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# Independence Day

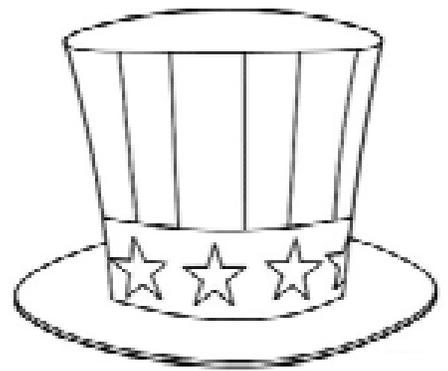
THE FOURTH OF JULY ALSO KNOWN AS INDEPENDENCE DAY MARKS THE HISTORIC DATE IN 1776 WHEN THE DECLARATION OF INDEPENDENCE WAS APPROVED BY THE CONTINENTAL CONGRESS. BEFORE THE DECLARATION, AMERICA WAS PART OF THE KINGDOM OF GREAT BRITAIN (NOW CALLED THE UNITED KINGDOM). BETWEEN 1607 AND 1732, THE BRITISH SETTLED IN VIRGINIA, NEW YORK, MASSACHUSETTS, MARYLAND, RHODE ISLAND, CONNECTICUT, NEW HAMPSHIRE, DELAWARE, NORTH CAROLINA, SOUTH CAROLINA, NEW JERSEY, PENNSYLVANIA, AND GEORGIA (THE 13 COLONIES). AS THESE COLONIES GREW, THE PEOPLE WHO LIVED FELT THE BRITISH GOVERNMENT TREATED THEM UNFAIRLY BEING FORCED TO PAY TAXES ON ITEMS SUCH AS TEA, AND HAVING TO ALLOW BRITISH SOLDIERS TO STAY IN THEIR HOMES. THE COLONISTS COULDN'T DO ANYTHING TO CHANGE THESE FELT INJUSTICES. IN 1775 THE COLONISTS REBELLED RESULTING IN, THE REVOLUTIONARY WAR.

ON JULY 4, 1776, A SMALL GROUP OF REPRESENTATIVES FROM THE COLONIES—CALLED THE CONTINENTAL CONGRESS—ADOPTED THE DECLARATION OF INDEPENDENCE. WRITTEN BY A COMMITTEE LED BY THOMAS JEFFERSON, THE DOCUMENT WAS SIGNED BY PEOPLE FROM ALL 13 COLONIES. BUT THE BRITISH GOVERNMENT DIDN'T ACCEPT IT. SO THE COLONISTS CONTINUED TO FIGHT FOR INDEPENDENCE UNTIL THEY FINALLY DEFEATED GREAT BRITAIN IN 1783. (SOURCE: KIDS.NATIONALGEOGRAPHIC.COM)

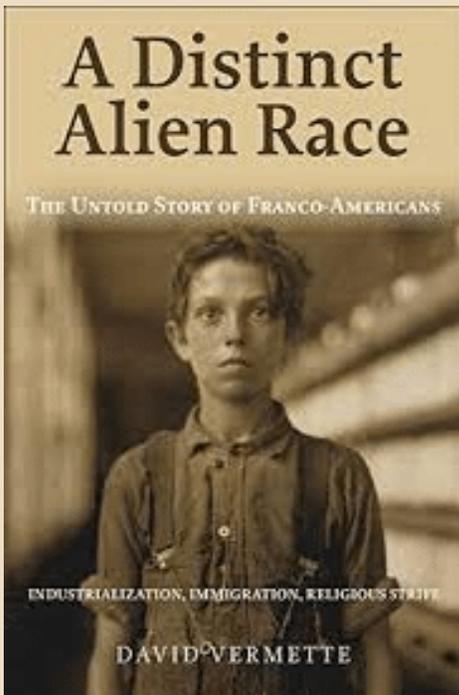
ACCORDING TO TH LIBRARY OF CONGRESS.GOV (2022) OBSERVING INDEPENDENCE DAY ONLY BECAME COMMONPLACE AFTER THE WAR OF 1812. EVENTS SUCH AS GROUNDBREAKING CEREMONIES FOR THE ERIE CANAL AND THE BALTIMORE AND OHIO RAILROAD WERE SCHEDULED TO COINCIDE WITH JULY 4TH FESTIVITIES. BY THE 1870S, THE FOURTH OF JULY WAS THE MOST IMPORTANT SECULAR HOLIDAY ON THE CALENDAR. CONGRESS PASSED A LAW MAKING INDEPENDENCE DAY A FEDERAL HOLIDAY ON JUNE 28, 1870.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 4TH OF JULY WORD SCRAMBLE



1. ICTNBROEELA \_\_\_\_\_
2. TSSRA \_\_\_\_\_
3. HFROUT \_\_\_\_\_
4. CEDNEPNEIDEN \_\_\_\_\_
5. GFAL \_\_\_\_\_
6. DITARIONT \_\_\_\_\_
7. SAAICLVNR \_\_\_\_\_
8. YUJL \_\_\_\_\_
9. PINCIC \_\_\_\_\_
10. ISENCOLO \_\_\_\_\_
11. FSFERJENO \_\_\_\_\_
12. IROYTSH \_\_\_\_\_
13. BLLES \_\_\_\_\_
14. LCDOAETIANR \_\_\_\_\_
15. EAAMNICR \_\_\_\_\_
16. AARPDE \_\_\_\_\_
17. RSMEUM \_\_\_\_\_
18. PUDOR \_\_\_\_\_
19. AIRCTTIOP \_\_\_\_\_
20. ERKSFOIRW \_\_\_\_\_



## WHAT IS FRENCH-AMERICAN HERITAGE?

FRENCH AMERICANS OR FRANCO-AMERICANS ARE CITIZENS OR NATIONALS OF THE UNITED STATES WHO IDENTIFY THEMSELVES WITH HAVING OF PEOPLE OF FRENCH, FRENCH-CANADIAN, AND ACADIAN DESCENT LIVING IN THE UNITED STATES. TODAY THERE ARE 11.8 MILLION FRANCO-AMERICANS IN THE US AND 1.6 MILLION FRANCO-AMERICANS WHO SPEAK FRENCH AT HOME. THERE ARE ALSO AN ADDITIONAL 450,000 AMERICANS WHO SPEAK A FRENCH-BASED CREOLE LANGUAGE, FOR EXAMPLE, HAITIAN CREOLE. (SOURCE: GUIDESLIB.KU.EDU).

JULY IS DESIGNATED AS NATIONAL FRENCH-AMERICAN HERITAGE MONTH AND WAS ESTABLISHED TO HONOR THE SIGNIFICANT CONTRIBUTIONS MADE TO THE COUNTRY BY PEOPLE OF FRENCH DESCENT. CURRENTLY, ACCORDING TO THE U.S. CENSUS BUREAU OF 2000, 5.3 PERCENT OF AMERICANS ARE OF FRENCH OR FRENCH CANADIAN ANCESTRY.

IN 2013 THE NUMBER OF PEOPLE LIVING IN THE US WHO WERE BORN IN FRANCE WAS ESTIMATED AT 129,520. BASED ON THE 2000 CENSUS MASSACHUSETTS, MICHIGAN, NEW YORK, CALIFORNIA, AND LOUISIANA HAD THE LARGEST NUMBER OF INDIVIDUALS WITH FRENCH-CANADIAN ANCESTRY. AS OF THE 2011 CENSUS, AN ADDITIONAL 750,000 FRENCH-AMERICAN CITIZENS WERE ADDED TO THOSE NUMBERS DUE TO THE LARGE CREOLE COMMUNITY, WHOSE LANGUAGE IS BASED ON FRENCH. (SOURCE: NATIONALTODAY.COM) FRENCH-AMERICANS TODAY ARE FOUND MOSTLY IN NEW ENGLAND AND IN THE NORTHERN SECTIONS OF NEW YORK, THE MIDWEST AND LOUISIANA. THERE ARE THREE MAIN TYPES OF FRENCH-AMERICAN; FRENCH CANADIAN, CAJUN, OR LOUISIANA CREOLE (SOURCE: WIKIPEDIA/.ORG)

ACCORDING TO NATIONAL TODAY.COM MOST MODERN-DAY FRENCH-AMERICANS OF FRENCH CANADIAN OR FRENCH HERITAGE ARE THE DESCENDANTS OF SETTLERS WHO LIVED IN CANADA DURING THE 17TH AND ARE PART OF THE QUEBEC DIASPORA. IN 1791 CANADA WHICH WAS KNOWN AS THE PROVINCE OF QUEBEC WAS RENAMED TO LOWER CANADA AND THEN TO THE CANADIAN PROVINCE OF QUÉBEC AFTER THE CANADIAN CONFEDERATION WAS FORMED IN 1867.

FRENCH AMERICANS LIVING IN NEW ENGLAND AND THE MID-WEST, CAN TRACE THEIR ORIGINS BACK TO THAT OF THE QUEBEC DIASPORA, ALSO, NOT THAT MANY FRENCH-AMERICANS ARE OF ACADIAN DESCENT, WHO CAME TO THE US FROM THE CANADIAN MARITIME REGIONS. WHAT IS UNUSUAL THE EARLY FRENCH-AMERICANS THEY ARRIVED BEFORE THE FORMATION OF THE UNITED STATES. IN THE TIME BEFORE THE AMERICAN REVOLUTIONARY WAR, THEY FOUNDED MANY VILLAGES AND CITIES AND WERE SOME OF THE FIRST EUROPEANS TO SETTLE DOWN IN THE US.

FRENCH  
AMERICAN  
HERITAGE



Mandela devoted his life of 95 years, including a prison sentence of 26 years to ending the racist apartheid regime. Rolihlahla Mandela (Nelson Mandela) was born into the Madiba clan in the village of Mvezo, in the province of Eastern Cape, on July 18, 1918. His mother was Nonqaphi Nosekeni and his father was Nkosi Mphakanyiswa Gadla Mandela, principal counselor to the Acting King of the Thembu people. When Rolihlahla (Nelson) Mandela was 12 years old, his father died and the young Rolihlahla became a ward. He attended primary school in Qunu where his teacher, Miss Mdingane, gave him the name Nelson, in accordance with the custom of giving all schoolchildren "Christian" names. Hearing the elders' stories of ancestral valor during the wars of resistance, he dreamed of making his own contribution to the freedom struggle of his people.

Mandela was born on July 18, 1918 into the Madiba clan in the village of Mvezo, in the province of Eastern Cape. He joined the African National Congress (ANC), a Black liberation group, and became a leader of its Youth League.

In 1944 Mandela joined the African National Congress (ANC), a Black liberation group and formed the Youth League. In 1952 in Johannesburg, with fellow ANC leader Oliver Tambo, Mandela established South Africa's first Black law practice, specializing in cases resulting from the post-1948 apartheid legislation. In 1955 he was involved in drafting the Freedom Charter, a document calling for nonracial social democracy in South Africa. (Source [www.nelsonmandela.org](http://www.nelsonmandela.org)). After the massacre of 69 unarmed Black South Africans by police forces in the northeastern town of Sharpeville in 1956 and the country's first state of emergency and the banning of the ANC, Mandela was arrested with more than 100 other people on charges of treason (known as the Treason Trial) that were designed to harass anti-apartheid activists. Thousands were detained throughout the country during this time. (source: <https://www.nelsonmandela.org>). He went on trial that same year and eventually was acquitted, in 1961. October 1963, Mandela, along with several others, was tried for sabotage, treason, and violent conspiracy and was sentenced to life in prison in 1964. (Source: [www.yenisafak.com](http://www.yenisafak.com)). From 1964 to 1982 – nearly a quarter century – he was incarcerated at Robben Island Prison, off Cape Town.

"We celebrate Nelson Mandela International Day every year to shine light on the legacy of a man who changed the 20th century and helped shape the 21st. This is a moment for all to renew with the values that inspired Nelson Mandela. Absolute determination. A deep commitment to justice, human rights and fundamental freedoms. A profound belief in the equality and dignity of every woman and man. A relentless engagement for dialogue and solidarity across all lines and divisions. Nelson Mandela was a great statesman, a fierce advocate for equality, the founding father of peace in South Africa. In times of turbulence, Nelson Mandela shows us the power of resisting oppression, of justice over inequality, of dignity over humiliation, of forgiveness over hatred. As the world takes forward the 2030 Agenda for Sustainable Development and strives to overcome new sources of adversity, let us recall the lessons of Nelson Mandela's life, and the essential humanism that guided him: "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." (source: <https://en.unesco.org>)



**World Population Day is an annual event celebrated on July 11 every year to raise awareness of World Population Issues. The Day was established in 1989 by the Governing Council of the UN Development Program as an outgrowth of the interest generated by the Day of Five Billion in 1987. The day was proposed and recommended by Dr. KC Zachariah. Every year, the United Nations chooses a different theme for the event, such as caring for the elderly or investing in adolescent girls. The theme of World Population Day 2021 is Building a fairer, healthier world. The objective of World Population Day is to expand awareness among the people on various population issues such as the significance of reproductive health, family planning, gender equality, poverty, maternal health, and the rights of humans. The agency emphasizes that "women must be empowered educationally, economically, and politically to exercise choice over their bodies and fertility". World population day is celebrated at the international level by combining a variety of activities and events to encourage the world masses to work together on the issues of the growing population. There are main issues such as, how we can control the population and how we can stop population explosion in certain territories. "Controlling the population today will reflect in its benefits in our tomorrow." (Source: ritiriwaz.com)**

**UN.org identifies World Population Trends noting it took hundreds of thousands of years for the world population to grow to 1 billion – then in just another 200 years or so, it grew sevenfold. In 2011, the global population reached the 7 billion mark, and today, it stands at about 7.7 billion, and it's expected to grow to around 8.5 billion in 2030, 9.7 billion in 2050, and 10.9 billion in 2100. This dramatic growth has been driven largely by increasing numbers of people surviving to reproductive age, and has been accompanied by major changes in fertility rates, increasing urbanization and accelerating migration. These trends will have far-reaching implications for generations to come.**

**The recent past has seen enormous changes in fertility rates and life expectancy. In the early 1970s, women had on average 4.5 children each by 2015, total fertility for the world had fallen to below 2.5 children per woman. Meanwhile, average global lifespans have risen, from 64.6 years in the early 1990s to 72.6 years in 2019. In addition, the world is seeing high levels of urbanization and accelerating migration. 2007 was the first year in which more people lived in urban areas than in rural areas, and by 2050 about 66 per cent of the world population will be living in cities. (source: www.UN.org)**

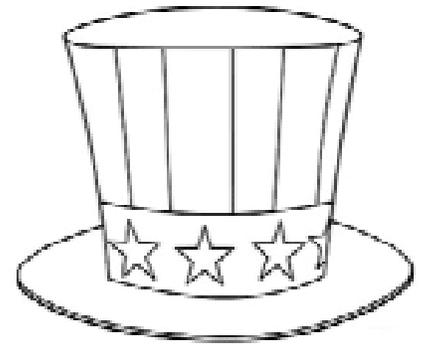
**These megatrends have far-reaching implications. They affect economic development, employment, income distribution, poverty and social protections. They also affect efforts to ensure universal access to health care, education, housing, sanitation, water, food and energy. To more sustainably address the needs of individuals, policymakers must understand how many people are living on the planet, where they are, how old they are, and how many people will come after them. (source: www.UN.org)**

# Answers

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 4TH OF JULY WORD SCRAMBLE



1. ICTNBROEELA **CELEBRATION**

2. TSSRA **STARS**

3. HFROUT **FOURTH**

4. CEDNEPNEIDEN **INDEPENDENCE**

5. GFAL **FLAG**

6. DITARIONT **TRADITION**

7. SAAICLVNR **CARNIVALS**

8. YUJL **JULY**

9. PINCIC **PICNIC**

10. ISENCOLO **COLONIES**

11. FSFERJENO **JEFFERSON**

12. IROYTSH **HISTORY**

13. BLLES **BELLS**

14. LCDOAETIANR **DECLARATION**

15. EAAMNICR **AMERICAN**

16. AARPDE **PARADE**

17. RSMEUM **SUMMER**

18. PUDOR **PROUD**

19. AIRCTTIOP **PATRIOTIC**

20. ERKSFOIRW **FIREWORKS**

# THE WORLD'S COOKBOOK

recipes shared by Judi Blanchet, DDS



"I WAS BORN IN NORTHERN MAINE IN A SMALL TOWN CALLED FRENCHVILLE. MY TOWN BORDERED THE NEW BRUNSWICK PROVINCE, CANADA. OUR COUNTRIES WERE SEPARATED BY THE ST. JOHN RIVER. TWO RECIPES COME TO MIND".

## Ingredients

- 1 QUART VEGETABLE OIL FOR FRYING
- 1 (10.25 OUNCE) CAN BEEF GRAVY OR IF YOU CAN FIND ST. HUBERT GRAVY PACKAGE FOR POUTINE (SEE PICTURE BELOW) (FOLLOW THE DIRECTIONS ON THE PACKAGE)
- 5 MEDIUM POTATOES, CUT INTO FRIES
- 2 CUPS CHEESE CURDS

## Directions

- HEAT OIL IN A DEEP FRYER OR DEEP HEAVY SKILLET TO 365 DEGREES F (185 DEGREES C). WHILE THE OIL IS HEATING, YOU CAN BEGIN TO WARM YOUR GRAVY.
- PLACE THE FRIES INTO THE HOT OIL, AND COOK UNTIL LIGHT BROWN, ABOUT 5 MINUTES. MAKE THE FRIES IN BATCHES IF NECESSARY TO ALLOW THEM ROOM TO MOVE A LITTLE IN THE OIL. REMOVE TO A PAPER TOWEL LINED PLATE TO DRAIN. STEP
- PLACE THE FRIES ON A SERVING PLATTER AND SPRINKLE THE CHEESE OVER THEM. LADLE GRAVY OVER THE FRIES AND CHEESE, AND SERVE IMMEDIATELY

If you're from Northern Maine, you know what a ploye is. For anyone who isn't, it's a French-Acadian food, made of buckwheat flour. They're often compared to a pancake or a crepe, though they're a bit different from both of them. For many French families in Maine, they're a staple. When making ployes, you have two options. One is a ploye mix, in which you only have to add water (easy method). The other way is from scratch, which only requires a few more ingredients!

**Ingredients:** (Makes around 10 ployes, depending on the size)

- 1 cups buckwheat flour
- 1/3 cup white flour
- 1.5 teaspoons baking powder
- ½ teaspoon salt
- 1 cups cold water
- 1/2 cup hot water

With the mix:

- 1 cup ploye mix
- 1 cup cold water
- ½ cup hot water

### **Instructions:**

1. Mix all the ingredients together
2. Add the cold water and mix it until combined
3. Then add the hot water and mix, until the batter has no lumps, and is fairly thin.
4. Once the batter is ready, I spray the pan, heat up the griddle pan.
5. If you see the ploye 'bubbling' and creating little holes, then you're doing it right! The ploye should be pretty thin, not at all the thickness of a pancake.
6. Keep making the ployes until they are all done. You don't need to turn them over, but if you want too, it is ok to do. To keep them hot, put them on a plate with a dish towel over the completed ones.
7. I add butter to the ploye and roll it up. C'est tres bon !



# **AUGUST CELEBRATIONS**

**August 9**, International Day of the World's Indigenous People

**August 13** - Left-Handers Day

**August 17** - Marcus Garvey Day

**August 18-19** - Krishna Janmashtami (Hindu)

**August 19** - World Humanitarian Day

**August 21** - Senior Citizens Day

**August 22** - American Business Women's Day

**August 26** - Women's Equality Day

**August 31** - Ganesh Chaturthi (Hindu)

## **National Civility Month**

Dear Colleagues,

We are looking for contributions to the newsletter for the month of August . If you have a story to share, a recipe, how you celebrate, or an interesting fact, please feel free to email

Cheryl.Ellis@ct.gov.