

The RSU–DAL Times

June 8-11 2025

Sunday, June 8

On **June 8**, the RSU group arrived in Canada and was warmly welcomed. At 9:30 AM, the group was picked up from the Halifax Stanfield International Airport and transported to Fraser House, the residence on the Dalhousie Agricultural Campus (Dal AC) in Truro.

Later in the evening students attended a welcome BBQ hosted by Lana Bos, the Manager of the International Office. The event provided a casual and friendly environment for the students to connect, enjoy food, and even share songs together. During this gathering, each student received a welcome package containing Dal AC hoodies, caps, notebooks, pens, USB drives, and SIM cards to help them get settled.



Monday, June 9

On **June 9**, the RSU group was taken on a brief tour of Truro town. They were introduced to key amenities including the hospital, walk-in clinic, pharmacy, local parks, and nearby restaurants to help them feel

oriented and comfortable in their new environment. In the afternoon, students started their campus tour. They explored the campus with visits to Cumming Hall, the Dairy Building, and the International Office. They also had the chance to witness the convocation ceremony of Dalhousie graduates, providing them a glimpse into the academic traditions of the campus. In the evening, they met Erin MacPherson in front of the Student Learning Commons (SLC) at the library, allowing for further interaction and support.



Tuesday, June 10

On **June 10**, the day began at 9:00 AM and the group had the opportunity to meet the Dean and senior academic leaders, followed by a welcome and overview presentation at 10:00 AM by the farm managers at the Ruminant Animal Centre (RAC). They received a comprehensive tour of the farm facilities, including dairy cattle, small ruminant, and poultry operations, along with a short lesson on biosecurity practices. After lunch, the students explored various departments including Animal Science, Plant Food and Environmental Sciences, Engineering, and Business and Social Sciences. Later in the evening it was movie time! Students went to Cineplex Cinemas Truro to relax and enjoy the big screen.



Wednesday, June 11



On June 11, the students attended a class at 9:00 AM led by Dr. Lord Abbey. This session served as an introduction to soil science, specifically focusing on how organic waste management can be used to enhance soil health. The topic of this training session is **“Upcycling Organic Wastes into Compost”**. Dr. Abbey introduced compost feedstocks, stages of composting, and compost application to students. Then students visited Dr. Abbey’s laboratory and did hands-on laboratory work with data interpretation.

In the afternoon, the RSU group met with Dr. Miriam Gordon for a session on **“Animal Welfare and Ethics in Canadian Agriculture”**. Following an informative lecture, the students observed and documented animal behavior at the Ruminant Animal Centre. This session aimed to deepen their understanding of animal welfare standards, familiarizing them with the Canadian dairy industry’s care practices, and equipping them with tools to evaluate animal well-being based on national standards and protocols



The RSU–DAL Times

June 12 2025



On **June 12**, the RSU group participated in a full day of academic and cultural enrichment, beginning with a morning session led by **Margaret Hartling** in the Egg and Dairy Lab. This hands-on laboratory session focused on the functional properties of eggs, as well as the processing and value addition of dairy products. The students engaged in comparative treatments to create ice cream and angel food cake, exploring how different ingredient compositions affect product quality. They learned how to calculate the **overrun** of each ice cream treatment, as well as determine **fat and protein content** and how these influence taste and mouthfeel. In addition, they measured the **volume and density** of treatment cakes and evaluated the role of fat in the texture and sensory experience of angel food cakes. The lab also introduced key skills such as taking **pH measurements** and **albumen height** readings, enhancing their understanding of food science and quality control.



In the afternoon, the students attended the Soil Microbial Ecology Lab with **Dr. Rhea Lumactud** from the PFES department. This session explored the role of biological indicators, such as nematodes, in assessing soil health and ecosystem stability. Under the microscope, students identified and classified nematode trophic groups based on their functional roles. The lecture introduced students to modern molecular techniques, such as DNA-based analysis, and compared them with traditional microscopy approaches. Through this, students gained a deeper

understanding of both the strengths and limitations of each method in the context of soil and environmental health monitoring.

To conclude the day, the group participated in a lively line dancing class at 7:00 PM, hosted by Ashley Coffin at The Barn, the university pub. This fun and energetic session gave the students a chance to relax, socialize, and experience a bit of local culture through music and movement. The evening served as a perfect blend of recreation and cultural exchange, rounding off a productive and engaging day.



The RSU–DAL Times

June 13, 2025



Friday, June 13, 2025

Students spent the day visiting agri-industries to learn about production and value addition. The day started with a visit to [Kittilsen's Honey](#) in Debert, Nova Scotia, where they had the opportunity to get up close and personal with the hard-working bees that produce some of Nova Scotia's most delicious honey. They learned about pollination and the role of bees in ecosystem balance, the importance of bee health and hive management, and how to understand bee behavior and communication. They had an opportunity to see how value can be added to honey production and an opportunity to sample the product.



Following lunch at Kittilsen's Honey, students continued on to visit [East Coast Wild Blueberry Limited](#) in Glenholme, Nova Scotia. This is a fully integrated operation that processes and packs IQF (individually quick frozen) local wild blueberries and cranberries as well as a range of other domestic and imported fruits on demand. Students learned about sorting, quality control, preservation, storage and packaging of high-value fruits. The frozen food facility was VERY cold, so students had a (small) taste of Canadian winter!

It has been a very busy week, so the RSU students took some much-deserved relaxation and rest time on Friday night, with an opportunity to explore the town, visit the gymnasium, catch up with their families and friends at home or simply enjoy a nap. The weekend will be very busy, with cultural visits planned from one side of the province to the other!

Date	Time	Activity	Location	
June 13	9:00 AM	Visit to Beekeeping Operation	Kittilsen's Honey, Debert	
	1:30 PM	Visit to Wild Blueberry Facility	East Coast Wild Blueberry, Glenholme	
	3:00 PM	Return to Dalhousie Campus	Dal AC	

The RSU–DAL Times

June 14-16, 2025

Saturday, June 14, 2025

June 14 offered students a closer look at local culture and community life in Nova Scotia. The day began with a visit to the **Truro Farmers' Market**, followed by a stroll through **downtown Truro**, where students explored shops, sampled regional products, and interacted with local vendors and residents.

In the afternoon, the group departed for a trip to the scenic town of **Tatamagouche**. Students explored the area's unique attractions, local businesses, and historical charm. The evening concluded with a hearty group dinner at the beloved local restaurant **Big Al's TaTa**, offering an opportunity to relax and reflect on the day's experiences.



Figure 1 Tatamagouche



Sunday, June 15, 2025.

On June 15, the RSU group embarked on a full-day excursion to **Halifax**, combining coastal exploration, city sightseeing, and group dining. The day began with a morning visit to **Peggy's Cove**, where students admired the iconic lighthouse, rugged shoreline, and expansive Atlantic Ocean views. The visit provided a powerful connection to Nova Scotia's maritime heritage. In the afternoon, starting students explored the **Halifax Shopping Centre**, then ventured into **downtown Halifax** and the lively **Halifax waterfront**. The students enjoyed shopping, sightseeing, and experiencing the dynamic urban culture of the provincial capital.



Figure 2 Peggy's Cove

Monday, June 16, 2025

June 16 marked a return to academic activities with a full day of educational sessions across multiple disciplines.

From **9:00 AM to 10:30 AM**, students attended a session led by **Dr. Stephanie Collins** on **Animal Feed Ingredients and Nutrition**. The lecture focused on the composition and characteristics of common feed ingredients, processing techniques to improve their functionality, and their utilization in **monogastric and ruminant animal diets**. Students learned to identify and classify major feed types, assess potential hazards such as **antinutrients** and **mycotoxins**, and select appropriate ingredients based on specific nutritional needs.



Figure 3 animal feed

From **11:00 AM to 12:00 PM**, **Dr. Lord Abbey** led **Part 2 of the Composting and Soil Health** session. Students revisited their **group composting projects**, collecting new data and analyzing progress. The session reinforced earlier lessons, emphasizing key compost feedstock requirements, stages of composting, and the practical application of compost to improve soil health.



Figure 4 soil health

In the afternoon, students participated in a practical session with **Audrie-Jo McConkey** and **Scott Jeffrey** focused on River Health Assessment. This hands-on lab began with an exploration of a freshwater river system, where students identified key biomarkers such as water temperature, dissolved oxygen, pH, and the presence of indicator species to assess overall River Health.



Figure 5 Samples collecting from The River

Students practiced proper handling procedures for aquatic matter, measured both individual and batch weights, calculated condition factors and stocking densities, and evaluated rearing practices against Codes of Practice and warm water species guidelines. The session emphasized the importance of River Health.



Figure 6 Analyzing the samples from the river

Date	Time	Activity	Location	Lead/Instructor
June 14	9:00 AM	Truro Farmers' Market & Downtown Tour	Truro	—
	1:00 PM	Tatamagouche Visit & Dinner at Big Al's TaTa	Tatamagouche	—
June 15	10:00 AM	Visit to Peggy's Cove	Peggy's Cove	—
	1:30 PM	Halifax Shopping, Downtown & Waterfront Tour + Group Dinner	Halifax	—
June 16	9:00–10:20 AM	Animal Feed Ingredients & Nutrition Session	Dal AC	Dr. Stephanie Collins
	11:00–12:00 PM	Composting & Soil Health – Part 2	Dal AC	Dr. Lord Abbey
	1:30 PM	River Health Assessment	Dal AC	Audrie-Jo McConkey

The RSU–DAL Times

June 17-18, 2025



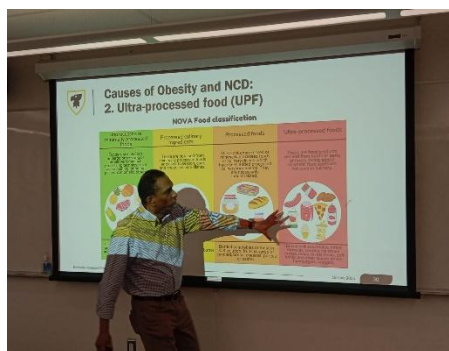
Wednesday, June 17, 2025,

On June 17, the RSU group traveled from **Dalhousie Agricultural Campus** to **Halifax** to participate in the [Atlantic Council for International Cooperation \(ACIC\) Youth Conference](#). This full-day event brought together international students and young development professionals to explore global partnerships, sustainable development, and community engagement. Students had the opportunity to attend various panels and network with youth working in international cooperation and learn about Canada's role in global development initiatives. The conference offered a valuable platform for expanding their understanding of international relations and the collaborative efforts that drive global change.



"Our experience at ACIC was unlike any other, we made memories that we'll cherish forever. The event's welcoming atmosphere was incredibly heartwarming. We connected with others, sharing timely and relevant insights on youth's potential global impact. The inclusive environment fostered open communication and eliminated judgment, inspiring us through the stories we heard. Mr. Bright Fiaga's statement, "One's decision could impact the world for the better, especially if it comes from the heart," profoundly resonated with me, reflecting his organizational motivations and my own belief that youth can reshape global perspectives by sharing their heartfelt perspectives. Aside from that, because there are many representatives there from different countries, we were able to gain insights about how things go on in their respective countries such as their way of living, their government, and their universities. This experience was wonderful and fun, enriching both my knowledge and my connections with people outside university."

-- Maxine Sofia Montojo Mortos, RSU Student



In the morning, students attended a session with **Dr. Vasantha Rupasinghe** titled **"Food as Medicine: Introduction to Human Nutrition and Food Bioactives."** This interactive lecture



introduced students to the concept of using food to support health and prevent disease. They learned about the global challenges of food security, the role of nutrients in human development, and the connections between diet, obesity, and non-communicable diseases. Students had an opportunity to visit Dr. Rupasinghe's laboratory and see the equipment and processes used in his research on human nutrition and food processing.



In the afternoon, the group participated in a hands-on entrepreneurship session led by **Jason Grant**. Titled **"Entrepreneurship in Agriculture,"** the workshop focused on ideation, problem-solving, and prototyping. Students worked through a structured process of defining a problem, generating ideas using divergent thinking,



assessing their ideas with a cost/value matrix, and sharing solutions with the larger group. This session helped students develop creative and critical thinking skills relevant to agricultural innovation.

Date	Time	Activity	Location	Lead/Instructor
June 17	All day	Atlantic Council for International Cooperation (ACIC) Conference	Halifax	—
June 18	9:00 AM	Food as Medicine: Human Nutrition & Bioactives	Dal AC	Dr. Vasantha Rupasinghe
	1:30 PM	Entrepreneurship in Agriculture (Ideation Workshop)	Dal AC	Jason Grant

The RSU–DAL Times

June 19-20 2025

Thursday, June 19, 2025,



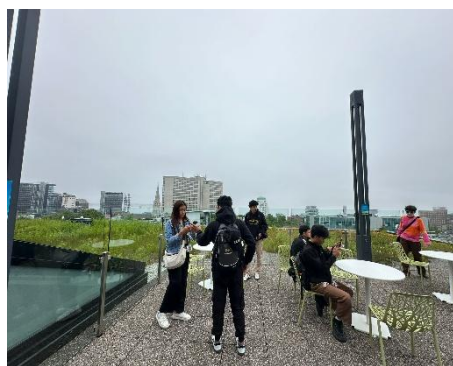
On June 17, the RSU group traveled from **Dalhousie** to **Halifax** to visit the DAL Steele Ocean Sciences Center [Aquatron Laboratory](#) where students toured the largest university aquatic research facility



in Canada. Students learned about the mechanical system, which can provide high quality, temperature-controlled seawater and freshwater year-round. Following this, students visited the [Museum of Natural History](#), where they met [Gus the 102 year old tortoise](#) and learned about the aquatic predators in our oceans, rivers and lakes.



After lunch, students visited the [Emera IdeaHub](#), to learn how the Hub supports early-stage start-ups, small and medium enterprises and Industry, with a focus on creating marketplaces for



students to commercialize their products and innovative technologies. The IDEA spaces include several major engineering labs and workshops operated by Dalhousie technical engineers and provide young entrepreneurs the physical space to design and prototype their products. Following this visit, the student group had the opportunity to visit the [Halifax Central Library](#), an award-winning design building that provides a central meeting space for citizens and community groups in the city. The views from the open roof-top garden area stretch across the city to the Atlantic Ocean.

Friday June 20, 2025.



In the morning, the students participated in a practical session on Fish Handling with Audrie-Jo McConkey. This hands-on lab introduced safe anesthesia techniques for with proper handling practices. Students measured both individual and batch fish weights,



calculated condition factors and stocking densities, and evaluated trout rearing practices against Codes of Practice and warm water species guidelines. The session emphasized the importance of animal care protocols and reinforced practical skills in aquatic animal management.



In the afternoon from 1-3 PM the group attended a Farm Equipment Demonstration and Instruction session at the Ruminant Animal Centre (RAC) with Michael McConkey. Students observed and learned about essential farm machinery and the



importance of pre-operational checks, preventative maintenance, and tractor safety. The session provided foundational knowledge in farm equipment handling, an essential skill set in agricultural operations. Following this session, students divided into two groups: one visited the Atlantic Poultry Research Centre with Michael McConkey and the other went to the seaweed laboratory of Dr. Balakrishnan Prithiviraj

This busy day concluded with a fun-filled evening karaoke session, hosted at the Barn by Joye Sears!

Date	Time	Activity	Location	Lead/Instructor
June 19	All day	Aquatron, Museum of Natural History, Emera IdeaHub, Library	Halifax	—
June 20	9 AM	Fish Handling	Dal AC	Audrie-Jo McConkey
June 20	1 PM	Farm Equipment Demonstration and Atlantic Poultry Research Centre	Dal AC	Michael McConkey
June 20	3 PM	Seaweed Laboratory	Dal AC	Dr. Balakrishnan Prithiviraj

The RSU-DAL Times

June 21-23 2025



Saturday, June 21 - Sunday June 22, 2025



On June 21, the RSU group traveled from **Dalhousie** to **Prince Edward Island** to learn about the potato industry in Canada. Students visited a commercial potato farm owned by Dalhousie AC graduate Kaden Rennie and were able to see how large-scale production and storage take place. Following the farm tour, the group visited the [Canadian](#)

[Potato](#)

[Museum](#) in O'Leary, PEI where they

had a lunch featuring potatoes, and toured the museum to learn about the history of this popular commodity.



After lunch, the group continued on

to the provincial capital of Charlottetown where they explored the charming small city, dined in a local Filipino restaurant and spent some time shopping. The next day, after breakfast the group visited the beautiful North shore Brackley Beach,

enjoyed lunch and local ice cream and returned to Nova Scotia, refreshed and ready for the final full week of learning immersion. Thank

you to Jiaxuan Han, Abigail Chime, Dr. Stephanie Collins and Rishabh Choudary for accompanying

the RSU group on this fun weekend outing!



Monday June 23, 2025.



The morning of June 23 was spent in Victoria Park with **Dr. Paul Manning**. During a guided 6 km hike, students practiced **insect identification and ecological observation**. The session focused on integrated pest



management (IPM), including a timed search for invasive species threatening keystone trees. Students also participated in a nature journaling activity, deepening their ecological awareness.



In the afternoon, students visited the farm for a hands-on session with a cannulated cow, guided by **Gillian Fraser**. They explored **ruminant digestion and nutrient processing**, observing the disappearance rate of feedstuffs in the rumen. This session provided students with valuable experience in rumen physiology, feed assessment and animal welfare.



Date	Time	Activity	Location	Lead/Instructor
June 21	AM–Evening	PEI Trip – Canadian Potato Museum & Farm Tour	O’Leary, PEI	Canadian Potato Museum Team
June 22	Morning–Afternoon	Explore North Shore Beaches, Return to Truro	North Shore, PEI	Self-guided
June 23	9:00 AM–12:00 PM	Insect ID & IPM Hike (Victoria Park)	Victoria Park, Truro	Dr. Paul Manning
	1:30 PM–4:30 PM	Rumen Feed Disappearance (Cannulated Cow)	ASA Farm	Gillian Fraser

The RSU-DAL Times

June 24-25 2025



Tuesday, June 24



This day was dedicated to exploring the latest innovations in precision agriculture, with two in-depth, hands-on sessions in agricultural engineering. In the morning session Dr. Travis Esau led a demonstration on Comparative Technologies for Weed Control. Students explored a range of systems from traditional boom sprayers to drone-based smart sprayers, gaining valuable insight into the efficiency, sustainability, and cost-effectiveness

of each technology. The session emphasized how sprayer systems are evolving to reduce herbicide use and minimize environmental impacts, which are vital to modern sustainable agriculture.



In the afternoon Dr.

Mozammel Motalab introduced students to sensor-based technologies designed to reduce post-harvest loss and enhance farm inputs. The session featured near-infrared spectrometry, smart spraying using camera systems, and a breakdown of the hydraulic systems behind spraying mechanisms. Students also learned how sensor-driven technologies help monitor



potato quality during storage, pushing farm operations toward smarter, more data-informed practices. The precision agriculture systems that were demonstrated are farmer friendly and capable to collect necessary information real-time for spot- application of agrochemicals. Smart farming increases crop productivity and reduces the cost of production.



Wednesday June 25

On June 25th the group traveled from Dalhousie Agricultural Campus to [Ecology Action Centre](#) at Halifax. Shannon Arnold, the Associate Director of Marine Programs discussed the status of global seaweed production, her experiences in methods, trade, and social impact of seaweeds farming in the Philippines, and traditional wild seaweed harvest in Nova Scotia.

Students enjoyed a picnic lunch at [Crystal Cresecent Provincial Park](#), one of Nova Scotia's prettiest



beaches. After

lunch, the group continued on to the [Marine Research Station of the National Research Council](#), In Sandy Cove.

Participants learned of the innovative technologies used to extract

proteins and oils from seaweeds via bioreactors. The extracts are used for numerous applications such as feeds, pharmaceutical product production, and biodegradable plastics or packaging. In addition to seaweed processing, students learned the basics of microalgae production for industrial application and human consumption.



Date	Time	Activity	Location	Lead/Instructor
June 24	Morning	Comparative Technologies for Weed Control (Precision Ag)	Dal AC	Dr. Travis Esau
June 24	Afternoon	Sensor Tech to Reduce Post-Harvest Loss (Precision Ag)	Dal AC	Dr. Mozammel Motalab
June 25	Morning	Ecology Action Centre	Halifax	Shannon Arnold
June 25	Afternoon	National Research Council	Sandy Cove	Research Group

The RSU–DAL Times

June 26-27 2025

Thursday, June 26



June 26 featured a balance of hands-on composting, practical farm business skills, and a look into the future of digital livestock farming. The day began at 9:00 AM with Part 3 of the Composting and Soil Health series. Students checked in on their group compost projects, analyzed data, and discussed compost feedstocks and soil health benefits.

At 10:00 AM, Michael McConkey guided students through a session on farm record keeping. Students

explored how accurate documentation helps with equipment maintenance, business planning, and operational efficiency.



After lunch, the group visited the student-run Cultiv8 farm, where they learned about the student experience of planning, managing and working on a for-profit student enterprise. At Dal AC, the Cultiv8 produces fruits and vegetables that are purchased by the University and the community at large. This model of student-run farm can be very effective to give students the applied business experience of working in agriculture, while reducing the real-life risk and exposure that accompanies business ventures.



In the afternoon, Dr. Suresh Neethirajan and his team presented an engaging session on Digital Livestock Farming and Animal Welfare. At this digital barnyard think tank session students interacted with AI tools, mobile apps - including CluckTalk and Cluckify - and sensor systems that are reshaping animal care and agricultural productivity while prioritizing climate-friendly actions. Students also examined the ethical implications of technology use in farming.

Friday, June 27

Friday's session, "Act Local, Eat Global? Comparative International Experiences of Food Security," led by Dr. Chris Hartt, Heather-Anne Grant and Ashley MacDonald offered students a dynamic blend of critical thinking, real-world exploration, and cultural exchange. The morning kicked off in a classroom with an engaging discussion around food security and globalization. Students reflected on their personal experiences with food availability and nutrition, building memory-based food lists that sparked conversation about differences between Canada and their home countries.



The learning then moved beyond the classroom. Divided into teams, students ventured out to conduct field research at three different stores: [Masstown Market](#) (where they enjoyed a local lunch), Walmart, and Sobeys. Their mission? Compare prices, analyze the origin of products, and evaluate the diversity of food options available. This hands-on complexities of food systems, cost



disparities, and access issues faced by communities around the world. Returning to the classroom, students presented their findings, drawing connections between their fieldwork and broader themes like globalization, trade, and food justice.

The day wrapped up with a light-hearted Trivia Night at The Barn, giving a well-earned chance to relax, bond, and celebrate the successful end of a thought-provoking day.

The RSU–DAL Times

June 28-30 2025



Saturday, June 28 - Sunday June 29



[Hopper](#). This amphibious vehicle gave them both a land and sea perspective of Halifax's historic sites, waterfront, and naval heritage. It was a rainy but memorable experience! We then warmed up with a quick meal at a [local Filipino restaurant](#), and



June 28 was a self-directed day to explore Truro, with shopping, walking and watching the Truro Pride Parade. In the evening, the group had their first dance practice for the Philippines float in the upcoming Canada Day Parade. Sunday brought a scenic excursion to Halifax, where students were treated to one of the city's most iconic tours aboard the

[Harbour](#)

then the group divided in two with one group going to the

[Art Gallery of Nova Scotia](#) and the other group visiting the [Maritime Museum of the Atlantic](#). After a stop at the Halifax Shopping Centre, we returned home to Truro, ready to rest and relax for the busy final day of classes and celebration.



The final academic day of the program began with Part 4 of the Composting and Soil Health session led by Dr. Lord Abbey. Students shared final data from their compost projects and then embarked on a fascinating tour of the [Colchester Balefill & Compost Facility](#), gaining real-world insight into large-scale waste management and sustainability practices. This visit applied the theoretical and laboratory learnings to how science, technology and research can address the challenges posed by human production and consumption.



After returning to campus, students enjoyed lunch with Alana Hirtle, Member of Parliament for



Colchester-Cumberland, offering a chance to engage with local leadership and reflect on the program's broader social and environmental themes. M.P. Hirtle presented the students with a



government of Canada recognition of achievement for their participation in CLIP and encouraged them to keep building ties between our two provinces.



The program concluded with an interactive debrief and reflection session with Tracy Kittilsen, where students reflected on their learnings and experiences from the enrichment camp. This provided students with the opportunity to provide anonymous feedback on everything from the the program, session delivery, excursions, organization, accomodation and food. We never stop learning and there is always room for improvement, so let's make the experience even more responsive to the needs of the next group of students!



In a heartfelt final ceremony, Dal AC faculty and staff joined the RSU group to celebrate their achievements, presenting Parchments of Recognition to mark the end of a transformative and unforgettable experience. Dean Heather Bruce delivered Words of Wisdom and Congratulations to the students, noting the great advantage that international experience has given them and encouraging them to remain open to the opportunities that will reveal themselves as they go forward in life.



A beautiful dance performance from RSU students was then followed by a celebratory BBQ meal and cake in the Alumni garden. The day was not yet finished, however, with a final evening dance practice to prepare for the Truro Filipino Association participation in tomorrow's Canada Day parade!



Date	Time	Activity	Description
June 28	All day	Free Time in Truro	Students had personal time to relax or explore Truro at their leisure.
June 29	All day	Exploring Halifax	Harbour Hopper, Art Gallery, Maritime Museum, shopping
June 30	Morning	Composting & Soil Health 4 Tour of Compost Facility	Dr. Lord Abbey
	Lunch	Alana Hirtle, Member of Parliament, Cumberland-Colchester	Amphibious city tour offering both land and sea views of Halifax landmarks.
	Afternoon	Debrief Session Certificate Ceremony/BBQ	Tracy Kittilsen Dalhousie Faculty & Staff

The RSU-DAL Times

July 1, 2025



Tuesday, July 1



Canada Day offered a joyful conclusion to the students' Nova Scotia experience, beginning with Canada Day cultural festivities in the morning. Surrounded by music, laughter, and the red-and-white spirit of celebration, students joined the local community in honoring the nation's heritage through parades, performances, and cultural showcases. The RSU group joined with the Filipino



Association of Truro to perform a choreographed marching dance that they had been jointly rehearsing all week, a highlight for all the parade spectators.



Following the parade, the group was invited to spend the afternoon with fellow RSU alum and Truro resident Adel Asio and her family, where they enjoyed familiar food and music. In the evening there was even MORE food at the farewell party hosted by Lana Bos, who debuted her delicious take on pork and chicken *adobo*, the celebrated Filipino dish. The verdict was unanimous: Lana's adobo was a winner! The gathering



concluded with the singing of songs, sharing of memories and celebrating the friendships and learning that was built over the past weeks. It was a festive and heartwarming finale to an unforgettable journey.