



Summer Planning

Summer is knocking at our doors. Are you ready for family outdoor activities? In this article we share some ideas to help you plan an unforgettable family outing in Nova Scotia.

Talk to your family

With family members choose dates, times and the activities everybody wants to do. Make a Plan B in case things don't go as planned. Set a budget for your trip and stick to it.

Choose the right venue

Once you pick a destination (like the Annapolis Valley), research for interesting places and things to do. For example:

A day trip : visit nearby towns or villages; farm trips to pick your own fruits and vegetables; check out museums, parks, zoos; take a beach day, go biking, hiking, swimming.

A longer trip: take a road trip around the province; go camping.

Next, research attractive activities, sites of interest (like scenic look offs, zip lines, wineries, craft stores) & special events on the day of your visit (like the Lunenburg Folk Harbour Festival). Check entrance fees and discount offers like seasonal passes for the Nova Scotia Museum or Parks Canada. Check out restaurants (are they open on your trip day), restrooms, lodging (if necessary), playgrounds for your kids and transportation. Give yourself extra time for events like parades as there will be traffic delays.

If you don't have a private vehicle, you must prepare for private/commercial transportation as some attractions in Nova Scotia are not accessible by public transportation. Check your destination's weather forecast on the day of your trip. Check out tide times if appropriate, phone ahead to u-picks to see 'if they're picking' the day you want to go.

Travel checklist

Proper travel preparation is essential for a successful family trip. While checklists may vary from family to family they are important. Make one up as you plan. Your list might include:

Essentials

- Personal documents or digital copies
- Cash (especially for markets and farms) and/or credit/debit cards
- Extra Clothes/ blankets
- Tissues/ Cleaning wipes/ Hand sanitizer
- Phone + chargers
- First Aid kit + medicines
- Emergency contact list
- Water bottles.
- Bug and insect repellent spray

Others

- Food and drinks (including snacks for kids)
- Toiletries/ Beach items (beach bag, towels, extra clothes, bag for wet clothes, flip flops, sunscreen, sunglass, etc.)
- Entertainment items (book, games and toys)
- Paper map
- Camera

Planning a family outing is not easy, especially for a large family of all ages. We hope these tips help you to plan a successful trip with lifetime memories for your family.



We suggest you to visit:

- **Fun for children with their parents**

<http://trecothiccreekandwindsorrailway.ca/>

- **Best things to do in Nova Scotia with kids**

<https://www.todayparent.com/family/family-life/best-things-to-do-in-nova-scotia-with-kids/>

- **Unforgettable Adventures for Kids in NS**

<https://www.familyfuncanada.com/15-family-adventures-nova-scotia/>

By Thanh Cao

Useful Links

Flying Over Canada— Relaxing Music

<https://www.youtube.com/watch?v=hpfVMPCR3xA>

Learn about Canada Day

<https://www.youtube.com/watch?v=RUOIHRmxuF0>

Céline Dion - I'm Alive !

<https://www.youtube.com/watch?v=NJsa6-y4sDs>

How to Make Classic Canadian Poutine

<https://www.youtube.com/watch?v=sppGyMuky5I>

Live a More Peaceful and Fulfilled Life

<https://youtu.be/d4z5C8G32AY>

Beautiful Bird Sounds Nature Relaxation

https://www.youtube.com/watch?v=bDJKs6r_g

Beautiful Spring Music Sergey Grischuk

<https://youtu.be/jY5t3hODt9I>

Zumba- 30 Minute Latin Dance!

<https://www.youtube.com/watch?v=mZeFvX3ALKY>

Free Workplace Health & Safety e- Courses

<https://novascotia.ca/lae/healthandsafety/courses.asp>

Short News Stories at Different Levels

<https://breakingnewsenglish.com/>

Free online Training

<https://skillsonlinens.bluedrop.io/storefront/skillsonlinens>

BBC – Learning English

<https://www.bbc.co.uk/learningenglish/>

Quiz



1. Which was not the three British North American provinces that were united into one federation called the Dominion of Canada, on July 1, 1867.

A: United Canadas
C: New Brunswick

B: Nova Scotia
D: Ontario

2. Which city was Canada's first capital city?

A: Kingston
C: Montreal

B: Toronto
D: Quebec City

3. When was Dominion Day renamed Canada Day?

A: 1946

B: 1958

C: 1980

D: 1982

4. When did "O Canada" officially become the country's national anthem?

A: 1908

B: 1939

C: 1980

D: 1982

5. When did Newfoundland become the 10th and newest province to join the Canadian Confederation?

A: 2001

B: 1949

C: 1945

D: 1933

6. Which was/were formally established in 1867, the year of the Canadian Confederation?

A: Halifax Public Gardens
C: Victoria Park

B: Point Pleasant Park
D: Halifax Citadel National Site

7. The Prince of Wales Tower - the oldest Martello tower in North America (1796) is in _.

A: Point Pleasant Park
C: Halifax Common

B: Victoria Park
D: Halifax Citadel National Site

8. The highest tides in the world can be found in Canada at _.

A: the Bay of Fundy
C: the Mira Bay

B: the Morien Bay
D: the Mahone Bay

9. You need to be _ or older to apply for a General Fishing License.

A: 15

B: 16

C: 17

D: 18

10. Motor vehicle drivers leave at least _ feet of space when passing a cyclist.

A: 1

B: 2

C: 3

D: 4

Answers: 1. D, 2. A, 3. D, 4. C, 5. B, 6. A, 7. A, 8. A, 9. B, 10. C

By Andrew Sun



Goi Cuon (*Delightful Plate*)

Ingredients:

- 500 gr pork belly, cooked & thinly sliced (optional)
- 500 gr shrimp, peeled, cooked, deveined & sliced in half
- 80 gr dried rice noodle, cooked, rinsed and drained
- 1 head lettuce (green leaf or romaine)
- Fresh herbs and vegetables (mint, basil, cilantro, chives)
- 1 cucumber, julienned
- 20 large round rice paper

Dipping peanut sauce:

- 50 ml water
- 1 tbsp. garlic, finely chopped
- 1 tbsp. cooking oil
- 2 tbsp. hoisin sauce
- 2 tbsp. creamy peanut butter
- 1 tbsp. coarsely chopped toasted peanuts (optional)

Dipping fish sauce:

- 100 ml water
- 1 tbsp. sugar
- 2 tbsp. fish sauce
- ½ tbsp. lemon juice
- 1 tsp. garlic & fresh chili pepper, finely chopped

Goi Cuon

Vietnamese Fresh Rice-Paper Rolls (Summer Rolls)

Directions:

- 1- Wet one side of the rice paper sheet to soften it, place a layer of vegetables on the bottom of the sheet, followed by a layer of pork slices, and a layer of shrimp. Top up with noodle and a chive.
- 2- Fold two side of the sheet and started rolling tightly from the bottom of the sheet toward the end. Serve with dipping fish sauce or peanut sauce.
- 3- Dipping fish sauce: dissolve sugar and lemon juice in water, add fish sauce and stir well, finally add in chopped garlic and chilly.
- 4- Peanut sauce: sauté garlic in cooking oil until fragrant, add water, hoisin sauce and peanut butter and whisk until smooth, bring the mixture to a boil.
- 5- Enjoy!

By Thanh Cao

Ingredients:

- 2 cups semolina
- 1 cup Coconut
- 3/4 cup sugar
- 3/4 cup vegetable oil
- 1 tsp. baking powder
- 1 cup orange juice
- 1/2 cup Almond halves for decoration.

Sugar Syrup:

- 2 cups sugar
- 1 cup orange juice
- 1 cup water
- Orange zest

Hariseh or Basbouseh Jordan Recipe



Steps:

- 1- Preheat oven to 380F
- 2- Mix the ingredients, spread them in a tray covered with baking sheet, cut to square pieces and decorate each piece with almond. Put in the oven in the middle rack for 35 min or until fully cooked.
- 3- Mix the ingredients then put on the fire until boiling and the texture becomes thick.
- 4- Pour hot basbousah with hot Sugar Syrup and put orange zest on top.
- 5- Serve cold. Enjoy!

By Khalida AlSawalha

BOUREK

Algerian Recipe

Ingredients:

- 250 g grounded beef
- 1 onion, chopped
- 1 pinch cinnamon
- 1 ½ cups parsley, finely chopped
- 2 eggs, beaten.
- 8 Spring roll pastry sheets

Steps:

- 1- Gently sauté the onion until soft.
- 2- Add the grounded meat, continue to stir until cooked.
- 3- Add a pinch of cinnamon, salt, pepper, and the chopped parsley and stir well.
- 4- On a gentle heat add the beaten eggs(do not to let it scramble). Let the mixture cool.
- 5- Place 2 or 3 tablespoons of beef mixture on a pastry sheet.
- 6- Fold the sides and roll to make a Bourek. Repeat same operation with each pastry sheet.



- 7- Place the Boureks (fold side down) on a tray, grease each piece with oil/melted butter cook in oven until golden (or just fry in a frying pan with vegetable oil, make sure to cook both sides).

<http://www.evasion-culinaire.com/bourek-viande-hachee/>

By Nacera Siyoucef

Grand-Pré



Grand-Pré is a UNESCO World Heritage site located beside the upper Bay of Fundy, north of Wolfville, Nova Scotia.

The site includes commemorative buildings, archaeological remains, landscape features and a collection of objects which reflect the presence of Acadians at the site.

It is a wonderful place for people to learn about the history and to connect with the early lifestyle of the area.

Visitors can enjoy parks and gardens as well as vineyards and wineries. There are both wildlife sanctuaries and nature preserves not too far away. They are made convenient to access by following the marked trails.

Every year a variety of events and festivals are held in Grand-Pré where you can enjoy live music, food, and plenty of other forms of entertainment for the entire family. For more information;

https://www.pc.gc.ca/apps/dfhd/page_nhs_eng.aspx?id=267

<https://parks.canada.ca/lhn-nhs/ns/grandpre>

By Nacera Siyoucef

Community Events

1- Canada Day Celebrations

July 1st, 2023

So many events to enjoy on Canada Day!

<https://hrmcanadaday.ca/#events>

2- Halifax Mural Festival

July 3rd - July 9th

Halifax Regional Municipality

Producing murals on Quinpool Road and throughout Halifax

<https://www.halifaxmurfestival.ca/>

3-Lunenburg Craft and Food Festival

July 8th – July 9th

19 Green Street, Lunenburg

Outdoor music to enjoy as you shop from unique Nova Scotian Artisans and Crafters.

<http://lunenburgcraftandfoodfestival.com>

4- In My Yesterday

May 13th - Jul 23th

Canadian Museum of Immigration at Pier 21

Artist JJ Lee's, Chinese Maritime family's

immigration expérience

Artwork, historical objects and documents

<https://pier21.ca/in-my-yesterday>



Happy Canada Day!

July 1st, 2023

Celebrating 156 Years!

Connect to the Newsletter Working Group on FB
[@sharingnewsletter](#) Newcomer Services, KG Public Library

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