



Nova Scotia Essentials

Origin of Name: Latin for “New Scotland.” In 1621, King James I of England (James VI of Scotland) claimed the land as a part of the kingdom of Scotland.

Provincial Capital: Halifax

License Plate: “Canada’s Ocean Playground” was adopted on the Nova Scotia license plate in 1972.

Motto: *Munit Haec et Altera Vincit* (One defends and the other conquers.)

Bluenosers: There is a great deal of debate about exactly why Nova Scotians are called Bluenosers. Some say it’s because the sailors’ mittens were blue and the dye got on their noses when they rubbed them; others, because Nova Scotians’ noses turned blue from the cold. And one story has it that the nickname was given to the crewmen of schooners that carried blue-skinned Nova Scotia potatoes to New England in the late 1700s. Regardless of the origin, the term is not derisive. Indeed, Nova Scotia’s most famous schooner was called the Bluenose.

They said it

"I never suffered from any idea that we were a mediocre people. I thought we were a superior people. I wrote mostly about Nova Scotia because that was my territory and these were my people, but it always seemed to me that the more I studied them, the more important they seemed. And they could compare with the people of any literature anywhere. I strove to set that forth: this is what happened and it was important and these people are important."

– Thomas H. Raddall, Nova Scotia novelist and short story writer

Coat of Arms: At the centre on a shield is the provincial flag (a combination of St. Andrew's Cross and the Royal Arms of Scotland). To the left of the arms is a unicorn while a seventeenth century approximation of a native North American stands to the right. The motto, written in Latin above reads "One defends and the other conquers," which is illustrated directly below with two hands shaking; one, bare, holds a laurel branch, symbolizing peace, while the other, clad in armour, holds the thistle of Scotland. At the base is Nova Scotia's floral emblem, the Mayflower, entwined with the thistle of Scotland, which was added in 1929.

Tartan: The blue and white in the tartan stand for the sea; the green represents the forests; red for the royal lion on the shield of arms; and gold for the royal charter of the province.

Provincial Flag: The province's flag is the flag of Scotland with the colours reversed. The "Arms" (the lion rampant) in the center of the flag is a symbol of the crown. Nova Scotia is the first overseas British colony to receive its own flag.

Provincial Flower: Nova Scotia was the first province to adopt a flower. The mayflower, named because it blooms in May, was officially designated in 1901. The mayflower is a spicy-smelling pale pink/white flower that grows in clusters on a shrub.

Provincial Bird: The osprey was designated the official bird of Nova Scotia in 1994. There are 250 active osprey nests in the province.

Provincial Dog: Nova Scotia's official dog, the Duck Tolling Retriever, is native to Yarmouth County. Also known as the Little River Duck Dog, the Toller was recognized as a pure breed by the Canadian Kennel Club in 1945.

Provincial Berry: The blueberry was officially designated our provincial berry in 1996. Nova Scotia is Canada's top producer of blueberries. The town of Oxford calls itself the Blueberry Capital of Canada.

Provincial Tree: The most common tree species in Nova Scotia, the red spruce, became the province's official tree in 1998. It grows to a height of 25 m and its lifespan can reach 400 years.

Time Zone: Atlantic

Area Code: 902

System of Measurement: Metric

Voting Age: 18

Take 5 TOP FIVE LARGEST CITIES AND TOWNS (POPULATION)

1. **Halifax Regional Municipality** (372,679)
2. **Cape Breton Regional Municipality** (102,250)
3. **Truro** (11,765)
4. **Amherst** (9,505)
5. **New Glasgow** (9,455)

Source: Stats Can Community Profiles

Statutory Holidays: Nova Scotia has five official statutory holidays — New Year’s Day, Good Friday, Canada Day, Labour Day, and Christmas Day. Most employers also recognize Victoria Day, Thanksgiving, Remembrance Day, Boxing Day, and the first Monday in August.

AMALGAMATION

During the 1990s, the provincial government developed a strategy for municipal restructuring that created large regional governments out of the smaller municipalities of Halifax and Sydney and their environs. In 1995, the Cape Breton Regional Municipality (CBRM) was formed through an amalgamation of eight former municipalities, boards, and agencies within the County of Cape Breton. The following year, the cities of Halifax and Dartmouth, the town of Bedford and the Halifax County Municipality were combined to create the Halifax Regional Municipality (HRM).

SISTER CITIES

Halifax, Nova Scotia’s capital, has three sister cities: Hakodate, Japan; Halifax, UK; and Norfolk, USA.

POPULATION BREAKDOWN

Total Population: 913,462
 Male: 48.1 percent
 Female: 51.9 percent
 Rural: 406,530
 Urban: 506,932

Source: Stats Can

Did you know...

that Nova Scotia was once a part of the county of Edinburgh, Scotland? In 1621, Sir William Alexander, wanting to claim the province as part of his territory, declared it part of his barony of Edinburgh.

Did you know...

that the first reported quintuplets in Canada were born at Little Egypt, Pictou County in 1880? The three girls and two boys all died within two days.

POPULATION DENSITY (PEOPLE/KM²)

Alberta: 5.1
 Ontario: 13.9
 Nova Scotia: 17.8
 Prince Edward Island: 23.9
 Saskatchewan: 1.7
 Toronto: 3,972
 New York City: 10,194

Source: aapinfoweb

POPULATION IN PERSPECTIVE

Nova Scotia is more than twice the size of Massachusetts but there are seven times more people in Massachusetts than here. As a percentage of the Canadian populace, the population of both Nova Scotia and Atlantic Canada has been decreasing for more than 60 years as native Nova Scotians leave the province to look for better opportunities and other provinces attract more immigrants. Nova Scotia today accounts for just three percent of the Canadian population.

Take 5 TOP FIVE BABY NAMES IN NOVA SCOTIA

Boys:	Girls:
1. Noah	1. Emma
2. Ethan	2. Emily
3. Jack	3. Ava
4. Liam	4. Olivia
5. Logan	5. Madison

You Know You're From

Nova Scotia When...

- You've worn shorts and a parka at the same time.
- Driving is better in the winter because the potholes are covered with snow.
- Everyone is a fiddle player.
- You can pretend you have Scottish heritage as an excuse to wear a kilt.
- The statement "Can I have a poutine with my donair" doesn't confuse you.
- You understand there's nothing wrong with eating Beaver Tails at the Halifax Waterfront.
- Your grandfather was either a fisherman, a farmer, or a coal miner.
- You automatically assume someone who's rude must be from Toronto or the United States.
- If asked, you give directions in time rather than distance.
- You say hello to someone and they say hello back to you.
- You go for a 2-hour hike in November and hit rain, sleet, snow and sunshine before you get back.
- Someone in a Home Depot store offers you assistance but they don't work there.
- You've had a lengthy telephone conversation with someone who dialed a wrong number.
- "Vacation" means going anywhere beyond Amherst for the weekend.
- You know several people who have hit a deer more than once.
- You have switched from "heat" to "A/C" in the same day and back again.
- You install security lights on your house and garage, but leave both unlocked.
- You design your kid's Halloween costume to fit over a snowsuit.
- You know all 4 seasons: almost winter, winter, still winter and road

construction.

- You have more miles on your snow blower than your car.
- You find 0°C "a little chilly."
- You think of New Brunswick as the place you have to go through to get anywhere.
- You see cars stop on the street to let pedestrians cross.
- The bars outnumber the citizens by 3 to 1.
- You can wear jeans to ANY restaurant in the province and not look out of place.
- You don't go for coffee, you go for a Timmie's.
- You understand what "sunny breaks" means.
- You know more people who own boats than who have air conditioners.
- You know more people who heat with wood than with oil.
- You can taste the difference between Starbucks, Tim Horton's, and Wendy's coffee.
- You know how to pronounce Tatamagouche, Musquodoboit, and Kejimikujik.
- In winter, you go to work in the dark and come home in the dark while only working eight-hour days.
- You never go camping without waterproof matches and a poncho.
- You are not fazed by "Today's forecast: showers followed by rain," and "Tomorrow's forecast: rain followed by showers."
- You have no concept of humidity without precipitation.
- You put on your shorts when the temperature gets above 10°C, but still wear your sweater and boots.
- 15°C is sandal weather.
- You know people who use umbrellas are either wimps or tourists.
- You buy new sunglasses every year, because you cannot find the old ones after such a long time.

NOT IN THE MILLION CLUB

Although Nova Scotia's population continues to increase, it is increasing at a decreasing rate. If current birth and out-migration patterns continue, the province is not expected to break the million-people barrier. By 2026, after peaking at 950,300, the population is predicted to begin decreasing.

Source: NS Statistical Review

BOYS AND GIRLS

- Median age of Nova Scotian women: 42.5
- Men: 41.1
- Life expectancy of Nova Scotian women: 81.6
- Men: 76.5
- Fertility rate (number of children a woman will have during her lifetime): 1.37

Source: Stats Can

CENTURY CLUB

Some of them attribute it to the sea air; others, to simply minding their own business. Whatever the cause, Nova Scotia has a population of people over the age of 100 that is seven times the world average. On the southwestern coast of Nova Scotia that jumps even higher, to 17 times the world average.

Researchers looking into the phenomenon have noticed that Nova Scotians often speak about very aged relatives, and one researcher even noted that there seems to be an obituary of a centenarian in the newspaper at least once every five or six weeks.

In the end, researchers suspect the combination of an active lifestyle, healthy eating and good genetics plays a role in Nova Scotians living to a great old age. The high population of centenarians along the South Shore may also be attributable to the limited genetic make up of the area. This region is still largely descended from German immigrants who settled the area in the mid-eighteenth century, maintaining the propensity to long life within the local gene pool.

THE MARRYING KIND

The average age of first marriage in Nova Scotia is 29.0 for brides and 30.9 years of age for grooms. Compare that to 30 years ago, when the ages were 21.1 years for women and 23.1 years for men.

Source: Service Nova Scotia Annual Report

FAMILY STRUCTURE

- Percentage of married couple families: 70
- Common law, two-parent families: 13
- Female lone-parent families: 14
- Male lone-parent families: 3

Take 5 SPRING GARDEN ROAD MEMORIAL PUBLIC LIBRARY'S TOP FIVE ESSENTIAL READS

As the largest branch of the Halifax Public Libraries, the Spring Garden Road Memorial Public Library houses an extensive and in-depth collection of materials and serves as a resource for the region. The branch receives 8,000 visits per week to access its wide-ranging and innovative programs, collections and specialized services. Joanne McCarthy is a librarian specializing in local history and genealogy. Kristina Parlee is a librarian specializing in international and regional fiction. Their top five contemporary picks of Nova Scotia must-reads are as follows.

1. ***An Illustrated History of Nova Scotia***, by Harry Bruce (1997)
2. ***The Nova Scotia Phrase Book: Sayings, Expressions, and Odd Names of Nova Scotia***, by Dan Soucoup (2007)
3. ***Nova Scotia Landmarks***, by Len Wagg (2004)
4. ***To Find Us: Words and Images of Halifax***, edited by Sue MacLeod (2005)
5. ***No Great Mischief***, by Alistair MacLeod (1999)

D-I-V-O-R-C-E

- Divorce rate (per 100,000) in Nova Scotia: 28.9
- Divorce rate in Canada: 38.3
- Divorce rate in Quebec, the highest in Canada: 49.7
- Divorce rate in Newfoundland and Labrador, the lowest: 17.1

AGE STRUCTURE

- Percentage of population that is under 25: 29.9 percent
- Ages 25 - 44: 26.5 percent
- Ages 45 - 65: 29.4 percent
- Ages 65+: 15.1 percent

Source: Stats Can

ON A TYPICAL DAY IN NOVA SCOTIA . . .

- 23 children are born
- 22 people die
- 13 marriages take place, 5 in civil ceremonies and 8 by religious clergy
- 5 people divorce

FAMILY STRUCTURE

- Number of all families (married and common law, single parent): 267,415
- Percentage of married couple families with children: 36
- Percentage of married couple families without children: 34
- Percentage of common law families with children: 5

Did you know...

that Nova Scotia was the sixth province/territory in Canada, and the first in Atlantic Canada, to legalize same-sex marriage?

Did you know...

that every 122 days in Nova Scotia, a marriage takes place in which both parties are teenagers?

Higher Education

Nova Scotia has 11 world-class universities offering a wide range of programs at the bachelor, masters and doctoral levels.

- Dalhousie University (15,000 full time students) is the largest university in the Maritimes and probably the most well known.
- University of King's College (1,100 students) is the oldest university in Canada. King's is best known for its Foundation Year and Journalism programs.
- Saint Mary's University (8,800 students) is home of the Huskies and one of the best football programs in Canada. SMU offers programs in business, astronomy and international development studies, to name a few.
- Mount Saint Vincent University (2,300 full time students) was a women-only school until 1967. The Mount offers degrees in a variety of disciplines but is noted for its information technology and public relations programs.
- Nova Scotia College of Art and Design (over 1,000 students) is an art school with an international reputation. NSCAD (pronounced "nascad") is the alma mater of singer Sarah McLachlan.
- Acadia University (3,000 full time students) is best known for pioneering the integration of laptop computers into the school computers and counts Canadian Defense Minister Peter Mackay amongst its alumni.
- Saint Francis Xavier University (4,200 students) in Antigonish was named *MacLean's* top primarily undergraduate school five years running between 2002 and 2006. Alumni from Saint FX can be recognized by their 'X Rings' emblazoned with a large black X.
- There is also the Nova Scotia Agricultural College in Truro, the Atlantic School of Theology in Halifax, Cape Breton University in Sydney and the province's only French school, Université Sainte-Anne.
- The Nova Scotia Community College is the province's largest college with 10,000 students spread out over 13 campuses.

Source: <http://www.novascotiaeducation.com>.

Did you know...

that every three days a marriage takes place where both parties are of the same gender?

Did you know...

that the average undergraduate tuition in Nova Scotia is \$6,571 a year, making Nova Scotia universities the most expensive in Canada?

- Single parent (male): 3
- Single parent (female): 14

RELIGIOUS AFFILIATION

Roman Catholicism is the largest religious denomination in Nova Scotia, but the combined Protestant denominations outnumber Catholics.

- Percentage of Nova Scotians who are Protestant: 49
- Roman Catholic: 37
- Muslim: 0.4
- Jewish: 0.2
- Hindu: 0.1
- Buddhist: 0.2
- Of no religious affiliation: 12

Source: NS Statistical Review

LANGUAGES SPOKEN

- Percentage of Nova Scotians whose mother tongue is English: 92.1
- French: 3.6
- Arabic: 0.49
- Mi'kmaq: 0.45
- German: 0.45
- Percentage who are bilingual (English and French): 10.3

Did you know...

that the highest number of Nova Scotian births in one year occurred in 1961, when 19,624 children were born?

FULL-TIME STUDENTS ENROLLED

Universities: 35,772

Colleges (Provincial): 9,922

Other colleges: 2,330

Public schools: 138,661

Private or independent schools: 6,735

Source: NS Department of Finance, Economics and Statistics Division

HEALTH CARE PROFESSIONALS

Physicians: 2,247

Dentists: 517

Nurses: 9,422

Pharmacists: 1,096

Web links

Nova Scotia's Official Tourism Website

www.novascotia.com

Tour the Cabot Trail, watch the high tides at the Bay of Fundy, explore Peggy's Cove, take a whale watching trip, enjoy waterfront dining, attend one of over 700 festivals — find out what's going on here.

The Chronicle Herald

www.thechronicleherald.ca

The best source of local news in Nova Scotia, featuring articles from *The Chronicle Herald*, breaking news, sports, entertainment, business, national news, and more.

Nova Scotia Education

www.novascotiaeducation.com

This website, also known as “Canada’s Education Province,” gives up the goods if you’re looking at furthering your education close to home.