

CÉAD MÍLE FAILTE!  
A HUNDRED THOUSAND  
WELCOMES!

Here we are again, back for the second year following the huge success of the 2014 St. Patrick's Day Survival Guide!

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 diddly diddly 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 all the best events, as well as top tips to get you from the parade to the pub and back home again, all in one piece.

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 and cooperation.

# ST. PATRICK'S DAY <sup>Montreal</sup> 2015

## Survival Guide

**Éduc'Alcool**

Moderation is always  
in good taste.



# Upcoming Events

## Awards Banquet and Dinner Dance

The final event of the Irish season! Presentation of parade awards, dinner, silent auction, dancing and celebrations to mark the end of yet another great season. Tickets are limited. See website for more information.

## 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.

## Parade: March 22, 2015

The 192nd consecutive Montreal St. Patrick's Day Parade is scheduled to begin at 12 p.m. on Sunday, March 22, 2015, at the corner of Fort and Ste. Catherine and will proceed east to Phillips Square.



## And more...

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

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

# 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.



## 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.

