



Irish Club of Regina - Executive 2018-19

* **President** - Debbie Beach

** **Vice President** - Alice MacDougall

** **Treasurer** - Gail Kruger

* **Secretary** - Carissa Woolsey

Members at Large

* Shannon Hunt

** Ruby Hunter

** Katrina Hognerud

* Vacant

* Term ends at 2021 AGM

** Term ends at 2020 AGM

About us:

The Irish Club of Regina is an non-profit organization that is dedicated to promoting and supporting Irish culture within Regina and area. We currently support an Irish Dance group, a Gaelic Athletic Association football team, send out a quarterly newsletter, maintain a website, host a Mosaic Pavilion and organize or support other events, workshops and activities. To become a member, please contact us! Membership rates are \$15 for a single membership and \$20 for a family membership. Membership entitles you to receive our newsletter, emails about upcoming events and allows you to take part in our events.

Why become a member of the Irish Club of Regina?

If you enjoy Irish culture in any of its many forms, the Irish Club is the place to find it. Music, dance, literature, ceilis, sport, cooking and traditional Irish handwork are all workshops that we hope to be able to offer. We need interested active members in order to provide these events.

**Irish Club of Regina Annual General Meeting – Minutes
Atlas Hotel – Drake Room**

Wednesday November 13, 2019.

Attending - 13 members in good standing. Sign in sheet attached.

Call meeting to order - Meeting called to order @ 7:11 pm.

Adoption of Agenda – Moved by Katrina Hognerud. Seconded by Laura Popoff.

Reading and adoption of minutes of the last AGM November 22, 2018 – Motion to approve by Gail Kruger. Seconded by Alice MacDougall. Carried.

Presidents Report – Debbie – (see report attached).

Motion to accept Presidents report - Kathy Fines. Seconded by Laura Popoff. Carried.

Treasurer's & Financial Report – Gail Kruger (Report not included in Newsletter - If you would like a copy of the Financial report sent to you, contact ICR president she would be happy to forward it to you).

Motion not to appoint an auditor of financial statements done this year – Gail Kruger. Seconded by Sarah Dodd. Carried.

Action Item – Debbie to contact Lorie Norris or Katherine Gilks to discuss returning all assets of Irish Club (dresses, stereo equipment etc.).

Motion to accept the Treasurer's Report – Gail Kruger. Seconded by Katrina Hognerud. Carried.

Committee reports:

Set Dancing: Suggestion that an open house for set dancing be held.

Action Item - Laura to check into venue and date. Irish Club will cover the costs of venue rental, etc.

Newsletter Report – Laura Popoff

Laura agreed to continue to prepare the newsletter. Needs information from dance groups for newsletter.

Suggestion that Eilish or anyone provide Irish book reviews or reading suggestions, movie, Gaelic words/phrases.

Social Media Report – Not available. Carissa to continue preparing content.

Membership Report – Kathy – (see report attached). We currently have 31 paid up for 2019-20. (24 Family; 7 individual; which includes 5 Lifetime memberships).

Social Activities Report – Debbie Beach (see report attached)

Laura confirmed that Santa and Mrs. Claus will be attending the Christmas party.

Laura also advised that Sat. February 1st or 8th is available for the bowling night. Kathy to move movie night to later in February.

Quiz Night – poor attendance at last event. Holding another considered for early spring.

Motion to accept reports as presented – moved by Kathy Fines. Seconded by Shannon Hunt. Carried.

Old Business

Mosaic – lack of venue and volunteers. RMC at their AGM asked us to participate in a Global Village Pavilion with a variety of clubs sharing a pavilion. Dec. 6th is the RMC meeting so information will be forthcoming as to what our requirements would be.

Suggestions to work with the Francophone group as there are Irish that have moved to Quebec; do Mosaic every 2nd year.

Action Item - Vivian to check into Francophone interest in sharing a pavilion.

Action Item – Debbie to provide Laura with a report re: RMC Global Village invitation and asking for interest from members for next newsletter.

Constitution & By-Laws – Andrew Huculak and Gail Kruger volunteered to review.

Action Item - Gail to contact Andrew.

Executive Elections

Call for nominations from the floor – Debbie Beach

President – Debbie Beach – nominated by Bruce McLeod. Debbie accepted the nomination.

Secretary – Carissa Woolsey – nominated by Kathy Fines. Carissa Woolsey accepted the nomination via signed nomination form.

Member at Large – Shannon Hunt - nominated by Alice MacDougall. Shannon accepted the nomination.

Call for nominations from the floor – Debbie Beach

Motion to close nominations – moved by Bruce McLeod. Seconded by Ruth Adema. Carried.

Declared elected by acclamation: Kathy Fines

President - Debbie Beach by acclamation.

Secretary - Carissa Woolsey by acclamation.

Member at Large - Shannon Hunt by acclamation.

One year remaining for Alice MacDougall, Vice-President.

One year remaining for Gail Kruger, Treasurer.

One year remaining for Katrina Hognerud and Ruby Hunter as Members at Large.

New Business

Quiz night could be converted to Spuds and Suds. Spuds & Suds Party – pot luck of potato dishes suggested.

Combine with Quiz Night for St. Patrick's time of year.

Set Dancing lessons and open house – Laura to talk to group. Irish Club would cover the rent/fees. Katrina could provide musicians.

Events in town to attend – Mid Winter Celtic Festival; Robbie Burns; Highland Games fundraiser. St. Andrews Day – Victoria Club Nov. 30. Need to promote Celtic culture events on our social media sites.

[?] Meeting adjourned at 8:30 pm

Presidents Report Irish Club A.G.M.

November 13th, 2019

Welcome to the AGM and thank you for coming.

The first event of the year for the new executive was the annual Christmas party held on Sunday, December 2nd at Huston Heights, 702 Sangster Blvd. We had a pretty good turnout and a wonderful selection of foods for the potluck. Santa and Mrs Claus showed up with gifts for the 15 or so children and a few older ones were their helpers.

A Family Fun Bowl night was held on Saturday, March 7th at the Golden Mile Bowling Alley. The games were a regular game, fun game and bingo bowl. Everyone that attended enjoyed the fellowship with other Irish Club members and their families. Pizza and pop followed with a few prizes for the kids that participated.

The date for the Quiz night was planned for Thursday, May 23rd. Unfortunately, we had a very disappointing turn out and only ended up being about 5 people (A couple who were not even members). Another night will be planned in March with details to be provided.

We held the annual members BBQ on Sunday, June 2nd at the Seniors Center on Elphinstone street with about 35 people attending. A big thank you to those who helped with set up and clean up, slaved over a hot BBQ cooking burgers and hot dogs and to all who brought the delicious pot luck items of salads and desserts.

It was decided this year by the Irish Club executive to have the dance program become financially independent from the club. The Club would like to have relationships and associations with all the Irish dance groups in the City but believes it does not have to financially support a particular program. The Irish Club is not able to shoulder the additional costs each year for the dance program that are not covered by the fees taken in as we have no income other than membership fees at the present time. By self funding the dance group has ownership, flexibility & decision making power. The Irish Club of Regina has no plans to start another dance program.

Although the past 2 years has been a challenging experience as President, It has been an honour for me to be your President and thank you so much for all your support. I would like to give a big thank you to the executive for all their work in the past year.

We will shortly be doing elections for our vacant positions and I hope that the coming year will be a good one.

Respectfully submitted
Debbie Beach

Membership Report

The Irish Club of Regina membership year runs from August 1st - July 31st.

We Currently have 31 active memberships. Family = 24 & Individual = 7. These include 5 Lifetime memberships.

Still a concern this year is that our membership has decreased by 25 members this year and a total of 55 memberships lost in the past 2 years!! We must reverse this trend, so if you have suggestions or membership drive activity ideas, please contact the new Executive.

Benefits of being members include invitations to all of our Irish club events and quarterly newsletter.

If you know of anyone wanting to register, please have them print off the membership form available on the www.irishclubofregina.org website and mail to the address on the form.

Any questions or concerns from the membership can be emailed to the Executive through our email address irishclubofregina@gmail.com

Reminder to advise us of any name, address or contact information including change of email addresses through the irishclubofregina@gmail.com email.

Submitted by :
Kathy Fines

Events Report

The club will be hosting several events in the next few months. At this time, we do not have specific dates for some of the events but please stay tuned for these dates in your email or on Facebook.

Here are some of the events that are planned for the coming year:

- The Christmas party is booked at Huston Heights - 702 Sangster Blvd (east door) for December 1st @ 4:30 pm. Please RSVP Alice MacDougall at cleggett@myaccess.ca and include names and ages of children attending and total number of family members coming.
- An Irish Movie night at the end of January or February for members. We will provide additional details on this event shortly.
- A Family Fun Bowling night in February. We are hoping that Laura can help arrange again as the previous ones that have been held have always been a success.
- An Irish Quiz night in March to coincide with St. Patrick's Day to possibly be held around the middle of the month.
- If there are any suggestions for events that you may like to see, please contact the Executive.

Respectfully,
Debbie Beach



Past Events

Irish Club of Regina Annual Family Christmas Party and Pot Luck - Sunday, December 1st, 2019



Once again, we enjoyed a gathering at the Huston Heights Residence party room. We had a lower than usual attendance but those that did attend enjoyed themselves. The food was amazing and everyone found something to their liking to enjoy. Plenty of drinks and sweet treats compliments of the club. Santa and Mrs Claus were able to join us for awhile with presents for all the children. We sang a few songs and took some photos and appreciated them showing up so much!







Memories of Christmas in Ireland

Decoration in Ireland, when I was growing up, was a much simpler operation than today in Canada. While we did have Christmas trees (always live), they were decorated mostly with coloured balls and fairy lights which were of the larger old fashioned kind we so rarely see in the stores today.

The more important decoration was that of holly boughs. They were cut from the holly tree which in Irish mythology was regarded as one of the three mystical or magic trees. The holly tree is the only one which will have flowers in the spring while still holding onto its fruit from the previous year. Holly was placed in vases, around the frame of each hanging picture, around doorways etc.



One of the special decorations was the Christmas candle. This candle was only available at Christmas time and was about 3 feet long. It was decorated with, yes, holly, and set in the main window of each house. Lighted by the youngest member of the family at dusk each day from Christmas Eve until January 6th which was called Little Christmas or Women's Christmas. The purpose of the candle was to guide

any lost traveller and to signal that food and lodging would be available. It was of course to honour the Christ child, who was born in a stable because no other accommodation was available.

A much simpler time than today .

Submitted by:

Eilish MacSweeney-Casey



Ireland has a wide number of Christmas traditions that are steeped in the Gaelic and Catholic heritage of the country.

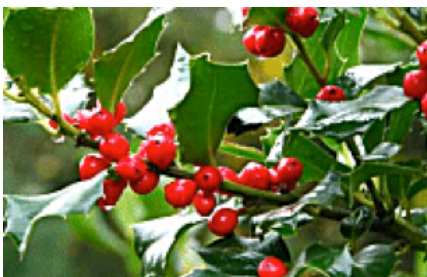


Women's Christmas or Little Christmas

January 6th. The day the tree comes down, all the decorations go back to the attic and you are forced to accept that, yes, Christmas is well and truly over for another year. But for the women of Ireland, January 6th also marks a very unique Irish celebration - Nollaig na mBan or Women's Little Christmas.

Held every year on the Feast of the Epiphany, Women's Little Christmas is traditionally when the nation's womenfolk, absolutely exhausted after all the festive cooking and housework, were given their annual day off. The men would do a bit around the house so their other halves could go out for a bite to eat, a few drinks and generally be able to let loose without worrying that everything would go to ruin in their brief absence from the homestead.

IRISH CHRISTMAS DECORATIONS



The widespread practice of placing a ring of Holly on a front door started in Ireland. Holly was one of the main plants that flourished at Christmas time in Ireland and gave the poorer population means with which to decorate their homes.

Irish Christmas Traditions – The Wren

by [Claddagh Design](#) on Aug 9, 2019 @ 6:18 pm in

[History](#), [Ireland](#)

2

The Wren, sometimes pronounced wran, takes place every year on 26th December, St. Stephen's Day. The Wren boys (or girls!) dress up in old clothes and paint faces. In some parts of the country, they also wear straw hats. They travel from house to house singing, dancing and playing music for the household. In rural areas, it will usually be neighbors that call on the wren often collecting money for a local charity.



It's a well-maintained tradition in certain parts of the country, particularly in my native county of Kerry. The town of Dingle holds the best known Wren with a parade through the town every Christmas.

Every year in my home town of Listowel they have an All Ireland wren boys competition where a stage is erected in the main square of the town and each wren boy group performs for the crowd. It's a great night with all the wren boys parading through the town playing music and holding pitchforks with lighting turf. It sounds a bit crazy when I write it now but honestly, it's brilliant!

So now you know what the Wren is you're probably wondering why?!

Well, the history of the Wren predates Christmas, its origins are in Irish mythology where birds held great prominence. They were believed to be a link between this world and the next. The wren is said to have betrayed Irish soldiers fighting Norsemen by beating their wings on their shields. The poor wren is also blamed for betraying St. Stephen the first Christian martyr. This is probably why the wren was once hunted on this day. In former times it was hunted and then nailed to a pole at the head of the procession. Thankfully some traditions have died out but you can still hear people saying this poem on the 26th December.

*The wren the wren the kings of all birds,
On St. Stephen's Day it was caught in the furze
Up with the kettle and down with the pan
Give me a penny to bury the wren.*

***Nollaig Shona Duit – Irish for Happy Christmas
(pronounced Null-ig hun na dit).***

These Irish Whiskey Christmas cookies will have Santa saying 'Slainte!'

Ingredients:

- 1 cup butter, softened
- 1 cup granulated sugar
- 3 large eggs
- 2 cups all-purpose flour
- 1/4 cup Irish whiskey
- 1/4 cup candied citron, chopped
- 1/4 cup golden raisins, blanching and chopped
- 1/4 cup almonds, chopped



Method:

Preheat oven to 375°F and grease two cookie sheets; set aside. In a small mixing bowl, cream together the butter and the sugar. Beat in the eggs until well blended. Add the flour and the Irish whiskey, and beat the dough until smooth.

Add the fruit and nuts, and mix well. Drop cookie dough from a tablespoon onto the prepared cookie sheets. Bake each sheet of cookies for 8 to 10 minutes.

Remove the cookies from the baking sheets with a spatula while still warm. Place on a wire rack to partially cool. Store the cookies in an airtight container with a slice of white bread to maintain their soft, fruity texture.

New Addition to the Newsletter

I would like to put something in each newsletter suggesting good books about Ireland or novels from Irish writers to read. I would also like to feature good movies that folks may not have seen already or heard of or a reminder to watch them again. Please send me suggestions for inclusion at any time and I will try to get into the next newsletter.



Interesting Books and Films related to Ireland

‘Walk East Until I Die’: A Trek through Irish History and Beyond’

The ICR received an email from this gentleman, looking to market his most recent book titled Walk East Until I Die.

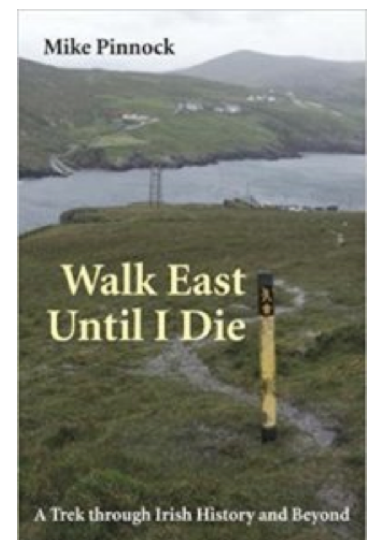
The book will interest all who have a curiosity about their Irish ancestry, and I would be very grateful if you are able make your members aware of the book and website. It is available on Amazon and would make a good Christmas present.

Many thanks,

Mike Pinnock

The link for his website is: <https://www.walkeastuntilidie.com/>

“The impossible dream becomes a reality for Mike as he sets out alone at the age of 67 to walk the E8 European path. In this engaging book, he begins the challenge on Dursey Island, County Cork in the Republic of Ireland and completes his first stage in Dublin City. “





Upcoming Events

Irish Set Dancing Workshop Sunday, February 2nd, 2020 1:30 pm - 4:00 pm



Westminster United Church

Gymnasium - Up the stairs and straight ahead
(use the West side door entrance)
13th Avenue and Cameron Street

Fun link to watch the
Moycullen Set dance.
[https://www.youtube.com/
watch?v=M-
lblvQXQSS&t=546s](https://www.youtube.com/watch?v=M-lblvQXQSS&t=546s)

The Regina Irish Set Dancing group have been asked to do a Set Dancing & social dance workshop sponsored by the Irish Club of Regina. No previous experience necessary.

Set dancing is quite different from the Irish Step Dancing you have seen the other groups doing. Set dancing is the type of traditional social dancing done strictly for pleasure in rural communities in Ireland for a couple hundred years or more. Set dancing is still very popular in Ireland and a ceilidh or social gathering can be found in many places all over Ireland almost every weekend. Each community would have their own specific dance and so the town or village name was given to the dance.

We will do an introduction of some easy Irish Set dances for folks to participate in with us. We will include some 2 & 3 hand social dances as well (Peeler and the Goat; Breakaway Blues; Circle Waltz; Britannia progressive;)

Everyone is welcome ... Adults & Children able to participate in a set.

- Bring some proper shoes (with a leather sole preferable) that won't fall off your feet as you dance your way through the set.
- Wear layers as it may feel cool when you first get there but you'll heat up quickly with the dance.
- Bring a water bottle as well to quench your thirst after a rousing set.



RSVP if you would like to participate No fee required.

Contact Laura Popoff - lpopoff@sasktel.net or call 306-533-5091

Upcoming Events (Cont'd)



**Five Pin
Family Fun Bowl**
Saturday, February 8th, 2020
5:00 – 6:45 pm
Golden Mile Bowling Alley
3806 Albert Street



Everyone had so much fun at the last couple of Bowling parties that we have decided to plan another this year! The first ball will roll at 5:00 pm, so we will ask that you be there at least 1/2 hour early to get your shoes on and teams and instructions sorted. It is ***Glow*** bowling, so wear your fluorescent or white duds so you will glow in the dark.

We will have pizza and pop after bowling in the party area there.

We will be collecting a small fee of \$5 per person to partially cover the costs.

Please reply ASAP with names of bowlers and ages of kids.
We will collect the money that evening.

Contact person:

**Laura Popoff - lpopoff@sasktel.net
or call 306-533-5091**

Prairie Gael School of Irish Dance

Prairie Gael has settled in to the new dance season after working hard all summer! We had many workshops and grade exam preparation classes throughout the summer, which had our dancers more than ready to put their best foot forward for the start of the season. We kicked off the fall by welcoming Tyler Schwartz all the way from Chicago! Tyler is a world champion Irish dancer and we were thrilled that he made the trip to Regina to train with our dancers. We know that our students learned a lot from him!

We started off the competitive season by competing in the River City Feis in Saskatoon in September, and the hard work our students put in throughout the summer certainly paid off. There were multiple podium placements, and several championship wins. We were thrilled to congratulate Emily Beggs on her second preliminary championship win, qualifying her to compete at the open championship level, and we were so proud of wee Ruth, Josephine and Ainsley for competing in their first feis and finishing with lots of medals!

After the September feis, we went straight back to work and competed in the Casey O'Loughlin Championships in Calgary over Thanksgiving weekend, once again achieving fantastic results from our group, and being so happy to congratulate Aliyah on her second preliminary championship win, qualifying her to compete at the open championship level. Grace N. also pulled off a Treble Jig Trophy Win!

We kept the momentum going in to November, as our championship crew trained hard to prepare for the Western Canadian Oireachtas, which was held in Saskatchewan for the very first time. They even decided to forego trick-or-treating in order to attend class! Our dancers performed beautifully, and we were so proud to have Petra and Aliyah obtain a coveted recall, both finishing in the top 20 in their age categories and qualified to compete in the North American Championships in Nashville this summer. We also had dancers compete in the pre-oireachtas specials, with young Nikki WINNING her Treble Jig Trophy competition - half way to preliminary championships for her!

It's been an incredibly busy, and rewarding start to the dance season for us at Prairie Gael! We are so proud of how hard our dancers have been working, and we are looking forward to celebrating the Christmas season with our annual cookie decorating party for our little ones, and our movie night at the studio for our older dancers.

We're sure that everyone will enjoy some well earned time off over the holidays and we wish everyone a Merry Christmas and Happy New Year from our big family to yours!

Caitlin Preston, TCRG
Owner/Instructor
Prairie Gael School of Irish Dance
(306) 570-4867

www.prairiegaeldance.com



Prairie Gael School
of Irish Dance



Aliyah advances to Open!



First Feis Rock Stars!



Recall at the Oireachtas!



Jumping for Joy at the Oireachtas!



Prairie Gael School
of Irish Dance



Halloween Class



Learning from the Best

Tyler Schwartz in the House.



Very successful at River City Feis!



Prairie Gael School
of Irish Dance

Blakey School of Irish Dance

The Blakey Irish dancers have been very busy this fall! We started the season off with a series of workshops in preparation for the year, in which the dancers learned new material as well as new stretching and cross training techniques. This year Blakey Saskatchewan is holding dual city workshops, which allows the Saskatoon and Regina dancers to train together, and receive feedback from multiple coaches.

Many of our dancers competed in the River City Feis in Saskatoon, as well as the Casey O'Loughlin Feis in Calgary. Our championship dancers competed in the Western Canadian Oireachtas in November, which was held in Saskatoon for the first time. A number of the dancers qualified for the 2020 North American Nationals which will be located in Nashville, Tennessee.

At the end of November, we had the opportunity to be a part of the CN 100 Celebration at Agribition. Our dancers performed three shows each day for the duration of the week, and even got the crowd involved for a few numbers. We had an absolute blast dancing and getting to know the other performers involved in the event.

On Sunday, December 8th, we kicked off the holiday season with a performance at the MacKenzie Art Gallery Holiday Celebration. We are looking forward to a few more holiday performances before the New Year.

Blakey offers both competitive and non-competitive classes and accepts registrations throughout the year. For more information about joining our dance family please visit blakeyschool.com/saskatchewan or contact regina@blakeyschool.com.

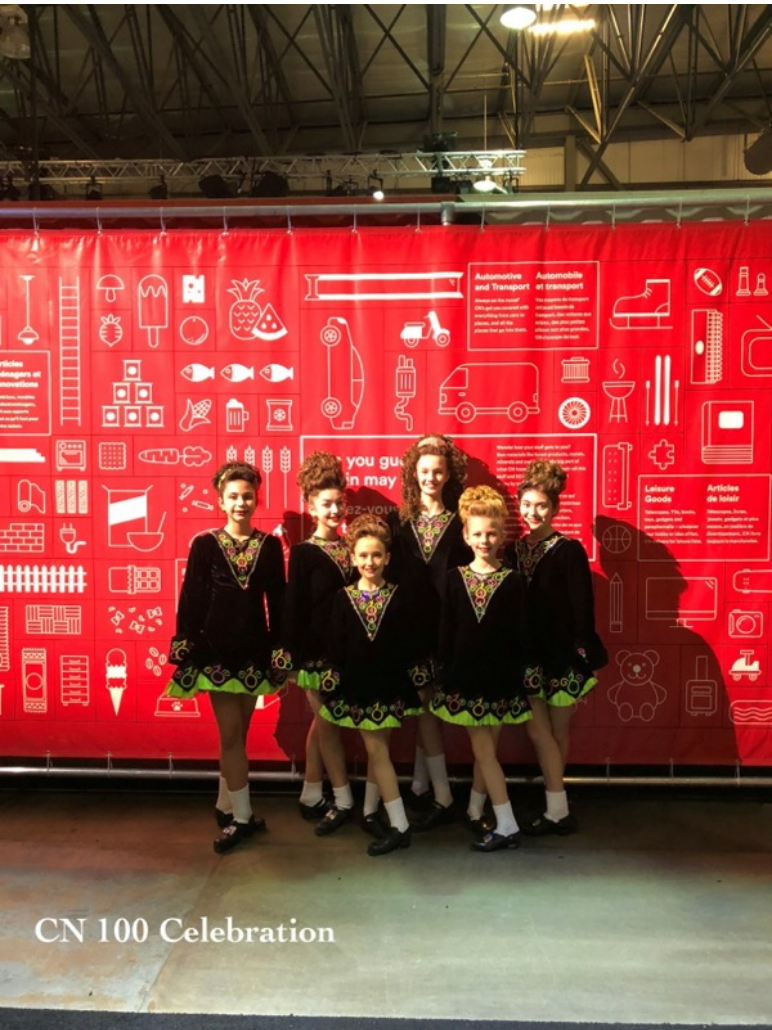




Ethnic Jubilee Performance in Assiniboia, SK



Blakey Dancers onstage after the Lauren Spence Memorial Special at the River City Feis



CN 100 Celebration





MacKenzie Art Gallery Holiday Celebration 2019



Championship Dancers at the 2019 Oireachtas dress rehearsal



Blakey Saskatchewan, Blakey Okanagan, and Blakey O'Brien at the Western Canadian Oireachtas 2019

Regina Irish Set Dancers

We started back to to our weekly dancing sessions at the end of September. We continue every Thursday evening from 7:30 - 9:00 pm at the Westminster Church on 13th and Cameron in the multipurpose room in the lower level.

We would love for others to join our group!! The rent for the room available was a bit higher this year, so we have increased our fee to \$10.00 for a drop-in class with the third class free (3 classes for \$20).

If you want to see what Irish set dancing is all about, just drop in and join us. (we will let you have the first one for FREE) Great exercise and lots of fun for any age and level of dancing ability.

We have been asked by the Irish club to put on a workshop to allow folks a chance to see what set dancing is all about and have some fun with it. We have a workshop planned for Sunday, February 2nd and hope to have a good turnout for it

Respectfully submitted by Laura Popoff

Contact Laura Popoff @ lpopoff@sasktel.net
or call (306) 533-5091
or visit our facebook page to see a few videos of us dancing
<https://www.facebook.com/groups/192728960882181/>



Contact us:

Irish Club of Regina
P.O. Box 37171
Landmark Shoppers
Regina, Sk. S4S 7K4

email:

information.icr@gmail.com or
irishclubofregina@gmail.com

website:

www.irishclubofregina.org

If you are a **Facebook** user, please 'LIKE' our club's page at

www.facebook.com/Irishclubofregina

If you have an interesting bit that you would like included in the newsletter, send submissions to:
lpopoff@sasktel.net

Other links and interesting facebook groups and websites:



- * Irish in Regina
- * Irish Club of Regina Dancers
- * Regina Gaels GAA football league
- * Regina Irish Set dancers
- * Prairie Gael School of Irish Dance
- * Blakey Irish Dance
- * Bushwakker Brewing Company
- * Shannons Pub and Grill

Irish Club of Regina Dancers

<http://www.irishclubofregina.org/dance/>

Blakey School of Irish dance

<http://www.blakeyschool.com/Saskatchewan>

Prairie Gael School of Irish Dance

<http://www.prairiegaeldance.com>

Irish Central.com

<http://www.irishcentral.com>

