



THE HISTORICAL ASSOCIATION  
OF ANNAPOLIS ROYAL  
(Founded 1919)

[www.TourAnnapolisRoyal.com](http://www.TourAnnapolisRoyal.com)

# WELCOME

Dear Friend,

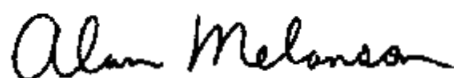
As a 10th generation Acadian whose ancestors settled here in 1657, and President of the Historical Association of Annapolis Royal, it is indeed my pleasure to welcome you to the Annapolis Royal/Port Royal Area, the cradle of Acadian civilization.

Our historical association was founded in 1919 to preserve and present the rich cultural heritage and national significance of our area. In addition to the Acadian Heritage Tours, our organization also proudly sponsors National Historic District Tours and the Candlelight Tours of the Garrison Graveyard. Customized special-interest tours for both individuals and groups and step-on guides are also available upon request.

The Historical Association of Annapolis Royal's other major projects include the Heritage Plaquing Program which includes over 125 area homes and businesses in addition to the 2004 publication of A History of Port-Royal/Annapolis Royal 1605-1800, by noted historian Brenda Dunn, a comprehensive hard-cover history book detailing this region's period of national significance. We are also proud to present a college scholarship annually to a local student interested in history. Additionally we have donated \$7,500 to King's Theatre to stage *Forever Marie*, in both 2004 and 2005 to commemorate our region's 400th anniversary.

My wife, Durline, and I are happy you chose to journey back in time with us on the Acadian Heritage Tour. We sincerely hope you have enjoyed your experience and that it has whet your appetite to learn more about our unique Acadian culture. As a memento of your visit, the Historical Association of Annapolis Royal is proud to present you with this little souvenir booklet containing some popular recipes and dances so that you may continue your Acadian Heritage experience when you return to your home.

Sincerely,



Alan Melanson

*President*

The Historical Association of Annapolis Royal

# ACADIAN HOLIDAY

At the First Acadian Convention in Memramcook, New Brunswick, in 1881 one of the first topics was the selection of an Acadian holiday. August 15, the Feast of the Assumption of the Virgin Mary was chosen.

## ACADIAN FLAG

It was during the occasion of their second national convention, held in Miscouche, Prince Edward Island in 1884 that the Acadians of the maritime provinces chose their flag and national anthem.

They adopted the French Tricolore in order to demonstrate that they were not forgetful of the origins of their ancestors. What distinguishes the Acadian flag from that of France is the star "Face of Mary", situated at the top left of the blue rectangle. Blue is symbolic of the Virgin Mary, the patron saint of the Acadians. The star, "Stella Maris" is praised in the national anthem and guides the people through their hardships. It bears the papal color as being representative of the unwavering adherence of the Acadians to the Roman Catholic Church. Blue is for loyalty, white for purity and red for bravery.

## NATIONAL ANTHEM

1. Ave Maris Stella  
Dei Mater Alma  
Atque Semper Virgo  
Felix Coeli Porta
2. Acadia my homeland  
To your name I draw myself  
My life, my faith belong to you  
You will protect me
3. Acadia my homeland  
My land and my challenge  
From near, from far you hold onto me  
My heart as Acadian
4. Acadia my homeland  
I live your history  
I owe you my pride  
I believe in your future
5. Ave Maris Stella  
Dei Mater Alma  
Atque Semper Virgo  
Felix Coeli Porta

# RÂPURE

## (Rappie Pie)

*This is a favourite Acadian dish served at most special occasions and gatherings. While the preparation of Râpure is fairly similar in most regions, the various ingredients vary from one area to another and even from one family to another. Some Acadians add chicken, others add pork or seafood, and still others use only grated or mashed potatoes or sometimes day-old bread.*

### **Ingredients**

1	chicken	1
3	large onions, chopped	3
12	potatoes, peeled	12
1/2 pound	salt pork fat, cubed	250 g

### **Directions**

Cut the chicken into large pieces, and put them into a pot with just enough water to completely cover the meat. Add the onions and simmer until the chicken is tender. Remove the chicken from the pot, and save the broth. Take the meat off of the bones, and cut it into small pieces.

Grate the potatoes. Extract all of the water from the potatoes by putting them in cheesecloth, or a cotton bag, and squeeze vigorously. Make sure the air doesn't touch the potatoes or they will turn black.

Bring the chicken to a broth to a boil. Scald the potatoes in an amount of broth equal to about two-thirds of the water extracted from the potatoes. Blend the broth with potatoes, and season to taste with salt and pepper.

In a heavy pot, sauté half of the cubed salt pork. Add half of the potato mixture, the chicken, and then cover with the remaining potato mixture. Cut the remaining salt pork into strips, and place them on the râpure.

Bake for 1 1/2 hours at 350 degrees Fahrenheit, or until the top is uniformly brown.

### **Variation**

Replace the chicken with mussels, clams or hare.

# BEIGNETS À LA RÂPURE

## (Potato Pancakes)

*On the whole Acadian cooking is uncomplicated. The number of ingredients is kept to a minimum, and methods of preparation are relatively simple and straightforward.*

*The three meals of the day were enjoyed in the morning, midday and evening. Present-day Acadians call these meals déjeuner, dîner and souper respectively, retaining some of the 18th century terminology which distinguishes the Acadian dialect from standard French.*

*For a taste of Acadie enjoy Beignets À La Râpure, a favourite dish in many Acadian households.*

### **Ingredients**

6	potatoes, peeled and finely grated	6
1 tsp	salt	5 mL
1/4 cup	flour	50 mL
1 Tbsp	fat	15 mL

### **Directions**

Drain the potatoes and blend them with the flour, salt and pepper. (An egg or 1 heaping tsp/5 mL of baking powder may be added if desired to ensure that the mixture holds together.)

Heat the fat in a skillet. Add spoonfuls of the grated potatoes and flatten them to make small pancakes about 4 inches/10 cm in diameter and 1/2 inch/10 mm thick.

Fry the pancakes until each side is brown and crisp.

Makes 12 pancakes.

### **Variation**

To make one large potato pancake, rather than small ones, simply use some extra fat, and pur the mixture into the skillet. Fry at a low temperature for 30 minutes on each side.

# BRANLE DU POITOU

*Many Acadians originally came from the Poitou region of France. This dance is a variation of the 16th century "Branle du Poitou." It is done in a large clockwise circle without partners and is typical of dances that would have been enjoyed by the Acadians. Everyone holds hands in a large circle, facing inside the circle. Swing arms back and forth to music.*

## **Step 1: BRANLE DOUBLE**

Counts 1, 2,	Step Left Foot to Left Side, Step Right foot to Left,
Counts 3, 4	Step Left Foot to Left Side, Touch Right next to Left
Counts 5, 6	Step Right Foot to Right, Step Left Foot next to Right,
Counts 7, 8	Step Right foot to Right Side, Touch Left next to Right

This step would be done 3 complete times for a total of 24 counts. (Take larger steps when moving to left, and smaller ones when moving to right to make circle move in a Clockwise Circle.)

## **Step 2: SIMPLE FORWARD, SIMPLE FORWARD, DOUBLE BACK**

Counts 1, 2	Large Step Left Foot Forward, Touch Right next to Left
Counts 3, 4	Large Step Right Foot Forward, Touch Left Heel next to Right
Counts 5, 6, 7, 8	4 Small Steps Back (Left, Right, Left, Right)

## **Step 3: DOUBLE LEFT**

Counts 1, 2,	Step Left Foot to Left Side, Step Right foot next to Left
Counts 3, 4	Step Left Foot to Left Side, Touch Right next to Left

## **Step 4: SIMPLE RIGHT, SIMPLE LEFT**

Counts 5, 6	Step Right Foot to Right Side, Touch Left next to Right
Counts 7, 8	Step Left Foot to Left Side, Touch Right next to Left

## **Step 5: DOUBLE RIGHT**

Counts 1, 2	Step Right Foot to Right, Step Left Foot next to Right,
Counts 3, 4	Step Right Foot to Right Side, Touch Left next to Right

**START DANCE AGAIN - ENJOY!**

*Compliments Trans World Dance Company, [Dance.Canada@eastlink.ca](mailto:Dance.Canada@eastlink.ca)*

# BRANLE DU CHEVAL

*Though there was much work to do in an Acadian's daily life, there were also special times to relax. Small and large villages of friends and extended families enjoyed song, dance and storytelling. Building a home for newlyweds, braking linen, weaving fabric, butchering livestock, spring planting and fall harvests were all wonderful opportunities for festive celebrations.*

*The "Branle du Cheval" (Horse's Brawl) is a centuries-old partner dance typical of those that would have been enjoyed by the Acadians. It has many variations, and is still danced today.*

## **Step 1: BRANLE DOUBLE**

Partners begin facing each other, holding both hands.

Counts 1, 2,	Step Left Foot to Left, Step R foot next to Left,
Counts 3, 4	Step Left Foot to Left Touch Right next to Left
Counts 5, 6	Step Right Foot to Right, Step Left Foot next to Right,
Counts 7, 8	Step Right foot to Right, Touch Left next to Right

This Branle Double would be done 4 complete times (total of 32 counts) to make a full clockwise circle back to original starting positions. Take larger steps and slightly forward when moving to left, smaller steps when moving to right to line back up with partner, moving around in a clockwise circle.

## **Step 2: MAN**

(Lady stands with hands on hips and watches man.)

Counts 1, 2	Man Taps Right Foot 2 times in place
Counts 3, 4	<i>Simple Right:</i> Step Right Foot to Right, Touch Left next to Right Foot
Counts 5, 6, 7, 8	Double Left: 4 Steps (Left, Right, Left, Right) making full counterclockwise circle

## **Step 3: LADY**

(Man stands with hands on hips and watches lady)

Counts 1, 2	Lady Taps Right Foot 2 times in place
Counts 3, 4	<i>Simple Right:</i> Step Right Foot to Right, Touch Left next to Right
Counts 5, 6, 7, 8	Double Left: 4 Steps (Left, Right, Left, Right) making full counterclockwise circle

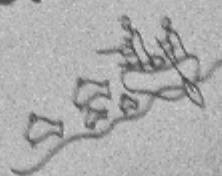
**START DANCE AGAIN - ENJOY!**

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# MI'KMAW HAPPY CHANT

## HAPPY CHANT

you a hi a, you a hi a  
you a hi a, you a hi a  
way hi a hay ho, way hi a hay ho  
you a hi a, way hi a  
way hi a, hay ho.





# Thank you for touring with us!

We sincerely hope you enjoyed your adventure and would be most grateful if you will help us spread the word.

We are on Facebook & TripAdvisor as

## CANDLELIGHT GRAVEYARD TOUR



## *The Historical Association of Annapolis Royal*

- Founded 1919 -

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