



# Comhaltas Ceoltóirí Éireann

## Nuachtlitr | Newsletter

Iúil 2015 July

Craobh OTTAWA Branch

### The Big Prize Draw

Comhaltas is “celebrating our Irishness” with a fundraiser big prize draw. Most of the proceeds from this draw will be retained within the local branch (so we can organise bigger and better things for you).

Top prize: **€20 000**

Other prizes include:

- ❖ iPad Air
- ❖ iPad Mini
- ❖ Tipperary Crystal
- ❖ Hobgoblin Harp
- ❖ Luxury Weekend at Fleadh Cheoil na hÉireann

Tickets are \$25 each and are available until November. Please contact our secretary Caitlin Crockard ([sec.ottawacomhaltas@gmail.com](mailto:sec.ottawacomhaltas@gmail.com)) for details on the Big Draw and tickets.

Ottawa Comhaltas Blog:  
[ottawacomhaltas.blogspot.com](http://ottawacomhaltas.blogspot.com)  
is now taking submissions in English  
and in Irish. Please email our webmaster at  
[webmaster.ottawacomhaltas@gmail.com](mailto:webmaster.ottawacomhaltas@gmail.com)

### CLASSES & CÉILÍS

Weekly language and dance classes at Blessed Sacrament Hall will resume on 14 September and run until 14 December. Contact Sheila ([Sheila.Scott@uOttawa.ca](mailto:Sheila.Scott@uOttawa.ca)) for more details on times and prices.

The monthly CCÉ céilís will return on 19 September.



Photo courtesy P. Avendano



## COMHALTAS

Comhaltas Ceoltóirí Éireann is a registered cultural non-profit organisation.

If you have an event or a piece you would like included in next month's newsletter, please send an email to Oscar at [info.ottawacomhaltas@gmail.com](mailto:info.ottawacomhaltas@gmail.com).

## Irish Seniors Drop-in Centre

Every Tuesday 11:00 a.m. to 2:00 p.m.

St. George's Church Hall, 415 Piccadilly Avenue  
(near Island Park/Byron).

Join the gang for potluck lunch, stories, music, and great craic!

Kay 613-829-8467 or Margo 613-837-4164

## Ottawa Fury FC

Ottawa's NASL team, Fury FC, is offering tickets at special rates for Comhaltas members.

Tickets for the July 22 and the August 15 games still available. \$14.50 for black section and \$22.50 for silver section seats (down from \$20 and \$28 respectively).



Enter the promotional code "CEILIFURY" when ordering tickets online at <http://www.capitaltickets.ca/promo-and-pre-sale>.

## Cumann Iománaíochta Éire Óg Hurling Club



Éire Óg is holding a draw on 1 July 2015. Tickets \$10 each, grand prize is a trip for 2 to the All-Ireland hurling finals and \$750 in spending cash.

More information on the draw and the team at [ottawahurling@gmail.com](mailto:ottawahurling@gmail.com).



**THE GAELIC HOUR**  
Sunday 8:00am - 10:00am  
**cjll 97.9fm**



Streaming: [www.thegaelichour.ca](http://www.thegaelichour.ca) e-mail: [austin@thegaelichour.ca](mailto:austin@thegaelichour.ca)



## OTTAWA GAELS GAA

The Ottawa Gaels, soon celebrating 40 years representing the interests of Gaelic athletics in the region, is hosting two weeks of summer camp for kids aged 6 to 12 from 6–10 July and 20–24 July at Beaverbrooke Community Centre.

As well, the Gaels will be serving up some roast pig along with salad, juice, wine, cold beer, and more at 83B Leacock Drive, Kanata on 25 July at 4:00pm.



Photo Courtesy: OttawaGaels.ca

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## ATTENTION MUSICIANS!

Videos, sheet music and more at:

<http://comhaltas.ie/music/>

ComhaltasLive Programme Listing:

<http://comhaltas.ie/music/programmes>

Check out the Comhaltas Archive:

<http://comhaltasarchive.ie/>

### Irish-Music Lessons

CCÉ has **instruments** available for loan.

- Accordion
- 2 Children's Fiddles

Please check our website

<http://www.ottawacomhaltas.com/music.php> for  
availabilities and applications!

### Sessions in Ottawa and the Valley

Contact Craig Hamm or Charles Dunlap  
([cdunlap@xplornet.com](mailto:cdunlap@xplornet.com)) for information on music,  
workshops and concerts in your area! New blog posts  
to come.

<http://www.irishmusicottawa.ca/>

<http://irishmusicottawa.blogspot.com/>

## Dance Classes

Monday Evenings  
Resume in September

Blessed Sacrament Hall,  
194 Fourth Avenue

### **Set/Céilí Dance Class:**

6:30pm – 8:00pm

### **Irish Solo Dance Class:**

8:00pm – 9:30pm

For more information and cost for classes,  
please contact Caitlin Crockard:

[cscrockard@hotmail.com](mailto:cscrockard@hotmail.com)

**Celtic Cross** is a local performance group made up of adult dancers from the disciplines of Irish, Highland, and Ottawa Valley Step dance with a roster of over 20 dancers with decades of experience as teachers, choreographers, performers and competitors, the group performs traditional dances, and original contemporary choreographies that blend all three dance styles. **Celtic Cross** is available for performances at concerts, festivals, parties, weddings, and more. Contact them if you'd like some lively dancing at your event!

Email: [celticcrossottawa@gmail.com](mailto:celticcrossottawa@gmail.com)

Website: <http://celticcrossdancers.com/>

## Ottawa Valley Step Dancing

For lessons,

Contact Dawn Dewar: 613-794-3296

## Events in the Region | Imeachtaí Sa Cheantar

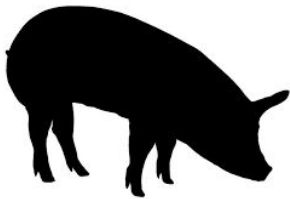
### July 6–10 & 20–24, Ottawa Gaels Summer School

The summer school is back for kids aged 6 to 12 at Beaverbrooke Community Centre. Kids learn the basics of the game on the pitch. Off the pitch, guest instructors introduce them to various aspects of Irish culture. Email [youthfootball@ottawagaels.ca](mailto:youthfootball@ottawagaels.ca) for details.



### July 25, 4:00pm, 2nd Annual Ottawa Gaels Pig Roast

The Ottawa Gaels hope to make this a lasting annual tradition. Support your local GAA team while you enjoy salad, desserts, juice, wine, cold beer, roast pig, and more. \$20 adults, \$5 children, \$25 at the door. 83B Leacock Drive, Kanata. Contact 613-294-2439 for details; visit [OttawaGaels.ca](http://OttawaGaels.ca) to buy tickets.



### July 31–August 1, Glengarry Highland Games

Pipe bands with a few odd sports those Scots seem to like. Join this local tradition (since 1948) if you do not mind tartans. The events take place in Maxville, ON. Please see [GlengarryHighlandGames.com](http://GlengarryHighlandGames.com) for details.



## Rose of Tralee

2015 Ottawa Rose, Kate Scott, had been selected to move on at the semi-finals in Portlaoise in May.

She will compete for the title of the 2015 Rose of Tralee in August.



## From Our Blog | As Ár mBlag

*The following is an excerpt from an April 2014 post about the potential benefits of set dance on our blog. For more posts like this, visit our blog at [OttawaComhaltas.blogspot.ca](http://OttawaComhaltas.blogspot.ca).*

For many of us, Irish set dancing is enjoyed as an inexpensive and mild cardio workout, with the added social benefits of having a lot of fun, seeing current friends, and making new friends.

Earlier this month, there was a very interesting article on the BBC news service where the benefits of dancing were explored. The article, [Parkinson's patients test Irish set dancing benefits](#), mentions an international study that focuses on determining whether dancing alleviates some of the symptoms of Parkinson's disease.

Now the research team wants to investigate the efficacy of set dancing on Alzheimer's Disease. In contrast with Parkinson's disease patients, there likely would be a need for a large number of volunteers to help with the patients.

What we know for sure is that Irish set dancing is a fun social activity, and for that it is worth the effort. If in addition to that benefit Irish set dancing helps patients with degrading physical and, or, mental capacities, that is truly a great outcome.

*Mí lúil*