



Lord Frederick W. Cook

Descendant of the high kings of Ireland at Tara, and laird of Ardmore

December 2023 – Address to the people

Good day ladies and gentlemen of Ardmore, Ireland, and around the world. I was informed that writing to you at least a few times a year and posting it publicly was a part of my duties, and so this herein is my first. I am supposed to address you on topics I feel are of importance to me, and topics that I hope you will find important to you as well.

I'm not going to address you as someone who sits above you, but as someone who truly cares and is one of you, a working-class individual, and a creative person with several hobbies. I am not in Ireland and a good many of you would not know me and so I suppose giving you a bit of insight into myself would be important.



A painting by Lord Frederick W. Cook

I was born in 1978, in Philadelphia, Pennsylvania, USA and I currently reside there as I type this. My father left when I was two years old and I was raised by my mother and grandmother who were cleaning ladies and babysitters in this city. As I grew, I held jobs as a list broker, a gas station attendant, a martial arts instructor, and I am currently a professional artist, psychotherapist, and published author.

I am the father of two teenage boys and two young girls (A terrifying but rewarding thing) and a musician/singer/songwriter. I am stricken with several disabilities, I am legally blind, I have severe hearing loss, and have a progressive skeletal condition that renders me unable to walk or stand very much and turns my spine and neck fragile. My IQ is 145, I am a nerd, a geek, and an otaku, yet unlike my peers in those things, I was also a vicious and violent person in my youth, turned peace advocate in my adult years.

I have never sat in high and lofty places; never had a silver spoon in my lips, and everything I am and have, I paid for with time out of my life and the sweat of my brow. So, I will not talk at you, but to you in my addresses, as kinfolk, as a friend, about the things going on in our world. Here goes...

We sit post Covid-19, after nearly two years of lockdowns, countless deaths, a lot of uncertainty and stress, but here we still sit. Many of us have stories from the past few years, stories full of sadness and broken spirits, and I have one I'd like to share...

My stepfather who helped raise me passed away after a six-month long battle and hospitalization. This happened during the height of Covid restrictions and so while he was in the hospital and as he passed away, I couldn't visit him, and he passed away alone. I am certain many of you reading this have stories of your own and I whole heartedly feel your pain, your anguish, your complete sadness.

Covid-19 changed our world in ways in which all of us are still processing and coming to terms with. We will continue to move forward, hand in hand, heart in heart, and as one people, as we navigate the new world, we all inherited since the horrible illness became endemic. Let us temper our sadness with unity, our trepidation with wisdom, and our confusion with knowledge.

Across the globe there has been a major uptick in racism, bigotry and Antisemitism that hasn't been seen in decades. I strongly urge each of us to get to know our neighbors, to step outside of our comfort zones and echo chambers and meet and get to know others unlike yourselves. Quickly you will find that all of us have a lot more in common than we do differences in our shared humanity.

More than ever our world needs unity, humanity needs unity, as we try to move ahead into a brighter future for all of us. Each of us brings a unique perspective to the table, a new thought, a new idea that has the potential to make all of our lives better. If we can get past what little differences we have, we can change the world to be freer, safer, more equal, and overall, more human.

Hatred and fear, scapegoating and stereotyping have never bettered a society or people, it has only served to make enemies of potential friends and in war, we all lose. If

someone is even a diametrically opposite person to yourself, it stands as an act of class and grace to at least be respectful to them and acknowledge them as a fellow human being. This is common courtesy, this is humanity, and it is all I ever ask for in my own interactions with others.

Now, I'd like to speak on a more controversial topic for a moment and say, bad form FIFA for having Qatar host the world cup. Qatar is a known human rights violator who imprisons and executes gays, treats women like objects without rights, supports terrorists, and is utterly stone age in its ethics. This was an utterly deplorable pat on the back to the regime in Qatar by FIFA and I for one will discontinue watching football/soccer because of it.

I am positive those who hate the Western world are looking at Qatar hosting the FIFA world cup as a win for dictatorships and religious theocracies around the globe. This was FIFA utterly slapping women, LGBTQ+, and those who do not practice the "state approved" religions in the face, and I for one think it is abhorrent. I personally cannot and will not support FIFA in any way, as they have made it clear they support some of the worst human rights abusers in the world today.

Empowering and supporting refuse... means your organization is refuse!

Now onto happier things...

I'd like to share a couple things with everyone reading this as well, starting with my Son of Sinai website, heading into my personal Lord Frederick website, and topping it off with my art website.

<http://www.sonofsinai.com> - My Jewish website

<http://lordfrederick.me> - My personal website

<http://frederick-cook.pixels.com> - My art website

Enough shameless self-promotion... let's continue...

Holidays are approaching at light speed this month with Hannukah starting on the 18th, Yule on the 21st, and Christmas on the 25th (consequently the last day of Hannukah this year). We are a Jewish family, but we celebrate Christmas with the other half of our family as well, so this will be an interesting year. Family, food, friends, celebration.... This is what the holidays are truly for!

This holiday season we will be enjoying the many lights and light shows, and decorations around our city. We will be doing arts and crafts and decorating our home, as well as buying another "Mensch on the Bench" character for our collection. We will

also be having many an awesome meal full of latkes, sufganiyot, potato Knish and the like, as well as Christmas dinner at my mother's house.

I'd like to take a moment here to say from me and mine to you n yours, have a happy and safe holiday season. Chag Hannukah Sameach! Merry Christmas! Happy Yule!

As for actual Ardmore news, preservation of natural resources and land has been a massive undertaking from what I'm told and keeping and growing natural reserves has been a huge success. Several species once native to Ardmore but haven't been seen in decades, have been returning and tourism is helping in the project... kudos to the local officials and government. The Waterford hotel has been named the most beautiful hilltop hotel in the world, which will help tourism, which in turn helps preservation efforts as well.

Though I don't currently reside in Ardmore, I am more than astute in knowing the happenings of the land... which is why preservation of natural reserves and of historical landmarks are a huge focal point for me. Tourism drives the economy of Ardmore and the more the better!

Thank you for your time in reading this, getting to know me a bit, and I hope to visit the land of my forefathers soon. From Pennsylvania, USA to Ireland, I give to you my heart Ardmore...



Mo ghrá go léir

Lord Frederick William Cook