



Irish Society

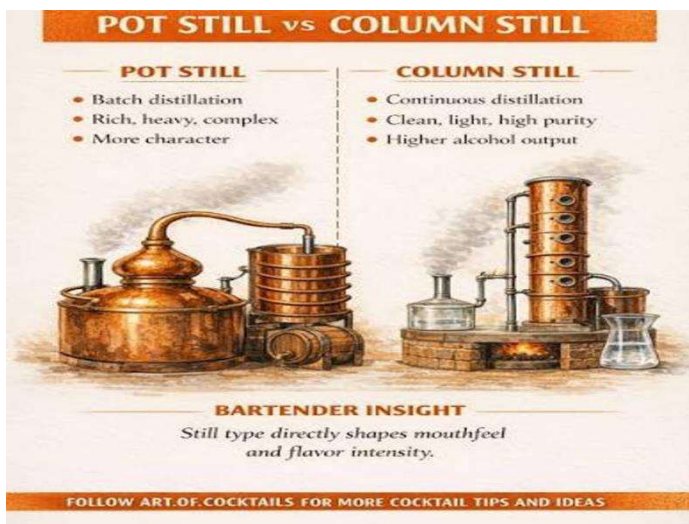
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GOOD OLD IRISH WHISKEY

It is believed that the origin of distillation began in ancient China around 2000 BC in the making of perfume and balms. It made its way westward through Asia and Arabia to Europe and eventually to Ireland by Irish missionary monks. The Irish monks initially used the technique to produce cures which in Latin were called 'aqua vitae' or water of life. As the process was adapted to distil and produce whiskey this also became known as water of life or 'uisce beatha' in Irish.

Irish whiskey production is legally governed by the Irish whiskey Act 1980 and the 2014 EU Geographical Indication (GI). To be legally called Irish whiskey, the spirit must be distilled and matured on the island of Ireland for at least three years in wooden casks. Here follows a summary of the legal requirements:



Geographical Origin: Must be distilled and aged on the island of Ireland (Republic of Ireland or Northern Ireland).

Ingredients: Made from a mash of malted cereals, with or without whole grains of other cereals, fermented by yeast and water.

Distillation: Distilled to an alcohol strength of less than 94.8% ABV so that it keeps the aroma and taste of the raw materials.

Aging: Matured in wooden casks (not exceeding 700 liters) on the island of Ireland for a minimum of three years. Unlike many other spirits, the law specifies wood rather than strictly oak, allowing other woods like chestnut or cherry.

Alcohol Content: Bottled at a minimum of 40% ABV.

Additives: No additives are allowed except for water and plain caramel colouring

There are 4 distinctive types of Irish Whiskey:

Single Malt Whiskey

This is made from 100% malted barley and distilled in a copper pot still at **one single distillery**. A popular example is Bushmills 10-Year-Old.

Single Pot Still Whiskey

This is made from a combination of malted and un-malted barley and distilled in a copper pot still at one single distillery. A best-selling brand of this type is Redbreast 12-Year-Old.



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Grain Whiskey

This is made from a variety of grains including barley, corn, wheat and rye and distilled in a column still. Some examples of Irish grain whiskeys are: Teeling Single Grain, Greener 8-Year-Old and Kilbeggan Single Grain

Blended Irish Whiskey

This is blended from a combination of single malt, grain and single pot still whiskey. These examples are among the best-selling brands globally and include: Bushmills Black Bush, Jameson and Tullamore D.E.W.

There is much debate about which countries produce the best **whiskey** or **whisky**, please note the spelling! In summary that is a matter of taste! Ireland, Scotland, the USA, Canada, Japan and India are the world's leading producers of the beverage. Only Ireland and the USA spell whiskey with the "e", the others produce whisky.

The unique selling points of Irish whiskey are:

Spelling

In the late 19th century Irish distillers added an "e" to whiskey to differentiate their product from the proliferation of Scotch whisky coming to the market. The 'e' is for *excellence*!

Distillation

Traditionally and to this day the majority of Irish Whiskey is triple distilled. Though by volume more Irish whiskey is now produced by column still, the hallmark of Irish whiskey is the copper pot still.

Taste

Triple distillation results in the smoother, lighter character associated with Irish Whiskey.

Trends and Changes

In the 19th century Irish whiskey commanded 60-70% of the global market and today that is estimated at somewhere between 7-12%. Scotch Whiskey dominates the market with a 33% share. Throughout time the Irish whiskey market has suffered many challenges: USA Prohibition, counterfeit production, trade difficulties with the British

following Irish independence, holding to the traditional pot still while Scotland advanced production with new technology and column stills and threats from emerging producers and markets.

How to enjoy

Again, the answer is a matter of taste! That said, adding anything other than perhaps a smidgeon of water or an ice cube to a premium bottle measure might raise an eyebrow. On the other hand, lesser expensive Irish whiskey is extremely popular in cocktails the world over. However, you take it ...**Sláinte!**

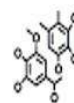
Double vs Triple Distillation

Comparing key features in whisky production

Double Distillation



Bold Flavor



More Congeners

Triple Distillation



Smooth Texture



Higher Purity

Source: A whisky enthusiast's guide



Sources:

Broom, D. (2014) The World Atlas of Whisky (2nd ed.) Octopus Publishing Group

<https://www.jamesonwhiskey.com/en-ie/our-story/our-history/>

<https://stillspirit.com>

PHOTOS: WWW.GOOGLEIMAGES.COM

By Mary Garry



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IRISH HERITAGE STRONG IN OTTAWA VALLEY

Killaloe Irish Gathering

The luck of the Irish was with the organizers of the Killaloe Irish Gathering on Aug. 14 and 15. This marked the 10th annual event to celebrate the rich Irish heritage and traditions found in this community and surrounding areas. The weekend offered live music, dancing, and a variety of activities for young and old alike. The festival invites locals and visitors to recognize their shared history while enjoying Irish culture. As noted on the township's website: "The event fosters a sense of community and pride in both the Irish heritage of the town and its enduring ties to Killaloe, Ireland."

The entertainment was 'grand'. Friday's crowd was entertained by Gillan Rutz and Dean Lapierre as well as the Fiddlares.

I attended on Saturday afternoon and was able to tap my foot and sing along with Kyle Felhaver, Gail Gavan, Louis Schryer, and Mike Ryan (to name a few). The audience was treated to Irish dancing and valley step dancing!

One of the main organizers, Betty O'Connor was pleased that things had worked out so well and proudly showed me the newly installed Blarney Stone plaque.

I even had the opportunity to chat with David Mayville, the mayor of the township of Killaloe, Hagarty and Richard as well as St. Patrick, himself! It was a great way to spend an afternoon listening to Irish music in Killaloe, Ontario, the official birthplace of BeaverTails pastries.

Lorraine O'Reilly



Pictures (Top- bottom)

Gail Gavan, Louis Schryer, Mike Ryan and Seamus Costello

Kyle Felhaver and band

Captive Audience

Plaque



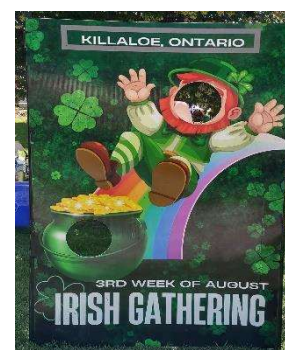
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Killaloe Irish Gathering 2026



Mayor David Mayville





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TRIVIA

The Irish Society in partnership with *Gordie Smith Trivia* will be publishing a monthly trivia page with the answers being posted on the Irish Society Website and will be printed the following monthly in the newsletter.

Question #1: Four Irishmen have won the Nobel Prize for Literature. Which poet, recognized as perhaps the most important and celebrated Irish poet of the late 20th century, was the last to win it, in 1995?

Question #2: At approximately 224 miles, the Shannon is the longest river in Ireland. What are the next two longest rivers?

Question #3: Born in Drogheda, County Louth in 1953, Pierce Brosnan starred in four James Bond films. Goldeneye (1995) was his first movie, name the other three.



Question #4: In March, which country did the Republic of Ireland lose to on penalty kicks in the second round of the UEFA playoffs to be eliminated from the Men's FIFA 2026 World Cup that was held in North America?

Question #5: In 1972, which singer became the first Irish artist to have a No. 1 hit in the US on the Billboard 100 song charts?

Question #6: Based on the 2022 census results, Ireland's 32 counties span a total population of approximately 7.05 million people. Dublin is the most populous county with 1.458 million residents. What are the three LEAST populated counties?



TRIVIA NIGHT IN BARRHAVEN!!!
HEART & CROWN (3161 STRANDHERD DR.)
Every second Tuesday of the month
Trivia begins at 7pm
Come and Test your Knowledge



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The Last Days of Summer

According to the Farmer's Almanac there are two ways to define the end of summer resulting in two different dates.

- **Astronomical seasons** track the sun's position. Summer ends on September 21, 2026, just before the fall equinox.
- **Meteorological seasons** follow the calendar and average temperatures. This means that summer ends on August 31, 2026.

In Ireland they have a third option - the ancient Gaelic calendar, where summer ends on August 1 (*Lúnasa* or *Lughnasadh*) to mark the start of the harvest.

Lughnasadh is an ancient Irish festival to honor the Celtic god Lugh and express gratitude for the first grains and crops. Some Irish lore say that Lugh created the day to honour his foster mother, Tailtiu, who died after clearing the land for farming. In the past it was traditionally celebrated with bread baked with the new grains collected, athletic competitions, large fairs and musical performances, as well as bonfires and shared feasts.

Which ever calendar you follow, summer is coming to an end. Days are getting shorter, nights are getting cooler and routines are starting to change

Lorraine O'Reilly

Surviving Traditions and Fairs

Puck Fair: Held in Killorglin, County Kerry. One of Ireland's oldest traditional fairs with strong origins in *Lughnasadh*. August 10–12, 2026

Auld Lammas Fair: Held in Ballycastle, County Antrim, at the end of August. Featuring traditional open-air markets. August 22 – 25, 2026

Reek Sunday: A major annual pilgrimage to the summit of Croagh Patrick in County Mayo that incorporates traditional hill-climbing harvest customs. July 26, 2026



Lugh

Modern Revivals

Cultural Reenactments: Historic sites such as Carrickfergus Castle in County Antrim, provide local public events and living-history displays.

Neo-Pagan Practices: Contemporary groups and individuals across Ireland observe the exact solar marker with outdoor gatherings, bonfires, and first-fruit offerings.

In the Ottawa Region and the Valley on both sides of the river we recognize and celebrate the harvest season with fairs. These fairs were originally founded to promote and enhance local products, crafts, livestock and farming. Today, while still promoting farming (horse shows) and harvesting exhibits, they entertain visitors with games, grandstand shows, music, demolition shows and much more.

Lorraine O'Reilly



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Irish Style Egg Salad Sandwich

<https://www.irishamericanmom.com>

Prep Time: 10minutes minutes

Servings: 2

Calories: 520kcal

Ingredients

- 4 slices sandwich bread
- 60 g butter to spread on bread
- 2 hard boiled eggs
- 1 Roma tomato or 2 small petite tomatoes
- 2 green onions scallions in Ireland
- 2 leaves butter lettuce
- 30 g mayonnaise
- ? teaspoon salt
- ? teaspoon pepper



Instructions

1. Start by preparing the filling for these sandwiches. Halve the tomatoes and scoop out the seeds and pulp, and discard. Dice the outer tomato flesh into ½ cm size pieces.
2. Slice the green onions very thinly.
3. Shred the lettuce leaves thinly and mash the hard-boiled eggs.
4. Mix the mashed hard-boiled egg, diced tomatoes, green onions, lettuce and mayonnaise.
5. Season the filling with salt and pepper to taste.
6. Butter each pair of bread slices on the touching, matching sides.
7. Divide the filling in two and spread over the buttered side of two bread slices. Top each sandwich with its paired buttered bread slice.

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ISNCR is looking for a Project Manager/Creator



for the monthly
NEWSLETTER

Start date: November 1st, 2026



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