



Irish Society
Of The National Capital Region
irishsocietyncr.com

Letter from the ISNCR President

Dear Members,

It's that time of year again when the Irish Society of the National Capital Region must prepare for the annual transition. The Annual General Meeting has been set for Wednesday September 16th at St Patrick's Basilica on 115 Kent Street.

This annual exercise is an opportunity for the executive to validate our current direction and outline the future course for the Society as well as an opportunity to get re-acquainted with the membership.

My two-year term as President is coming to an end which means I must stand for re-election along with many of my board members. I haven't yet finished what I had planned to get done within this term so I will be standing for re-election to complete the transformation that I started.

Since becoming President in November 2024, we have brought back the monthly newsletter, upgraded our website, introduced online membership, reduced 5 membership levels to a single fee, gotten the city to recognize the Irish contribution to the city development with the Irish Village Street signs in the ByWard Market, secured a new Irish Parade route, and took back the streets of Ottawa with the return of the St. Patrick's Parade on March 7th 2026, with the largest Irish Flag in Canada, the 32 County Flag Float and the tribute to the Irish Canal Workers.

While it may seem like a lot, there are still things to do to stabilize the St. Patrick's Parade and the Society's finances, revise the constitution, and grow our membership to 1,000.

The 10- person board has worked tirelessly, but we need a few extra hands to finish the job. We are seeking individuals with expertise or skills in social media, Ottawa History, Legal and story telling.

Slán

Tom O'Neill

President Irish Society of the National Capital Region

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FIFTEEN



This Northern Ireland treat is a nostalgic indulgence with coconut, candied cherries and marshmallows.

Fifteens are a much-loved no-bake treat deeply entrenched in Northern Ireland culture. They are so named because you use 15 of each ingredient: digestive biscuits, marshmallows and candied cherries plus enough sweetened condensed milk to hold it all together. They are very sweet and simple to make. Two hints: bash the biscuits into a range of textures, from fine crumbs to larger chunks, and let the mixture sit before rolling.

Ingredients:

15 digestive biscuits
15 marshmallows (or 75 g of mini marshmallows)
15 candied cherries (or maraschino cherries or dried cherries)
1/2-3/4 (or 300 ml) can of sweetened condensed milk
flaked or shredded coconut for rolling

Directions:

Put the digestive cookies into a heavy-duty ziploc bag and bash them with a rolling pin (remember partial crumbs, partial larger bits - nothing more than the size of a nickel).

Put the bashed cookies into a bowl. Snip in the marshmallows (oil the blades of the scissors first to keep them from sticking). Cut the cherries in half and add them to the bowl, too.

Add enough sweetened condensed milk to make it all clump together. Allow the mixture to sit for a bit (10 mins).

Divide the mixture onto two pieces of parchment paper or waxed paper.

Roll each into a log (use the paper to help you roll, so your hands don't get sticky).

Refrigerate the logs for 1 hr (until firm). Roll in coconut to coat the outside of the logs. Return to the refrigerator until ready to serve.

Slice the log, serve and enjoy. Store well-wrapped in the 'fridge.
Makes 2 logs with about 10 slices in each (so 20 slices in total).

(Source: Julie Van Rosendaal - Globe & Mail)

Thanks for sharing the recipe, Cathy Healy.





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If You're Ever in Ireland

Willie Clancy Week – 50+ Years of Irish Cultural Joy!

A small town on the west coast of Ireland comes alive the first week of every July with the sound of traditional Irish music. It's called Willie Clancy Week, and it is an annual celebration of traditional Irish music, song and dance held in Miltown Malbay, County Clare. Officially called the Scoil Samhraidh Willie Clancy, or Willie Clancy Summer School, it started in 1973 in memory of the renowned local uilleann piper Willie Clancy. (Uilleann pipes are Irish bagpipes and have a distinctly mellow tone compared to Scottish bagpipes.) The event brings together musicians, singers, dancers, students and visitors from Ireland and around the world. It's become so popular that hotels, B&Bs and Airbnbs for miles around are booked for the event a year in advance.



The formal schedule includes classes in uilleann pipes, flute, fiddle, tin whistle, harp, banjo and accordion. There are classes for traditional step, Sean-nos and set dancing as well as singing classes for those interested in learning traditional songs in both Irish and English. Lectures and recitals round out the event. What you won't find in the program is the fact that the town comes to life with impromptu music sessions in the pubs, on the streets, in the parking lots. Famous Irish musicians have been known to just show up and join a session.

While the festival itself is amazing, it is held in a beautiful part of Ireland. It's less than 3km to the Atlantic coast and Spanish Point, named after those who died in Spanish shipwrecks in the middle of the 16th century. It's also within driving (or cycling) distance to the Cliffs of Moher.

The festival is unlike typical music festivals. It's not about watching. It's about doing. People go to Willie Clancy week to play, to dance, to sing and to learn. It's one of the most important gatherings in the Irish cultural calendar yet still feels like a community of like-minded people just coming together to do what they love.

Marie Donnelly



A Little bit of Humour

Irish Expression heard in the Ottawa Area.

"He was so miserly, he'd peel an orange in his pocket." Cheap

"I am just going for messages". Running errands

"What's bred in the bone can't come out". - Referencing someone's behaviour - good or bad.

Jaysus, Mary, and Joseph! "- Oh my God!" or "Good grief!"

"Give 'er a go." - Try something.

"Didn't they look like themselves!" Often heard at wakes.

Source of pictures: Discover Ireland, World Press.com
Wikipedia.com



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