



Irish Society
Of the National Capital Region
irishsocietyncr.com

Local Irish Canadian Storyteller



You can connect with Erica through her [podcast](#), [website](#), or [Instagram](#).

Dia duit! Is mise Erica Ní Raghallaigh.

Hello! I'm Erica O'Reilly, and I'm delighted to have been invited by the Irish Society to introduce myself to you.

As an Irish-Canadian storyteller based in Ottawa, I find great joy in celebrating Irish culture through story and song. With reverence for the storytelling tradition of the seanchaí, much of my work explores Irish mythology, folklore, diasporic grief and cultural identity — tales that remind us how memory, land, and belonging continue to live across generations.

While I primarily work in English, Gaeilge remains an important part of my artistic practice. Whether through song or poetry, when I speak or sing in Irish, I can't help but feel a little closer to home. For me, there is something deeply meaningful in carrying language forward, especially from Canadian shores.

These days, I'm incredibly grateful for the support of the Irish Society as new projects quietly take shape. Before we can officially share what's coming next, I invite you to explore my podcast, [Into the Circle with Erica O'Reilly](#), where Season 1 offers a collection of tales already told.

I look forward to sharing story and song with you soon.

Go raibh míle maith agaibh / Thank you so much.



Shamrock Salad – Same Name 2 Different Salads

An all-green salad that is so healthy and colorful, it can be used as a side salad or served on its own. It will bring out the Irish in you!

Ingredients:

1 bunch of asparagus spears
¾ cup sugar snap peas, trimmed ¾ cup snow peas, trimmed
¾ cup fresh peas
Handful of spinach
Handful of arugulas
2 sticks of celery, sliced

Dressing Ingredients:

1 garlic clove
1 tbsp. olive oil
2 tsp. white vinegar
1-2 tsp. grainy mustard



Instructions:

Remove ends from asparagus and cut into equal lengths.
Cook peas and asparagus in boiling water for two minutes, or until just tender. Do not overcook.
Remove from water and place in a bowl of iced water.
Drain, pat dry and place into a bowl with arugula, spinach and celery.
Combine the dressing ingredients, adding salt and pepper to taste, and mix thoroughly. Pour over salad and serve. Serves 4

From **Celtic Life International Recipes**

Ingredients Units: US

2 (5/8 ounce) packages **sugar-free lime gelatin**, divided

1 ¾ cups **boiling water** (for 1st pkg Jell-O)

1 ¼ cups **boiling water** (for 2nd pkg Jell-O)

6 ounces **low-fat cream cheese**, room temperature

1 tablespoon **fresh lemon juice**

1 (8 1/2 ounce) can crushed pineapple in juice, undrained

½ cup reduced-fat mayonnaise

½ cup **pecans**, chopped

½ cup **celery**, minced



Directions

Dissolve one package of Jell-O into 1-3/4 cups boiling water.

Pour into a shallow pan and chill until firm.

Cut into shamrocks with a cookie cutter.

Dissolve the second package of Jell-O into 1-1/4 cups boiling water; chill until partially thickened.

In a mixer, cream the cheese until smooth.

Add lemon juice, crushed pineapple with liquid and mayonnaise to the cheese mixture.

Combine thoroughly.

Fold cheese mixture into the partially thickened Jell-O.

Gently fold the chopped pecans and celery into the Jell-O mixture.

Turn into a 9-inch square pan and chill until firm.

At serving time, cut salad into 9 squares and arrange on lettuce leaf; top with gelatin shamrocks.

<https://www.food.com/recipe/shamrock-salad-115449>



Where Would We be Without these Irish Inventions?

In no particular order here are a few Irish inventions that have changed our lives. Some have a greater impact on us than others.

Colour photography

In 1894, John Joly from County Offaly discovered a practical and simple method of creating colour photos from a single plate. What a difference colour makes on how we see the world.

The Hypodermic Syringe

Francis Rynd was a physician from Dublin who used his homemade syringe to give the first subcutaneous injection in history in 1844. It consisted of a small steel needle and an ivory handle but with no plunger.



Portable Defibrillator

Professor Frank Pantridge, a doctor and cardiologist at Belfast's Royal Victoria Hospital, invented the portable defibrillator in the mid-1960s. He pioneered pre-hospital coronary emergency care by successfully integrating the 70kilogram prototype onto an ambulance.



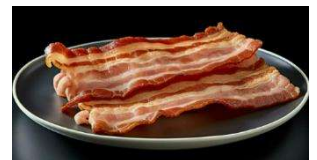
Trans-Atlantic calls

Lord Kelvin Thomson was knighted for his work in establishing the Atlantic Telegraph Cable in 1865. He helped lay the cable which stretched from Newfoundland to Valentia in County Kerry.

The Bacon Rasher

While considered an essential part of the "full Irish" breakfast where would our "BLT" be without it? Henry Denny, a Waterford butcher, invented the rasher in 1820. He re-invented and patented the bacon-curing process by using long flat pieces of meat instead of chunks and substituted the brine for dry salt.

This process significantly increased the overall quality and shelf-life of the bacon.



Flavoured Potato Crisps (Chips)

In 1954, Joe "Spud" Murphy, creator of the Dublin-based Tayto firm, pioneered the technology for seasoning chips, introducing the world to Cheese & Onion and Salt & Vinegar flavours. Have you checked out the flavours in a store lately?





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