Irish Society
of the National Capital Region
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OCTOBER 2026

The Irish Connection to Hallowe'en



Hallowe'en holds different meanings for everyone: commuting to and from work in the dark for some, enjoying a pumpkin-spiced hot drink for others. Kids of all ages love dressing up in costumes, whether store-bought or made from household items and old clothing. How you choose to spend the evening of October 31—leaving town or catching a movie—the celebration has Irish roots.

On October 31st, we Irish celebrate Samhain, an ancient pagan festival marking the Celtic New Year. The word Samhain is pronounced ***'Sow'wan'*** (depending on your dialect). Samhain is also the Irish and Scottish Gaelic name for **November.** Each Samhain, the Púca Festival celebrates the ancient traditions of Samhain and welcomes the strange and mischievous creatures that come forth from the chasm of space and time in some of Ireland's most historic places; the Hill of Ward, where those ancient fires were first lit, and the heritage town of Trim dominated by a towering Norman fortress.

Samhain is a time of change. Our ancestors began the celebrations by extinguishing the old year's flames and welcoming the new season with a ceremonial fire. Samhain represents the ***'veil between the worlds of the living and the dead'***. A threshold often symbolizes this veil - hence the many children who seemingly appear out of nowhere as dusk gives way to darkness.

The date of October 31st was chosen as it is considered the beginning of the winter. Livestock were brought in from pasture and land tenures were renewed. It was also thought that the souls of those who had died returned to visit their homes and those who had died during the year journeyed to the otherworld. The Irish celebration of Samhain began on the evening of 31 October, since the Celtic day began and ended at sunset.



People set bonfires on hilltops to re-light their hearth fires for the winter and possibly to frighten away evil spirits. People sometimes wore masks and other disguises to avoid being recognized by ghosts thought to be present. In such ways, witches, hobgoblins, fairies, demons, and the like may have come to be associated with the day. The superstitions gave way to our modern-day habit of dressing up in a costume; the scarier the better!!!

Modern day Hallowe'en enthusiasts light candles and place them in pumpkins to mimic the hillside fires as well as the year ending ceremonial fires. But where does the habit of knocking on doors to receive candy originate from? Trick-or-treating is thought to have evolved from ancient Irish and Scottish customs practised on the nights leading up to Samhain. In Ireland, "mumming" involved wearing costumes, going door to door and singing songs to honour the dead, with cakes given as payment.

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Possibly an Irish Fairy but no one really knows…..

Hallowe'en pranks also trace back to Samhain, though in the ancient festival, tricks and mischief were usually blamed on fairies. Despite Walt Disney's interpretation of fairies, we Irish know well enough to stay away from them.

They are not the flying pixie- like young ladies with wings Hollywood portrays them to be! See attached photo. If you see a fairy . . . run!
Additionally, in some parts of the world (for example Mexico) Samhain is held on 1 November and is known in these areas as The Day of the Dead



So, this year as you prepare for October 31st/November 1st you will be walking in the footsteps of your ancestors who began the traditions of Samhain over 2000 years ago. Originating in Ireland and spreading throughout Great Britain and into North America the tradition of dressing up in costumes and asking neighbours for treats has thrilled and delighted children of all ages! October 31st lands on a Saturday this year so be sure to stock up on the treats you intend to hand out! BOO!!!!! Be sure to send us your pictures for November's Bulletin!

~ Barbara Ann Vocisano

Nuit Blanche – A Memorable Evening

A Sleepless Night or All-Night Event



"Go raibh míle maith agat - thank you so much to the Irish Society of the National Capital Region for helping to bring 'A Lament for Those Not Buried at Home' to Nuit Blanche Ottawa 2026. On Sept.26, the Ottawa ByWard Market was a buzz and it was an honour to be in the heart of Sráidbhaile Gaelach, Ottawa's Irish Village, to share a poem and sean nós song in honour of the Irish labourers and their families who lost their lives in the building of the Rideau Canal.

Buíochas ó chroí - Heartfelt thanks also to the Heart & Crown in the ByWard Market. Your team was incredibly supportive throughout the night, and it felt like home to be sharing close to your doors."

~ Erica O'Reilly

You can catch the story at:
https://stepintothecircle.substack.com/p/a-lament-for-those-not-buried-at







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The St. Patrick's Day Pilgrimage—A Testament to Community and Faith



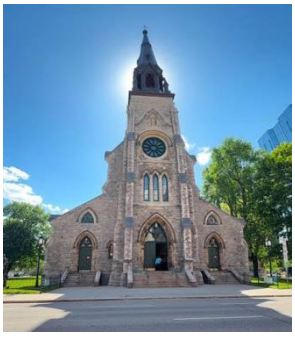
St. Patrick's Church
Fallowfield

For going on ten years, Bryne Egan, with the help of volunteers, has organized the St. Patrick's Day Pilgrimage walk. The day begins with Mass at St. Patrick's, Fallowfield, and concludes with a potluck reception at St. Patrick's in downtown Ottawa. The 28-km route traverses the National Capital Commission trails, with stops at St. Maurice's, St. Augustine's and St. Mary's parishes.

Recently, I spoke with Byrne, along with volunteers Andrew, Carol and Per. As Bryne describes it, the idea for the Pilgrimage began as a way to celebrate both his Irish heritage and the spirit of St. Patrick. What began as a solo walk by Bryne eventually grew into a shared journey with a friend and ultimately expanded into a community event as various church groups and other organizations discovered it and joined. Eventually, the Rosary Pilgrimage, which is held annually in the Fall, was added.

There are breaks throughout the approximately eight-hour walk during which Carol brings coffee, water and snacks. Pilgrims are always happy to see her! Still, you can walk as little or as much as you like. On the sign-up page you can indicate the distance you intend to walk and whether you need a ride to or from a specific location. Recognizing the importance of shared experiences, friendship building and sense of community, one needn't walk the entire route to attend the reception at St. Patrick's Basilica.

The Pilgrimage's success depends on volunteers and there are several opportunities for engagement. For example, ride support (i.e., shuttling pilgrims to and from sites as required), promotion (social media) and hospitality (e.g., food for the reception). If you are interested and available, please contact Bryne. His coordinates are available at: https://stpatricksfallowfield.com/event/st-patricks-day-pilgrimage-2026/



St Patrick's Basilica

For Bryne, the Pilgrimage is a way to honour St. Patrick who, in the mid-fifth century, walked across Ireland and converted the Irish population to Christianity. For Carol and Per, both of whom are active with the Federation of North-American Explorers, there is a strong element of service in their volunteer duties. For Andrew, the walk is multi-faceted – it encompasses Irish tradition, with elements of spirituality, religiosity and physicality, and ends in community.



NCC trail sign to the path.

The St. Patrick's Day Pilgrimage offers participants the opportunity to walk in fellowship, pray the Rosary together, and step away from daily routines to encounter the divine. It is a powerful testament to community and shared faith.

~ Mary Catharine Carroll

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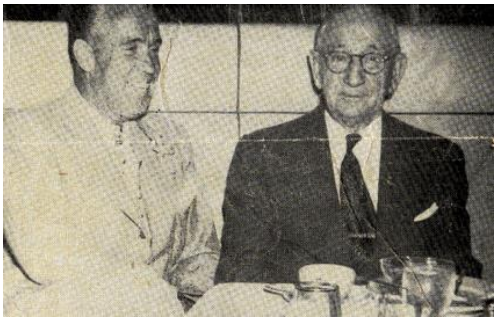
David B. Mulligan: A Man of Many Talents

David Mulligan was one of Ottawa's most successful Irish sons, although today most people know his name for something entirely different: **he is the man credited with giving golf the term "mulligan."**

Long before that story became part of golf folklore, David led an extraordinary life in Ottawa. He was born in Pembroke Ontario and began his hotel career as a bellhop at the Copeland House in Pembroke in 1892. Around 1904 he ran the Russell House Hotel (on the southeast corner of Sparks and Elgin Streets) alongside his brother, George. David married Marie Zanone Hill, at St Patrick's Basilica in Ottawa in1905. Sadly, she passed away from complications after the birth of their son. He married his second wife Jean Craig Mulligan in New York, in 1914, and had three more children.

His career in hospitality expanded far beyond Ottawa. David became a superintendent within the Canadian national hotel system that would evolve into the Canadian National Hotels, with properties including Ottawa's Château Laurier coming under his sphere of responsibility. He was General Manager and controlling director of Montreal's Windsor Hotel from 1924 to 1927, before becoming an owner of the hotel from 1927 to 1931. At the time, the Windsor was regarded as Canada's most prestigious hotel, making this an important chapter in his remarkable Canadian career.

Mulligan later moved to New York and rose to the very top of the North American hospitality industry. David became General Manager of the Waldorf Astoria, President of The Biltmore and Realty Hotels, and was eventually referred to as the "Dean of the North American Hotel Business". He served on the Board of Directors of Winged Foot Golf Club and the Fifth Avenue Association, held senior positions within the hotel industry, and was a member of the Sovereign Military Order of Malta.



Vernon Cardy (l) with David B. Mulligan (r) at the Annual Golf Tournament held by the Association Hôtellerie du Québec.

He was a passionate sportsman

While in Ottawa, he served as the Director of the Player's Committee (equivalent to being a General Manager today) for the Ottawa Senators. He guided the team to **three-time Stanley Cup championships** during the Ottawa their early years and was a friend and contemporary of the *other* D'Arcy McGee — yes, Ottawa had another prominent D'Arcy McGee — who served as President of the Ottawa Hockey Club

David was also General Manager of the Ottawa Capitals lacrosse team, which won the Minto Cup in 1906. From 1904 to 1911, David and his brother were owners of Ottawa's historic Russell House Hotel, once one of the city's great hotels and centres of political and social life.



And then there is the Mulligan.

There are multiple variations of this story. Even the New York Times included two versions of the same event. I have chosen to share these versions that are supported by historical evidence and eye-witness accounts.

The August 10, 1997, New York Times article includes the account of Donald Grant, who was a member of the original Mulligan foursome at the Country Club of Montreal, where the expression originated. Several other independent articles have referenced eyewitness accounts from other members of that original Mulligan foursome.

Version 1: While driving the extremely bumpy road to St. Lambert's course Mulligan's hands suffered the shock and strain of holding the steering wheel steady resulting in a poorly hit his opening drive. Felling sorry for him, his buddies graciously allowed him a second chance.

Version 2: Comes from M. Donald Grant, a Canadian who became well-known in New York and a cousin of Mulligan. According to him, Mulligan was often in a hurry to get to the golf course and be back in time to setup the evening events at the Windsor. As a result, Mulligan often poorly hit his first short. He would then hit another and because he was such a "well-liked" fellow, his mates let him get away with it. The story gets intriguing when one day one of the other regular foursomes, Charles Gordon, shoots poorly and, as they are leaving the tee, Gordon calls, "Wait a minute, boys, I'm going to take a mulligan." After that it became the thing to do.

When Mulligan moved to New York to manage the Biltmore he brought the practice with him, and

That's how the 'mulligan' became a part of a friendly game of golf.

Looking Ahead: Bringing the history of the Mulligan full circle at the very club where David B. Mulligan's legacy became such an enduring part of golf.



Did You Know

In 1931, Tommy Armour gave former Major League Baseball player and professional golfer Sammy Byrd a mulligan, an incident reported in a Detroit newspaper that year.

During a golf game covered by reporters in 1947, General Eisenhower requested a mulligan

In 1956, the Windsor Star published an article identifying the mulligan as Canadian in origin and connecting President Eisenhower's understanding of the term to the David B. Mulligan tradition at Winged Foot.

Lorraine O'Reilly

Sources

The historical information was shared by Stuart Graham author of Mulligan Man, release date 2028, in collaboration with Leighton H. Coleman III, David B. Mulligan's grandson.

David B. Mulligan official website: https://www.davidbmulligan.com/

https://en.wikipedia.org/wiki/David_B._Mulligan

The photo of David B. Mulligan with Vernon Cardy is from the private collection of Leighton H. Coleman III, grandson of David B. Mulligan and co-founder of David B. Mulligan & Co. LLC.

The photo of the bust of D.B. Mulligan came from https://www.davidbmulligan.com/

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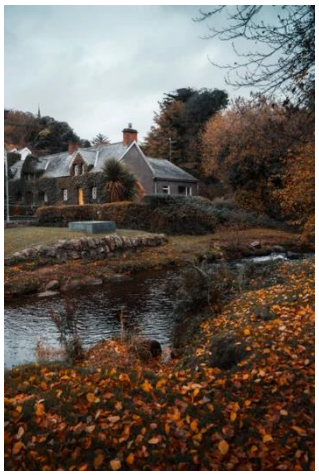
AUTUMN
in the
OTTAWA
AREA
or
IRELAND







Can you tell which is which?







Lorraine O'Reilly

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Ottawa Irish Arts CÉILÍ

I had the opportunity to spend a few hours Sunday, Oct 18, in the afternoon at the Ottawa Irish Arts CÉILÍ held in the Kildare room at **St. Brigid's Centre for the Arts**. Local musicians who regularly play at Daniel O'Connel's Irish pub each Thursday evening kept the dancers moving and those watching entertained.

If you have never been to a céilí, it is a lively, informal social gathering centered around traditional group Irish dancing, live music, and community spirit. It is truly a learning experience. The dancers kicked up their heels and readily offered directions to the rookies as they all sidestepped, advanced and retired and spun with their partners. It can be a real workout at times.

Carol Ann Bowers did an amazing job as the caller and walked the dancers through the different dances. During a band break we were entertained by the lovely singing of Mary Comerton.
To top the afternoon off, they served Irish soda bread with butter and jam. It was a very enjoyable afternoon.

The next céilí will be held on November 15, from 2 until 5, at **St. Brigid's Centre for the Arts**. These céilís attract people of all ages. On Sunday, I saw young families with their children, university students with unbridled energy and enthusiasm as they learned the dances as well as a number of silver-haired folks who proved age is not a barrier to cutting up the dance floor.



GO FUND ME: Help upgrade the sound system for St. Brigid's Centre for the Arts
https://gofund.me/7e8a6e649

Lorraine O'Reilly











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Irish Players in the CFL

A new generation of Irish-born players is successfully bringing the luck—and the skill—of the Irish to the Canadian Football League (CFL), from the historic pitches of Ireland to the vast fields of Canadian football.

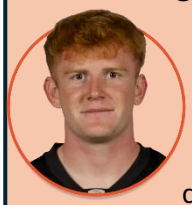
Jude McAtamney



He was born on May 9, 2000, in Derry, Northern Ireland. He played Gaelic football for the Derry GAA before switching to American football through ProKick Australia and attending Chowan University and Rutgers University. Jude played in the NFL (National Football League) until 2025 after signing with the New York Giants as an undrafted free agent in 2024. During the 2026 season, he took over as the Calgary Stampeders' kicker after longtime veteran René Paredes was injured.

Despite sharing the kicking duties with veteran René Paredes earlier in the year, and having played fewer games, his 84.6% field goal accuracy and his massive 57-yard long make him one of the most efficient and powerful young kickers in the CFL. His 57-yard field goal is tied with Edmonton's Vincent Blanchard for the longest recorded kick in the CFL this season.

Ross Bolger



Born in Killeshin, County Laois, on April 25, 2001, this Irish professional Canadian football kicker/ punter is presently a free agent. Previously he was an Idaho State Bengals college football player and a former Gaelic football player. He earned an invitation to the NFL International Pathway program early in 2025. Bolger was drafted in the first round (fourth overall) by the B.C. Lions during the 2025 CFL worldwide draft. He spent the entire 2025 season on the practice squad and was released in February 2026.

Mark McNamee

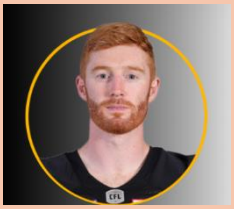


McNamee, an Irish professional gridiron football kicker for the BC Lions (CFL), was born in County Dublin on October 11, 1999. A former Gaelic football goalkeeper with Ballyboden St Enda's.

As a participant in the NFL's International Player Pathway program, he previously played for the Green Bay Packers.

McNamee was selected in the second round of the 2025 CFL global selection by the BC Lions on May 5, 2025. He successfully completed one field goal in each of the Lions' preseason games, from 32 yards against the Calgary Stampeders and 42 yards against the Edmonton Elks.

Tadhg Leader



Leader, a former rugby union player and American football placekicker/punter, was born in Galway, Ireland, on March 1, 1992. He signed as a global player with the Hamilton Tiger-Cats of the CFL. Before joining the Tiger-Cats in February 2022, he made the transition to American football through The Spring League (Aviators) and Poland's Panthers Wrocław part of the European League of Football (ELF). Leader started Leader Kicking, a company that assists Irish soccer, rugby, and GAA players in securing college football scholarships and setting them up as NFL/CFL prospects. Ross Bolger and Mark McNamee, two Irish kickers, were coached and mentored by him.

Lorraine O'Reilly

Sources:

Pictures from https://stats.cfl.ca/stats/player

Wikipedia

https://calgaryherald.com/sports/jude-mcatamney-bet-on-himself-now-the-stampeders-are-cashing-in

https://ticats.ca/2022/02/23/tiger-cats-add-global-kicker-leader/

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TRIVIA NIGHT IN BARRHAVEN!!!
HEART & CROWN (3161 STRANDHERD DR.)
Every second Tuesday of the month
Tuesday, November 10th at 7pm

The Irish Society in partnership with ***Gordie Smith Trivia*** publish 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 What was invented by Sir James Martin of Crossgar, County Down in 1944 after his friend and business partner, Valentine Baker, died in a plane accident? This invention has become a standard part of aircraft and pilot safety around the world and has saved close to 8,000 lives to date.

Question #2 In which of the 32 counties would you find the following landmarks:

1. Rock of Cashel
2. Fanad Head Lighthouse
3. Benbulben

Question #3 Born in Ballymena on the 7th of June 1952, Liam Neeson has portrayed numerous historical figures in his movies, such as Oskar Schindler and Michael Collins. In which 1995 movie did Neeson play the role of an 18th-century SCOTSMAN who becomes engaged in a dispute with a nobleman in the Scottish Highlands?

Question #4 The All-Ireland Senior Football Championship (SFC) is the premier inter-county male competition in Gaelic football. Which two counties competed in this year's Final on July 26th at Croke Park?

Question #5 Located in MacGillycuddy's Reeks in County Kerry and standing at 3,047 ft, what is Ireland's highest mountain?

Question #6 The following were the lead singers of which Irish musical groups:

1. Shane MacGowan
2. Dolores O'Riordan
3. Phil Lynott

ANSWERS POSTED TO **IRISHSOCIETYNCR.COM**

Answers to September's Trivia

1. **Christopher 'Christy' Brown was the Irish writer and painter, born with cerebral palsy, that led to him writing or typing with the toes of one foot, autobiography *'My Left Foot'***
2. **Waterford, Westmeath, Wexford** and **Wicklow are the 4 Irish counties beginning with "W".**
3. **Harry Potter and the Chamber of Secrets** (2002) **was Richard Harris' final film role playing Albus Dumbledore**
4. **Boxing** with a total of 19 (4 Gold, 5 Silver and 10 Bronze) **the sport in which Ireland won the most of those 42 medals at the Summer Olympic Games**
5. **Lough Corrib** at approximately 176 sq/kms **is the second largest lake in Ireland**
6. Venado Tuerto**, Argentina (**his father was a British diplomat there**) is where Chris de Burgh was born.**

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GONE BUT NOT FORGOTTEN



Kathleen Philomena Grehan-Dubé

Kathleen Philomena Grehan-Dubé, with the love and support of her family, passed away peacefully at home on Sunday, Oct. 4, 2026. She was 86 years young.

Kathy was born and raised in Ballina, County Mayo, the daughter of Ambrose and Bridget Grehan, the sixth of ten children. At Christmastime in 1956, at the age of 16, Kathy emigrated to Powell River, British Columbia, where she worked first as a nanny for her sponsor's family. In the summer of 1958, Kathy met her future husband, John Dubé, then serving aboard HMCS Ontario.

In 1958, Kathy emigrated to Buffalo, New York, sponsored by her father's closest childhood friend, Anthony "Pop" Walsh, a father of fifteen, and found herself lovingly accepted into this Mayoman's family, home and life. Pop helped her get her Green Card and employment. Helping Irish immigrants became, the responsibility and mission of this 18-year-old girl.

Kathy and John married in Acton Town, London, England, on June 24, 1961, three years after that fateful first dance in Powell River. In April 1962 Kathy returned to Canada, with her first child in her arms. In 1963, her second child was born. Employment opportunities took the family to Québec and then to Montréal where she had her third child.

Kathy and John later moved to Ottawa and Kathy quickly became the heart of the Irish community. She joined the Irish Society, the Irish Seniors Social Group and in her later years, St. Brigid's Centre. Her accordion went with her. She was a strong advocate for the less fortunate and always had time for those who had less than she did, whether raising funds for charity, helping immigrants arriving in Ottawa to find work, or taking part in community activities.

For close to 30 years Kathy lived with Parkinson's disease which, like everything else in her life, she met on her terms. The challenge did not stop her from being her authentic and undaunted self, and in the years that followed her formal diagnosis in 1998, she and John did most of what they had set out to do together, despite her progressing, debilitating illness.

Kathy was supported in her challenging journey by her loving and devoted husband, John; by her children Jacqueline (Ron O'Neil), John Daniel (Kris McKinnon) and Rob (Christine Bedard); by her grandchildren John-David (Courtney), Emma (Joe), Michael, Maria and Sierra; Sophie (Hunter) and Sara (Robert); Liam (Grace), Jan (Sierra) and Quinn; and by her great-grandchildren Opal Rose, Bridget, Lucy and Ezra.

In Ireland she is remembered by her brothers Ambrose and Jackie and her sisters Bernie, Carmel and Lucy. Kathy was predeceased by her parents and by her siblings Danny, Christina, Bridie and Connie. Family and friends are invited to visit at Kelly Funeral Home, Somerset Chapel, 585 Somerset Street West, Ottawa, on Friday, Oct. 30, 2026, from 2 p.m. to 8 p.m. A Funeral Mass will be celebrated at Saint Patrick Basilica, 281 Nepean Street, Ottawa, on Saturday, Oct. 31, 2026, at 10:30 a.m., followed by a reception in the parish hall.

The mass may be attended virtually - live at https://www.basilica.ca/livestream. That evening, at 4 p.m., the Irish community will gather at Saint Brigid's Centre for the Arts in the Kildare Room to celebrate her life. Burial will take place at a later date at Cimetière Notre-Dame.

A memorial of life celebration for Kathy will follow in 2027 in Ballina, Mayo.

Excerpts from her Obituary https://www.arbormemorial.ca/en/kelly-somerset/obituaries/kathleen-philomena-grehan-dub%C3%A9-n%C3%A9e-grehan/167920.html

Remembering Irish-Born Service Members and Irish Canadian Veterans

Irish-born service members and Irish-Canadian veterans hold a deep and enduring place in the military history of Ottawa and the surrounding region of Ontario. Their legacy spans generations, from the early development of British North America and the building of the Rideau Canal to the heroes of the First World War and the commemorative traditions that continue today.

On Nov. 11, Remembrance Day, we must hold these men and women, and their families, in our hearts and prayers. We honour those who served, those who made the ultimate sacrifice, and the families whose lives were forever changed by war and military service. Their contributions deserve our enduring gratitude and remembrance.

Beechwood Cemetery is to be commended for establishing the National Day of Commemoration for Irish Nationals and Irish Canadians in the Military. First held on Saturday, July 11, 2026, the event coincided with Ireland's National Day of Commemoration, observed on the Sunday closest to July 11. This important initiative provides Irish-born service members, Irish immigrants who settled in Canada, and generations of Irish-Canadians who have served in uniform, a Canadian site of remembrance. It honours the legacy of Irish men and women whose service, courage, and commitment helped defend peace and freedom across generations.

Above all, this day celebrates the enduring relationship between Ireland and Canada—a bond forged through migration, shared sacrifice, military service, and the countless individuals whose lives have connected these two nations. By preserving their stories and honouring their contributions, we ensure that their legacy will continue to inspire future generations.

Lorraine O'Reilly

Source
https://beechwoodottawa.ca/a-new-national-tradition-honouring-irish-nationals-and-irish-canadians-in-military-service/

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Source: **The Irish Effect**

Your Community. Your Voice. What's the Scoop?

Help us keep the Irish community informed. Share article ideas, and events. Help ensure that Irish stories, tales and traditions are preserved.

What would you like to see in the newsletter? We're willing to listen.

Facts or an Old Wives' Tales?

Families traditionally left the front door unlatched or wide open on All Souls' Night so returning family spirits could walk right inside without being locked out.

People placed an extra full place setting for each deceased relative on the kitchen table to welcome them back for an invisible meal

Children went door-to-door begging for "soul cakes" from neighbors in exchange for promising to say prayers that would help free souls stuck in Purgatory.

https://www.irishcentral.com/culture/all-souls-day-ireland

Lorraine O'Reilly

The Countdown is On: 80 Bottles Left to Taste History

Oct. 4, 2025, the Irish Society of the National Capital Region planted an autumn blaze maple tree on the grounds of St. Patrick's Basilica to commemorate Thomas D'Arcy McGee's 200th birthday.



One year later, in October 2026, in celebration of Ottawa's 200th birthday and to honour the legacy of Thomas D'Arcy McGee, the Irish Society of the National Capital Region has partnered with **Dunrobin Distilleries** to create an exclusive Irish-Canadian whisky blend.

There is a limited edition of just 200 bottles of Thomas D'Arcy McGee Whisky, blending Irish whiskey from County Louth, Ireland, with award-winning Canadian whisky from Dunrobin Distillery. This unique blend celebrates the Irish and Canadian heritage that helped shape our nation's capital.

There are only 90 bottles left. With Christmas just around the corner, it makes a lovely gift, or to share with friends and family.

Costs per bottle: $100.00 for members or **$125.00 for non-members.**

Have you ordered yours?

To reserve your bottle today, contact president@irishsocietyncr.com or secretary@irishsocietyncr.com.

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Irish Beef and Guiness Pie

Ingredients

1-2 tbsp **25-27grams** of Canola/vegetable oil
2.2 lbs **1kg** shoulder of beef (beef chuck roast or beef brisket), cut into one-inch chunks
1 medium onion, about 1 cup ***150 grams*** of chopped onion chopped
2 carrots, about 1 cup ***150 grams*** roughly chopped
2 celery sticks, about ½ cup **75grams** roughly chopped
2 cloves garlic, finely sliced
2/3 cup ***50ml*** beef stock
2cups ***500ml*** of Guinness
Sea salt and ground black pepper
1 bay leaf
4tbsp ***30g*** of plain flour
2 sheets of ready to roll puff pastry
A little butter to grease the baking dish
1 egg to brush



Instructions

1. Preheat the oven to 400˚F / **200˚C**
2. Heat the oil in a large pot and brown the meat in two batches, be careful not to overcrowd the pan. Remove and set aside on a plate. Add another drop of oil if you need it and then fry off the onion, carrots and celery.
3. Add the meat back into the pot along with the garlic. Pour in the stock, Guinness, one bay leaf and season to taste. Simmer gently for about 1 1/2 hours until the liquid has reduced.
4. If the sauce isn't thick enough strain the juices into a bowl and then transfer to a small saucepan. Mix a little of the sauce with the flour over low heat until you have a smooth paste, then whisk through the rest of the liquid. Simmer gently until you have a thickened sauce, then tip back over the meat, before filling the pie.
5. Grease a baking dish* with butter and lay one sheet of puff pastry in. Press it into the sides and prick with a fork over the base. Fill with the beef and Guinness mix and top with the second layer of puff pastry. Pinch the two sheets of puff pastry together so they are sealed.
6. Cut one or two holes in the pastry lid to allow steam escape and then brush all over with egg. Place the pie into the oven to bake for 25-30 minutes, until the pastry has risen and has a crisp golden colour.

* Standard Pie Pan: A 9-inch pie plate or pan.
Deep-Dish / Pub Style: A 20 cm (approx. 8-inch) pie dish with a depth of 5 to 7 cm for larger filling volumes.
Individual Servings: Four separate 1½-cup (375 ml) ramekins or small ovenproof gratin dishes

Source: https://donalskehan.com/recipes/beef-and-guinness-pie-2/

IRISH SOCIETY
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Míle Buíochas Agus Slán Go Fóill

A million thanks and so long for now

Dear readers,

It has been a real learning experience to work on this newsletter. I now know a lot more about the relationship between Canada and Ireland, the role the Irish played and play in the development of Ottawa and the surrounding area, and some of the mysteries and history of Ireland. Who knew potatoes could be used for so many different things?

Finding that so many of the traditions of my extended family have their origins in Ireland was thrilling.

It has been a pleasure sharing stories of Irish heritage, celebrating local milestones, and keeping the members connected and informed. I hope you have enjoyed and have been entertained by some of the articles.

Thank you for opening these emails, sharing your thoughts and support. A special thank you to everyone who submitted articles, information or pictures.

I'll continue in my role as secretary but feel it is time to hand over the keyboard to Barbara Ann Vocisano who has graciously offered her time to produce our monthly newsletter. I wish her and the staff all the best.

***Le gach dea-ghuí* (With every best wish)**

Lorraine O'Reilly

Irish Society of the National Capital Region

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