



IRISH SOCIETY

Of The National Capital Region

IRISHSOCIETYNCR.COM

Ireland to Ottawa 1826-2026 200 Years of Building a Capital

It's time for the citizens of Ottawa to celebrate all things Irish on Saturday March 7th at 12 Noon as the Irish Society takes back the streets of Ottawa to celebrate the Bicentennial of Bytown and the start of the construction of the Rideau Canal.

The return of the 39th St Patrick's Parade starting off from the Supreme Court of Canada buildings on 301 Wellington Street marching east to Sussex Drive before turning North to York Street to finally resting in the Heart of the Byward Market.

We are asking everyone who is a descendant of a Canal Worker to join us and register to march in the St Patrick's Parade so we can make this a component of the annual event. We are hoping that by 2032 to have 1000+ Canal Workers marching to mark the Bicentennial of the completion of the Rideau Canal.



1900 Rideau Canal



2000 Rideau Canal



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Irish Week Proclamations

We are please to announce that for the first time in our 69-year history proclamations declaring Irish Week will be held on both sides of the Ottawa River. The Cities of Gatineau and Ottawa will be hosting ceremonies on March 4th and March 5th respectively. It will be followed up with the return of the St. Patrick's Parade on Saturday March 7th at 12 Noon.

Gatineau



Ottawa



The Irish are on the march

OTTAWA

Saturday

12PM

March 7th, 2026

TORONTO

Saturday

12PM

March 14th, 2026

MONTREAL

Sunday

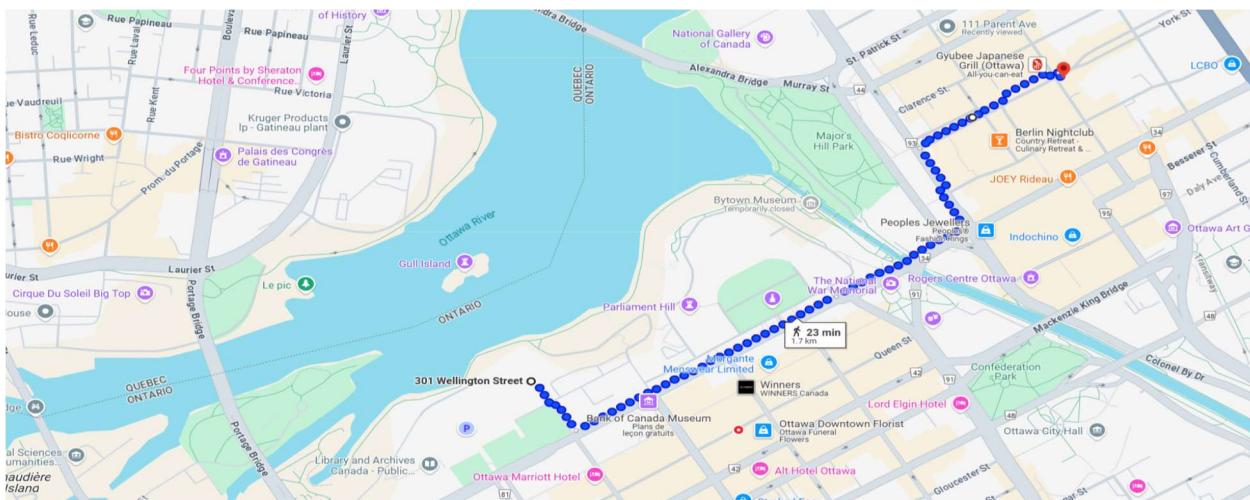
12 PM

March 22nd, 2026



New St. Patrick's Parade New Route

The new parade route was designed to incorporate everything Irish in Ottawa and thanks to the City of Ottawa and their staff we think we have nailed it. It's a short brisk walk (1.7KM or 1.05 Miles or .83 Irish Mile) that passes all things built by the Irish, the Houses of Parliament, Rideau Canal and into the Heart of the Byward Market. Encompassing these Irish Jewels in the parade route for years to come.



The Irish Society - Thanks

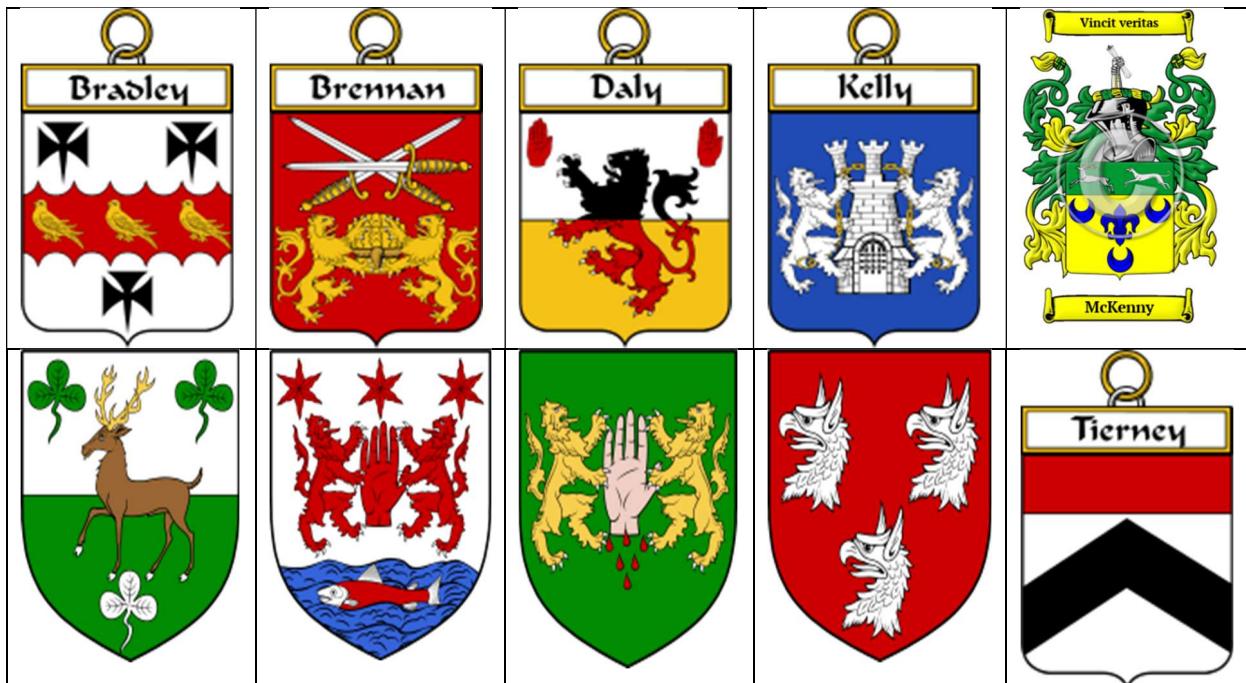
The Irish Society of the National Capital Region wants to thank you the membership for standing along side us as we restructure the society and repositioned ourselves for the future. We must point out Steven Holmes from Myers Automotive Group whose support was unwavering, and endorsement gave us the strength to carry on. The result of this support has made it possible for the Society to bring back the St Patrick's Parade Saturday March 7th, 2026, at 12 Noon.



A Tribute to the Canal Workers

We are asking all the descendants of the Rideau Canal Workers to join us in the parade we have selected 10 Irish Families and started to assemble their Family Coats of Arms on Cherron Banners so they can carry and honour their Ancestors for their contribution. The names were selected from the McCabe list, and the society hopes to see these walking families grow into the hundreds by 2032. They are (Bradley, Brennan, Daly, Kelly, McKenny, O'Connell, O'Neill, O'Reilly, Ryan, Tierney).

2026 Selected Families





March Madness Event Calendar

March 4th, 2026	Wednesday	TBD	Proclamation	Gatineau City Hall
March 5th, 2026	Thursday	10:00 AM	Proclamation	Ottawa City Hall
March 6th, 2026	Friday	12 Noon	Toast to Our Ancestors	Rideau Canal
	Friday	3:00 PM	SIX Nation Rugby – Ireland VS Wales	Heart & Crown Byward Market
March 7th, 2026	Saturday	11:00 AM	Irish Fun Run	Supreme Court of Canada
	Saturday	12 Noon	39th St Patrick's Parade	Supreme Court of Canada
March 10th	Tuesday	12 Noon	Author's Day	St. Columba's Church Hall.
March 17th	Tuesday	9 AM	9th Annual St Patrick's Pilgrimage	St. Patrick's Church, Fallowfield
March 17th	Tuesday	11:00 AM	Mass	St Patrick's Basilica Kent St

An Old Irish Prayer



Give us, Lord, a bit o sun
A bit o work and a bit I fun
Give us in all the struggle and sputter
Our daily bread and a bit o butter
Give us health our keep to make
And a bit to spare for other's sake
Give us, too a bit of song
And a tale and a book to help us along
Give us, Lord, a chance to be
Our goodly best,
brave, wise and free ----

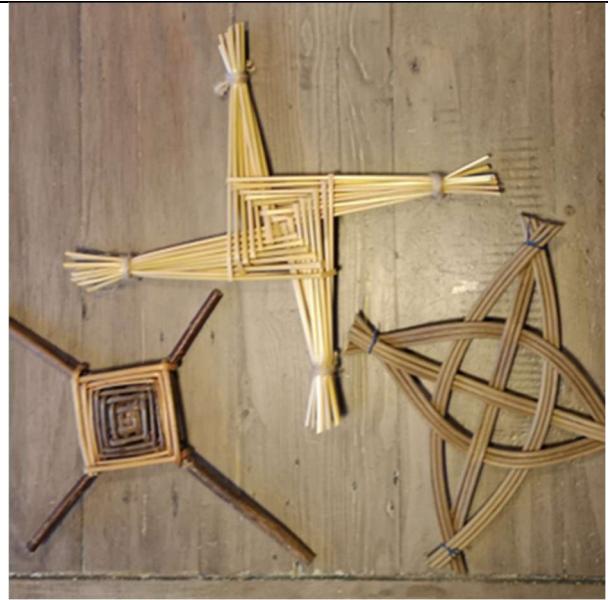


St. Brigid's Day

Ireland celebrates St. Brigid's Day (Lá Fhéile Bríde) to acknowledge St. Brigid, and to commemorate the Celtic festival of Imbolc. It has been an official public holiday in Ireland since 2023. It is the celebration of spring, fertility, and protection that can be traced back to the 5th century saint as well as to a Celtic goddess with the same name. As Ireland's only female patron saint, the day is dedicated to showcasing women's creativity, strength, and heritage. In the past, Lá Féliile Bríde was one of Ireland's most significant holidays.

Many of the old customs have been abandoned in modern times, however Lá Féliile Bríde has recently gained some much-needed attention and revitalization. In Ireland, many people still celebrate St. Brigid's Day as the first day of spring.

Even though it's still rather cold, daffodils flowering, fresh buds on trees, snowdrops blooming, and a slight change in the light all signal the arrival of spring in Ireland. It was a time to look forward to brighter days, warmer weather, new growth on the land and the birth of farm animals.





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On January 31st, the eve of St. Brigid's Day, one of the women in the household would call to the front door in many Irish households. She would knock with fresh green reeds in her arm, symbolizing Brigid and spring.

The family waiting inside would open the door to welcome Brigid and spring. Candles were lit outside of many rural homes to honour the saint, bring good fortune, and illuminate her path. On the eve of St. Brigid, it was thought that Brigid visited the area and bestowed blessings on houses that had her cross or lit candles.

In preparation for St. Brigid's Day, rushes are gathered and weaved into crosses. They represent protection, health, and new life, warding off evil, fire, and hunger from homes and livestock, celebrating the coming of spring (Imbolc). The weaving follows the path of the sun, moving from left to right.





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Gone but not forgotten



Jeff Davies

June 3, 1959 – December 19, 2025

Jeffrey Robert Davies passed away peacefully, surrounded by his family, on December 19, 2025, at the age of 66.

Jeff was the beloved husband of Lori Cavanagh and a devoted father to his sons, Patrick and Jackson. He was a cherished son of Norma and the late Robert "Bob" Davies, loving brother to Susan (Blair Scharfe), Kimberly, and Peter (Eileen), and favourite uncle to Stephanie, Lisa, Jordan, Robert, Jennifer, Shea, and Samantha.

An award-winning home designer and builder, Jeff was known for his thoughtful designs that helped countless families create their dream homes. His legacy lives on in the memories made within those homes.

Lois Ruth Cameron

Ruth passed away peacefully, with family by her side, in the early morning hours of January 13 in her 93rd year. Dearly loved wife of 61 years to Stuart, loving mother of Christina Lucas (Jeff) and Michael and proud grandmother of Maxwell, Liam (MacKenna Fowler) and Ruby as well as sister-in-law to Phyllis Cameron (Gerald) and Shirley & Gavin Kempton and many nieces and nephews.

Ruth was a devoted homemaker who volunteered her time with the church, schools and Canadian Cancer Society. Born and raised in the Town of Mount Royal, she will be reunited with her beloved parents, Ivan & Fern Thomson and her dear brother Hugh.



NINTH ANNUAL - ST. PATRICK'S PILGRIMAGE

March 17, 2026

From St. Patrick's Fallowfield.

To St. Patrick's Basilica

Begin St. Patrick's Day with Mass at 9:00 AM at St. Patrick's Fallowfield, then journey with pilgrims from across Ottawa's parishes in a day of prayer, fellowship, and reflection along the beautiful NCC trails. Together we will visit four churches, pray the Rosary and strengthen our bonds as disciples walking in the spirit of the Archdiocese of Ottawa-Cornwall's vision.



All are welcome to join this shared spiritual journey.

Email bryneegan@yahoo.ca Cell -613-986-7236



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An Irish Dance with a Twist

January 24th – Lone Star Ogilvy, Ottawa





Iris Breakfast Sunday January 25th 11AM



**Heart & Crown
Barrhaven**

**Great Meal
to start
your day.**

**Sharing a meal
with
friends**



**Last Day to Register
For Floats in the
St. Patrick's Parade
FEBRUARY 15th, 2026**



Irish Fish Cakes

Prep Time: 15 minutes

Cook Time: 20 Minutes

Servings: 6 servings



Ingredients

454 g russet potatoes

454 g cod fillet

15 g spicy ketchup or chili sauce a handful of minced fresh parsley

juice of 1/2 lemon

2 large eggs, beaten

2.5 g each salt and fresh ground black pepper

96 g Ritz crackers, finely crushed (use a small food processor or a rolling)

vegetable oil for frying

<https://theviewfromgreatisland.com/>

Garnish

sliced green onion

chopped parsley

Instructions

- Peel and chop the potatoes into large chunks. Put them in a saucepan, cover with cold water, add 2 teaspoons of salt, and bring to a boil. Cook until the potatoes are very soft.
- Put the cod in a shallow saute pan and cover with cold water. Bring to a boil, and then cover, turn off the heat, and let the fish poach for about 10-15 minutes. Drain.
- Drain the potatoes and put them into a large mixing bowl. Use the back of a fork to mash them, leaving a little bit of texture.
- Add the ketchup, parsley, lemon juice, beaten eggs, and salt and pepper. Stir briefly to combine, and then add the fish, breaking it apart with your fingers as you add it. (Check
- for tiny bones as you do this.) Fold the fish into the mixture until everything is evenly incorporated. It will be fairly wet.



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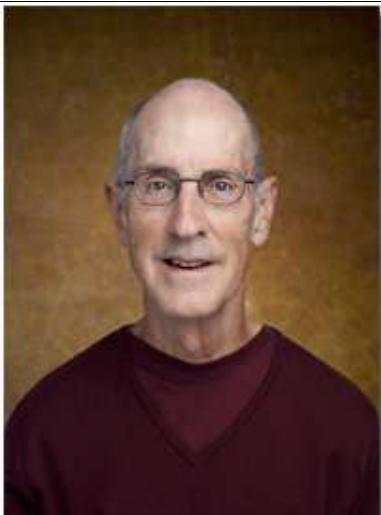
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- I use a 75-80 g measure to scoop out the mixture and form into patties. Flour your hands if necessary.
- Roll each patty in the Ritz cracker crumbs, to coat all surfaces and set on a platter. You can cover and refrigerate the cakes at this point for later cooking if you like.
- Coat the bottom of a skillet (I like cast iron) with vegetable oil and heat on medium heat until hot. Fry the cakes for about 5 minutes on each side until golden, crispy, and hot throughout. Note: the cakes will be very delicate, move and flip them with extra care.

Author Day Tuesday March 10th

David Mulholland - ISNCR 2026 Choice

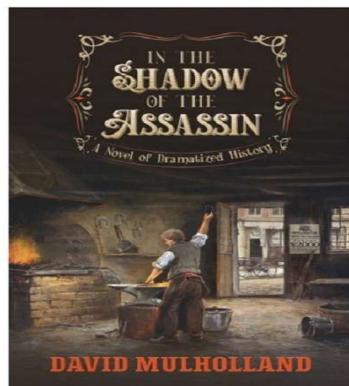


author photo: Miv Fournier
www.mivphotography.com

Born in 1940 in Kingston, Ontario, Canada and Raised in the Ottawa Valley town of Arnprior. He's lived in Ottawa since 1970.

Mulholland began his writing career as an advertising copywriter in private radio. He went on to work as a researcher, story editor and interviewer for CBC Public Affairs television, a general-assignment reporter and music reviewer for The Ottawa Citizen, a syndicated country-music columnist, a part-time stand-up comic with Yuk Yuks, and a speech writer for a number of departments in the federal government.

During those years, Mulholland wrote fiction when time permitted. In the spring of 2001, he began devoting full-time to writing a novel. The result is McNab, which was published in October 2006. DUEL, his second 'novel of dramatized history,' was published in October 2009. Chaudière Falls (2016) is his third, and In the Shadow of the Assassin his fourth. He's now working on short stories loosely based upon characters in the Ottawa Valley.





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EXTRA! EXTRA! EXTRA!

The Irish Society in partnership with
Run Ottawa. Ca
is pleased to announce
a 1-mile fun run prior to the

St. Patrick's Parade on March 7th
for more details, please go to

<https://www.runottawa.ca/>





OUR 2026 GOAL



2026 St. Patrick's Parade Sponsors

Pot of Gold Sponsorship

	<p>THOMAS CAVANAGH CONSTRUCTION LIMITED</p>		<p>Labourers' International Union of North America</p>	<p>Representing working men & women in Eastern Ontario</p>
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Keeper of the Parade Sponsorship



PROFESSIONAL MOBILE WASH



CONSTRUCTION • ELECTRIC



Tim Tierney
Councillor
Ward 11
Beacon Hill
Cyrville



Golden Harp Sponsorship



THE MURRAY FAMILY



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Mark your Calendar

March 7th Ottawa

St. Patrick's Parade

See you then

Celtic Knot Sponsorship

ITALFOODS

 **NATTIQ**



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Funeral, Cremation and Celebration of Life Services
Services de Funérailles, de Crémation et de Célébration de la Vie



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Leprechauns of the Festival Sponsorship

	<p>Mark Ryan VIA CAPITALE DIAMANT Real estate agency 613-614-7150</p>	



The Flags of Ireland Walking Float will be carried by the students from St. Patrick's High School of Ottawa.

There are County Flags available still to Sponsor



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Labourers'
International
Union of
North America

LiUNA!
LOCAL 527

Representing working
men & women
in Eastern Ontario

Are taking back the Street of Ottawa
March 7th, 2026 11AM



25 FT by 50 FT

Thanks to LiUNA this flag will be in the Parade.