



**HAPPY FAMILIES
EXPLORING IRELAND**

www.happy-clan.com





**HAPPY FAMILIES
EXPLORING IRELAND**



**HAPPY
CLAN**

Contents

The Families.....	p. 5
Rules of the Game	p. 6-7
Cities.....	p. 8-9
Landmarks	p. 10-11
Food	p. 12-13
Traditions	p. 14-15
Music	p. 16-17
Mythology	p. 18-19
Symbols	p. 20-21



The Families



CITIES



LANDMARKS



FOOD



TRADITIONS



MUSIC



MYTHOLOGY



SYMBOLS

Rules of the game

Aim of the game

There are 6 cards in each family set. The aim of the game is to collect as many complete (6-card) families as you can.

How to play

1) Shuffle the deck and deal 6 cards to each player. Place the remaining cards in the centre draw pile.

2) The player to the left of the dealer (Player 1) starts by asking one of the other players for a specific card. Note that Player 1 must already have at least one card from that family. (For example, “From the Mythology family, I would like Queen Maeve”)

3) If the other player has the requested card, they must hand it over and the first player plays again.

4) If the other player does not have the requested card they say “dig” and the first player takes a card from the draw pile. If the card they pick

up is the one they asked for, they continue playing, if not, play passes to the next player in a clockwise direction.

5) When a player collects all 6 cards in a family, they say “family”, display them face up on the table and continue playing.

6) If a player runs out of cards, they continue playing on their next turn by taking a card from another player of their choice.

Winning the Game

The game ends when all the families have been collected. The winner is the player who collects the most families.

Advanced Game

Players are not allowed to ask for the same card twice in a row.

CITIES



Dublin

The capital and largest city of Ireland, it takes its name from the Irish Dubh Linn meaning black pool. Located on the river Liffey it was the most important Viking city in Ireland. Home to The Ha'penny bridge and the Guinness Storehouse, Dublin is best known for its cultural heritage and charming hospitality.



Belfast

As Northern Ireland's largest and capital city, Belfast is situated at the mouth of the river Lagan and is ideally located for the shipbuilding industry that once made it famous. Now a cosmopolitan city rich in history, its many museums and colourful murals intrigue locals and foreigners alike.



Cork

Located in the south west province of Munster, and built on a series of islands, the ancient merchant city is sometimes referred to by locals as 'the real capital'. It has become well known for its culinary scene boasting quality produce and one of the best food markets in Europe.



Derry

Derry, also known as Londonderry, is the second-largest city in Northern Ireland and lies on the banks of the river Foyle. It is famous for its completely intact 17-century, one mile long fortification walls which surround the city and is also home to one of the world's largest Halloween festivals.



Limerick

Founded by the Vikings in 812, Limerick is home to King John's Castle, the westernmost Norman castle in Europe. The longest footbridge in Ireland, the Living Bridge crosses the river Shannon and connects the city's University campuses. It is known as Treaty City after the Limerick Treaty was signed there in 1691.



Galway

In medieval times Galway was controlled by 14 merchant families giving it the nickname 'City of Tribes'. Located on Ireland's fastest flowing river, the Corrib, it has the largest Gaeltacht (Irish speaking community) in Ireland.

Home to the Claddagh ring and authentic Irish marble it is known for its street performers and many festivals.

LANDMARKS



Cliff of Moher

The spectacular cliffs of Moher are one of Ireland's most visited sites. With the Burren region on one side and the Atlantic Ocean on the other, they are 214 m. in height and stretch for 8 km. along the western coast of County Clare.



Blarney Castle

A medieval stronghold in Blarney, County Cork, the castle is set in acres of parkland and themed gardens such as the Druid's Circle, Witch's Cave and the Wishing Steps. According to legend, kissing the Blarney stone (which is set in the castle wall) gives the gift of eloquence and persuasiveness.



Giant's Causeway

Situated on the north coast of County Antrim, the Giant's Causeway is steeped in myth and legend. Some say it was built by the mighty giant Finn MacCool to reach his foe Benandonner in Scotland, in fact the basalt rocks were created by a volcanic eruption 60 million years ago.



Rock of Cashel

Located in Cashel, County Tipperary, the historical site is set on an outcrop of limestone and possesses the most impressive cluster of medieval buildings in Ireland. Originally the seat of the kings of Munster, it rose to prominence as one of the key Christian centres in Ireland.



Titanic Quarter

Built on the former Harland & Wolff shipyard in Belfast, the waterfront development is home to major TV and film productions as well as the world's largest Titanic visitor attraction. The museum experience uses interesting interactive galleries to tell the ill-fated story of the most famous ship in the world.



Newgrange

Newgrange is a large circular mound with a stone passageway and chambers inside dating back to the Neolithic period. It was likely a place of astrological, spiritual, religious and ceremonial importance and was constructed by Stone Age farmers about 5,200 years ago. It is even older than Stonehenge and the pyramids of Egypt.

FOOD



Soda Bread

Made traditionally with flour, baking soda, salt and buttermilk, soda bread became a staple during the Irish famine in 1845 as it could be cooked in a pot over the fire. Now a popular bread throughout Ireland, it is best eaten with butter and cheese or jam, or dipped in soups and stews.



Irish Stew

This thick hearty dish originally made from mutton, potatoes and onions is regarded as Ireland's national dish. It was popular during the 1800s when it used cheap cuts of meat that needed longer to cook. It has now developed to include different meats, vegetables, Guinness or barley.



Colcannon

Made with mashed potatoes, milk, butter and cabbage or kale, colcannon is a traditional dish often eaten with boiled ham or bacon. A similar dish called champ is made with chopped spring onions instead of cabbage. It is associated with Samhain and would be served on that night.



Oysters

Oysters have been consumed in Ireland for 4000 years but their cultivation goes back to the 13th century. Often enjoyed alongside bacon and cabbage or simply with a pint of stout, they are celebrated every September at the week long Galway International Oyster Festival.



Boxty

Boxty is a traditional Irish potato pancake made from grated raw potato, flour and buttermilk and is best served hot and loaded with butter, or bacon and eggs. It originates from Northern Connacht and Southern Ulster but has become so popular that there are now entire restaurants dedicated to it.



Barmbrack

A quick bread with sultanas and raisins, barmbrack is associated with Halloween when it is baked with a ring and a coin inside and used as a sort of fortune-telling game. When received in a slice, the coin is said to bring good fortune or wealth and the ring means the person would be wed within the year.

TRADITIONS



Irish Dancing

Irish dancing encompasses Ceili dancing, step dancing, set dancing and Sean-ós dancing. It is performed solo and in groups both for social and competition purposes. Step dancing is the most commonly recognised style world wide and is characterised by a stiff upper body and fast, rhythmic and precise footwork.



Camogie 🏏 ka-mo-gie

Camogie is similar to the ancient Gaelic game hurling. It's played only by women and is considered among the world's fastest field team games. Players hit the ball, called a sliotar with a camogie or hurling stick to score points and goals. County Cork has won the most All-Ireland championships.



St. Patrick's Day

On the 17th of March every year, Ireland's patron saint, St Patrick, is honoured in Ireland and all over the world. The country's heritage and pride are celebrated with carnival-like parades and festivals, traditional Irish dance and music sessions and the wearing of green clothes or shamrocks.



Music Session

An informal gathering of musicians that usually takes place in pubs, people's homes or public places. Performers sing and play traditional songs and tunes from Ireland using instruments such as the fiddle, accordion, concertina, flute, tin whistle, uilleann pipes, tenor banjo, guitar, and bodhrán.



Gaelic Football

An Irish field sport played by both men and women, where goals and points are scored by kicking or punching the ball into the other team's goals or over the crossbar. Counties compete for the Sam Maguire cup at the All-Ireland championship held at Croke Park every year. The county of Kerry has won the most championships.



Halloween

Halloween originates from the ancient Celtic Feast of Samhain on the 31st of October. People dressed up in scary costumes to ward off the spirits who returned from the otherworld on this day. Celebrations include parties with turnip and pumpkin carvings, bonfires, fortune-telling games, apple bobbing, tricks and scary story-telling.

MUSIC



Bodhrán bo-rawn

The Bodhrán is a circular frame drum of Irish origin used to rhythmically accompany traditional tunes and songs. It is made of goat skin which is tacked to a wooden frame and played with a wooden tipper or beater while the other hand presses against the skin to control the pitch and timbre.



Tin Whistle

Like the flute and the low whistle, the tin whistle is extensively played in Irish traditional music. It is regarded as a good beginner instrument to start playing but like everything, takes a lot of practice to master. It has a mouthpiece and 6 holes which are covered to produce different notes.



Banjo

Originating in America, the banjo was embraced by the traditional music scene in the mid 20th century and has since become one of the most popular instruments in Irish music. The four string tenor design is tuned like the fiddle and generally played as a melody instrument.



Fiddle

Also known as the violin, the fiddle is made of wood, with 4 strings, and is played with a bow strung from horse hair.

There are many different styles of fiddle playing in Ireland that vary from county to county based on bowing technique, rhythm and types of tunes played.



Accodion

The concertina and button and piano accordions hail from the affectionately known ‘squeeze box’ family. The bellows work by pulling and squeezing the instrument, the left hand plays bass notes and the right plays melody. It came to Ireland from Germany in the 19th century and is especially popular in Ceili bands.



Uilleann Pipes il-ian

Known as the national bagpipe of Ireland, the quieter Uilleann pipes are usually played sitting down. The player's elbow squeezes bellows to pump air into the bag which then goes to the chanter, drones and regulators.

The chanter is used to create the notes and played like a flute.

MYTHOLOGY



Finn Mac Cool

Finn was known as the greatest leader of the Fianna, a group of mythical Irish warriors who protected the High King of Ireland. They were famous for their great size and height. As a young boy Finn tasted The Salmon of Knowledge granting him all the wisdom of the universe.



Tír na nÓg 🌀 tir-na-nog

Known as the Celtic otherworld or the Land of Youth, Niamh brought Oisín to this paradise island on a magical white horse that could travel over water. When Oisín returned to Ireland three years later, he discovered that three hundred human years had passed when he was in Tír na nÓg.



Macha 🌀 ma-ha

A war Goddess of ancient Ireland associated with fertility, land and horses. She was famously made to race the king's horses while heavily pregnant, upon winning, she died giving birth to twins and cursed the men of Ulster for disrespecting her. Navan Fort (Macha's twins) and Armagh are named after her.



Queen Maeve

A strong-willed, ambitious and cunning warrior Queen of Connacht, Queen Maeve is best known for starting the Cattle Raid of Cooley to steal Ulster's prize stud bull. She is described as a fearless queen whose beauty was such that upon seeing her, men lost two thirds of their valour.



Cú Chulainn ☺ coo-hull-in

Born Setanta, Cú Chulainn gained his name (Hound of Culann) after killing Culann's fierce guard dog in self defence and taking his place until a replacement could be reared. He was a fierce warrior, trained in martial arts and single-handedly defended Ulster against the armies of Queen Maeve of Connaught in the Cattle Raid of Cooley.



Children of Lir

The tale tells of King Lir's four children Finola, Aodh, Fiacre and Conn who were turned into swans by their jealous stepmother Aoife and banished to spend 300 years each on Lough Darvra, the Sea of Moyle and then Inis Glora until St Patrick would bring Christianity to Ireland and the Christian bell would ring.

SYMBOLS



Shamrock

Known as the unofficial Irish national flower, the shamrock, according to legend, was used by St Patrick to explain the holy trinity to non-believers as he converted the Irish to Christianity in the fourth century. The three leaves are also said to stand for faith, hope and love.



Celtic Cross

While symbolising Christianity, the Celtic Cross has its roots in ancient pagan beliefs. It features a circle around the intersection of the cross and is heavily decorated with celtic knots and spirals. Although there are many different interpretations, it is said to represent knowledge, strength, compassion and Celtic identity.



Trinity Knot

Also known as the triquetra, this ancient Celtic symbol consists of three overlapping and interconnected arcs. To the Celts, the three points symbolised the natural elements of earth, sea and sky, Christians adapted it to represent the Holy Trinity. It is often found as a design element on popular Irish jewellery.



Harp

Considered the official emblem of Ireland, the harp can be found on many official documents, Irish Passports, Irish Euro coins and bottles of Guinness beer. The current design is based on the 14th century Brian Boru harp which is on display in the museum of Trinity College in Dublin.



Claddagh Ring

This traditional Irish ring originated in Galway in the 1700s. The heart represents love, the crown stands for loyalty, and two clasped hands symbolise friendship. It is said that if worn with the heart pointing in, the wearer is married, if the heart points out, the wearer is single.



St. Brigid's

These crosses, associated with Saint Brigid of Kildare, are made on her feast day, the 1st of February which was formerly celebrated as the pagan day Imbolc, marking the beginning of Spring. Made with reeds, they are hung on the doorways of homes to protect them from fire and evil.

The background of the page is decorated with several light green, hand-drawn style spiral patterns. These spirals are arranged in a roughly circular pattern around the central text, with some overlapping. Each spiral starts from a central point and winds outwards in a clockwise direction, consisting of approximately 5-6 turns. The lines are thin and consistent in thickness.

Illustrations: Marrieta Gal
Graphic Design: Sergio Armenio





HAPPY
CLAN

© 2023, Happy Clan
Cartagena 241 6-6, 08025
Barcelona, Spain.
All rights reserved.

www.happy-clan.com