



0 Canada



n July 1, 2012, Canada became 145 years old. Canada is a relatively young nation compared to many others, but it has grown to be one of the most prosperous nations in the world.

Canada was created in 1867 when a group of British colonies in North America decided to unite. The city of Ottawa was chosen as the nation's capital, because it was located on the border of French-speaking Quebec and English-speaking Ontario. It was a way of acknowledging the importance of both groups in the founding of Canada. This history continues to be acknowledged today in Canada's two official languages: English and French.

Today Canada consists of ten provinces and three territories. Its motto is From Sea to Sea. With its vast north, Canada is the second-largest nation in the world in land area, but its population of 34,867,000 is only the 35th largest in the world. Canada's economy and **standard of living** are often rated among the best in the world.

Canada's system of government is called a federal parliamentary democracy. What this means is that there is a strong central (federal) government made up of elected representatives who meet in a place called Parliament. They make decisions about laws and the future of the country. Currently, Canada's government is led by Prime Minister Stephen Harper and the Conservative party, who won the national election on May 2, 2011.

With their first majority government, Prime Minister Harper and the Conservatives have passed some controversial new laws over the past year, including changing the

retirement age. The government has also made it harder for jobless Canadians to collect employment insurance, and has passed new laws that will result in harsh penalties for human smugglers and refugees who arrive here illegally.

DID YOU KNOW?

Canada's well-recognized maple-leaf flag is a lot younger than the country itself. It wasn't adopted as the nation's flag until February 15, 1965.

WORD POWER

COLONY: A territory that is under the political control of a country that is usually far away.

STANDARD OF LIVING: The level at which a

person, group, or nation lives as measured by how available are food, shelter, clothing, etc. MAJORITY GOVERNMENT: A government that has more than 50 percent of the seats in Parliament.

CONTROVERSIAL: Something that is or can be much argued about; debatable.

CANADA

Canada is the second largest country in the world. However, even though it is large in size, Canada does not have a very big population (33,000,000 in 2006). The capital city of Canada is Ottawa. One reason that Ottawa was chosen to be the capital was that it is located on the Ottawa River which divides the provinces of Quebec and Ontario.

FACT FILE - The name Canada comes from the Iroquois Indian word "kanata" which means the village of the small houses

Canada is bordered on three sides by water as well as the United States to the south.

East - Atlantic Ocean
West - Pacific Ocean
North - Arctic Ocean
South - United States

Tokyo
PoP: 33,000,000

CANADA
PoP: 33,000,000

FACT FILE – The city of Tokyo in Japan has about the same number of people living in it as in all of Canada (in 2006)!

PROVINCES AND TERRITORIES FACTSHEET

Newfoundiand and Labrador

Capital: St. John's

Date Entered Confederation: March 31, 1949

Population: 534,000

Total Area: 407,000 square km

Main Industries: mining, manufacturing, fishing, pulp

and paper, electricity production

Flower: Pitcher Plant

Prince Edward Island
Capital: Charlottetown

Date Entered Confederation: July 1, 1873

Population: 138,000

Total Area: 5,660 square km

Main Industries: agriculture, tourism, fisheries, light

manufacturing

Flower: Lady's Slipper

Nova Scotia

Capital: Halifax

Date Entered Confederation: July 1, 1867

Population: 938,000

Total Area: 55,490 square km

Main Industries: manufacturing, fishing, mining,

tourism, agriculture, forestry

Flower: Mayflower

New Brunswick

Capital: Fredericton

Date Entered Confederation: July 1, 1867

Population: 757,000

Total Area: 73,440 square km

Main Industries: manufacturing, fishing, mining,

forestry, pulp and paper Flower: Purple Violet

Quebec

Capital: Quebec City

Date Entered Confederation: July 1, 1867

Population: 7,600,000

Total Area: 1,540,680 square km

Main Industries: manufacturing, agriculture, electricity production, mining, meat processing, petroleum refining

Flower: White Garden Lily

Ontario

Capital: Toronto

Date Entered Confederation: July 1, 1867

Population: 12,500,000

Total Area: 1,068,580 square km

Main Industries: manufacturing, finance, construction,

tourism, agriculture, forestry Flower: White Trillium

Manitoba

Capital: Winnipeg

Date Entered Confederation: July 15, 1870

Population: 1,178,000

Total Area: 649,950 square km

Main Industries: manufacturing, agriculture, slaughter

and meat processing, mining Flower: Prairie Crocus

Saskatchewan

Capital: Regina

Date Entered Confederation: September 4, 1905

Population: 993,000

Total Area: 652,330 square km

Main Industries: agriculture, mining, meat processing,

electricity production, petroleum refining

Flower: Tiger Lilv

Alberta

Capital: Edmonton

Date Entered Confederation: September 1, 1905

Population: 3,300,000

Total Area: 661,190 square km

Main Industries: oil production, mining, agriculture,

beef ranching, manufacturing, construction

Flower: Wild Rose

British Columbia
Capital: Victoria

Date Entered Confederation: July 20, 1871

Population: 4,200,000

Total Area: 947,800 square km

Main Industries: forestry, mining, tourism, agriculture,

fishing, manufacturing Flower: Dogwood

Yukon

Capital: Whitehorse

Date Entered Confederation: June 13, 1898

Population: 31,000

Total Area: 483,450 square km Main Industries: mining, tourism

Flower: Fireweed

Northwest Territories

Capital: Yellowknife

Date Entered Confederation: July 15, 1870

Population: 43,000

Total Area: 1,426,320 square km

Main Industries: mining, mineral and oil and gas

exploration, oil refining
Flower: Mountain Avens

Nunavut

Capital: Iqaluit

Date Entered Confederation: April 1, 1999

Population: 30,000

Total Area: 1,980,000 square km

Main Industries: Mining, Tourism, Government

Flower: Arctic Poppy

COAT OF ARMS

Canada's coat of arms is our official crest. It contains symbols from four other countries (England, Scotland, Ireland and France)



The latin motto "A MARI USQUE AD MARE" means "from sea to sea".

PROVINCES AND TERRITORIES

Canada is made up of ten provinces and three territories. These are listed in the order that they joined Canada.

Province/Territory	Capital City	Year Became Province		
Ontario	Toronto	1867		
Quebec	Quebec City	1867		
Nova Scotia	Halifax	1867		
New Brunswick	Fredericton	1867		
Manitoba	Winnipeg	1870		
British Columbia	Victoria	1871		
Prince Edward Island	Charlottetown	1873		
Alberta	Edmonton	1905		
Saskatchewan	Regina	1905		
Newfoundland and Labrador	St. John's	1949		
Yukon Territory	Whitehorse	1898		
Northwest Territories	Yellowknife	1870		
Nunavut	Iqualuit	1999		
	<u> </u>			

1) Maritime Region

The Land

The Maritime Region is located on the eastern part of Canada and includes the provinces of Newfoundland and Labrador, Prince Edward Island, Nova Scotia, and New Brunswick. An old, worn-down chain of mountains called the Appalachians runs through a large part of this region. This makes much of the land hilly and rugged with valleys in between.

Climate

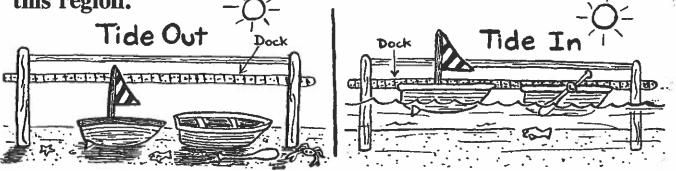
Because it is by the ocean, the Maritime Region has a fairly mild climate. The summers are not too hot and the winters are not too cold compared to the rest of Canada. Sea ports like Halifax do not freeze over and stay open year round. There is a lot of precipitation (rain and snow) in the region averaging about 100 cm per year.



FACT FILE - Precipitation is a fancy word for rain and snow. One centimeter of rain equals one cm of precipitation but it takes *TEN* centimeters of snow to equal one cm of precipitation!

People

Most of the people in this region live along the coastline or in valleys. Manufacturing (not fishing) is the leading industry of the area. At one time, fishing for cod, lobster and other fish used to be the main industry but large numbers of fish have disappeared and fishing is no longer as important as it used to be. Mining (coal, lead, zinc, gold, copper, iron, potash) and forestry to make lumber, paper, plywood are also important in this region.



FACT FILE - The Bay of Fundy between Nova Scotia and New Brunswick has the highest tides in the world. The difference between high tide and low tide can be as much 15 meters!

Agriculture (farming) is done in the fertile valleys where there is protection from the winds of the sea. The Annapolis Valley of Nova Scotia is famous for growing fruit such as apples and the entire province of Prince Edward Island is known for agriculture - especially for growing potatoes.



FACT FILE - Each year, Prince Edward Island (Canada's Smallest Province) grows enough potatoes to make ten million bags of potato chips. (550,000 kg)

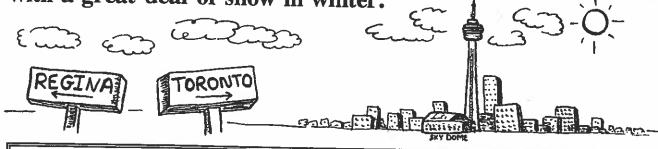
2) St. Lawrence Lowlands / Great Lakes Region

The Land

This region is located in the southern parts of Quebec and Ontario around the St. Lawrence River and the Great Lakes. The soil is very good for growing and is some of the best agricultural soil in the world. More people live in this region that in the rest of Canada put together.

Climate

This region is the hottest in Canada in the summer with a long growing season. Winters are fairly mild but temperatures can drop to -30° C. This region gets about 80 cm of precipitation with a great deal of snow in winter.



FACT FILE - Toronto's CN Tower is 553 meters high making it the tallest man-made structure in the world.

People

This region contains many cities including Canada's two largest, Toronto and Montreal. This region is known mainly for manufacturing and industry. Most things that are made in Canada such as cars, plastics, and foods are made in this region.

The large population of this area requires a lot of food. Many things are grown in the rich soil including grain, vegetables and fruit in the Niagara Falls area. Cattle and pigs for meat, chickens for eggs and meat and dairy cows for milk, cheese and butter are also important.

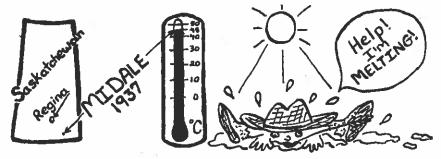
3) Prairie Region

The Land

The prairie region includes parts of Manitoba, Saskatchewan, and Alberta. Much of the land is flat with a few rolling hills. High grasses used to cover most of the area but today the rich soil is used for growing grain crops.

Climate

The summers are hot but the growing season is short and there is often danger of early frosts. Winters are very cold. The prairie climate is dry compared to most other parts of Canada with only 30 cm of precipitation in a year.



FACT FILE - The hottest temperature ever recorded in Canada was +45° Celsius at Midale Saskatchewan in 1937.

People

Almost one third of the people in this region are rural living on farms and in small towns. The rest live in larger cities such as Winnipeg, Edmonton and Calgary. Farming is important with wheat (used for making flour and bread) and Canola (used for making cooking oil) being the two main crops. Cattle ranching is important in areas where the soil is not as good or there is not enough rainfall. This region, especially Alberta, contains many of Canada's oil and gas fields and the world's largest deposits of potash (used as fertilizer for crops) are found in Saskatchewan.

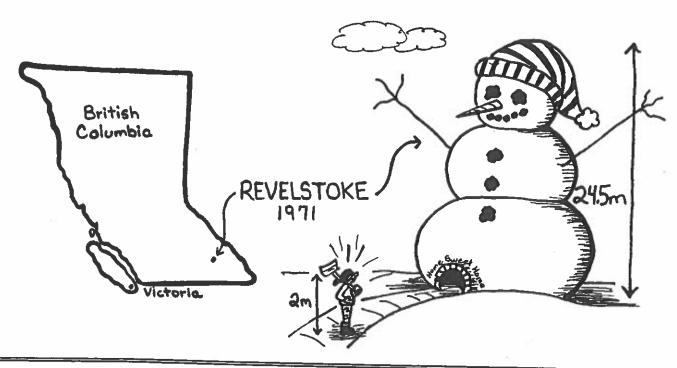
4) Western Mountain Region

The Land

This western region includes most of British Columbia and the Yukon. Long chains of high, rugged mountains stretch from north to south including the Rocky Mountains on the east side and the Coastal Mountains near the ocean. The interior of B.C. is between the mountain ranges and is suitable for ranching and agriculture. Large parts of this region are still covered with forest used for making paper and lumber.

Climate

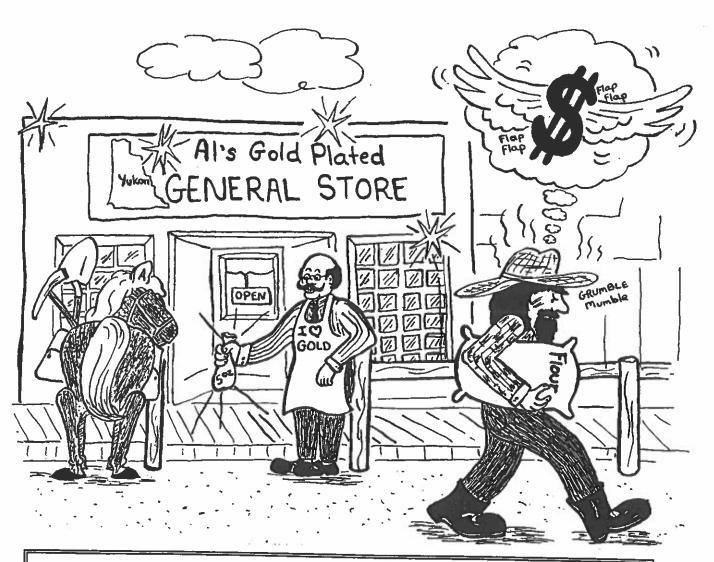
The climate along the west coast is mild and wet. Coastal regions rarely have snow that stays even in winter and get up to 200 centimeters of rain each year. The interior part is usually colder and dryer often receiving large amounts of snow.



FACT FILE - During the winter of 1971, Revelstoke B.C. got 24.5 meters of snow.

People

Most of the people in this region live on the west coast or in valleys between mountains where the climate is best. Vancouver is the largest city with a population 1,700,000. The biggest industry is forestry which produces paper and lumber. Agriculture in the Fraser River Valley and the Okanagan Valley are main sources of food for the region. Mining in the mountain areas produces iron, lead, zinc, silver, copper and nickel.



FACT FILE - During the Yukon goldrush of 1898, it cost 5 ounces of gold to buy a sack of flour. At today's gold prices that sack of flower would cost 2500 dollars!

5) Canadian Shield

The Land

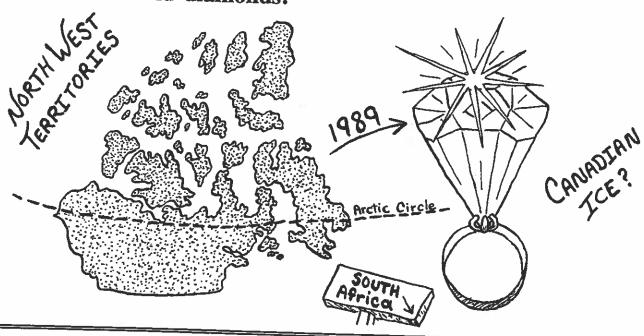
This northerly region is the largest covering over half of Canada. The land is made of very old rock which has almost no soil. Lakes and forests are numerous.

Climate

This region gets only about 45 centimeters of precipitation each year and is usually very cold.

People

Few people live in this area. This is because the climate is so harsh and there is little soil which makes agriculture almost impossible. Forestry and mining are the main industries. Things that are mined include: copper, nickel, lead, zinc, gold, iron, uranium and diamonds.



FACT FILE - Diamonds were discovered in the Northwest Territories in 1989. Until now, South Africa was the only country in the world to have gem-sized diamonds.

6) Tundra Region

The Land

Tundra is the name given to parts of Canada's far north. There are no trees because it is too cold and dry. In fact, except for the top layer of soil, the ground is frozen all year round. This frozen ground is called permafrost.

Climate

This region, which is above the Arctic Circle, has an extremely difficult climate. In winter the temperature can drop to -60° Celsius. This area is often called the land of the midnight sun because in summer around June 21st, the sun will never go down. In winter around December 21st, the sun never rises.

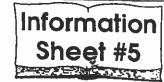
People

Most of the people that live in this region are Inuit.
Agriculture is not possible because of the short growing season so they hunt (caribou and seals) and fish for their survival.
Lately, oil and gas have been discovered in this region but the cold makes drilling for oil expensive and difficult.



FACT FILE - The word Inuit means people. (Eskimo is an incorrect American Indian word that is still used today by people who don't know what they are talking about)

THE CLIMATE OF CANADA



Canada's climate changes as you travel from east to west and even from south to north. In the Mountain Region, on the western coast of Canada, the winter and summer conditions vary greatly in different parts of the region. Valleys and southern areas are generally warmer than in the mountains and northern areas. Precipitation is also varied. The Western slopes of the mountains usually receive more precipitation than the eastern slopes.

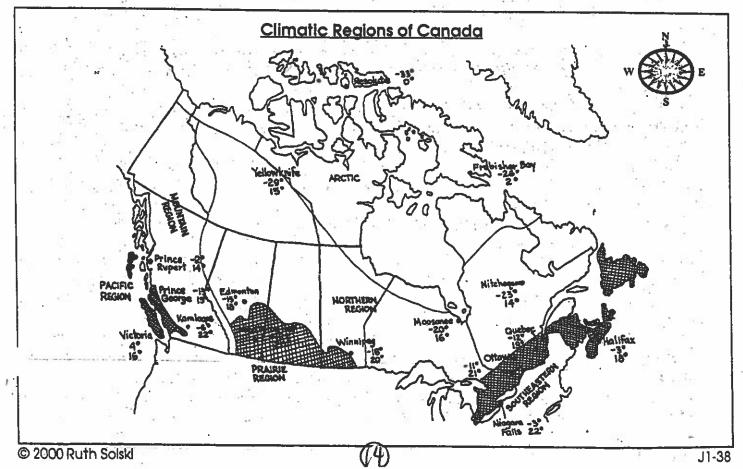
in the Pacific Region the winters are mild with temperatures above freezing. Summers are warm. Precipitation is quite heavy and comes mainly in the winter.

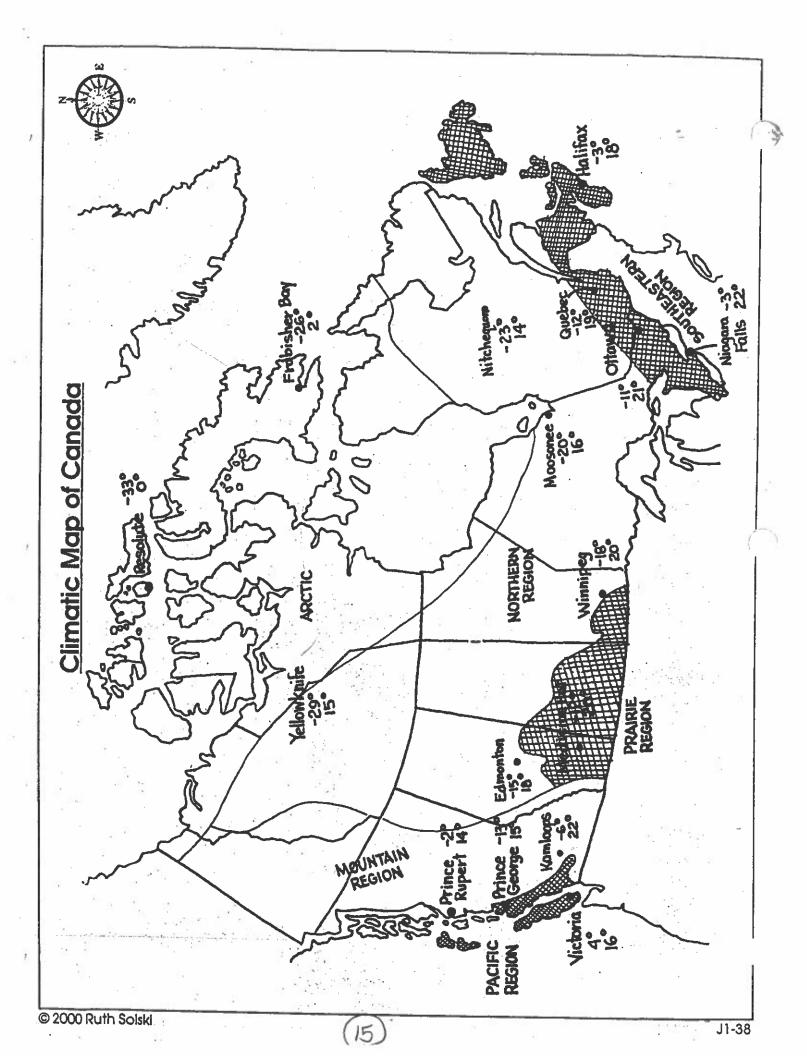
The Prairie Region has very cold winters and hot, dry summers. Precipitation is light and it comes mainly in the summer.

The Arctic Region has extremely cold, winters which last eight to ten months. Precipitation is very slight.

The Northern Region of Canada has cold winters that last up to six months. Summers are cool and short. Precipitation is moderate and occurs mainly in the summer.

The Southeastern Region has cold winters in the central area and milder ones in the southwest area. Summers are usually warm. A moderate amount of rainfall is usually experienced.



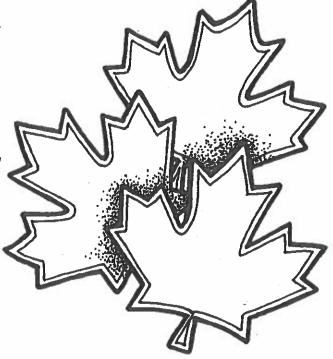


Name		

The Cultural Mosaic of Canada

The people of Canada have taken great pride in the fact that their country is a cultural mosaic. The United States has often been described as a melting pot. This concept means that people from all around the world came to the United States and became Americans, creating a new ethnic group out of the combined elements in the population.

Canadians describe their nation as a *cultural mosaic*. This concept takes into account the people who have moved to Canada from all over the world. They have maintained many of their cultural ties with their former lands and yet they are Canadians. For example, they are French-Canadians, Ukrainian-Canadians, Italian-Canadian, Chinese-Canadians, or English-Canadians. Small pockets of these various groups can be found all across the country.



A glance across the Canadian mosaic reveals a variety of ethnic groups represented in the cultural fabric of Canada. The largest of these groups would be those coming from the British Isles and France. These two groups represent the two founding nations of Canada.

However, at various times, large numbers of immigrants have arrived in Canada from other countries. In 1901, only slightly less than 10 percent of the Canadian population represented ethnic minority groups. These were primarily from Europe and a small number of Chinese who had come to Canada to work on the railroad. The early twentieth century saw a dramatic increase in the immigration of other European groups such as the Ukrainians and Germans. Following World War II, a flood of new immigrants began to stream into Canada. Over half a million immigrants came from Italy alone. Later in the century, a good number of non-Europeans, particularly Asians, began to arrive. Since 1979, thousands of Indochinese refugees have been brought into the country both through government and private sponsorship.

Although the immigrants are free to live in any part of the country, a large number seem to favor Ontario, the largest province in population. About 47 percent of the total population of the Prairie Provinces, about 35 percent of British Columbia, and about 29 percent of Ontario's population is composed of ethnic groups that are not of British or French origin.



THE POPULATION OF CANADA

Information Sheet #4



There are approximately thirty million people who live in Canada. Canada is the second largest country in the world and has an area of ten million square kilometres. There is an average of three people per square kilometre. Compare that to the United street where there are twenty-eight people per square kilometre and Japan where there are 335 people per square kilometre.

Since World War Two, Canada's population has doubled. Almost all Canadians are of European descent. The First Nations People and the Inuit make up about two percent of the nation's population

The Inuit live mainly in the northern areas of the Northwest Territories, Newfoundland, Ontario and in their new territory called Nunavut.

The First Nations People belong to one of ten major groups such as the Algonquian, the Athapaskan, the Haida, the roquolan, the Kootenayan, he Salishan, the Siouan, the lingit, the Tsimshian and the Vakashan. The majority of he First Nations People live in reserves or reservations icross Canada.

Early Immigrants came om Britain, Germany, reece, Italy, the etherlands, Portugal and



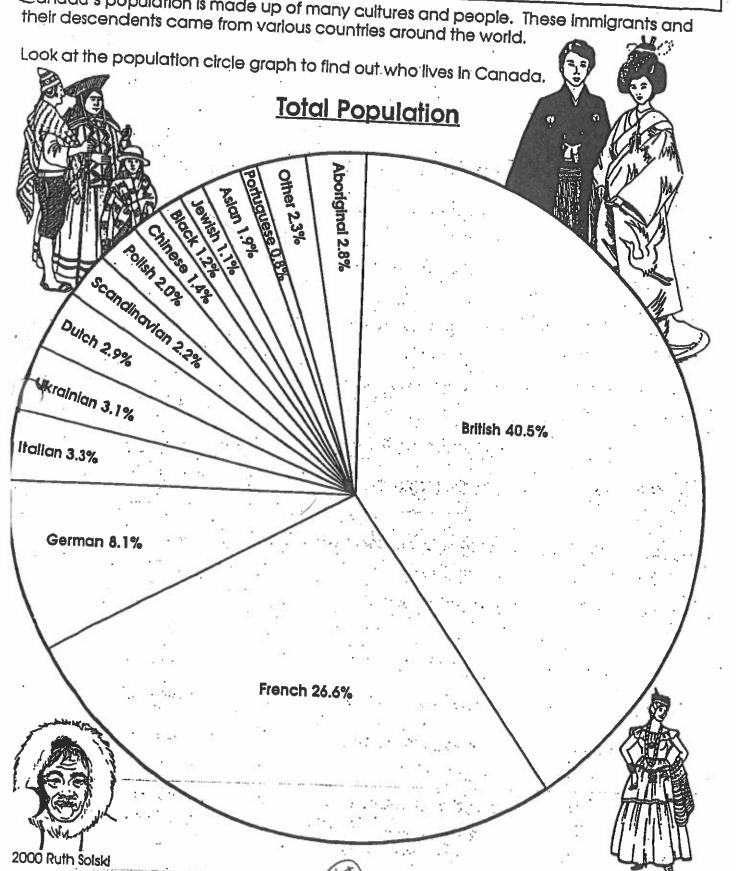
atin America. Many Canadians are refugees from other countries who were involved in volutions. These people came from Hungary, Cambodia, Laos and Vietnam. Since any Since Canada and live in the Toronto area and British, many Chinese immigrants have come tiled mainly by Ukrainians and Germans. Many black immigrants of West Indian secent who came from French and English speaking islands such as Haiti and Trinidad are made their homes in Canada as well.

In Canada, two official languages are spoken. They are English and French. French nainly spoken in Québec while English is mainly used in the rest of the country. Other nationalities in order to maintain to the Solski.

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ETHNIC POPULATION OF CANA

unada's population is made up of many cultures and people. These immigrants and their descendents came from various countries around the world.



CANADA'S NATURAL VEGETATION

Information Sheet #6

Forest, grassland and tundra vegetation zones are the major ones in Canada. There are fourteen different vegetation zones altogether. They are:

Arctic Tundra

Talga or Boreal Forest Region

Parkland

Great Lakes -St. Lawrence Forest

Niagara Forest

Columbia Forest

Pacific Coast Forest

Subarctic or Transition Forest Region

Mixed Woods

Prairle

Acadian Forest

Rocky Mountain Forest

Mountain Forest

Alpine

The Arctic Tundra Region has a very few trees due to a lack of moisture, good soll and a cold climate. Four major plant communities are found in the Arctic Tundra region. They are rock desert, tundra-heath, strand and freshwater. Lichens are the best known plant specie. A variety of Arctic flowers such as arctic popples, saxifrage and mountain avens can be seen during the summer. They create a strangely colourful landscape.

The Subarctic or Transition Forest Region is the transition stage where open forest and stunted growth create the "land of the little sticks".

The Talga or Boreal Forest Region consists of white and black spruce, balsam, fir and lack pine which occur in the eastern and central areas, while alpine fir and lodgepole are found in the west and northwest.

The Pacific Coast Forest Region has large coniferous trees due to the mild, humid climate. The main species are western red cedar, western hemlock, sitka spruce and

The Columbia Forest Region is found in the Selkirk and Monashee Mountains. This area is quite wet and the trees are similar to the ones that grow in the Pacific Coast

The Montane Forest Region is composed of grassland and scattered stands of onderosa Pine. This type of forest grows in the valleys of the central plateau of British Columbia where drought conditions are often experienced.

The Rocky Mountain Forest Region is found on the foothills and the lower mountain lopes. The main species are Engelmann spruce and alpine fir, lodgepole pine and spen. These forests are mainly used for pulp and paper.

The Alpine Forest Region includes all the mountain areas above the tree line. leadow and tundra-like plants are quite common in this area.

The Mixed Woods Region is found near the interior Boreal Region. White spruce, spen, Balm of Gllead and white spruce are the species found in this region.

The Parkland is a transition area between the forest proper and the prairie grassland. spen are seen in scattered patches in the open grassland.

The Prairies Region is divided into a short-grass zone and a mixed grass zone. The pes of grasses that grow depend upon the amount of available moisture in the ground.

grasses form a tough sod since they have dense root systems that search for water soll. Grasses such as blue gamma grass, common spear grass, western wheat grass, rairle blue grass and June grass are common. Sage brush and prickly pear cactus also Ruth Solski

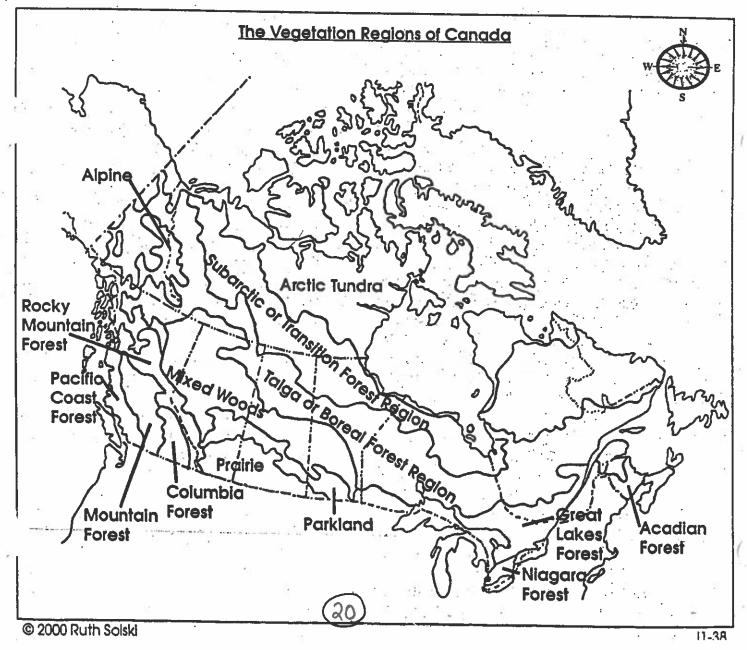
CANADA'S NATURAL VEGETATION

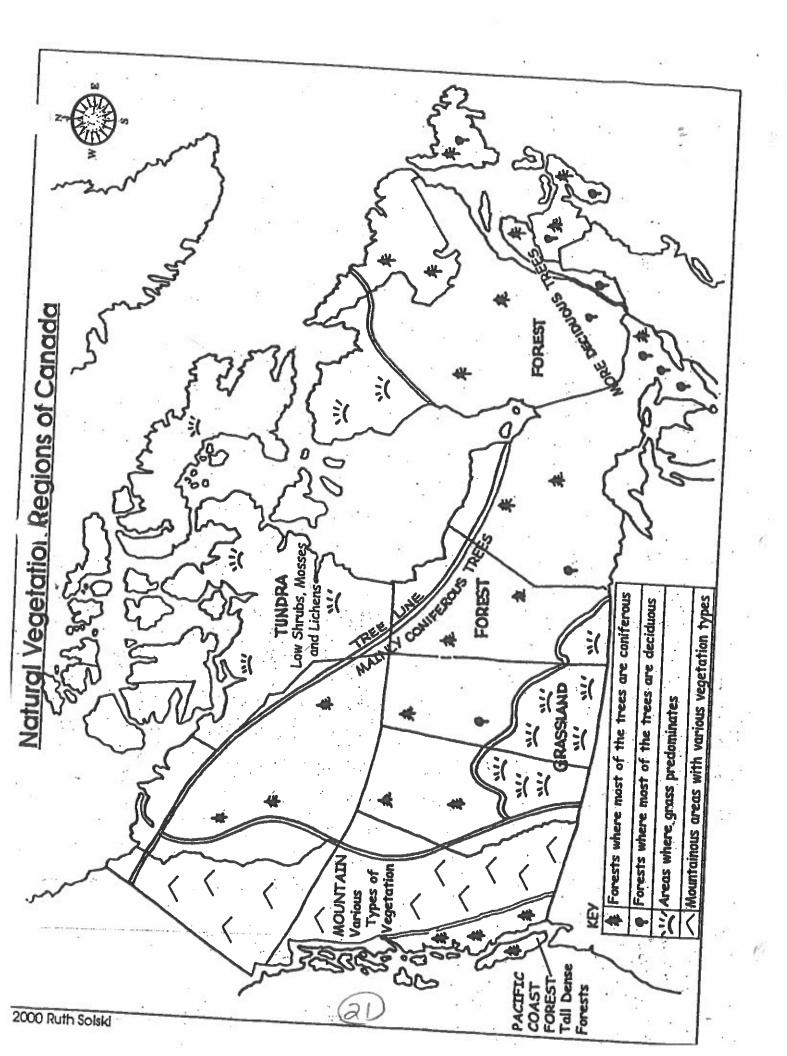
Information Sheet #6

The Great Lakes-St. Lawrence Forest contains a wealth of species. This region's climatic conditions and accessibility make these forests one of the most valuable timber resources. This region supports conifers as well as deciduous trees. Conifers are white pine, red pine and white spruce. Deciduous trees found are sugar maple, beech, red oak and red maple.

The Niagara Region is the eastern deciduous forest region. Species that grow in the Great Lakes-St. Lawrence Forest Region grow here as well as black walnut, scarlet oak, sassafras, magnolia, tulip tree, sycamore and Kentucky coffee tree which usually grows in more southern climates.

The Acadian Forest of Nova Scotia, Prince Edward Island and southern New Brunswick is similar to the Great Lakes Forest region. White spruce, white pine, red pine, red spruce are types of conifers found as well as deciduous hardwoods such as maple, beech and birch.

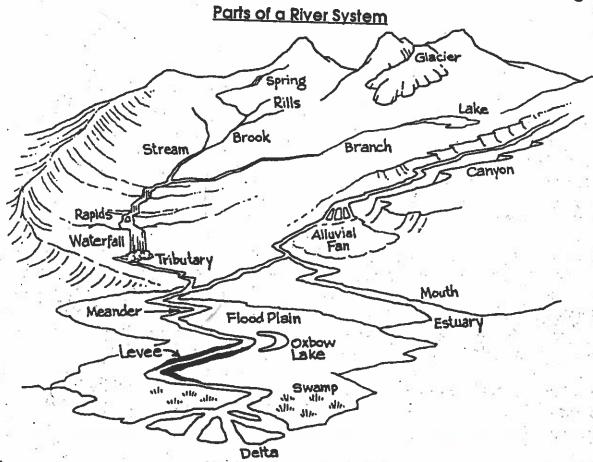




WHAT IS A RIVER?

Information Sheet #2

A "river" is a large body of water that moves over the land in a long channel. The "source" of a river usually begins high up in mountains or hills. The river's water comes from a combination of rainfall, lakes, springs and melting ice and snow. Small streams will flow from the river's source. These streams are called its "headwaters". The headwaters flow into tiny, narrow channels called "rills". As the rills move downhill, they come together to form wider and deeper channels called "brooks" The brooks then join together to make "streams" and the streams join to form "rivers". All the rills, brooks and streams that carry water to a river are called "tributaries". The river and its tributaries from a "river system". Some river systems have several small rivers that flow into a larger one.



A river receives most of its water from rainfall. The rain flows over the land into the waters of the river system. The water eventually reaches the largest river in the system by way of rills, brooks, streams and smaller rivers. The rain also soaks into the ground and gathers as ground water. The ground water seeps into the river system and keeps the water flowing in most rivers during dry periods.

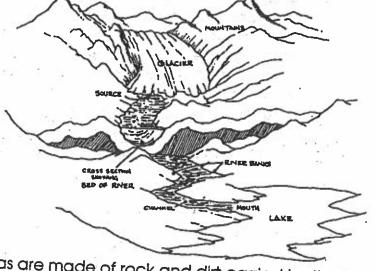
The waters of a river system drain an area of land. This is called the system's , 'drainage basin". North America is split into two large drainage basins by an imaginary line called the "Continental Divide". Water from the eastern side of the divide flows toward the Atlantic Ocean, Arctic Ocean or Guif of Mexico. Water from the western side of the divide flows toward the Pacific Ocean.

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WHAT IS A RIVER!

Information Sheet #2

The "channel" of a river consists of the land on either side of and beneath the flowing water. The bottom of the channel is the "bed" and the edges are the river "banks". The channel slopes steeply near the "source" of the river and almost flat at the "mouth". The flow of water of most rivers is faster in the middle course. The "mouth" of a river is where the river empties its waters into another body of water such as a lake, ocean or larger river. The flow of the river's water slows down dramatically at the river's mouth. Sometimes this decrease in speed causes a



body of land called a "delta" to form. Deltas are made of rock and dirt carried by the iver and settle where it slows down. This material is called the river's "load".

"Waterfalls" and "rapids" are found in a river. A waterfalls occurs when the river prosses a layer of strong resistant rock. Downstream the rock has been worn away by the iver's flow which leaves a steep drop in the river's channel. The water passes over the edge of the harder layer and falls to the lower part of the channel.

"Rapids" occur when water tumbles over large boulders or rock ledges in the river :hannel. Fast flowing rivers sometimes cut a canyon, a deep channel with high walls orn into the river's bed. A river's flow may also cut valleys through the land. The force f the river erodes the land to create a steep, "v-shaped valley" that rises from the river's anks. A flat area may occur on one or both sides of the banks of a river. This area is alled the "flood plain" and is covered by river water during floods.

Some rivers have flood plains hundreds of kilometres wide. in a flood plain the river hannel tends to curve from one side of the plain to another. These snake-like bends are

There are many large rivers found in Canada. They are: Nelson River

Athabasca River Churchill River

Niagara River Columbia River Ottawa River Peace River

Saint Mary's River Saskatchewan River Skeena River

Detroit River Fraser River Mackenzie River Miramichi River

Red River of the North Restigouche River Saguenay River

Winnipeg River Yukon River Richelleu River Saint John River

St. Lawrence River

The Mackenzle River is the longest river in Canada and its length is 1 724 kilometres. e St. Lawrence River is the second longest measuring 1 300 kilometres.

WHAT IS A LAKE

Information Sheet #3

A lake is a body of water surrounded by land. The word lake comes from a Greek word which means "hole" or "pond". Most lakes were formed by glaciers. In the mountains, lakes were formed when glaciers carved deep valleys as they travelled. The basins they carved then filled up with water to form lakes. In other regions, glaciers gouged hollows in the land and deposited rocks and earth as they melted.



Lakes are fed by rivers and mountain streams. Some are fed by underground springs or streams. Some lakes have water running in, but none running out.

Lakes provide trade and travel routes and water for farmers to use to irrigate their fields. They supply water to communities and are used to generate electric power. People use them for recreational purposes.

The Great Lakes are the world's largest group of freshwater lakes. They are Lake Superior, Lake Michigan, Lake Huron, Lake Erie and Lake Ontario. The Great Lakes form the most important inland waterway in North America. They were the main route used by early explorers and settlers who located in Canada and the United States. The areas along the Great Lakes and the St. Lawrence River became great industrial centres in ed(Canada and the United States because transportation was cheap.

Four of the Great Lakes are shared by Canada and the United States and they form a boundary between the two countries. Lake Michigan lies entirely in the United States. The Great Lakes drain into the St. Lawrence River.

Rapids on the St. Lawrence prevented large ocean vessels from travelling to ports on the Great Lakes. In 1954, Canada and the United States began to build the St. Lawrence Seaway. This project took five years to bulld. The Seaway was to become a major commercial waterway that would link the Atlantic Ocean and the Great Lakes. The Seaway was formed by the St. Lawrence River, several lakes and a system of canals and locks. This waterway enables ocean-going vessels to travel further inland to ports located in Canada and the United States.

Power stations were also built to produce hydro-electric power to be used by both countries. Railways, highways, six villages and towns, and people had to be relocated as 16 000 hectares of land was going to be flooded in Ontario and New York State to create a new reservoir called Lake St. Lawrence. The reservoir would hold water to be used to make hydro-electric power. New communities were created near the reservoir.

in Canada you will find the following large freshwater lakes.

Lake Athabasca

Lake Erie

Lake Huron

Lake Louise

Lake Manitoba

Lake Winnipeg

Reindeer Lake

Great Slave Lake

Lake Niplaon

Lake Michigan

Lake of the Woods Lake Ontario

Lake Saint Clair Lake Superior Lake Winnipegosis Great Bear Lake

Smallwood Reservoir Lesser Slave Lake

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Information Sheet #1

Information Sheet #1

The Physical Regions of Canada

Canada has seven major land regions. They are:

- 1. The Cordillera Region
- 2. The Arctic Lowlands
- 3. The Interior Plains or Lowlands
- 4. The Canadian Shield

- 5. The Hudson Bay Lowlands
- 6. The St. Lawrence Lowlands
- 7. The Appalachian Region

The Cordillera Region

The Cordillera Region consists of the Pacific Coastal Mountain Ranges and Lowlands and the Rocky Mountains. Both of these regions consist of a very large group of mountains that extend from Alaska through to Mexico.

The Pacific Coastal Mountain Ranges and Lowlands

The Pacific Coastal Mountain Ranges and Lowlands are found in British Columbia and the southwestern part of the Yukon Territory. This region occupies almost all of British Columbia. The Queen Charlotte Islands and Vancouver Island are included in this region as well. These islands are the rop part of a mountain range that is partly covered by the Pacific Ocean. The Coast Mountains and St. Ellas Mountains are found in this region also. Canada's highest mountain, Mount Logan, is found in the St. Elias Mountains in the Yukon near the Alaskan border. It stands 5 951 metres above sea level. Glaciers cover many of the mountains found in the St. Elias Range.

The Coast Mountains run close to the coastline of British Columbia and have made many inlets called flords. The flords are long and narrow inlets that provide water routes to many valuable forests. These dense forests contain tall red cedars, hemlocks and other evergreen trees that grow on the lower slopes of the mountains. Many fur-bearing animals such as black bears and foxes make their homes in the forested areas.

East of the Coast Mountains lies an Interior plateau that consists of valleys, plains and small mountains. Many mineral resources such as bismuth and molybdenum have made this area very valuable. Farms, orchards and grasslands for grazing cattle are found on the southern part of the Interior Plateau.

The Rocky Mountains

The Rocky Mountains are located to the east of the Pacific Ranges and Lowlands.

Mountains in the Rockies are often snow-capped and vary in height from 2 100 metres to 3 660 metres above sea level. Mount Robson is the tailest peak in eastern British Columbia and stands 3 954 metres high.



Information Sheet #1

The Rocky Mountain Chain is 4 800 kilometres long and extends from New Mexico to Alaska. The Canadian Rockies stretch from Canada's southern border to the Laird River in British Columbia. The Selwyn Mountains and the Mackenzie Mountains are found between the Laird River and the Alaskan border. In southern British Columbia, the Columbia Mountains are separated from the Canadian Rockies by a long, narrow valley called the Rocky Mountain Trench.

Rich deposits of coal, lead, silver, zinc and other minerals are found in the Rocky Mountains. Large forests of Juniper and pine trees grow on the Rockles' lower slopes. Firs and spruces are able to survive at higher elevations. Animals such as bears, deer, minks, mountain lions, squirrels, along with many others live in the forests on the upper slopes. Above the timber line, an area where trees cannot grow, Rocky Mountain Goats and Bighorn Sheep roam. Many types of fish inhabit the swift-flowing mountain streams.

The Arctic Lowlands



The Arctic Lowlands are found within the Arctic Circle. The Arctic Lowlands consist of twelve large Islands and hundreds of smaller ones. Most of the Islands are barren and unexplored. Baffin Island and Ellesmere Island, which are two of the largest Islands, have many glaciers, tall mountains and flords. Victoria Island is very flat. The seas around these many mountains are frozen most of the year

The Arctic Lowlands consist of tundras which are areas too cold and dry for trees to grow. The subsoli is permanently frozen and only a thin layer thaws during the short, cool summers. Simple plants such as lichens, mosses, grasses and sedges grow in the lowlands. Caribou and musk oxen graze on the tundras. Other wildlife that make their homes in this region are Arctic foxes, Arctic hares, lemmings, polar bears, ptarmigans, seals, wairuses and whales. During the summer insects thrive on the islands.

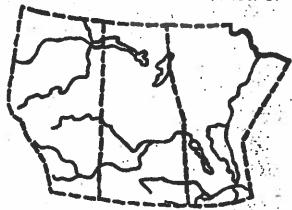
Petroleum and natural gas, lead and zinc have been discovered in some of the western Arctic Islands but none of it has been taken out due to high production and transportation costs.

The Interior Plains

The Interior Piains are located in the northeastern corner of British Columbia, most of Alberta and Saskatchewan and the southwestern

part of Manitoba. This region extends north through the Northwest Territories to the Arctic Ocean.

The Interior Plains are covered in prairie grassiands in the south. The soil is rich and black and farmers grow wheat and other grains in it. In southern Alberta, the grasslands are used by ranchers for their cattle to graze on. The northern areas of the interior Plains are heavily forested with white spruce and jack pines. Deer, elk, moose and 3 2000 Ruth Soiski



Information
Sheet #1

other fur-bearing animals inhabit the forested areas. Near the Arctic Ocean the land becomes tundra covered by snow for more than half the year.

The interior Plains are rich with many mineral deposits. Alberta has become a major mining area due to its large deposits of petroleum, natural gas and coal. One of the world's largest tar sands (sands that contain oil) lie along the Athabaska River in Alberta. Important deposits of petroleum, uranium and potash are found in southern Saskatchewan. In the Northwest Territories petroleum, lead and zinc have been found.

The Canadian Shield

The Canadian Shield is a huge horseshoe-shaped region that curves around Hudson Bay from the Arctic Coast of the Northwest Territories to the coast of Labrador, the mainland of Newfoundland. It covers about one half of Canada and is made up of very old rock.

Thousands of lakes and rivers and many low hills are found in the Canadian Shield. The many rivers break into rapids and waterfalls at the edge of the region. Hydro-electric plants have been built on many rivers and supply hydro-electric power to many factories and

homes in cities and towns of Québec, Ontario and Manitoba.

Very few people live in the northern part of the Canadian Shield as the soil is poor and the climate is quite cold. Some northern areas of the Canadian Shield are tundras and the plants and animals that live there are the same as the ones found in the Arctic Lowlands. The Canadian Shield is heavily forested in many northern areas. Deer, elk, moose, wolves and smaller animals live in the forests.



The southern edge of the Canadian Shield does have soil that is good for farming. It is close to large cities such as Ottawa, Toronto and Montreal. The many lakes and ski slopes in this area are used by the people who live in these cities.

A great deal of Canada's mineral wealth is located in the Canadian Shield. Iron ore comes from mines in Québec. Cobalt, copper, gold, nickel and uranium are mined near Sudbury, Ontario. The Canadian Shield also contains minerals such as platinum, sliver and zinc.

The Hudson Bay Lowlands

The Hudson Bay Lowlands are a flat, swampy region between the Canadian Shield and the southwestern coast of Hudson Bay. The Lowlands are covered with poor-quality forests and large deposits of peat, a decayed vegetable matter. There are very few settled areas in the lowlands. The only permanent settlements are small villages, trading posts and ports such as Churchill and Moosonee.

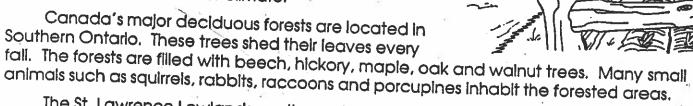


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Sheet #1

The St. Lawrence Lowlands

The St. Lawrence Lowlands is the smallest land region in Canada. More than half the people in Canada live in this region. The St. Lawrence Lowlands are made up of flat and rolling countryside along the St. Lawrence River and the Peninsula of Southern Ontario. It also includes the Island of Anticosti found at the mouth of the St. Lawrence River which is a wilderness because it is isolated and has a colder climate.



The St. Lawrence Lowlands are the major manufacturing centre of Canada because it has excellent transportation facilities and lies near markets in the eastern and central United States. Fertile soil and a mild climate allow farmers to grow many varieties of fruits and vegetables. Many dairy farms are located in this region.

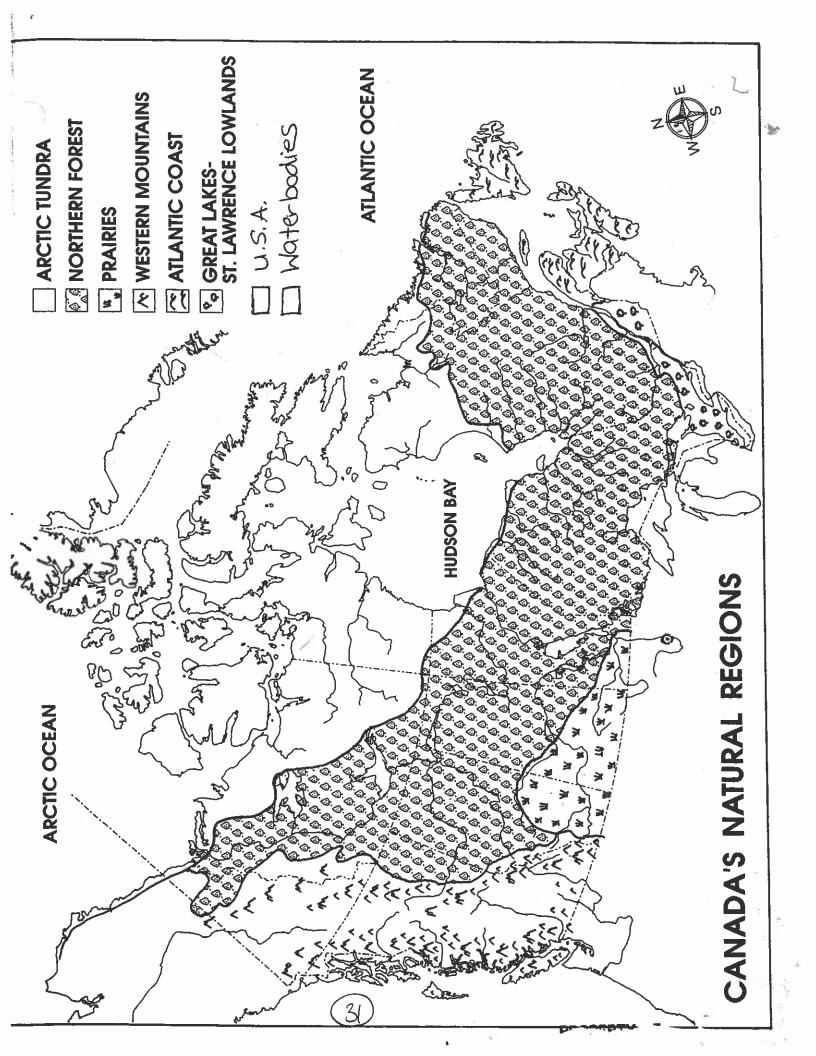
The Appalachian Region

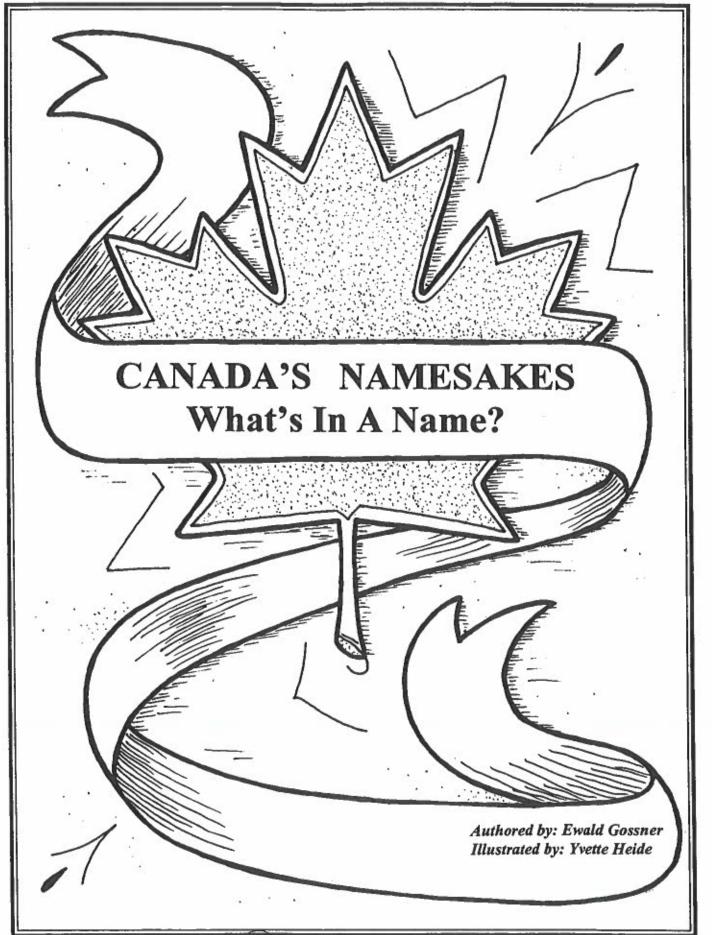
The Appalachian Region includes southeastern Québec and all of the Atlantic Provinces. The Appalachian Mountains are an ancient chain that extends from the island of Newfoundland south to the state of Alabama in the United States. The land in this egion is generally hilly. Many of the mountains have been worn down by glaciers and prosion. The highest mountains are the Shickshock Mountains found in the Gaspé Peninsula in Québec.

Most of the people that live In the Appalachian Region make their homes along the coast. Hundreds of bays and inlets provide excellent harbours for fishing boats. Parts of lewfoundland and Nova Scotia have steep, rocky coastlines.



Evergreen trees and deciduous trees grow in the many forests found in the region. Good farmland is found in Prince Edward Island and along the St. John River in New Brunswick and the Annapolis River in Nova Scotia. Québec has the world's richest deposits of asbestos. Coal and gypsum are mined in New Brunswick. Copper, lead and zinc are mined in Newfoundland and New Brunswick.



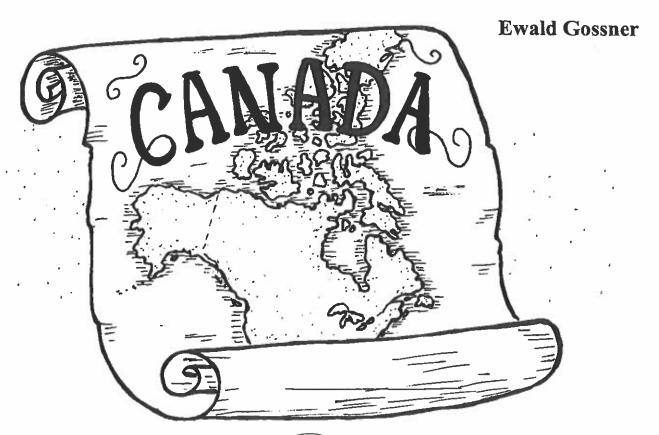


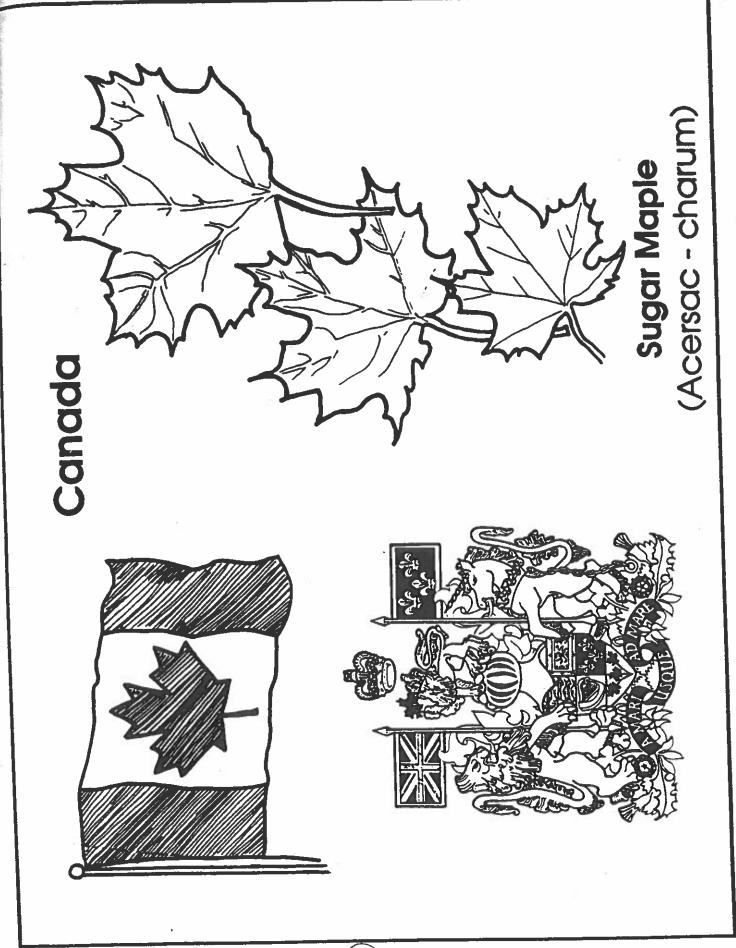


Names describe our heritage, our character, our ancestral background. So, too, Canada and its provinces' historical origins are depicted in *Canada's Namesakes: What's In A Name?* Just as family names originated from an individual's occupation, character, or personality - the names within our nation originated from geographic, regal, or legendary sources.

Many of Canada's mosaic regions had already been named by the First Nation People before an official map appeared. Most of the names stem from geographic or legendary backgrounds. But where did these names come from and what do they mean?

It is important to know one's name! Without it one becomes unidentifiable. Likewise, it is important to know Canada's name origins to help us identify and understand our roots.

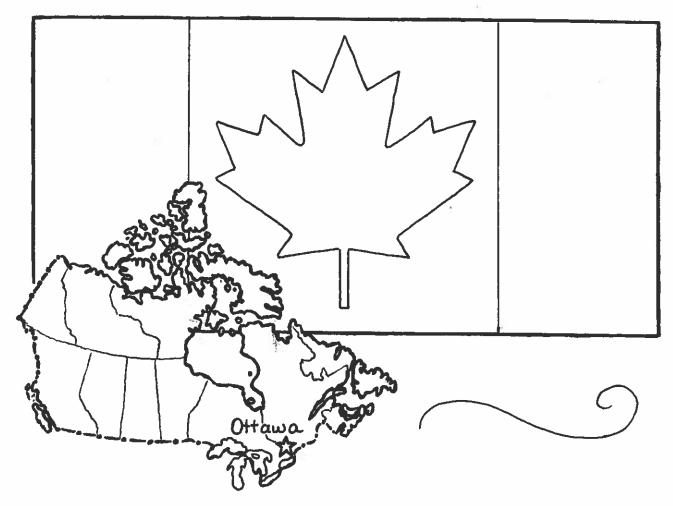


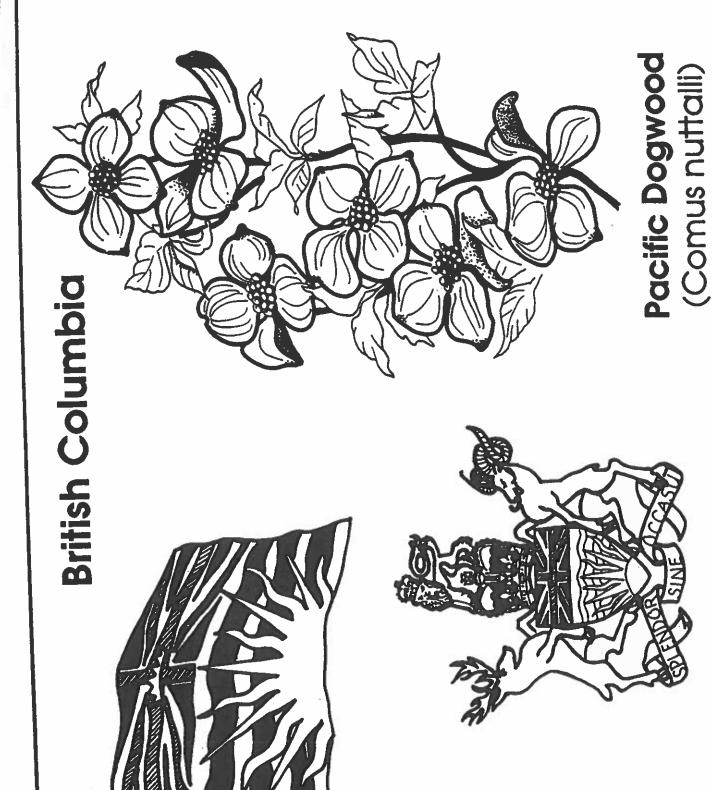




Growing up can be exciting! When I was very young, First Nations People told Jacques Cartier, upon his arrival near Stadacona in 1535, that I was a "kanata". In Huron-Iroquois this means "village". Since there were many villages with log houses, Cartier called the whole region "kanata" or Canada. I grew from a First Nation's village to a nation upon Confederation in 1867. My name changed from Province of Canada to Dominion of Canada. Now, I am a great country with ten provinces and three territories.

Ottawa, my capital, was originally called Bytown. This was later changed to Ottawa, named after the Odawa tribe which means "traders".

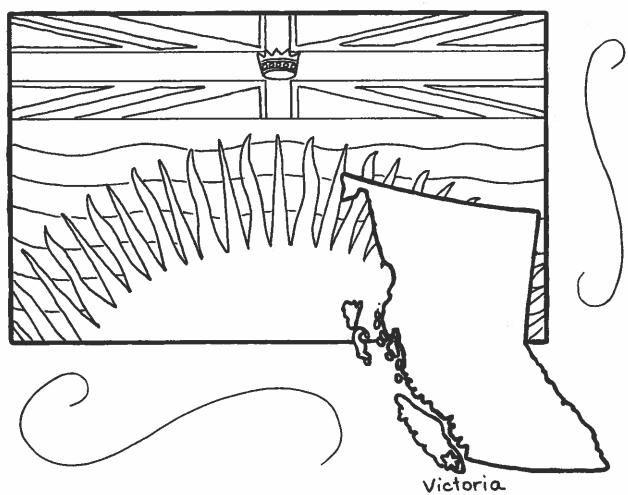


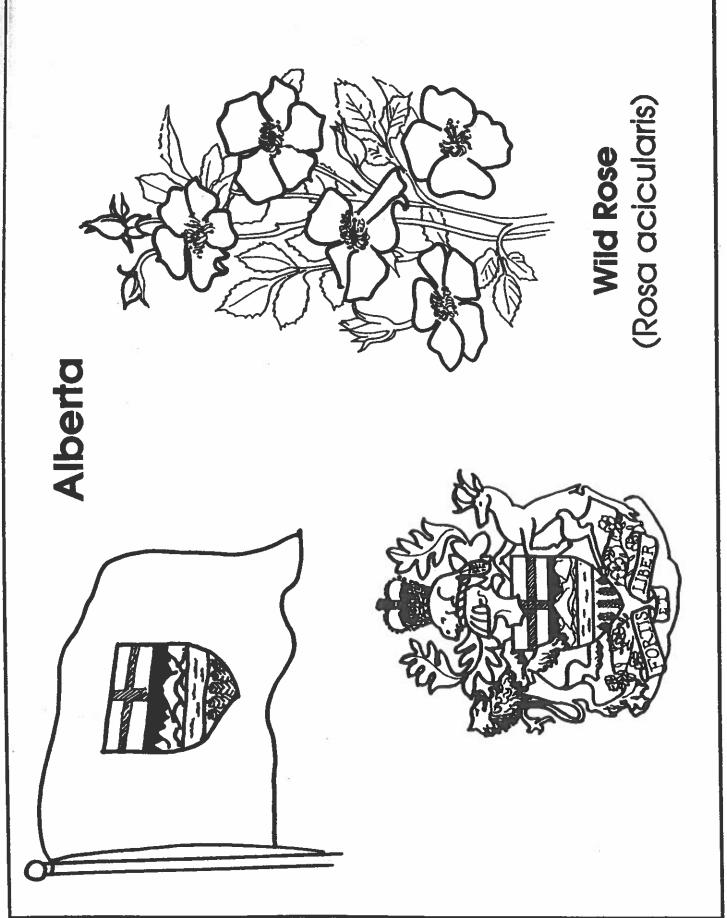




Mine is one of the oldest European names on the North American map. I am named after the first organized exploration, led by Christopher Columbus, to this continent. Several regions and rivers were called "Columbia". One such river, the Columbia River, begins in the Rockies and flows south and west into the Pacific Ocean. The first explorers, the Spaniards, came north to my coast.

When Canada became part of the British Empire, I was known as "New Caledonia". In 1871, I became a province and Queen Victoria suggested I be named British Columbia. My capital is Victoria, in honour of Queen Victoria.

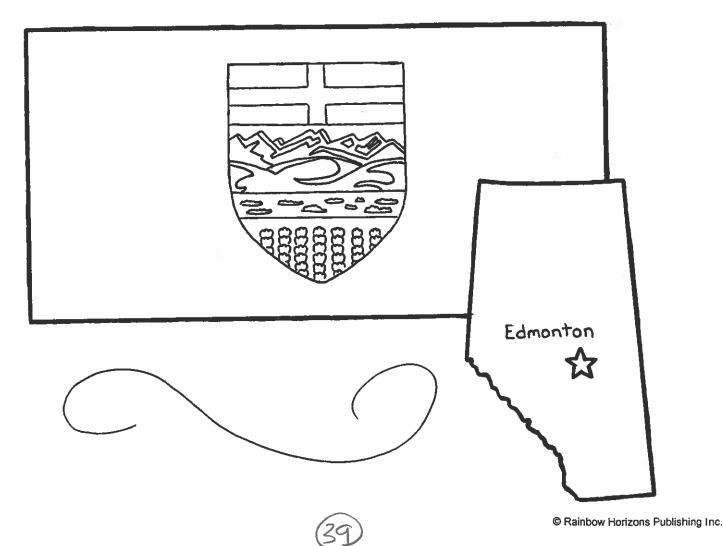


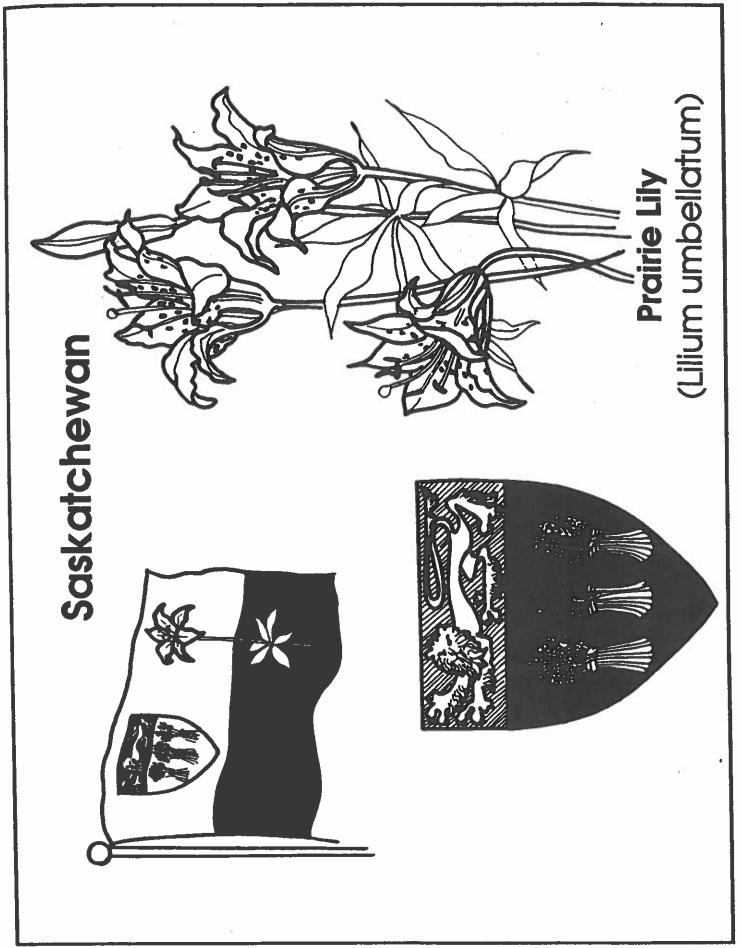




A princess I am, at least in name. Originally, the Blackfoot and Cree were my first citizens, but with immigration I became a multicultural province. When I was part of what was known as Rupert's Land, they named me in honour of Queen Victoria's daughter, Princess Louise Caroline Alberta. Her husband, the Marquis of Lorne and Governor General of Canada, requested that name.

In 1905, when I became a province, my name remained Alberta. My capital, Edmonton (named after a part of London, England), began as a fur-trading fort - originally known as "Fort des Prairies" - located on the North Saskatchewan River.

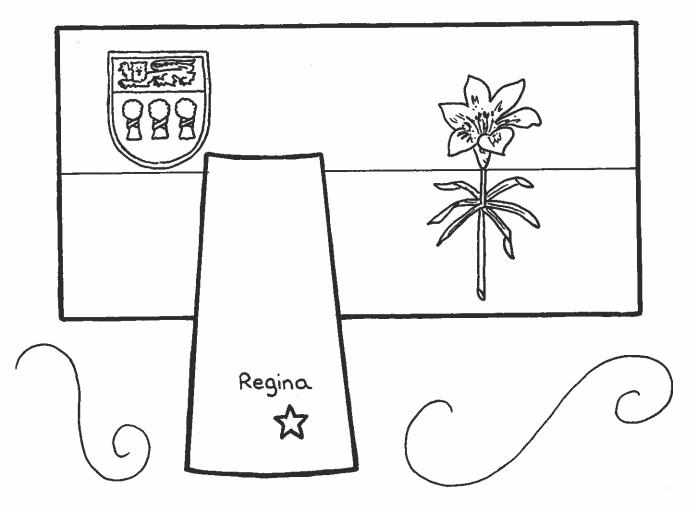






Saskatchewan they named me! I got my name from the great river which the Cree called "kis-is-ska-tche-wan-is-ip-i", meaning "swift-flowing". Others know me as "the breadbasket of the world". Before becoming a province, steamboats and paddle-wheelers plied my great river from east to west. Also, herds of bison roamed on my prairie pastures.

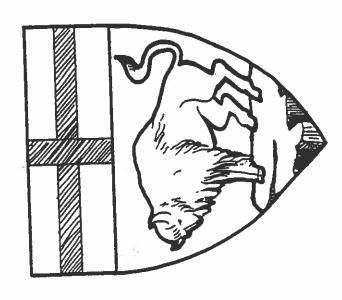
In 1905, when I became a province of Canada, Regina (meaning "queen" in Latin), became my capital. Originally it was referred to as "pile of bones", but renamed Regina (also known as the "queen city") and capital of the Northwest Territories in 1883.

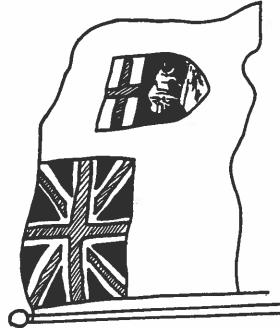






Prairie Crocus (Anemone patens)

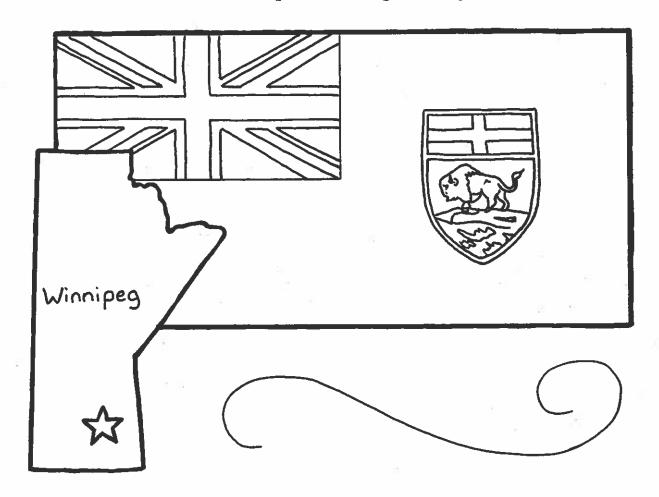






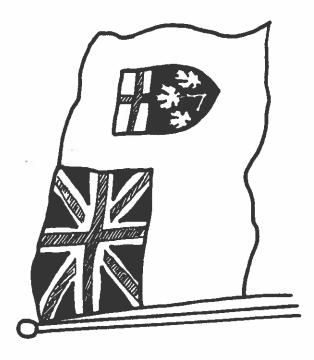
Often referred to as the Keystone Province, my name is from a lake which the Algonquians called "manito waba", meaning "great spirit's strait". The First Nation People thought that "manito" ("great spirit") made sounds that came from Lake Manitoba. A small region, known as the Red River Settlement, formed most of my province in 1870. Originally, this settlement was made up of French fur traders and Metis, but Lord Selkirk settled many Scots along the Red River.

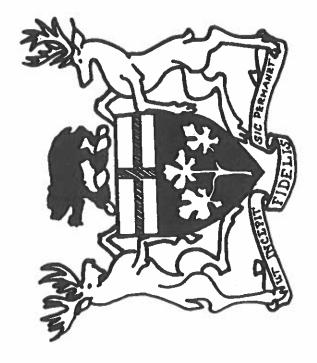
Winnipeg, originally known as Fort Rouge, replaced Upper Fort Garry and became my capital in 1870. Its name is from a lake which the Cree called "win-nipi", meaning "murky water".



Trillium grandiflorum)

Ontario

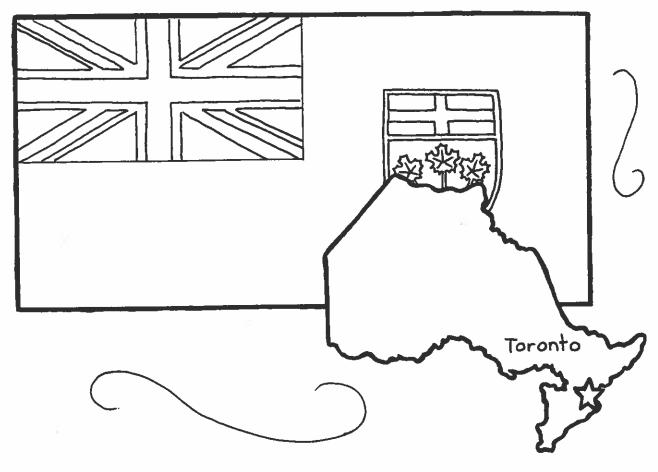




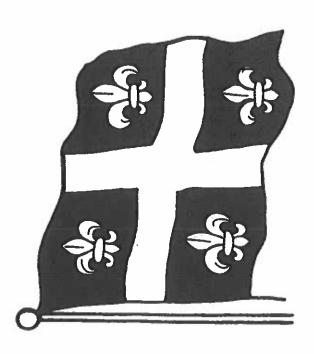


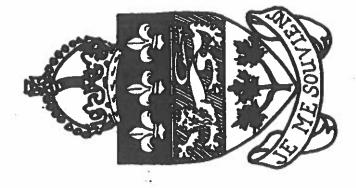
I got my name from one of the Great Lakes, "kanadario", meaning "sparkling water" in Iroquois. The Hurons, and later the Iroquois, settled along the Great Lakes. I have the most fresh water in all of Canada's provinces. I was often referred to as part of Upper Canada until 1867, when I became one of the four provinces to form the Dominion of Canada.

Toronto, my capital, has had several names - Ft. Rouille by French traders in the early 1700's, York in 1793, and then Toronto. Originally Mohawks called it "tkaronto", meaning "where there are trees standing in the water" (stakes that created fish weirs). More current is the Huron "toronton", meaning "place of meeting".





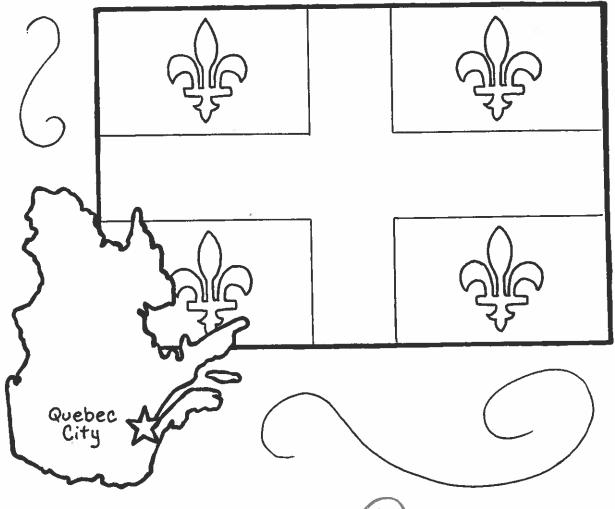






The first French explorer to discover me was Jacques Cartier, in 1534. When Samuel de Champlain made his way up the St. Lawrence River in 1608, he came to a site which the Algonquin called "kebec", meaning "where the water narrows". Here he docked and founded a trading post at Stadacona, which was later renamed Quebec City, my capital.

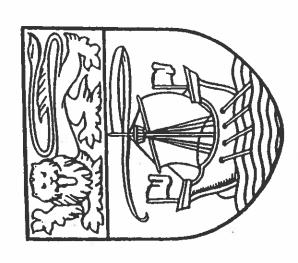
This new region, New France, became the earliest French colony on the North American continent. In 1867, I joined Confederation as a province. I am the largest and only Canadian province where French is the first-spoken language.



New Brunswick





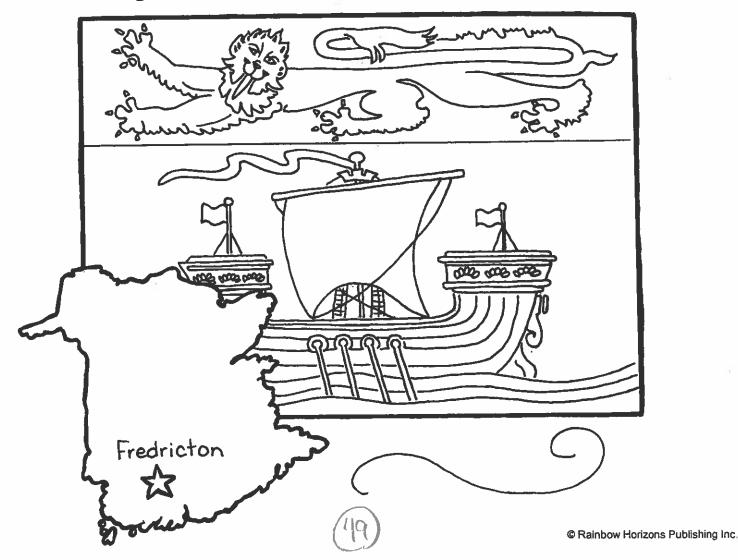






The Mi'kmaq occupied my land before the Acadians settled here, but my name originates from German roots. In 1784, I was called New Brunswick, after the Duchy of Brunswick-Lunenburg. New England Empire Loyalists played an important role in my name. They had taken over much of the exiled Acadians' property, who had fled to Lower Canada due to English-French wars and the American Revolution. To settle matters, I decided to unite with Nova Scotia, Quebec and Ontario in 1867, and form the Dominion of Canada.

My capital, Fredericton, was named in honour of Prince Frederick of Osnaburg.





Trailing Arbutus (Epigaea repens)

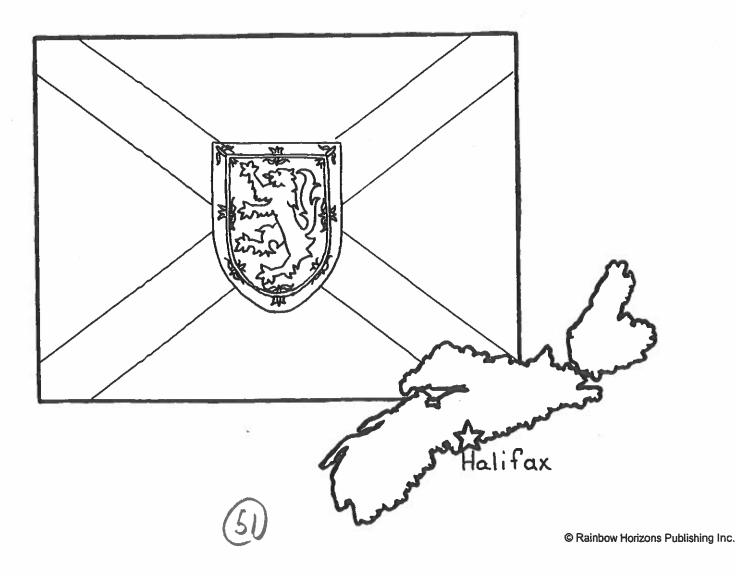


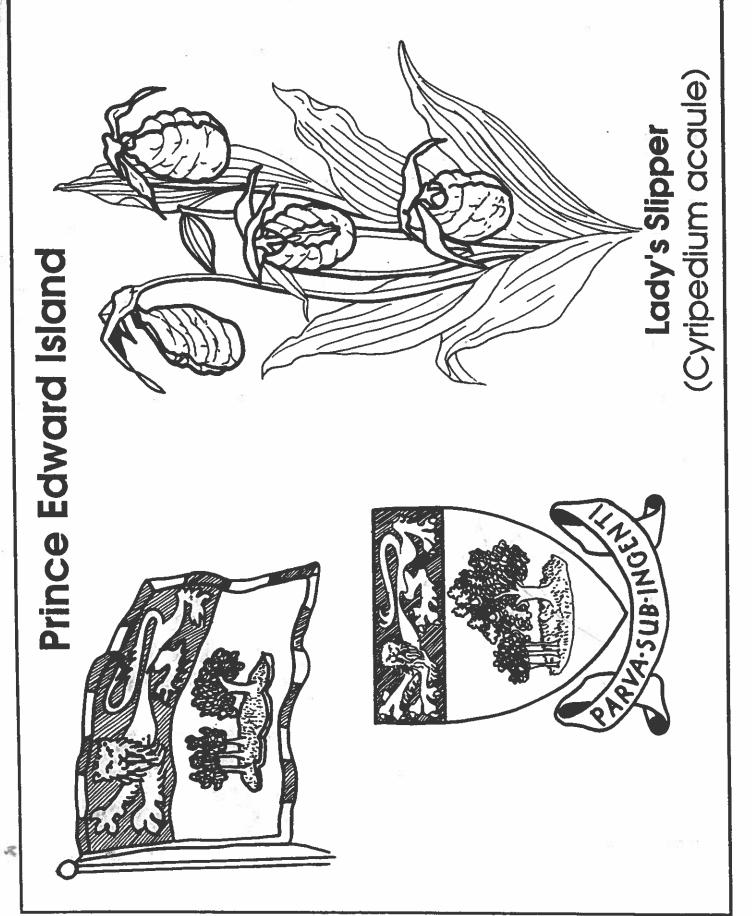




My first name, Acadia, was given to me by French settlers in 1605. Fifteen years later, the British renamed me Nova Scotia, which is Latin for "New Scotland". The wars between England and France brought about name changes, causing hard feelings. Many Acadians were deported and were replaced by New England Loyalist, German, and Scottish immigrants who settled here. In 1867, I decided to break with both England and France, and join Canada. I am proud to be one of the first four provinces to join Confederation.

My capital, Halifax - formerly Chebucto - was named in honour of the Earl of Halifax.





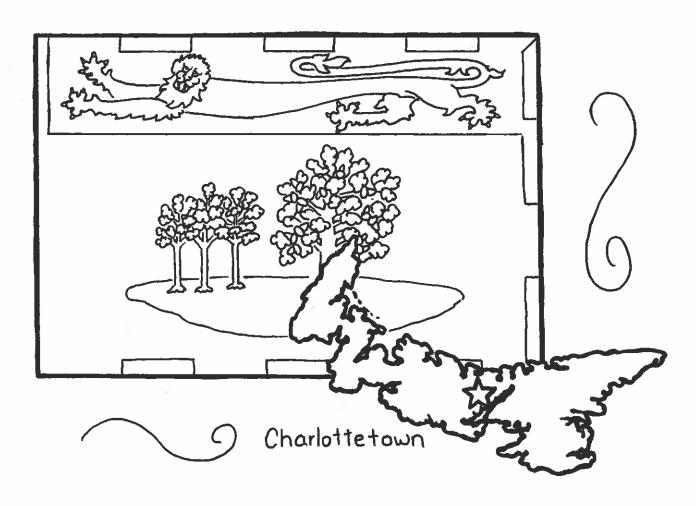


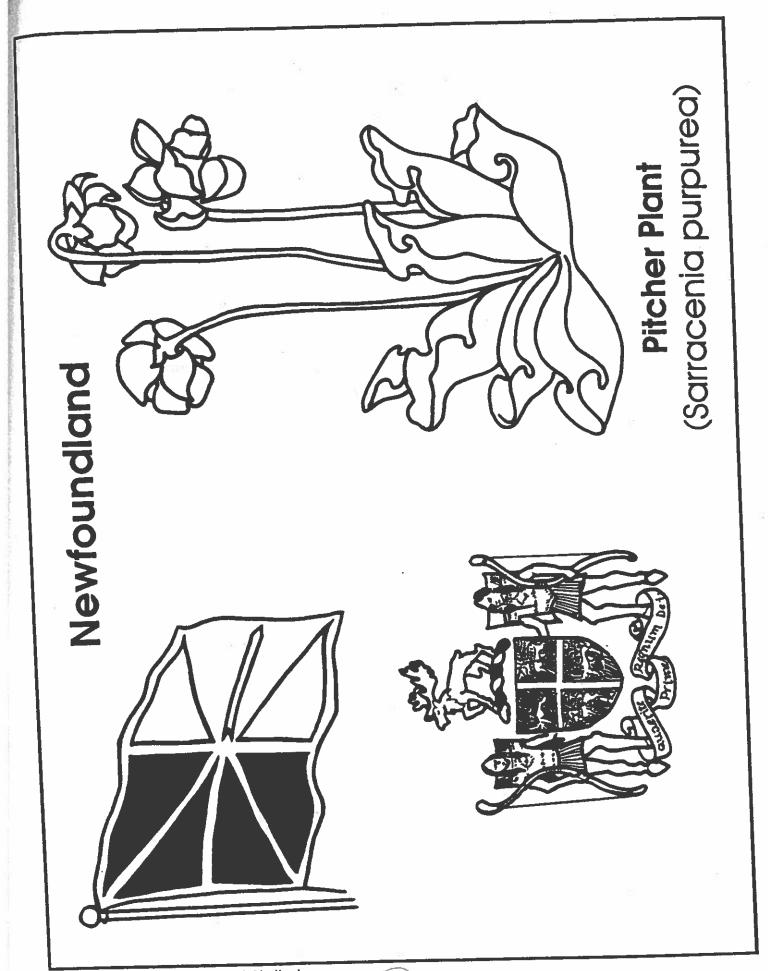




I am the smallest province and have had many names. The Mi'kmaq Tribe called me "Abegweit" ("cradle on the waves"), then I was called Ile Saint-Jean and later, St. John Island. To be funny, some call me "Spud Island" because many potatoes are grown here. In 1799, my name changed to Prince Edward Island, in honour of King George III's son, Prince Edward.

My capital, Charlottetown - named in honour of Queen Charlotte, wife of King George III - played an important role in Confederation. Here, the Fathers of Confederation made plans to unite the provinces of Canada. In 1873, I too, joined Canada as a province.





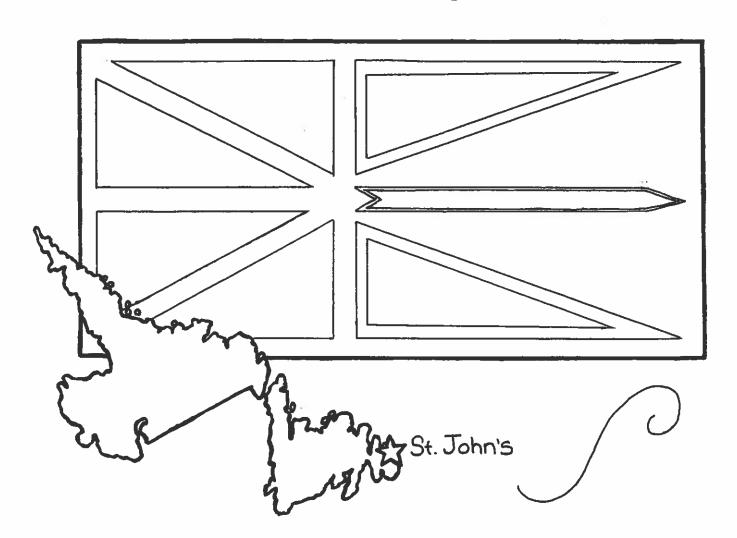


NEWFOUNDLAND AND LABRADOR



That's me - the last province to join its neighbour, yet the oldest discovered part of Canada. Though Inuit and First Nation People had lived here long before, Vikings found me around 1000 A.D. They and future explorers thought they had found a new land, calling me "Terra Nova", meaning "New Land" in Latin. After John Cabot claimed me for England in 1497, the English referred to me as "new found land". Feeling isolated, I decided to join Canada in 1949.

St. John's became my capital. It is believed that John Cabot landed there on June 24 - Feast of St. John the Baptist.





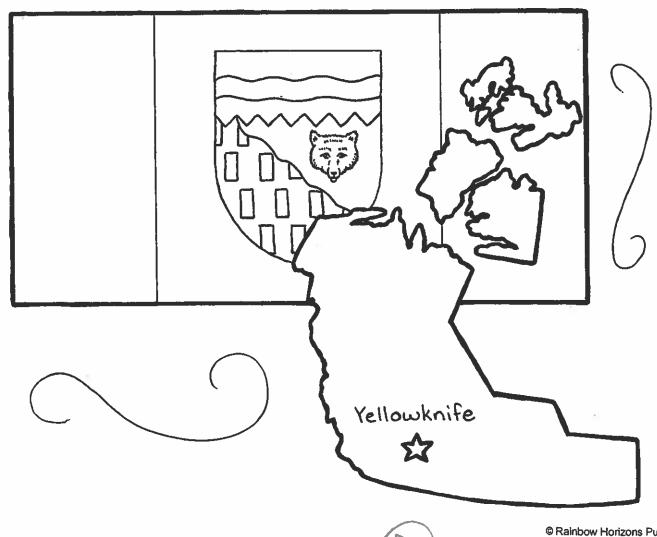
Mountain Avens (Dryas integrifolia)



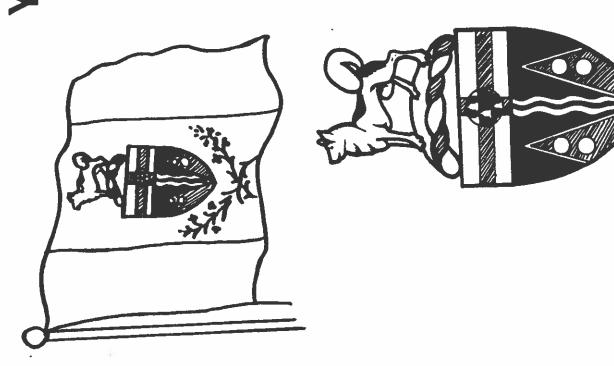


First, I was known as Rupert's Land and North-Western Territory. In 1870, most of Central Canada became North-West Territories. After carving out Saskatchewan and Alberta in 1905, I was known as the Northwest Territories. As you can imagine, I'm the coldest and largest part of Canada. Most explorers who discovered me were looking for the Northwest Passage.

I have had several capitals - Battleford until 1882 and Regina from 1883 until 1905. Since 1967, Yellowknife (named after the Yellowknife Tribe), served as the centre of government for mostly Dene and Inuit people.



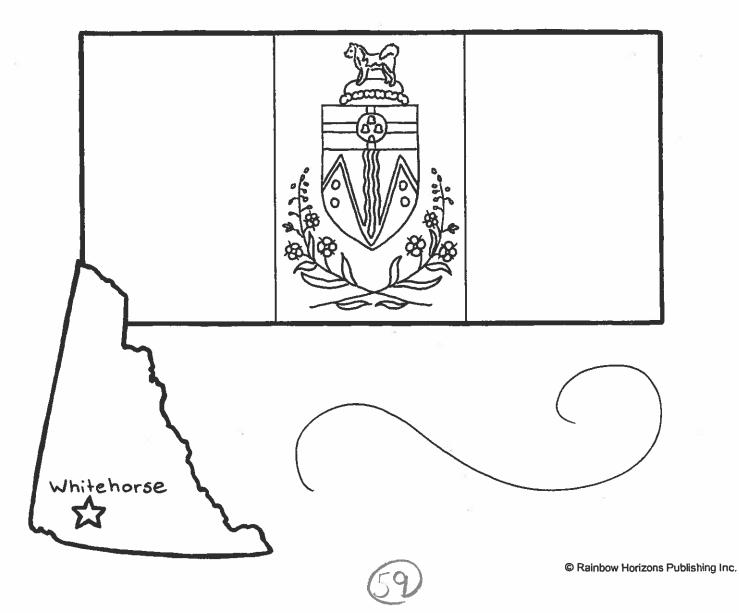






The Athapaskan Tribe called my river "yu-kun-ah", which means "great river". That is where I got my name, Yukon, a territory with some of the most exciting and talked-about history in Canada. Most of my history started with the "Gold Rush". People from all parts of the world wanted to get rich when they came to the Klondike.

My first capital, Dawson City, was replaced by Whitehorse in 1953. Whitehorse got its name from nearby rapids where, according to legend, a man had drowned there. Because of his strength and whitish-blond hair, they had called him "White Horse".

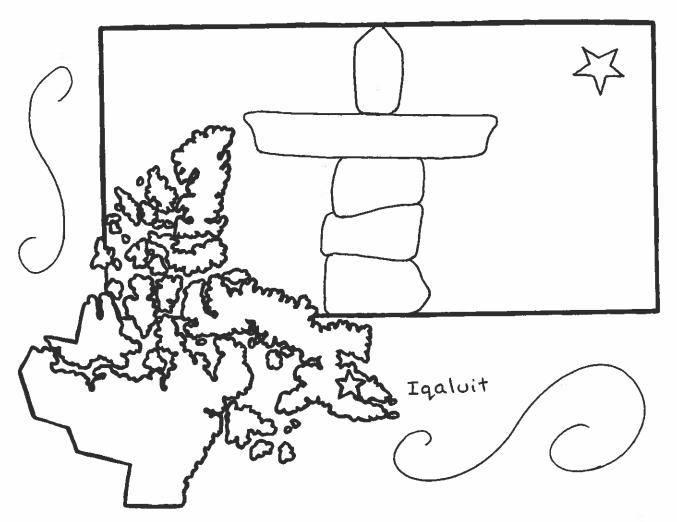


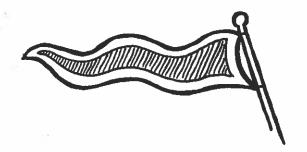
Saxifrage Nunavut



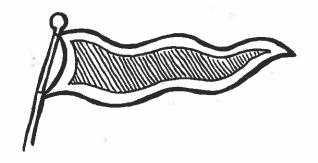
Canada's map increased when I became a Territory in April, 1999. Nunavut, which means "our land" or "our place" in Inuktitut (the common spoken language throughout the eastern Arctic), was etched out of Canada's tundra. Since the Northwest Territories was too vast an area to govern, its citizens voted to have their own territory. The majority of my population are Inuit, who have lived here for centuries.

My capital, Iqaluit, is the coldest capital in Canada, and is located on Baffin Island. It means a "place of fish", but was formerly called Frobisher Bay until 1987.





FLAGS



CANADA

A red maple leaf ensign against a white background, flanked by two red panels; replaced the Union Jack in 1965.

NEWFOUNDLAND AND LABRADOR

Two red triangles represent the inland and islands; a golden arrow as hope for the future; a blue trident is dependency on fishing.

NOVA SCOTIA

A blue St. Andrew Cross on white background, with a rampant lion inset in the centre.

PRINCE EDWARD ISLAND

A green lush oak tree on a floating "oasis", with a lion stretched out above on a red background.

NEW BRUNSWICK

On a background of gold and red, a galley with oars on blue ocean waves, with a lion keeping guard above.

OUEBEC

Four white fleurs-de-lis on blue background divided by a white cross which originated with French crusaders.

ONTARIO

Union Jack inset in upper left corner with part of coat of arms, St. George Cross and three maple leaves, on red background.



MANITOBA

Union Jack inset in upper left corner with part of coat of arms, St. George Cross and a bison, on red background.

SASKATCHEWAN

The orange prairie lily on green and yellow, symbolic of forests and wheat fields, and a lion resting over three sheaves of wheat.

ALBERTA

Yellow wheat fields accented by green foothills and white-capped Rocky Mountains on an azure background.

BRITISH COLUMBIA

A golden, setting sun on blue rippling waves, topped by the Union Jack with a crown inset.

NORTHWEST TERRITORIES

A green, red and blue shield flanked by two blue bars; a mask of white fox inset in red background.

YUKON

A red, blue and white shield divided by a spiral (Yukon River) and guarded by a malamute dog is flanked by green and blue panels.

NUNAVUT

A red inuksuk (a people's guiding post made of stones), flanked by yellow and white background with a blue North Star (Niqistsuituq) in upper right corner.



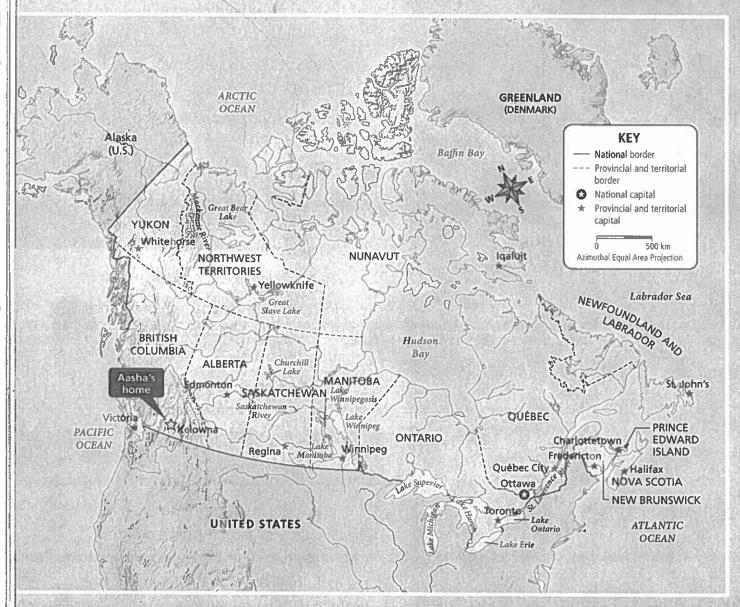
Canada: Our Land

3

Chapter Question

How does geography affect where and how people live in Canada? Read Aasha's story and describe how she might answer this question.





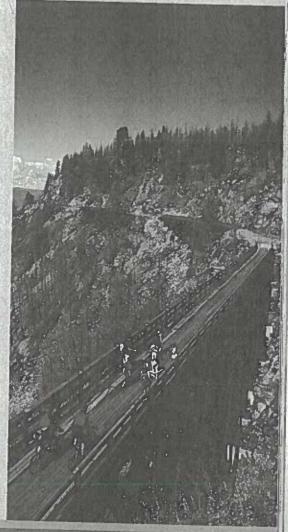


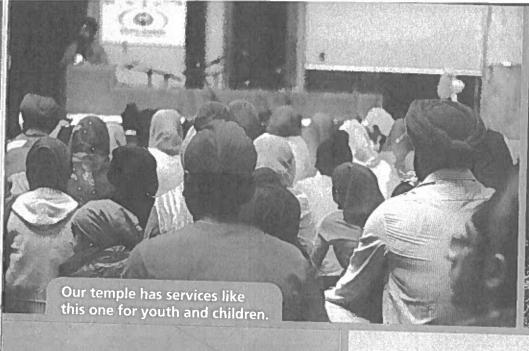
My Connection with Mountains

Hey, it's Aasha! I love Saturday mornings, don't you? The weekend is just getting started! Around here, we all like to get out in the fresh air as much as possible. It's practically a way of life here in the Okanagan.

That's the Okanagan Valley, you know. I also call it paradise. My family and I live in Kelowna, which is the largest city in the valley. Today, we're going cycling on the Myra Canyon section of the Kettle Valley bike trail, just outside of town. I'm way ahead of the rest of my family. My little brother Kirin is only five, so he's still pretty slow. I'm 10, so I lead the way!

This trail used to be an old railway line. The rails are gone now, but the old railway bed makes a great trail. I read a plaque a few kilometres back. It said the railway was built in 1915, when silver mining brought lots of people to the mountains. To get the railway through the mountains, railway workers built wooden bridges, called trestles, high into the sides of canyons. The trestles make a really cool sound when you ride over them. And the view is amazing! The silver mines are gone now, and so is the railway. But the people just keep coming!



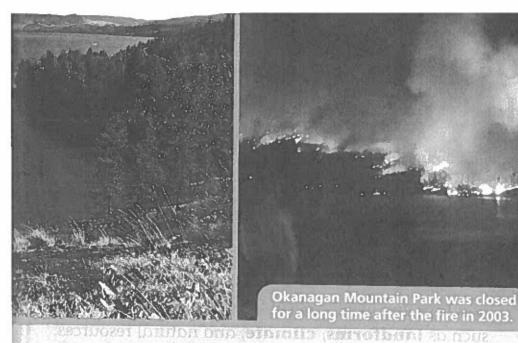






Whew, it's getting hot! I'm going to take my jacket off. It hardly ever rains in the Okanagan. My teacher said that moist air comes this way from the Pacific Ocean, but most of the moisture falls as rain as it travels over the Coast Mountains. That's why it's so dry here. And our winters are mild, because we're protected by mountains to the north and east. So the weather we get is pretty nice. That's why so many people move here, I guess—including my family.

My dad was about my age when he and his parents immigrated to Canada from the Punjab region in northern India. Dad says they came here to find better jobs. His dad had been a farmer and there wasn't enough land for everyone. At first, they settled in Abbotsford, because lots of Sikhs live there. Later, when Dad became a dentist, he started his practice in Kelowna. Why? Because it's paradise, of course!



Speaking of my family, here they come. My little brother is hungry, so we're stopping for a snack. I bite into an apple with a loud CRUNCH! Ambrosia apples are my favourite snack. (And guess what? This type of apple is grown right here in the Okanagan.)

While we eat, Mom and I look at the old burned stumps of trees on the hills. You see, it's not all perfect here. Those same dry conditions that make our climate so great also mean we have lots of forest fires. Back in 2003, a huge fire wiped out a section of the trail we're riding on. The fire even reached parts of Kelowna—239 houses were burned down. On the trail, people worked for years to rebuild all the trestles. And it will take a long time for all of the trees to grow back.

In July 2009, there was another big fire near Kelowna. I remember the smoke. It looked like night in the middle of the day. When I looked outside, I thought it was snowing, but Mom told me it was ash from the fire.

Three houses were burned, and thousands of people had to leave their homes in a hurry when the fire came close. That's why my mom and dad make sure to have an emergency kit ready in case another forest fire happens.

INQUIRING MINDS

- 1. Why do you think Aasha describes where she lives as "paradise"?
- 2. What do you enjoy doing outdoors where you live?
- 3. What are the top three things that you think people look for in a place to live? Why does your family live where you do now?

What influences where and how people live?

landform a natural feature of Earth's surface, such as a mountain, hill, plain, or valley

climate the type of weather an area usually receives, based on the weather in that area over a long period of time

Your life is influenced by your surroundings. How might life be different if you lived near an ocean, in the mountains, or in the North? Why do you live where you do?

Physical factors and human factors affect where and how you live. Physical factors include things such as **landforms**, **climate**, and natural resources.

Canada's Physical Regions

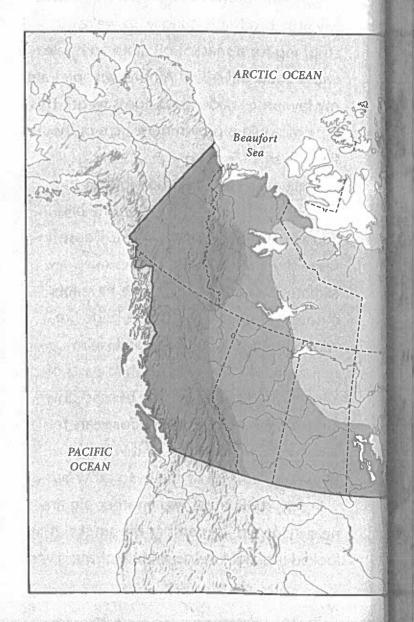


Quttinirpaaq [koo-tin-ir-pa-ak] National Park, on Ellesmere Island, Nunavut



The Bow River, near Banff National Park, Alberta



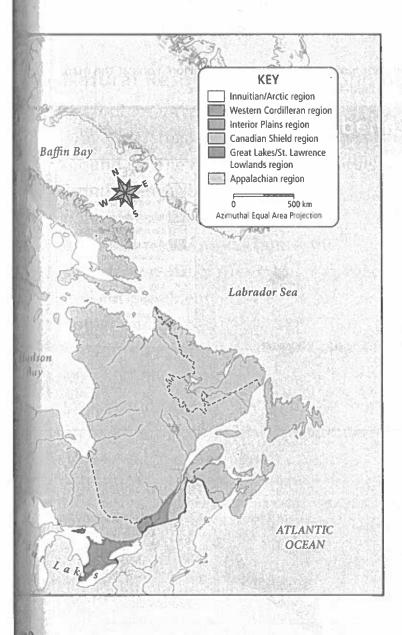


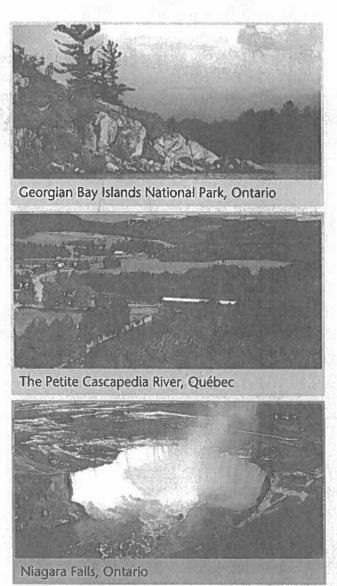
Human factors are things such as culture, trade, and settlement. Physical and human factors combine to shape Canada's unique **geography**.

Canada has many different **physical features**. To learn more about these features, we can divide Canada into six physical regions. Each region has unique physical features, climate, and natural resources.

geography the study of Earth's surface, climate, and natural resources, and how people interact with those features

physical feature a landform, such as a mountain, hill, or plain, or a water body, such as a river, ocean, or lake





population distribution the arrangement, or spread, of people in a given area

LEARNING TIP

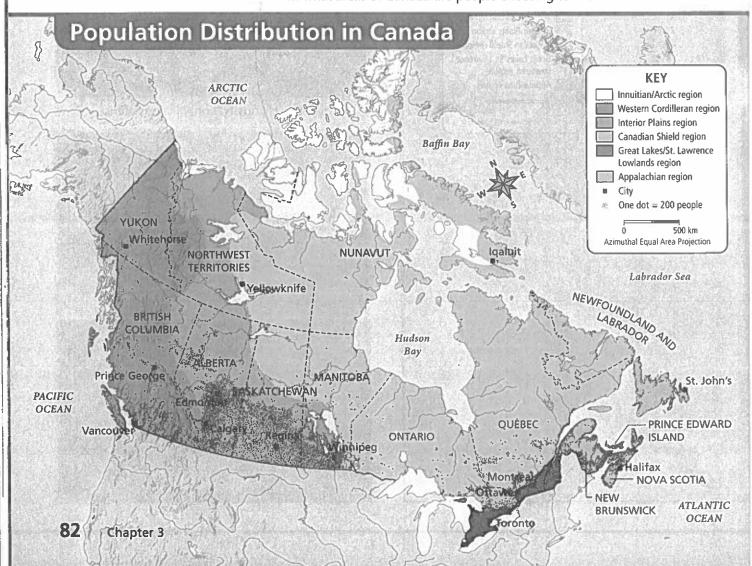
Questions in a title or paragraph help you think about the topic as you keep going.

How do physical factors affect where people live?

Physical features affect **population distribution**, or where people live in an area. It might be easier to build a community on a flat plain, for example, rather than on a rocky mountainside.

The majority of people who live in Canada live in cities or towns. The rest live in rural areas. Most of Canada's largest cities are located near lakes, rivers, and coastlines. Why do you think that might be?

▼ In 2012, the population of Canada was over 34 million. Look at the map. In what areas of Canada are people choosing to live?



Climate and Population

Climate refers to the type of weather an area usually receives. Weather affects people's lives in many ways. What you wear, what kind of home you live in, and what you do for fun are all affected by climate.

Canada is a large country with many climates. Where Aasha lives, there is often little **precipitation** because of the nearby mountains. Other parts of Canada can be very rainy, or see lots of snow.

Most of Canada's population lives in the southern areas of Canada. Although winters can still be cold, these areas tend to have longer and warmer summers than in northern areas.

precipitation all forms of moisture from the atmosphere, including rain, snow, sleet, hail, and fog



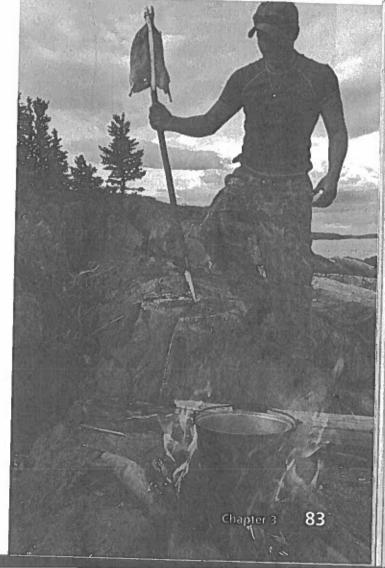
Find out about the natural resources where you live. How important are these resources to people in your community?

Natural Resources and Population

Natural resources include the air, soil, water, minerals, plants, and animals around us. The climate and landforms found in each region affect the kinds of natural resources found there. For example, near Aasha's home, the climate and soil of the Okanagan Valley make it possible to grow crops such as apples and grapes.

Natural resources are vital to the ways of life that people follow in Canada and around the world. In many ways, people cannot live without them. This is why people often live near natural resources.

Many Indigenous Peoples have ways of life that remain in close contact with the land.



Geographic Information Systems

A geographic information system (GIS) is a system that uses a computer program to store information and to make maps. A GIS can combine information from many sources, such as maps, photos, data banks, and human observation. This can reveal patterns and help people make decisions about land use.

FOCUS ON TECHNOLOGY Look at the photos and captions about GIS below. How might you use GIS in your own life?



▲ Inuit Elders point out features on a map of a national park, which they manage with Parks Canada. The Elders' knowledge can be added to a GIS to help communities make wise decisions about land use.



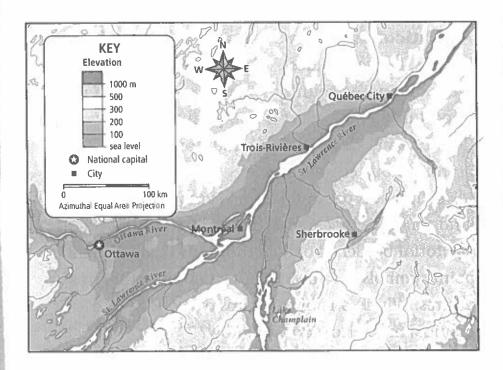
▲ You can find similar satellite images for your own community with Google Earth. It combines a satellite image with maps showing landforms, roads and streets, and other data. You can also view or upload photos and video taken in the area.

THINKING CRITICALLY How might you use GIS to help you find a location for a new park or bike route?

▼ GIS can use location information and images of Earth taken by satellites such as this one.

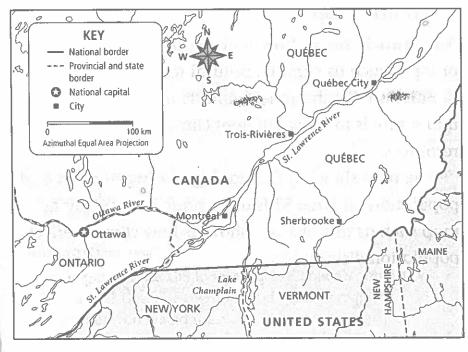
Types of Maps

Geographic information systems often combine different types of maps to help us understand the land. Three useful or common types of maps are physical, political, and thematic maps.



LEARNING TIP

When you compare two maps of the same area, look at the lines on the maps. Political boundaries, rivers, and highways will help you to understand locations on the maps.



■ What information does each map reveal about the land? **physical map** a type of map that shows Earth's natural features, including landforms, lakes, and rivers

political map a type of map that shows human features, including boundary lines and capital cities

thematic map a type of map that shows a certain topic, such as the location of minerals or weather patterns

growing season the part of the year when average temperatures exceed 6 °C, the amount of heat generally needed for plants to grow

Physical Maps

A **physical map** shows the features of the land, such as mountains, hills, plains, rivers, and lakes. These features can be observed by satellites or by people. One of the maps on the previous page is a physical map. Can you tell which one?

Political Maps

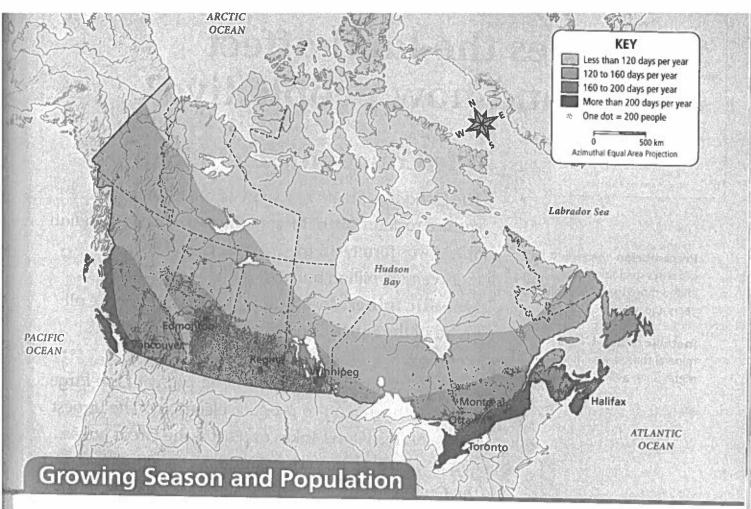
A **political map** shows imaginary lines, such as borders, between places. We use political maps to mark and name countries and communities. It is important to remember that a political map of Canada may not reflect the traditional boundaries of Indigenous Peoples.

Different types of lines and symbols show different kinds of boundaries, such as national, provincial, or territorial borders. Political maps also use different point symbols to show capital cities and other major centres. Which one of the maps on page 85 is a political map? How do you know?

Thematic Maps

A **thematic map** shows information about a theme or topic, such as climate, natural resources, or population distribution. Thematic maps use colours and symbols to show different climates or types of resources.

The map showing Canada's **growing season** and population on page 87 is a thematic map. Studying a map such as this one can show us how climate affects population distribution.



The growing season is the period of time each year when plants and crops grow. Why do you think growing season affects where people live?

▲ How does the growing season across Canada compare to population distribution?

Thinking It Through

Key Ideas

- 1. In which regions are most of Canada's cities found? In which regions are most rural populations found? Why?
- 2. How do political and physical maps differ? Suggest two different purposes for each type of map.

Thinking Creatively

3. How could you use GIS to investigate Canada's population distribution? Describe the steps and types of maps or information you would use.

Go Online!

Find digital maps that show the physical features, natural resources, climate, population distribution, and heritage sites of Canada, your province, and your local area.

How does the land affect where and how people live?

Precambrian the earliest time in Earth's geologic history; ended more than 570 million years ago

metallic mineral a pure mineral that can be made into a metal, such as iron or gold

The Canadian Shield Region

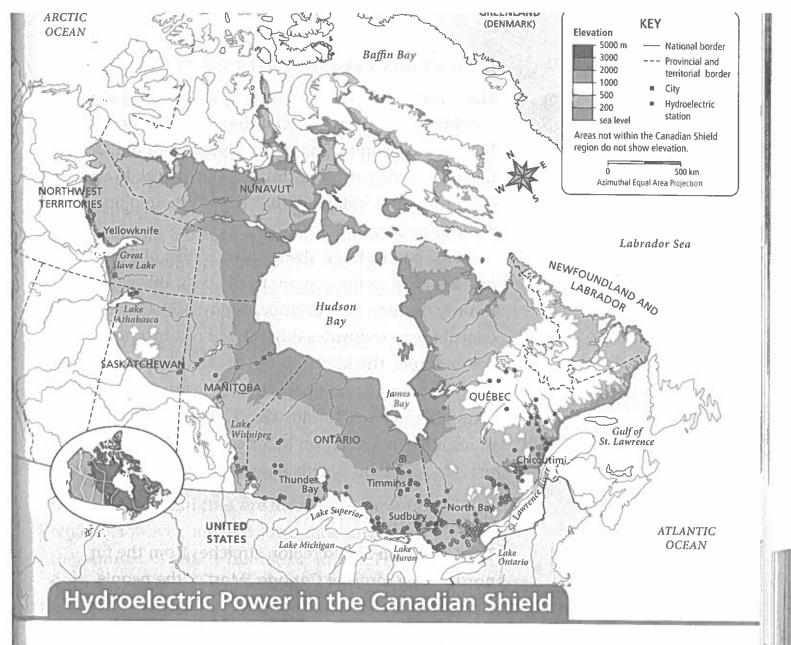
The Canadian Shield has some of the most ancient surface rock on Earth. Most of the rock in the Canadian Shield was formed in the **Precambrian** period (between 4.5 billion and 570 million years ago).

Metallic minerals, uranium, and diamonds are all found in the Shield and are important to Canada's economy.

Power dams have been built on many of the large rivers in this region to produce electricity. The largest group of freshwater lakes on Earth, the Great Lakes, can be found in both the Canadian Shield region and the Great Lakes/St. Lawrence Lowlands region. These lakes are important sources of drinking water, recreation, and wildlife habitat. Large freighters on the Great Lakes carry cargo such as iron ore, grain, and coal from Western Canada to the Atlantic Ocean.

Climate and Resources

Evergreen trees, such as spruce and pine, thrive in the cold climate of the Canadian Shield. Needles on these trees remain year-round. A huge forest, called the boreal forest, covers most of this region. This forest is a very important resource for the forest industry. Many fur-bearing animals, such as beaver and mink, live in the forest of the southern Shield region. North of the boreal forest, there are more shrubs than trees because of the colder climate.



The Indigenous Peoples who live in the Canadian Shield region have faced many changes due to industry. Employment and access to resources are two positive changes, but loss of traditional territories and pollution are two negative changes.

The James Bay Project, for example, was built to provide hydroelectric power for the province of Québec. However, Cree and Inuit living in the James Bay area were affected by the project, which flooded thousands of square kilometres of hunting land and cause mercury pollution.



Find maps that show communities in the Canadian Shield.
Compare them to the maps on page 87 and this page. What population patterns do you see? How might you explain these patterns?

Indigenous Peoples Past and Present

The forests and waters of the Canadian Shield region provided sources of food, clothing, and shelter for Indigenous Peoples. Today, First Nations in the region live in permanent communities. Many work in businesses and industries that rely on the region's natural resources.

Métis people have always been a part of industry and business in this region. In the past, this was mainly through the fur trade. Today, Métis also contribute to industries that rely on natural resources. For example, the Métis Nation of Ontario has Consultation Committees that work with mining, forestry, and energy industries. They study the impact of resource industries on Métis communities, and provide traditional Métis knowledge about the land.

Population Patterns

provide trad

The Canadian Shield region stretches from the far north to the south of Canada. Most of the people who live in this region live in the southern part of the region, where the climate is milder. The biggest cities are Thunder Bay and Sudbury in northern Ontario, and Saguenay in Québec. Smaller communities such as La Ronge, Saskatchewan, and Thompson, Manitoba, are also scattered throughout this large region. People live where there are jobs in mining, forestry, water power, or recreation. They also live where they have access to services such as health care and education. These communities are usually, but not always, linked by highways or railways.

Go Online!

Learn more about the types of forest products made in Canada.

The Interior Plains Region

In the Interior Plains region, flat to rolling plains extend across the southern half of the Prairie provinces. The dry climate supports natural grasslands. Today, these natural grasses have largely been replaced by agricultural crops. Grains and livestock from this region feed millions of people around the world. Deposits of oil, natural gas, coal, and potash formed at the bottom of ancient seas that covered the region long ago. These deposits have become a leading source of the region's wealth.

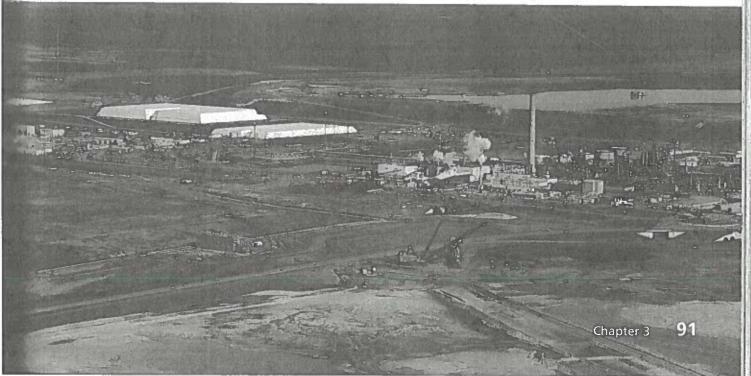
Population Patterns

Today, more than half of the population of the Interior Plains lives in five large cities: Edmonton, Calgary, Saskatoon, Regina, and Winnipeg. Farming and ranching communities are also found throughout this region. However, modern farm machinery has reduced the number of jobs available on farms. This means that people often move from the country to the city to look for work.

Go Online!

Find more information about Canada's energy resources.

▼ The oil sands of the Interior Plains, mostly in Alberta and Saskatchewan, are one of the largest sources of fuel energy in the world.





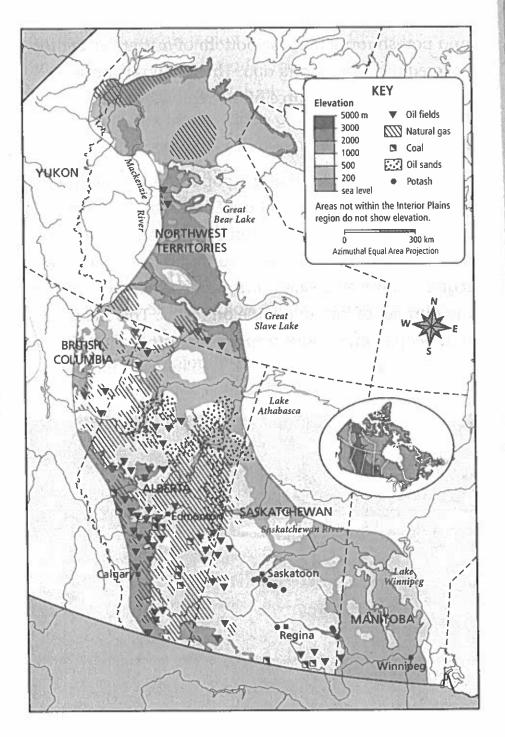
Agriculture has had different degrees of impact on species in the Interior Plains. For example, the burrowing owl is on the endangered species list in Canada. What other species have been affected by human activities in this region?

LEARNING TIP

There are three types of map symbols. A point symbol shows the location of a specific place or feature. A line symbol connects or separates places from one another. An area symbol uses colour to show a zone on the map that has a common characteristic.

► Resources of the Interior Plains

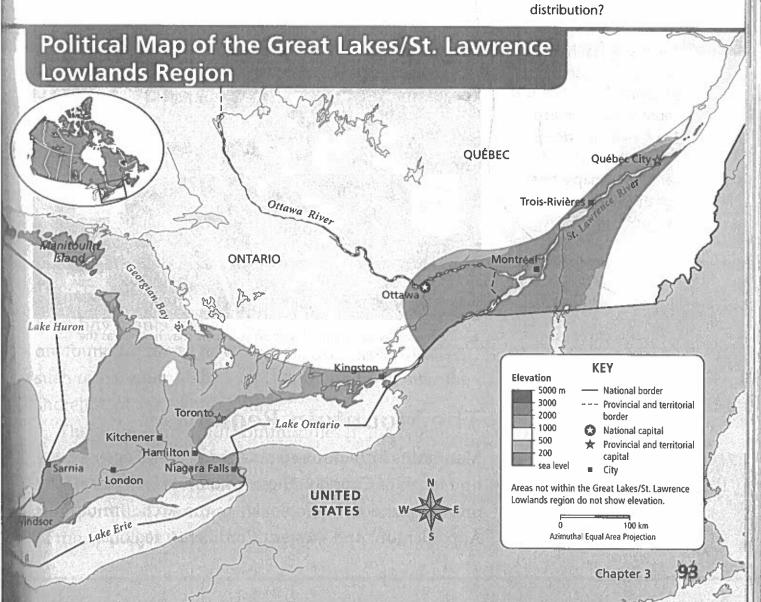
What examples of point, line, and area symbols can you find on this map? What does each symbol represent? The Métis were among the first to begin farming in the Interior Plains. As agriculture in the region developed, new crops such as wheat and barley introduced new ways of life. First Nations such as the Siksika, whose ways of life were sustained by the natural grasses of the plains and animals such as buffalo, were changed forever.

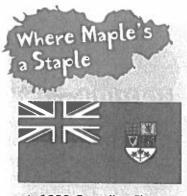


The Great Lakes/St. Lawrence Lowlands Region

The Great Lakes/St. Lawrence Lowlands region has one of the warmest climates in Canada. Forests of maple and oak once covered much of the area. This region is known for its rich soils, which are good for farming. Long before Canada became a nation, the Haudenosaunee built villages and farmed in the lowlands region. The people grew corn, beans, squash, sunflowers, and tobacco. Because corn, beans, and squash grew well together, they were called the "three sisters."

▼ How have the lakes and rivers in the Great Lakes/St. Lawrence Lowlands region affected population distribution?





▲ 1922 Canadian Flag: The Red Ensign



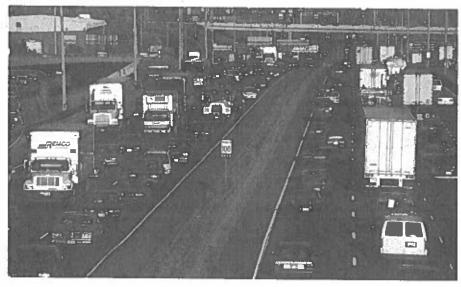
▲ 1965 Canadian Flag: The Maple Leaf

The maple leaf has been a Canadian symbol since our country was formed in 1867. Not only does Canada have 10 varieties of maple trees, but the tree grows in every province.

Population Pressure

Rivers and lakes create natural waterways in this region. The First Nations peoples living in this region once travelled these waterways by canoe. Today, large container ships carry goods and resources between major ports along the Great Lakes and the St. Lawrence River. Industries are located along this waterway and along the region's highway systems. Business is concentrated in and around Toronto, Montréal, and other large cities.

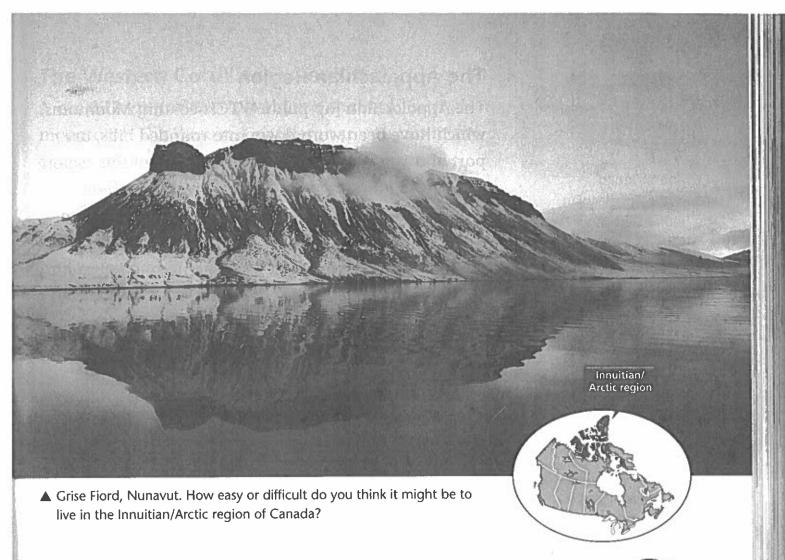
More than half of the population of Canada lives in this small region. Transportation, industry, and population growth combine to threaten the quality of the environment in the region.



▲ An expressway in Toronto. What do you think may happen as the population increases in this region?

The Mountain Regions

Mountains form a raised outer edge in the east, west, and north of Canada. These landforms have an effect on where and how people live in the Arctic/Innuitian, Appalachian, and Western Cordilleran regions.



The Innuitian/Arctic Region

Welcome to Canada's extreme north, a remote region of rugged and ice-covered mountains. Winter conditions in the Innuitian Mountain region are among the coldest in Canada. Much of the land is bare rock. There is very little natural vegetation, apart from tiny plants and mosses. Fish, seals, and whales are found in the Arctic Ocean. Birds and mammals such as lemmings live below the mountains, near the shoreline of the Arctic Ocean.

There are small Inuit communities in the region.
Resolute Bay on Cornwallis Island and Grise Fiord on
Ellesmere Island provide most services and
transportation. Hunting, fishing, and trapping are part
of many people's lives.



What challenges do people living in the Innuitian Mountains face? How did Inuit adapt to this environment?

Go Online!

Find out about the mining industry in northern Canada. What minerals are found in the Innuitian/Arctic region?

Sacred Symbols Decoded

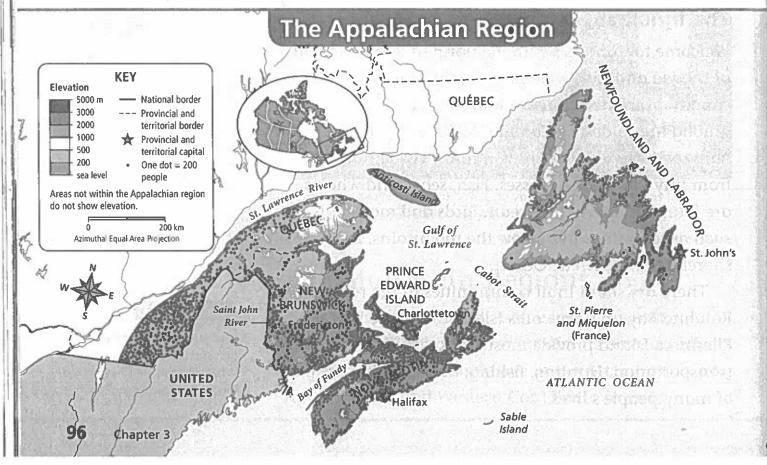
The Mi'kmaq of the Appalachian region, like other First Nations across Canada, believe that the drum is the heartbeat of Mother Earth. The drum therefore has deep meaning to First Nations across Canada, and is a symbol of our country.

■ What connections do you think there might be between population distribution and the coastline in the Atlantic provinces?

The Appalachian Region

The Appalachian [ap-puh-LAYTCH-ee-uhn] Mountains, which have been worn down into rounded hills, are part of this region. The natural resources of this region come from land and sea. Forests across the region provide jobs in the pulp and paper industry. Salmon, trout, oysters, mussels, and lobsters are harvested from the sea. The province of Newfoundland and Labrador also relies on oil and nickel resources.

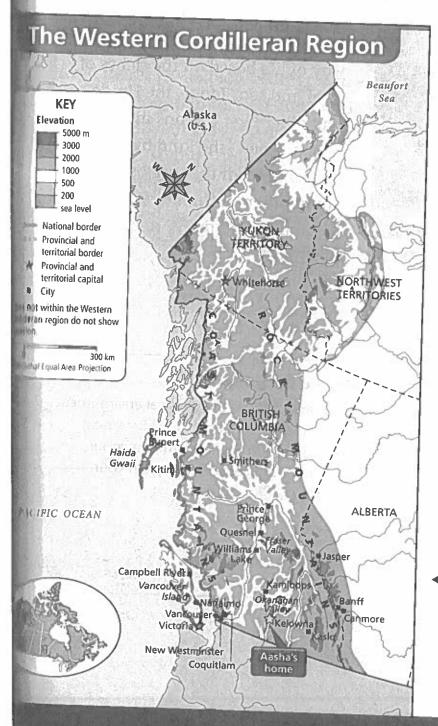
About 2.3 million people live in the Appalachian Mountains region. Most live in fertile valleys or near the coast. Three important farming areas are Prince Edward Island, Nova Scotia's Annapolis Valley, and the Saint John River valley of New Brunswick. Coastal port cities such as Halifax are important to Canada's international trade.



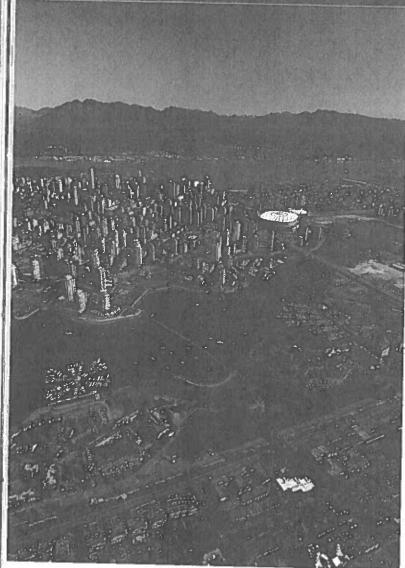
The Western Cordilleran Region

A **cordillera** [cor-dil-YAIR-ah] is a chain of mountains. The Western Cordilleran region has many chains of mountains. Valuable metal and mineral deposits, including gold, silver, and copper, can be found in these mountains. The mountains are also important for fresh water and recreation. More than half of the region's population lives in the Vancouver area. The interior valleys and Vancouver Island have comfortable winter climates.

cordillera a mountain range caused when earth movements crumple up parallel rows of rock



Why do you think outdoor activities, such as camping, skiing, and kayaking are popular in this region?



▲ The population of Vancouver alone matches that of the entire Appalachian region. Why do you think that might be?

Climate in the Western Cordilleran Region

The climate of the coast is mild and wet. These conditions produce huge trees, such as Douglas fir and western red cedar. The people of the Haida Nation live in this region. The Haida Nation's main territory is a group of islands called Haida Gwaii (formerly called the Queen Charlotte Islands). The Haida developed a way of life based on the riches of land and sea. Today, the Haida and other First Nations in this region protect the land by opposing what they see as environmental threats, such as logging, power dams, and pipelines.

Thinking It Through

Key Ideas

- 1. Why is so much of Canada's population concentrated in the Great Lakes/St. Lawrence Lowlands? What are the effects of this concentration?
- 2. Make a Venn diagram to compare the Interior Plains to the Great Lakes/St. Lawrence Lowlands. Consider landforms, climate, resources, and population.

Thinking Critically

3. How important is the physical environment of a region to its population? Represent examples from the three mountainous regions in this section to explain your thinking.