

Montreal 2014  
St.Patrick's Day

# SURVIVAL guide

 **Educ'Alcool**

*Moderation is always  
in good taste.*



**céad míle fáilte!  
a hundred thousand  
welcomes!**

Sure, what would it be if you weren't listening to a bit of the aul diddly diddly, wearing green, and shouting a few words of garbled Gaelge on St.Paddy's Day?

If you're not sure what's going on in the leprechaun capital of Quebec this year, never fear!

We've got the inside scoop on all the best events this March, as well as the top tips to get you from the parade to the pub and back home in one piece. If you want to drink like a fish, drink what fishes do.

Now, take a deep breath and get ready to belt it out: "*Erin go bragh!*" \*

And remember, even on St.Patrick's Day, moderation is always in good taste.

\* *Ireland forever!*

\* **ÉDUC'ALCOOL**

\* **THE UNITED IRISH SOCIETIES OF MONTREAL**

Thanks to MEAS for the inspiration and cooperation.

# upcoming events

During Irish season, there's a lot going on in the city. Here are some upcoming events organized by the United Irish Societies of Montreal.

## Flag Raising

To announce the start of Irish season, the Irish community flag is paraded through and then raised outside of Place Ville Marie. Join us on February 18, 2014 at 11:00 a.m. at Place Ville Marie for the mini-parade.

## Mass of Anticipation

Come celebrate the Mass of Anticipation the Sunday before parade day at St. Gabriel's parish in Point St. Charles. A true Irish community event being held March 9 at 11:30 a.m.

## Parade: March 16, 2014

The 191<sup>st</sup> consecutive Montreal St. Patrick's parade will commence at the corner of Fort & St. Catherine at noon and end at Phillips Square. Wear your green, dress warmly and come early to get the best seats.

## Awards Banquet & Dinner Dance

The final event of the Irish season. Presentation of parade awards, dinner, silent auction and celebrations completing yet another great season. Tickets are extremely limited.

## And more...

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

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

## stay in 3/4 time!

OK, folks, it's St. Paddy's Day, so just for the occasion, you, gals, may have 3 drinks and the guys may go up to 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.

## 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%.

[educalcoool.qc.ca/en/standard](http://educalcoool.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.



# hints & tips

Ah lasses and lads, it's St.Paddy's Day. But that doesn't mean you need to act the maggot if you're drinking. On St.Patrick's Day, we're all Irish, aren't we? Sure, immersing yourself in all that's Irish is great fun, but living up to the drunken Paddy stereotype can really turn a brilliant day sour.

## Top 5 Tips for Paddy's Day

### ≡ eat

And we mean more than a bag of chips between drinks. This is a feast day after all so eat a decent meal before you start drinking.

### ≡ round, round, baby...

Not everyone drinks at the same pace so it's OK to skip a round or not have a drink at all. Try and limit rounds to 2 or 3 friends. And stop drinking when you've had enough.

### ≡ water

It may not be the most exciting drink but a glass of water between alcoholic drinks will keep you refreshed and hydrated.

### ≡ time

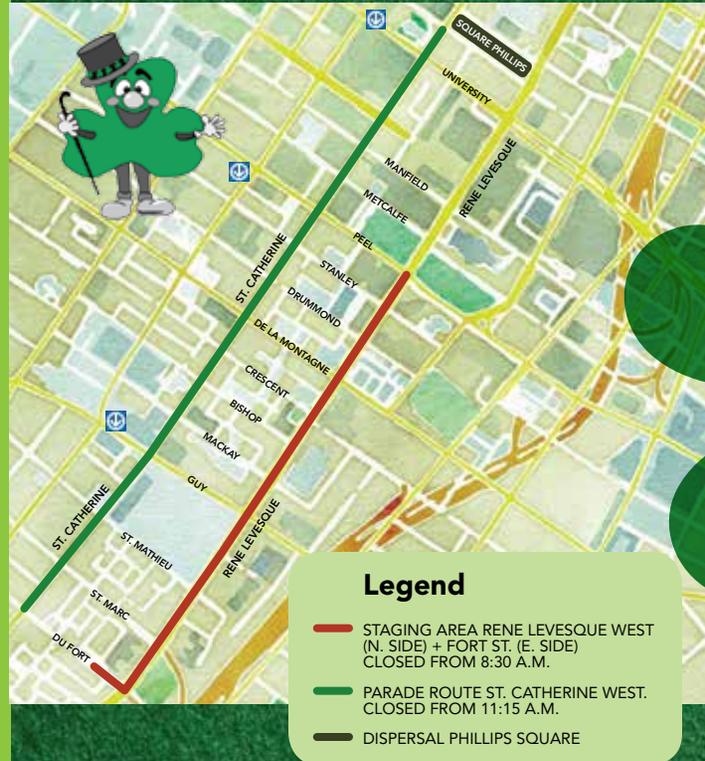
It's easy for one drink with mates to turn into many more. Give yourself good reason not to spend the whole day drinking various green drinks. Make concrete plans for the next day, and pace yourself to make sure that you're ready to follow through on them.

### ≡ morning after

Even after "sleeping it off," even after all the alcohol you've drunk has been metabolized by your body, even if your blood alcohol content is back to zero, you might still not be in full possession of your faculties. Could excessive drinking have extended effects? You bet!

Getting drunk, even just once, even on St.Patrick's Day, is once too often. So remember: whatever the circumstances, moderation is always in good taste.

# parade route



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

 United Irish Societies of Montreal

 @uismtl

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

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