact Jim Wells at jimwellssr123@gmail.com for more details.

Monthly Session at D'Vine Wine in Granbury – 3rd Saturdays

This public session is held on the 3rd Saturdays from 6-9 p.m. at D'Vine Wine at 107 E. Bridge St., Granbury, TX. You can learn more details on their Facebook [PAGE](#). For more info on the winery shop, go to <https://dvinewinegranbury.com/>. For directions, go to [MAP](#).

Monthly Session at Dirty Job Brewing in Mansfield – 3rd Fridays

This public session is held on the 3rd Fridays from 5-7 p.m. at Dirty Job Brewing at 117 N Main St, Mansfield, TX. You can learn more details about the session on the Arlington-Mansfield Sessions Facebook [PAGE](#). For more info on the bar, go to <https://www.dirtyjobbrewing.com/>. For directions, go to [MAP](#).

Monthly Session at Hooligans Pub in Arlington – 1st Sundays

This public session is held 1st Sundays from 3-6 p.m. at Hooligans Pub at 310 E. Abram St., #150, Arlington, TX. The first 40 minutes is devoted to learning tunes. You can learn more details about the session on the Arlington-Mansfield Sessions Facebook [PAGE](#). For more info on the bar, go to <https://www.facebook.com/hooliganspubarlington/>. For directions, go to [MAP](#).

TIMES Session Players Perform Every Sunday at Celt Irish Pub

If you like Irish trad music, come listen to some of our areas best players each Sunday from 3-6 p.m. at the Celt Irish Pub in McKinney. Players representing TIMES are seated each time, so the music changes from week to week based on who the players are. But one thing is certain, you'll hear the "pure drop" from a variety of talented musicians. To see the schedule of players, go to [SCHEDULE](#).



Chicago Area Sessions

Updated: March 24, 2025

Venue	Addr	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Chicago Street Pub	75 N Chicago St, Joliet, IL	7:30						
Chief O'Neill's Pub	3471 N Elston Ave, Chicago 60618			8				5
Clancy's Pizza Pub	4624 W 103rd St, Oak Lawn 60453			7		8		3
Gaelic Park Chicago****	6119 West 147th Street, Oak Forest, IL 60452				7:30			
Galway Arms	2442 N Clark St, Chicago 60614		8	8	8			8
Galway Bay	500 W. Diversey Parkway, Chicago, IL		8					
Irish American Heritage Center	4626 N Knox Ave, Chicago 60630				7			
Lanigan's Pub *	3119 W 111th St, Chicago 60655							5
McGonigal's Pub**	105 S. Cook St., Barrington, IL			7				
McNally's Irish Pub*****	109 W. Main St., St. Charles, IL 60174							4
Mrs Murphy & Sons Irish Bistro	3905 N Lincoln Ave, Chicago 60613			7:30				1
Mystic Rogue Irish Pub	6070 N. Northwest Hwy, Chicago 60631							1
Quigley's Irish Pub***	43 E Jefferson St, Naperville, IL			7:30				
The Celtic Knot	626 Church St., Evanston, IL							4
The Grafton	4530 N Lincoln Ave, Chicago 60625							5
The Harp & Fiddle	110 Main Street, Park Ridge, IL				8			
The High Stool Bar	5522 N Elston Ave, Chicago 60630				8			5
The Kerryman	661 N. Clark St, Chicago, IL							5
The Wolfhound Bar & Kitchen	3188 N. Elston Ave., Chicago, IL		7:30					

* Oldest continuous session in Chicago

** Alternate Wednesdays – check with the pub for any given week

*** 3rd Wednesdays

**** 1st & 3rd Thursdays

***** Monthly, usually 3rd Sunday

Upcoming Performances & Concerts

Houston Area

Sunday, April 27 2 PM *Paul Brock Band*
at Cullen Hall at the University of St Thomas
Free and open to the Public

Saturday June 7 7 PM Gulf Coast Cruinniú All-Star Concert
Jones Hall at the University of St Thomas

