

## Ten handy tips

AH, LASSES AND LADS, IT'S ST. PADDY'S DAY, AND EVERYONE IS IRISH! STILL, THAT DOESN'T MEAN YOU NEED TO ACT THE MAGGOT IF YOU'RE DRINKING. IMMERSING YOURSELF IN ALL THAT'S IRISH IS GREAT FUN, BUT PLAYING THE DRUNKEN PADDY STEREOTYPE CAN REALLY TURN A BRILLIANT DAY SOUR. IN HONOUR OF ST. PATRICK'S DAY, ÉDUC'ALCOOL AND THE UNITED IRISH SOCIETIES OF MONTREAL OFFER DRINKERS 10 TIP TO ENSURE A SAFE HOLIDAY.

- 1 There's nothing magical about green beer. It's just as intoxicating as beer that has not been dyed with food colouring.
- 2 A thimbleful or two is all it takes for a leprechaun to become inebriated, and it takes only 4 green beers for the average adult male weighing approximately 90 kg to become similarly impaired.
- 3 Food – like Celtic corned beef and cabbage or Quebec poutine – will slow the rate at which alcohol is absorbed into the bloodstream. In other words, eating while you drink helps keep you from getting too tipsy too quickly.
- 4 Don't rely on the luck 'o the Irish to get you home safely on St. Patrick's Day. It will take more than a four-leaf clover to redress a Driving Under the Influence (DUI) conviction.
- 5 A standard glass of Guinness, Irish Stout or Irish Ale, a standard glass of wine (140 ml) and shot of hard liquor (1.5 oz) are all the same when it comes to alcohol content. A standard drink is a standard drink, and that's 17.05 ml or 13.45 g of ethanol.
- 6 The average St. Patrick's Day parade lasts approximately three hours - the same amount of time it takes for an adult male to metabolize 2 single green beers.
- 7 Water may not be the official drink of St. Paddy's Day, nor is it the most exciting beverage, but a glass of water in between alcoholic drinks will keep you refreshed and hydrated. If you want to drink like a fish, drink what fishes do!
- 8 An Irish harp will surely make your soul weep, while alcohol will dehydrate you in other ways. Be sure to replenish your liquids throughout the day by drinking water and non-alcoholic beverages.
- 9 Remember that March 17 is St. Patrick's Day, not St. Patrick's Day and Night. Most DUIs are the result of extended drinking sessions.
- 10 Those who kiss the Blarney Stone are said to receive the gift of the gab. Those who fail to heed the above advice may kiss the porcelain Blarney Bowl instead and receive the gift of a hangover.

**Ready? All together now... "Erin go bragh!" \***

*\* Ireland forever!*

[montrealirishparade.com](http://montrealirishparade.com)

 United Irish Societies of Montreal

 @uismtl

[educalcool.qc.ca](http://educalcool.qc.ca)

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# St. Patrick's Day <sup>Montreal</sup> 2016

## Survival Guide

 **Éduc'alcool**

Moderation is always  
in good taste.



# CÉAD MÍLE Fáilte! A HUNDRED THOUSAND welcomes!

Here we are again, back for the third year following the huge success of the 2014 and 2015 St. Patrick's Day Survival Guides!

After all, what good would it be on St. Paddy's Day if you weren't wearing green, listening to a bit of the aul diddy diddy and shouting a few words of garbled Gaeilge?

This guide will make sure you know exactly what's going on in the leprechaun capital of Quebec this year!

We've got the inside scoop on top tips to get you from the parade to the pub and back home again, all in one piece.

Slainte, Faith and Begorrah, every Quebecer becomes Irish at this time of year!

But even on St. Paddy's Day, moderation is always in good taste.

- \* ÉDUC'ALCOOL
- \* THE UNITED IRISH SOCIETIES OF MONTREAL

Thanks to the IABD for the inspiration.

## Attend and Share

### Parade: March 20, 2016

The 193rd consecutive Montreal St. Patrick's Day Parade is scheduled to begin at 12 p.m. on Sunday, March 20, 2016, at the corner of Fort and Ste. Catherine and will proceed east to Phillips Square. Be there!



## A one and a two and a 3-4!

Yes, it's St. Paddy's Day, so on this special occasion, you lasses may have 3 drinks and the lads may have 4, instead of the usual limits of 2 drinks for women and 3 for men.

But weekly maximums don't change. It's still 10 drinks for women and 15 for men.

### Tweet, share and connect

Share your pictures of the St. Patrick's Day Parade and the whole Irish Season on Twitter, Instagram and Facebook and we'll post them!  
Use #MTLStPaddys, @uismtl or @educalcool.

### And more...

For complete details and the full schedule:  
[www.montrealirishparade.com/events/event-calendar](http://www.montrealirishparade.com/events/event-calendar)

To volunteer and/or become a parade marshal please visit the UISM website, Facebook or Twitter for more information.



### GET YOUR GREEN FLAG!

GREAT NEWS! ÉDUC'ALCOOL AND THE UNITED IRISH SOCIETIES OF MONTREAL WILL BE HANDING OUT **FREE** GREEN FLAGS FOR YOU TO WAVE AND ADD YET ANOTHER BIT OF GREEN TO THE CROWD LINING THE PARADE ROUTE. TENS OF THOUSANDS OF FLAGS WILL BE HANDED OUT BY SPECIAL REPRESENTATIVES LEADING THE PARADE. THREE CHEERS FOR THE GREEN!

## What's a Standard Drink?

There is the same amount of alcohol in **one regular beer, one glass of wine, one glass of fortified wine and one shot of spirits**. Each of these is considered a **standard drink**.

With **cider, malt-based beverages or pre-mixed drinks** (e.g. coolers), which are usually **but not always** served in a 142 ml/5 oz glass, you have to check the bottle label for the alcohol content, which can be anywhere from 2.5% to 20%.

[educalcool.qc.ca/en/standard](http://educalcool.qc.ca/en/standard)



1 glass of beer  
340 ml/12 oz  
5% alc./vol.

=



1 glass of wine  
140 ml/5 oz  
12% alc./vol.

=



1 glass of fortified wine  
85 ml/3 oz  
20% alc./vol.

=



1 glass of spirits  
45 ml/1.5 oz  
40% alc./vol.

=



2 glasses of cider  
140 ml/5 oz  
6% alc./vol.