



Written by: Doug Sylvester
Illustrated by: Yvette Heide

CANADA

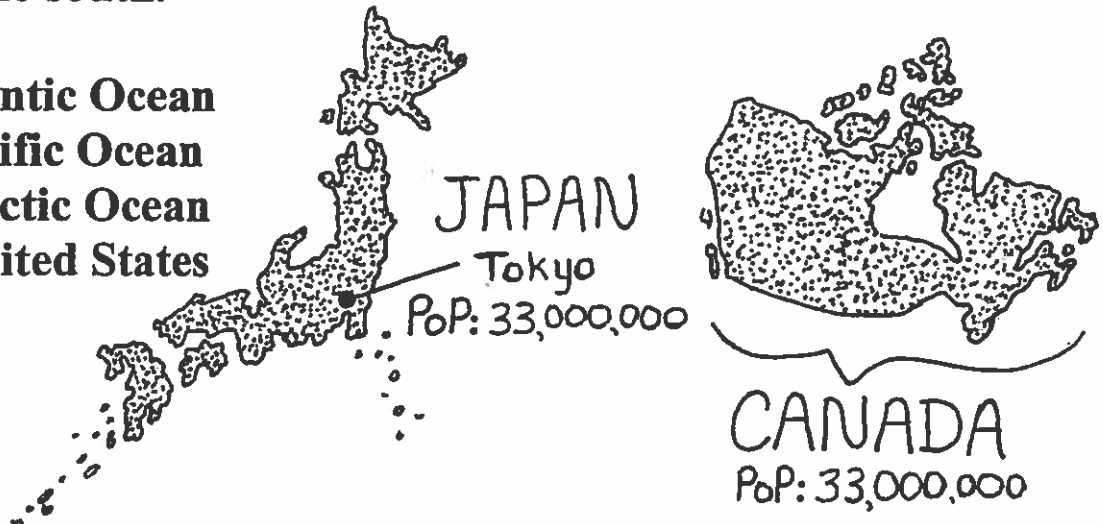
Canada is the second largest country in the world. However, even though it is large in size, Canada does not have a very big population (33,000,000 in 2006). The capital city of Canada is Ottawa. One reason that Ottawa was chosen to be the capital was that it is located on the Ottawa River which divides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

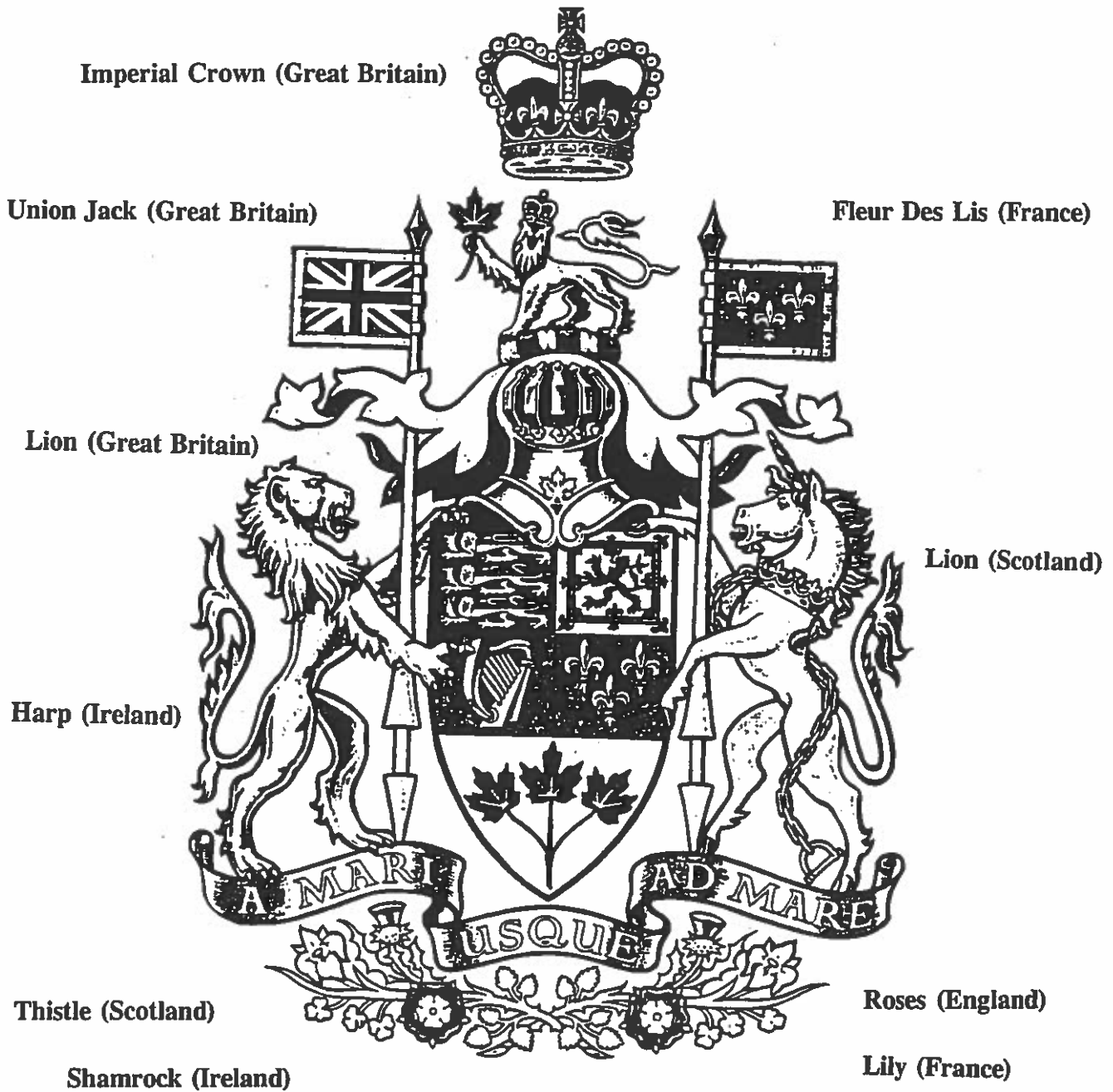
East - Atlantic Ocean
West - Pacific Ocean
North - Arctic Ocean
South - United States



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)!

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 | Iqaluit | 1999 |

1) Maritime Region

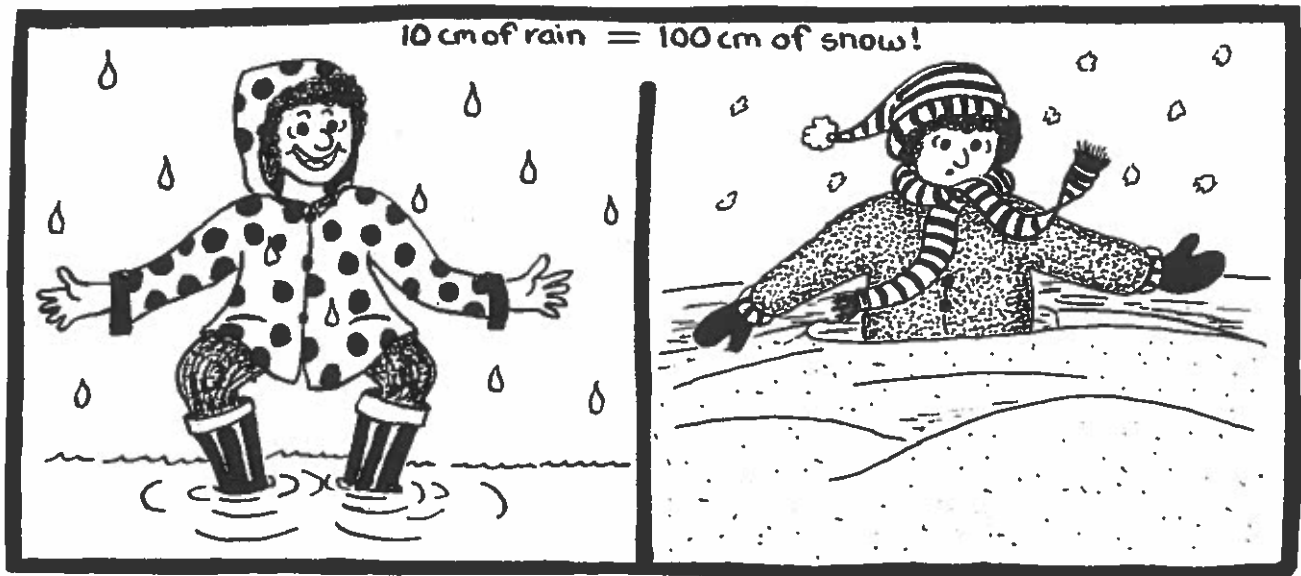
The Land

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

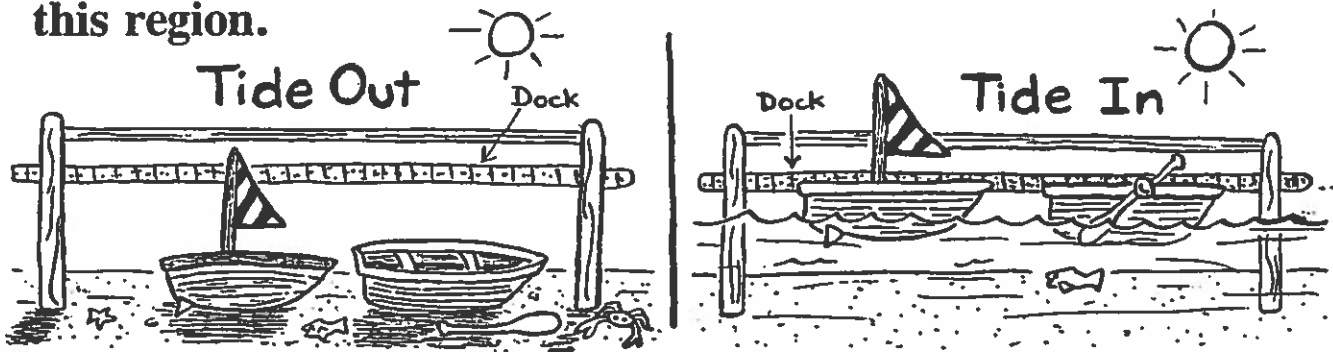
Because it is by the ocean, the Maritime Region has a fairly mild climate. The summers are not too hot and the winters are not too cold compared to the rest of Canada. Sea ports like Halifax do not freeze over and stay open year round. There is a lot of precipitation (rain and snow) in the region averaging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

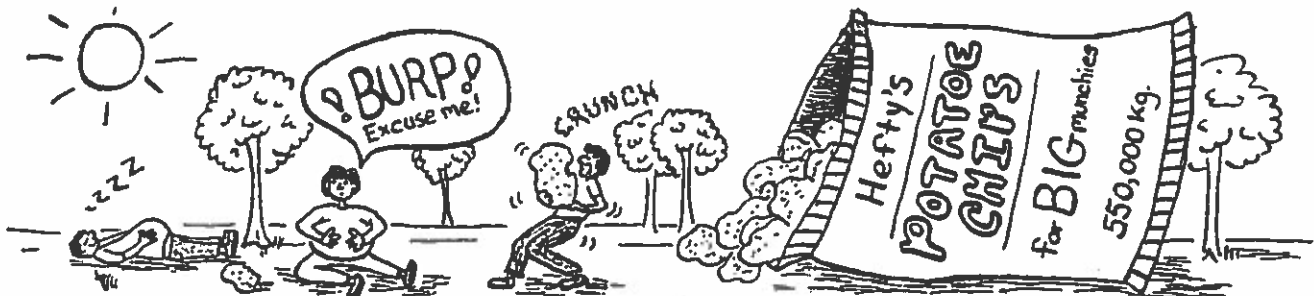
People

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)

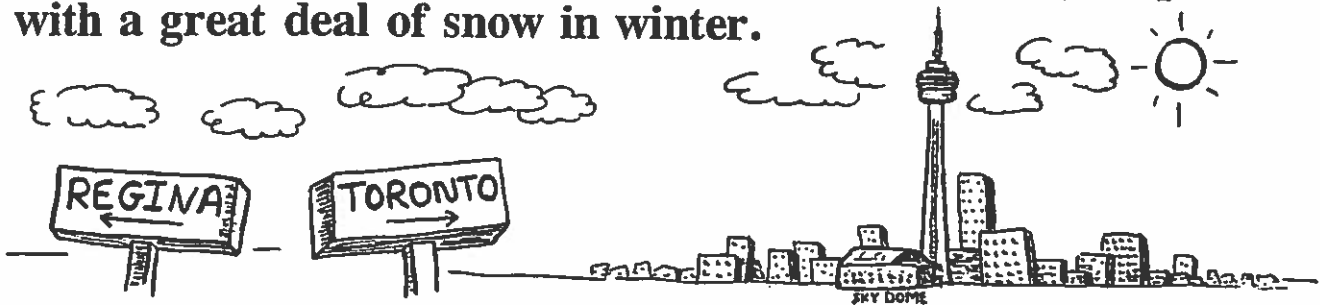
2) St. Lawrence Lowlands / Great Lakes Region

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 than 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.

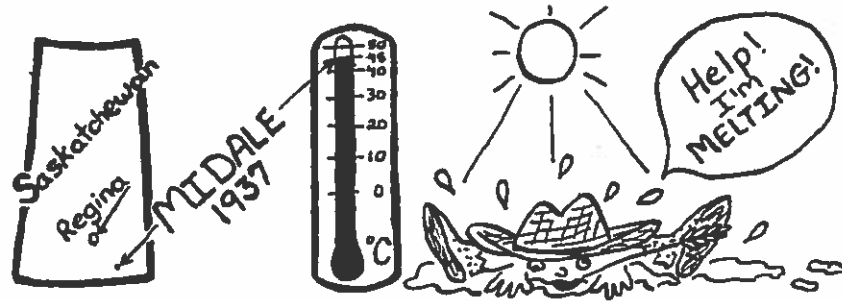
3) Prairie Region

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.

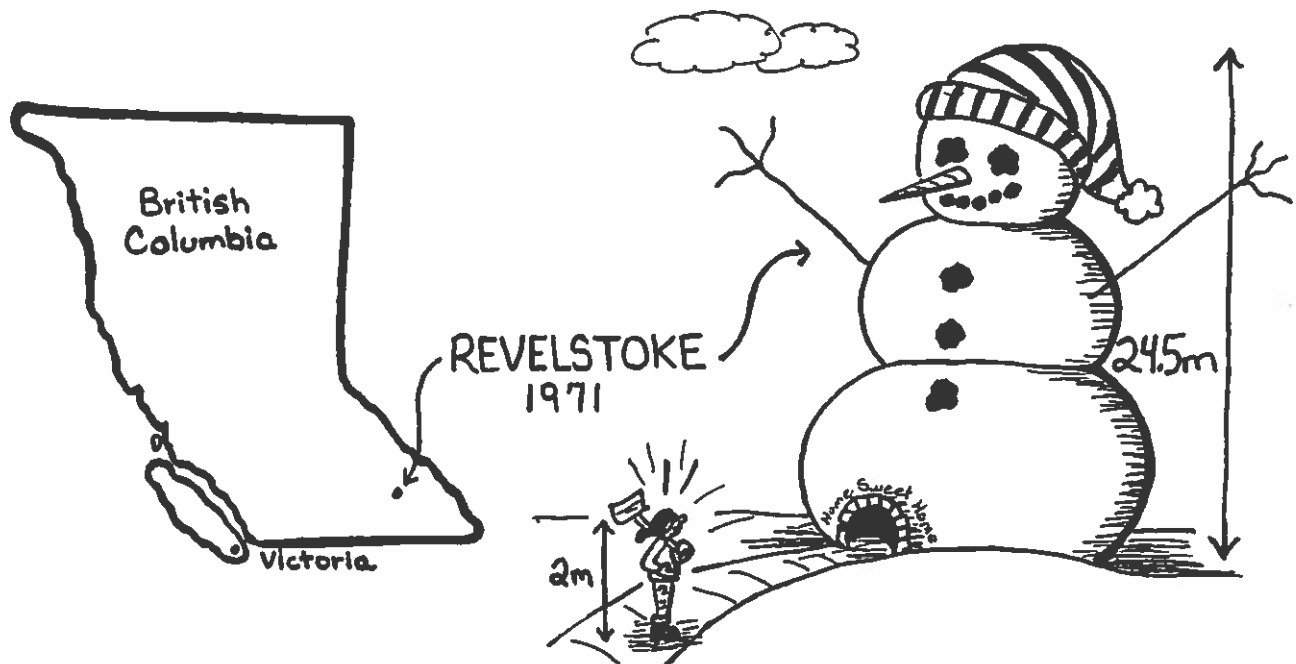
4) Western Mountain Region

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

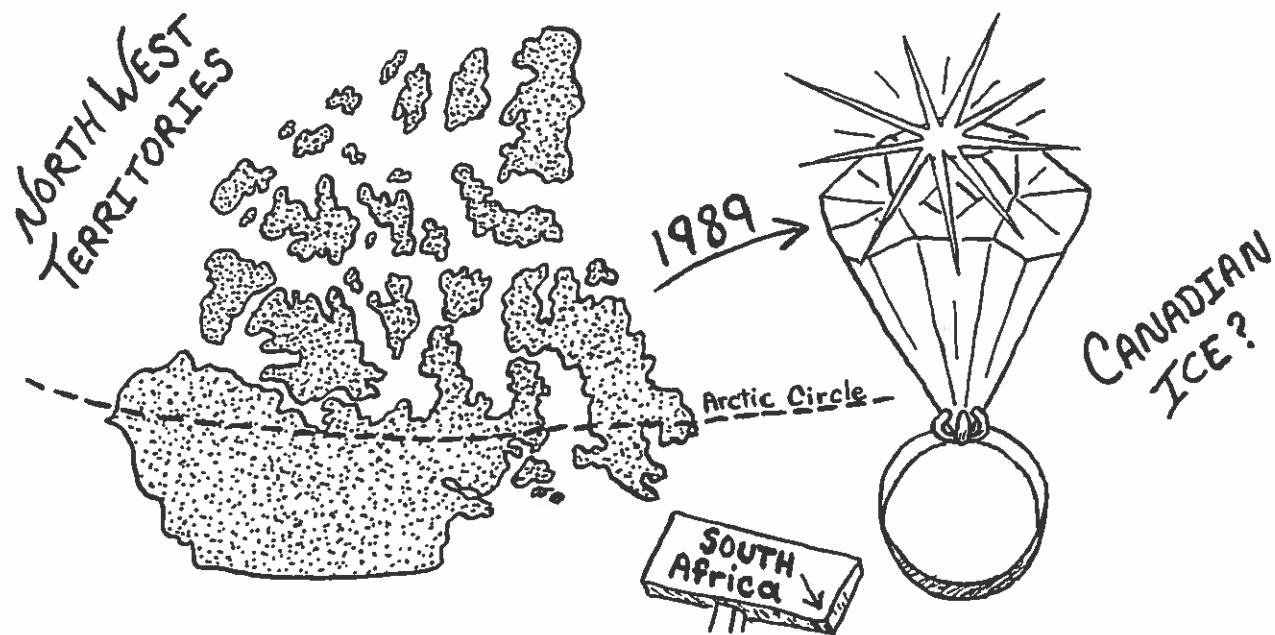
This northerly region is the largest covering over half of Canada. The land is made of very old rock which has almost no soil. Lakes and forests are numerous.

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)

PROVINCES AND TERRITORIES FACTSHEET

Newfoundland 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 Lily

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

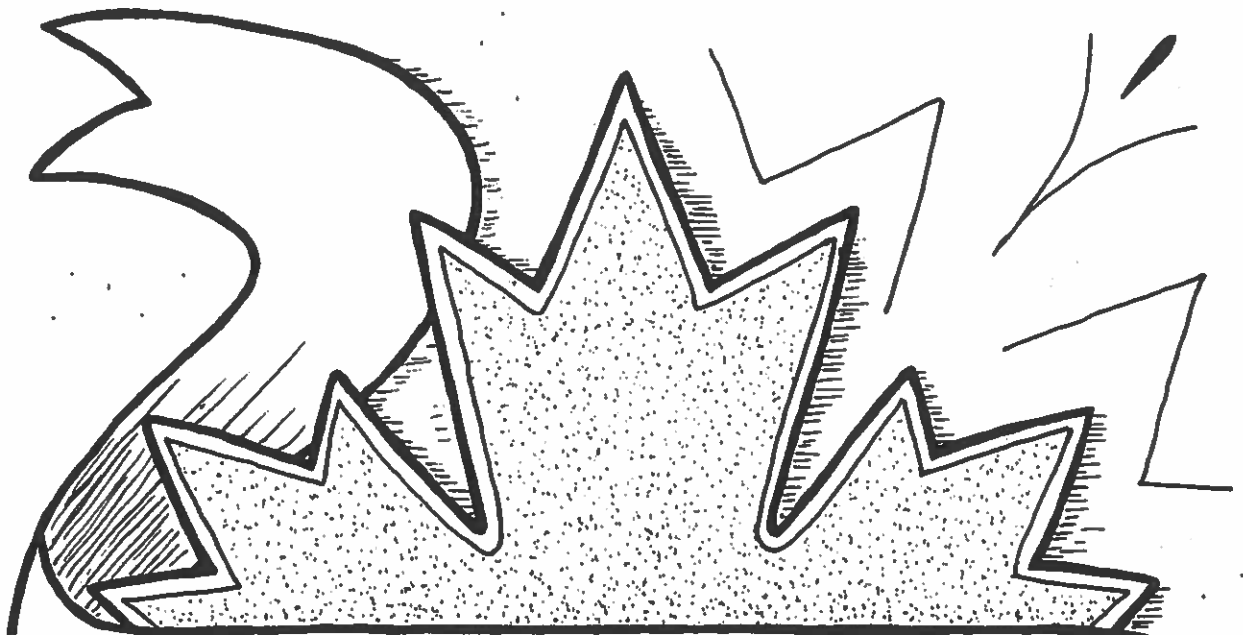
Capital: Whitehorse
Date Entered Confederation: June 13, 1898
Population: 31,000
Total Area: 483,450 square km
Main Industries: mining, tourism
Flower: Fireweed

Northwest Territories

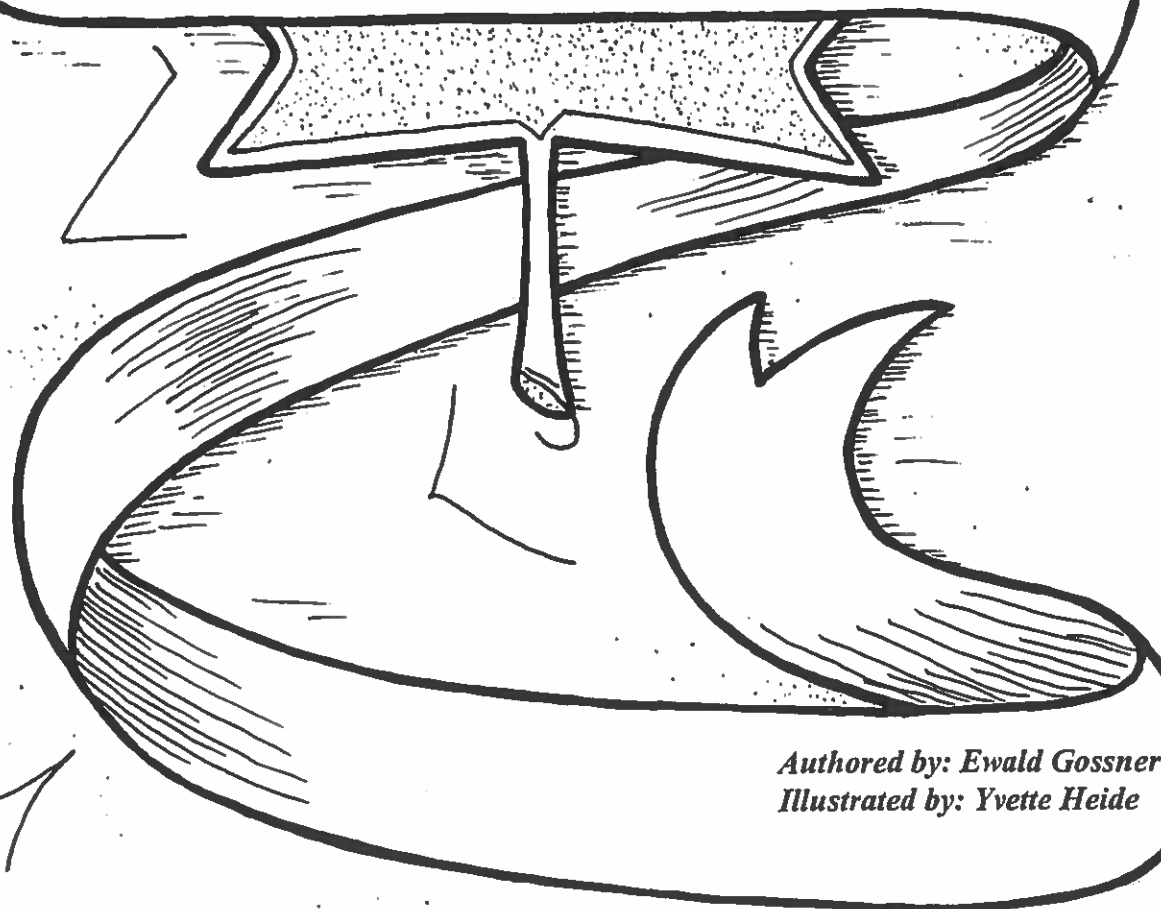
Capital: Yellowknife
Date Entered Confederation: July 15, 1870
Population: 43,000
Total Area: 1,426,320 square km
Main Industries: mining, mineral and oil and gas exploration, oil refining
Flower: Mountain Avens

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



CANADA'S NAMESAKES
What's In A Name?



Authored by: Ewald Gossner
Illustrated by: Yvette Heide

FOREWORD

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.

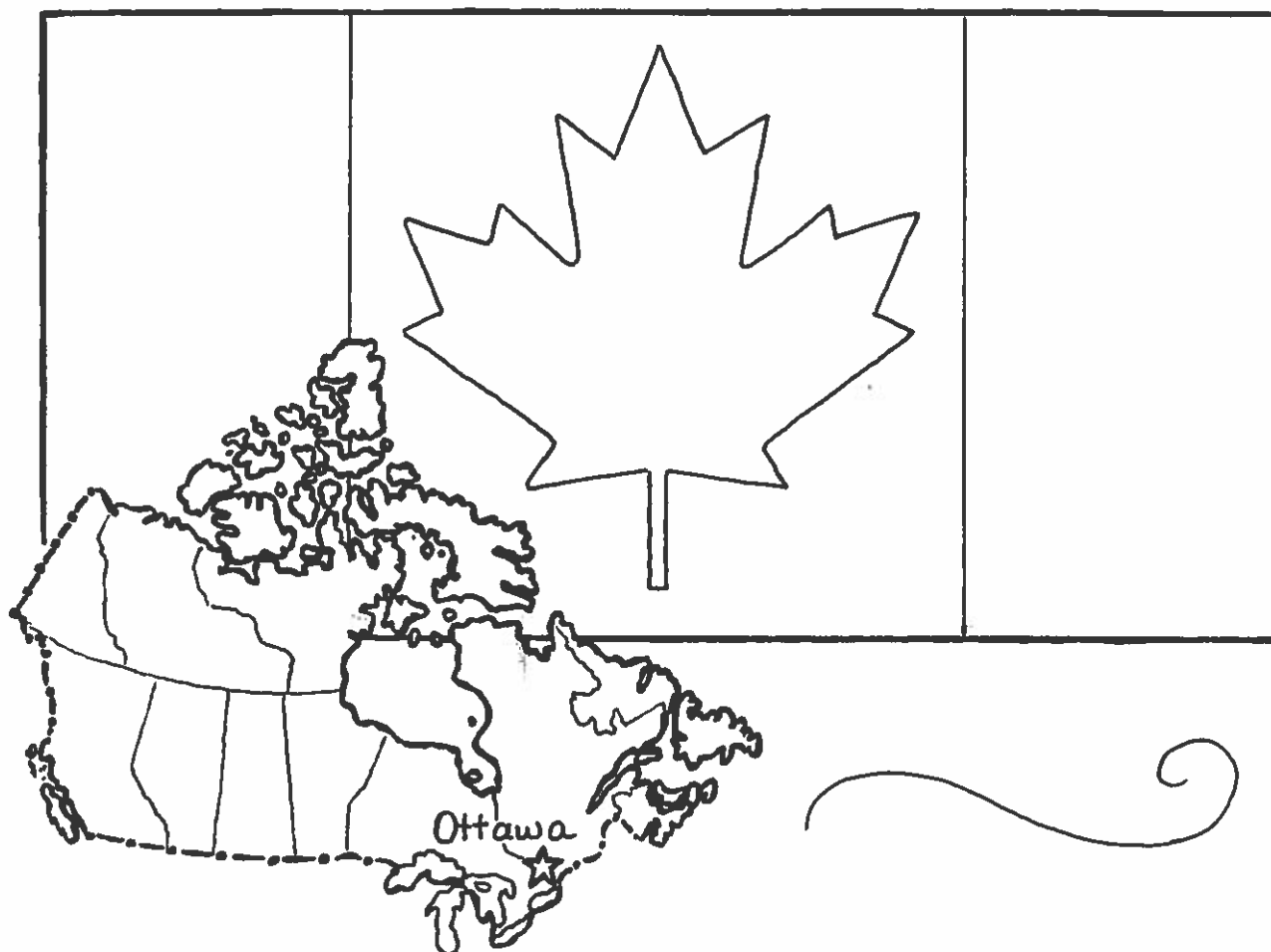
Ewald Gossner

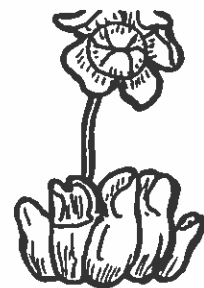
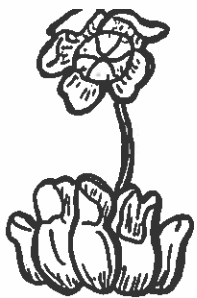




Growing up can be exciting! When I was very young, First Nations People told Jacques Cartier, upon his arrival near Stadacona in 1535, that I was a “*kanata*”. In Huron-Iroquois this means “village”. Since there were many villages with log houses, Cartier called the whole region “*kanata*” or Canada. 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”.

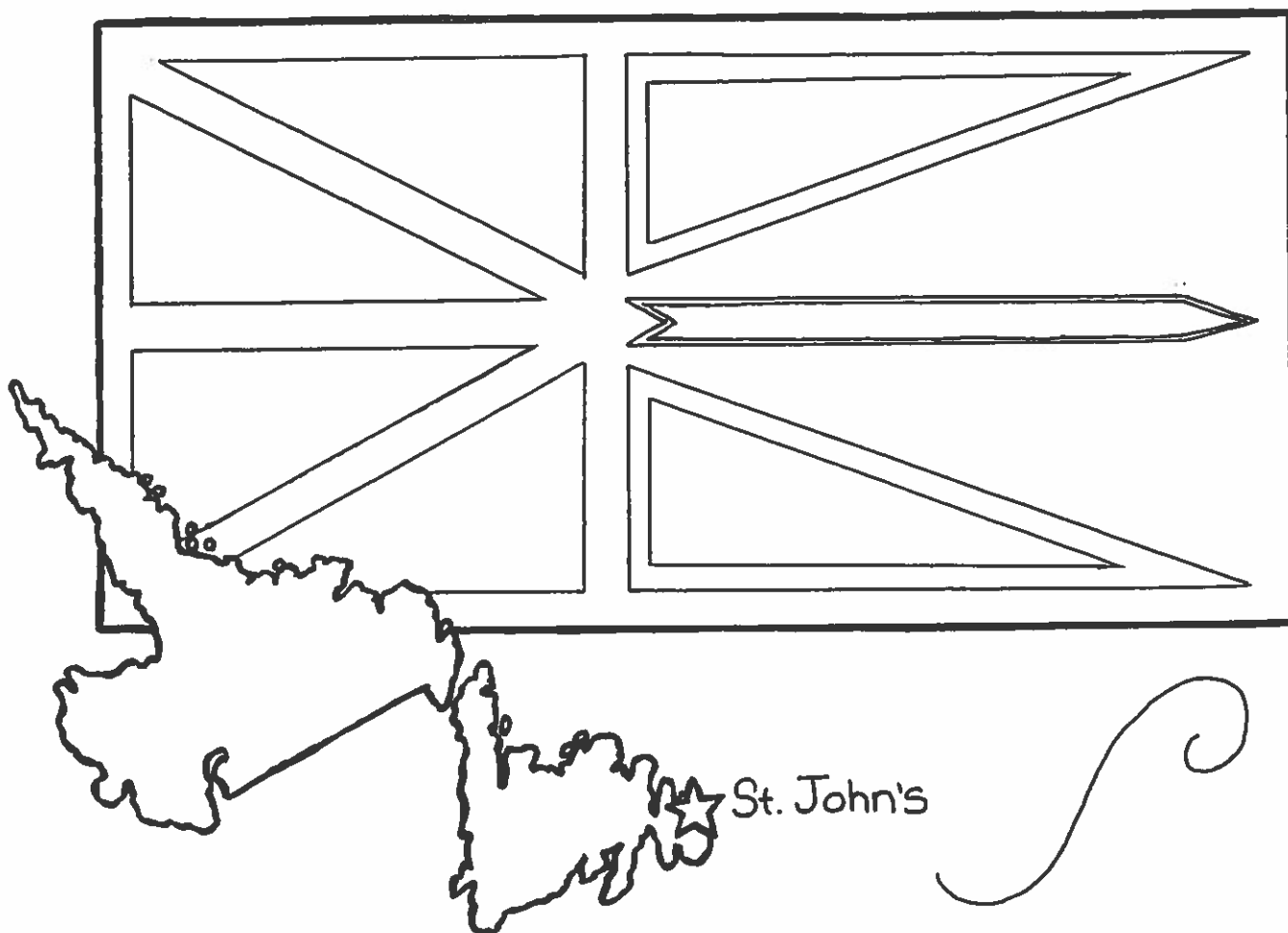




NEWFOUNDLAND AND LABRADOR

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.



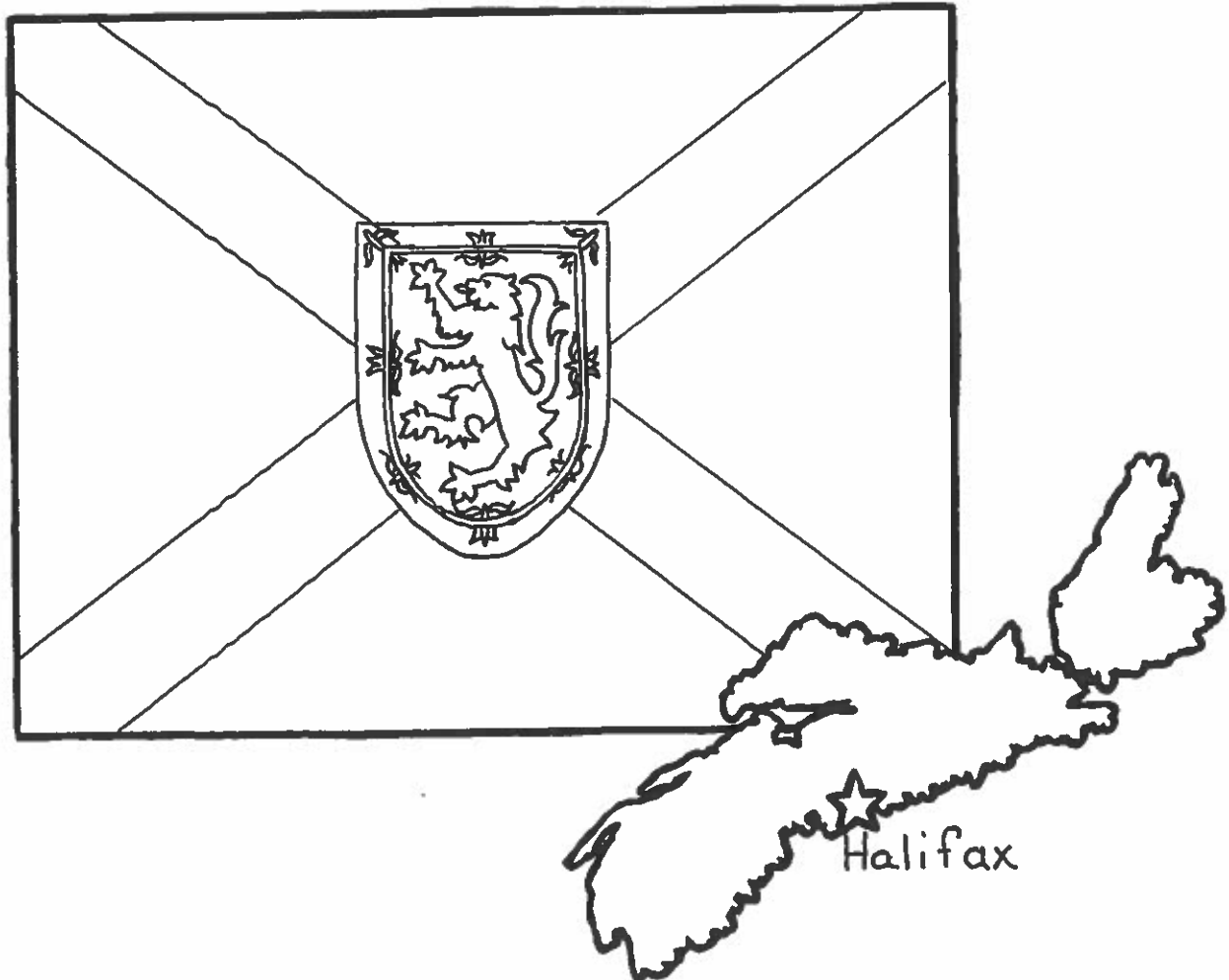


NOVA SCOTIA



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.



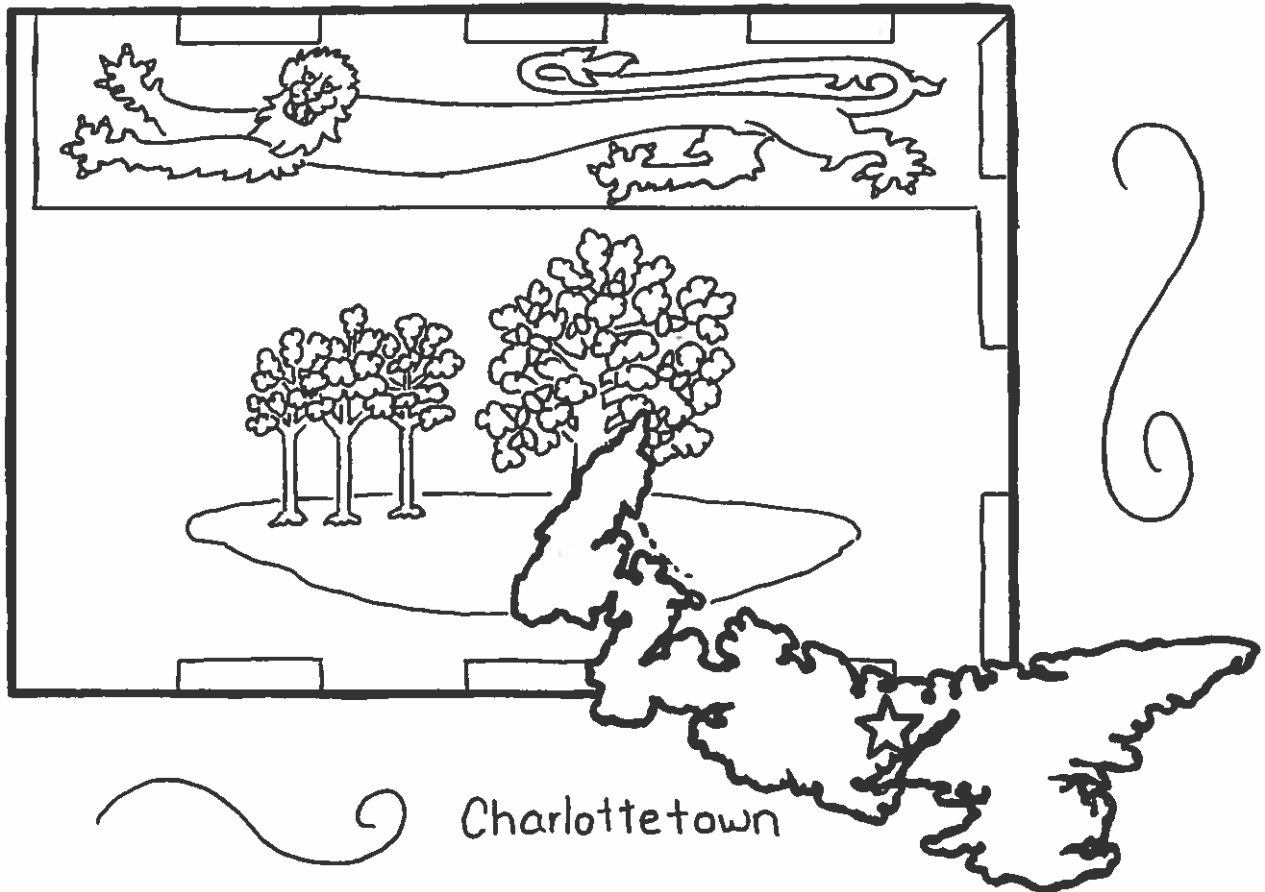


PRINCE EDWARD ISLAND



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.



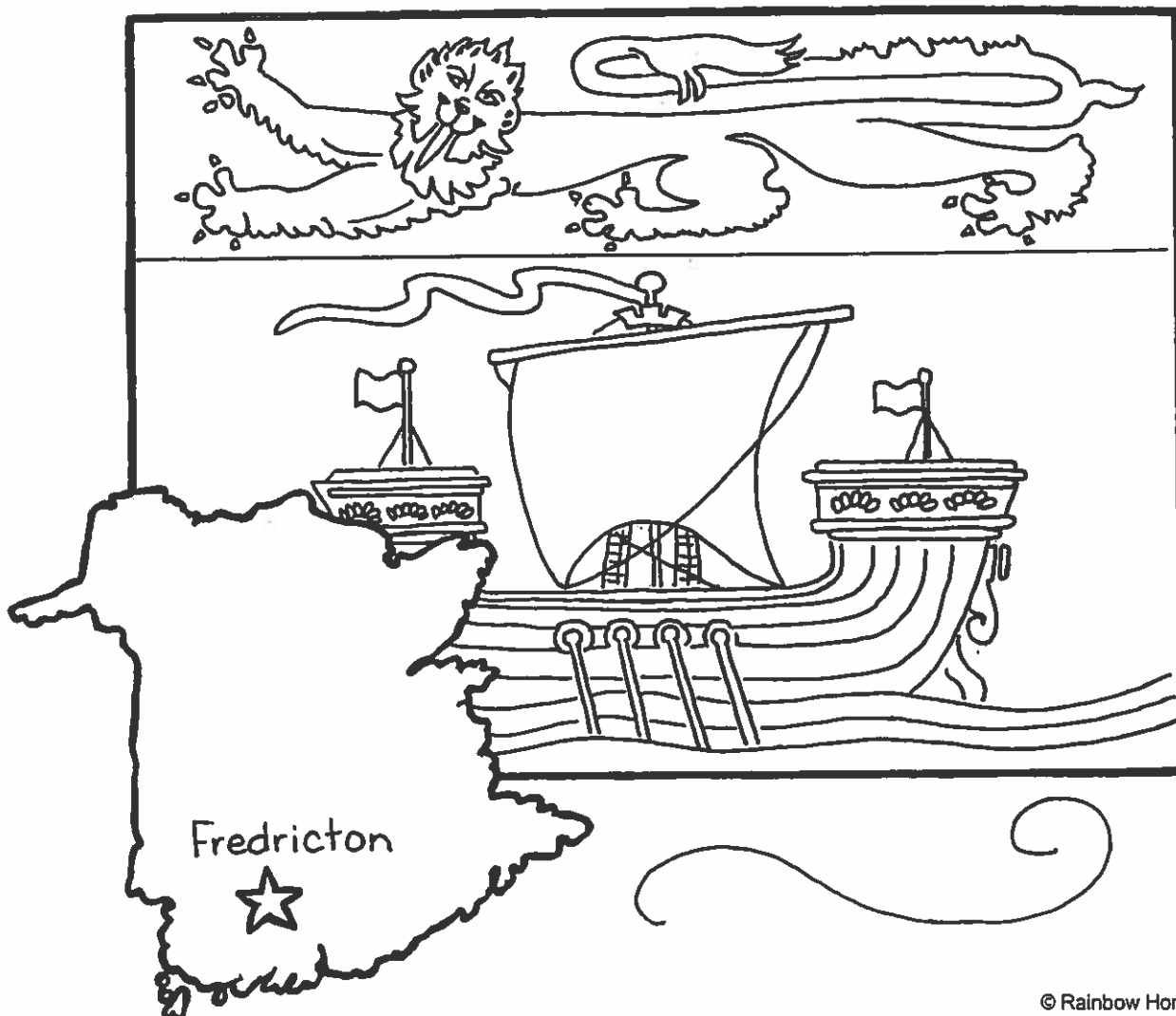


NEW BRUNSWICK



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-Lunenbug. 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.

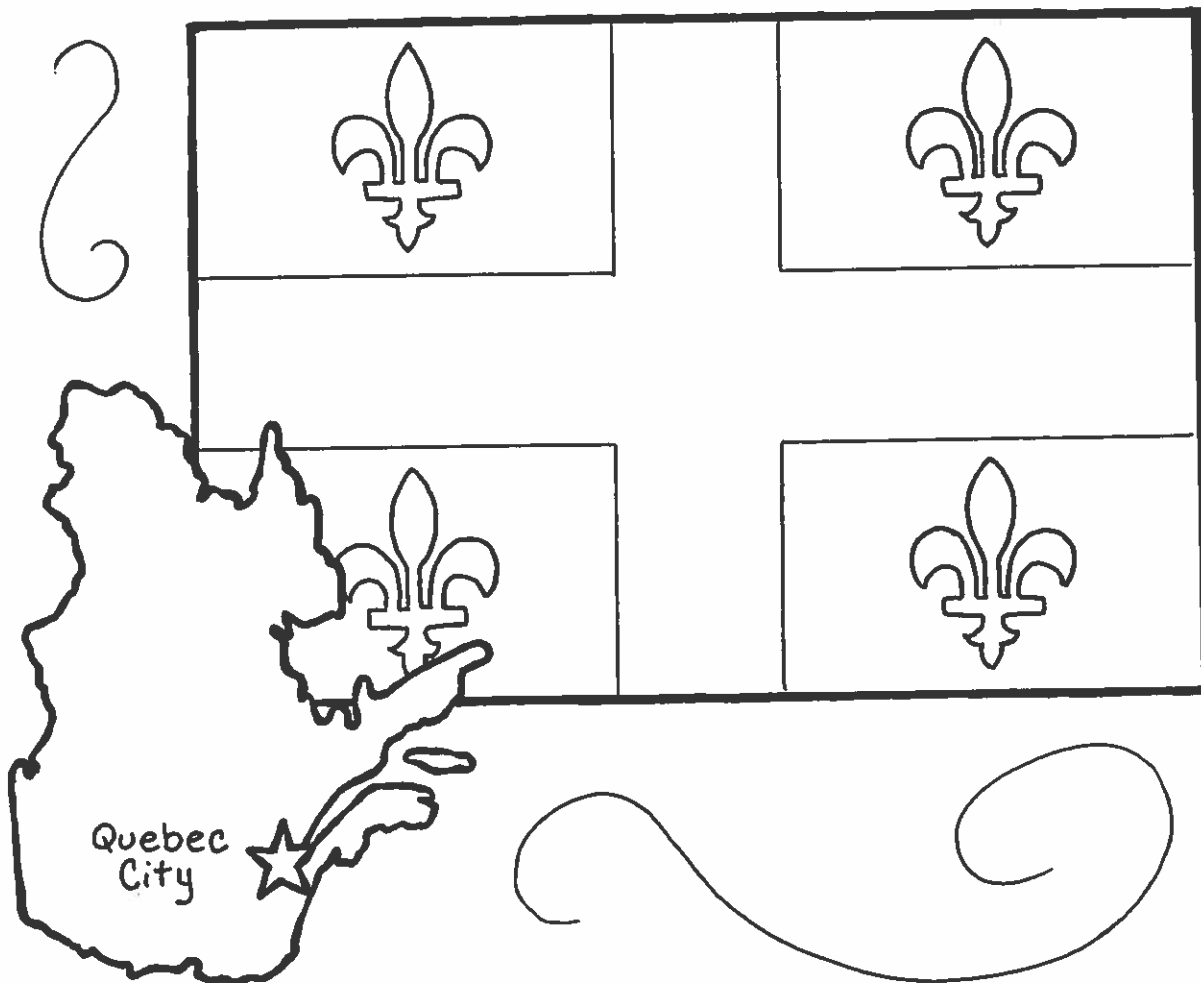
My capital, Fredericton, was named in honour of Prince Frederick of Osnaburg.

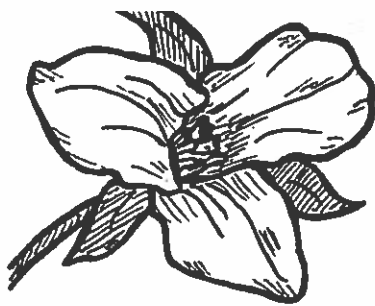




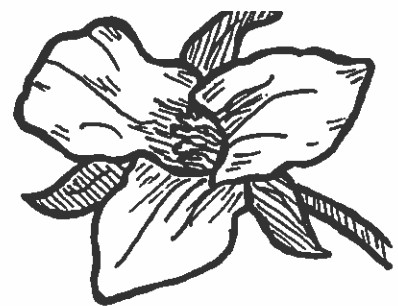
The first French explorer to discover me was Jacques Cartier, in 1534. When Samuel de Champlain made his way up the St. Lawrence River in 1608, he came to a site which the Algonquin called “*kebec*”, meaning “where the water narrows”. Here he docked and founded a trading post at Stadacona, which was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



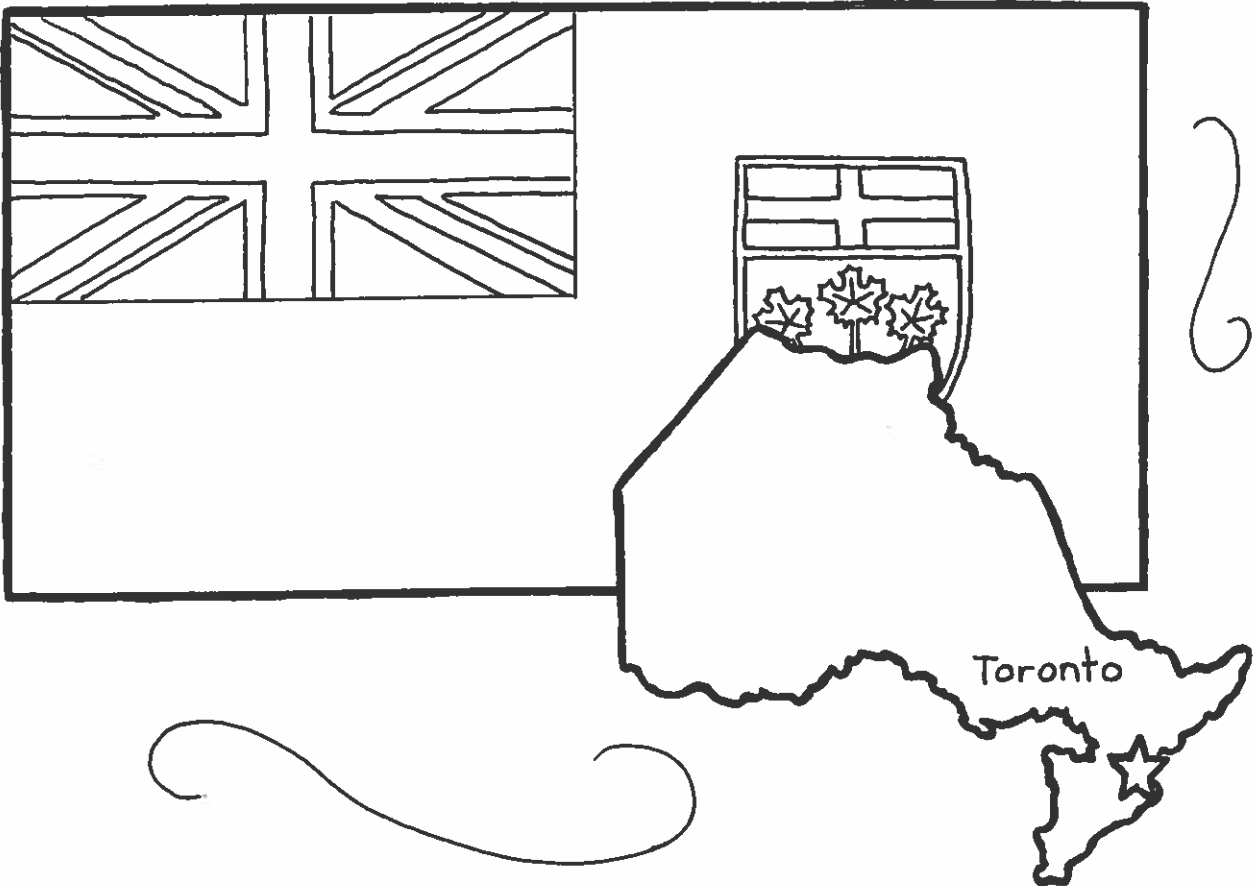


ONTARIO



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”.



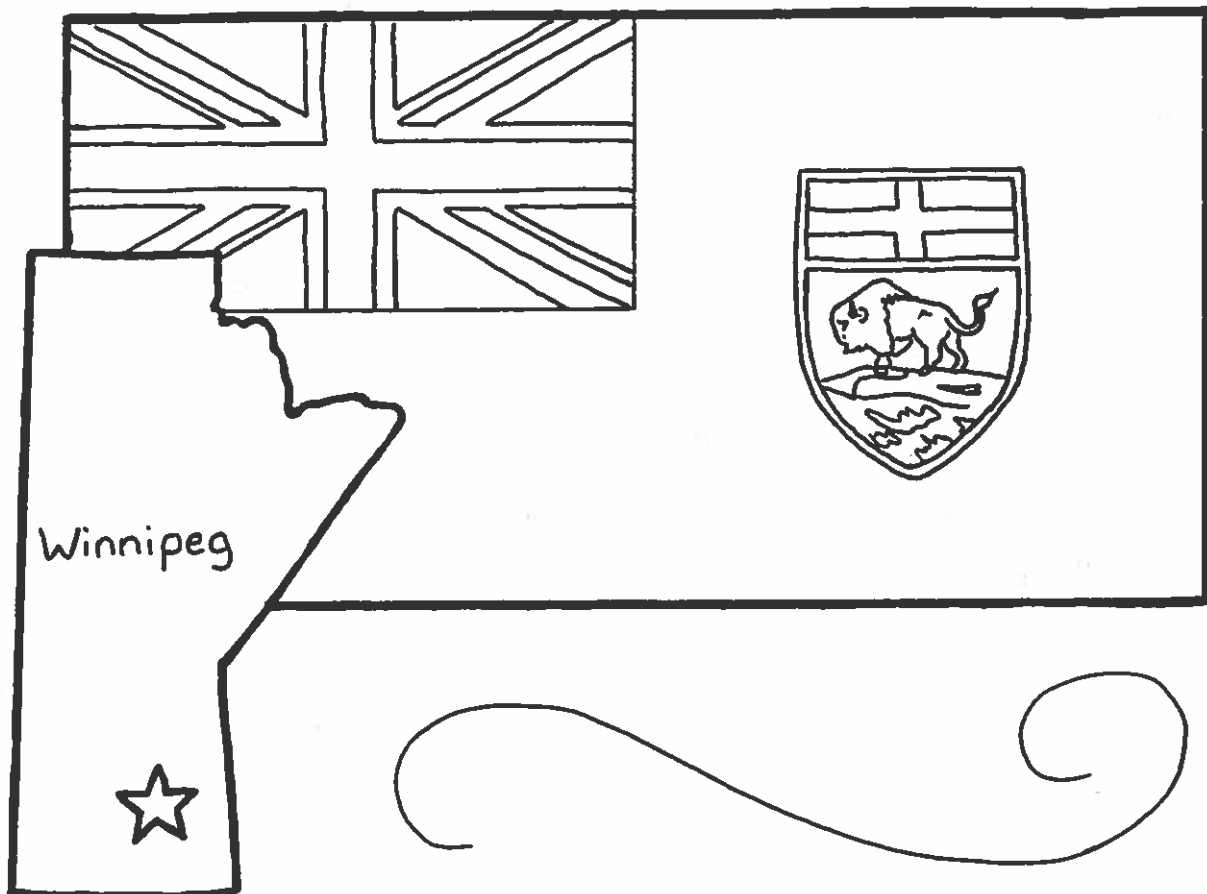


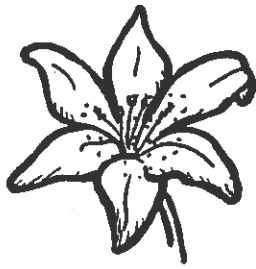
MANITOBA



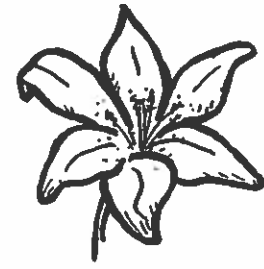
Often referred to as the Keystone Province, my name is from a lake which the Algonquians called “*manito waba*”, meaning “great spirit’s strait”. The First Nation People thought that “*manito*” (“great spirit”) made sounds that came from Lake Manitoba. A small region, known as the Red River Settlement, 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”.



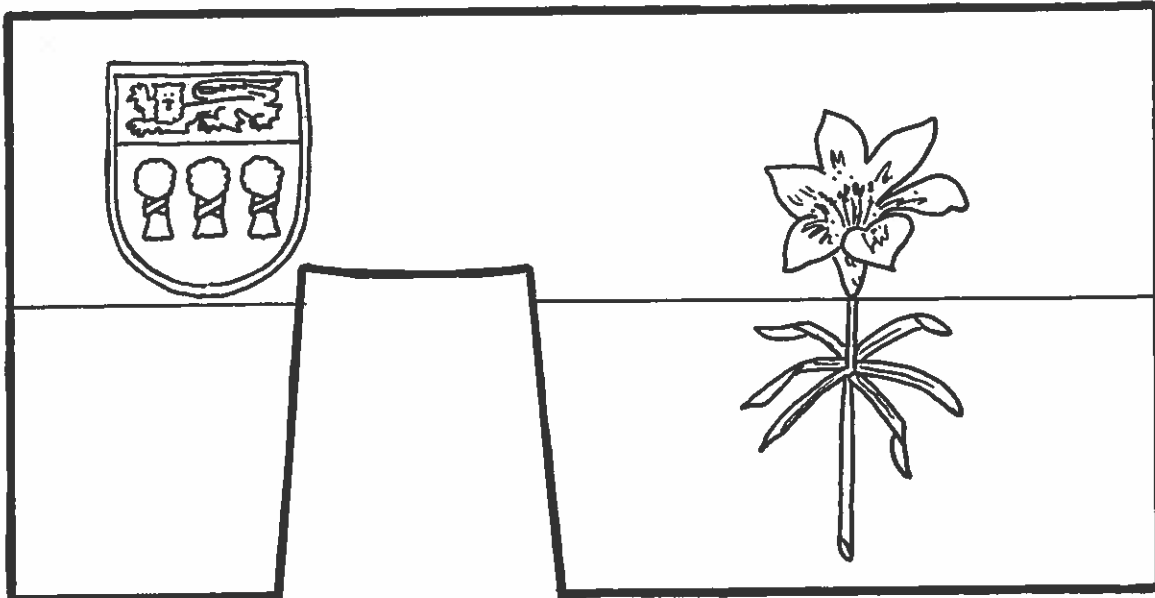


SASKATCHEWAN



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.



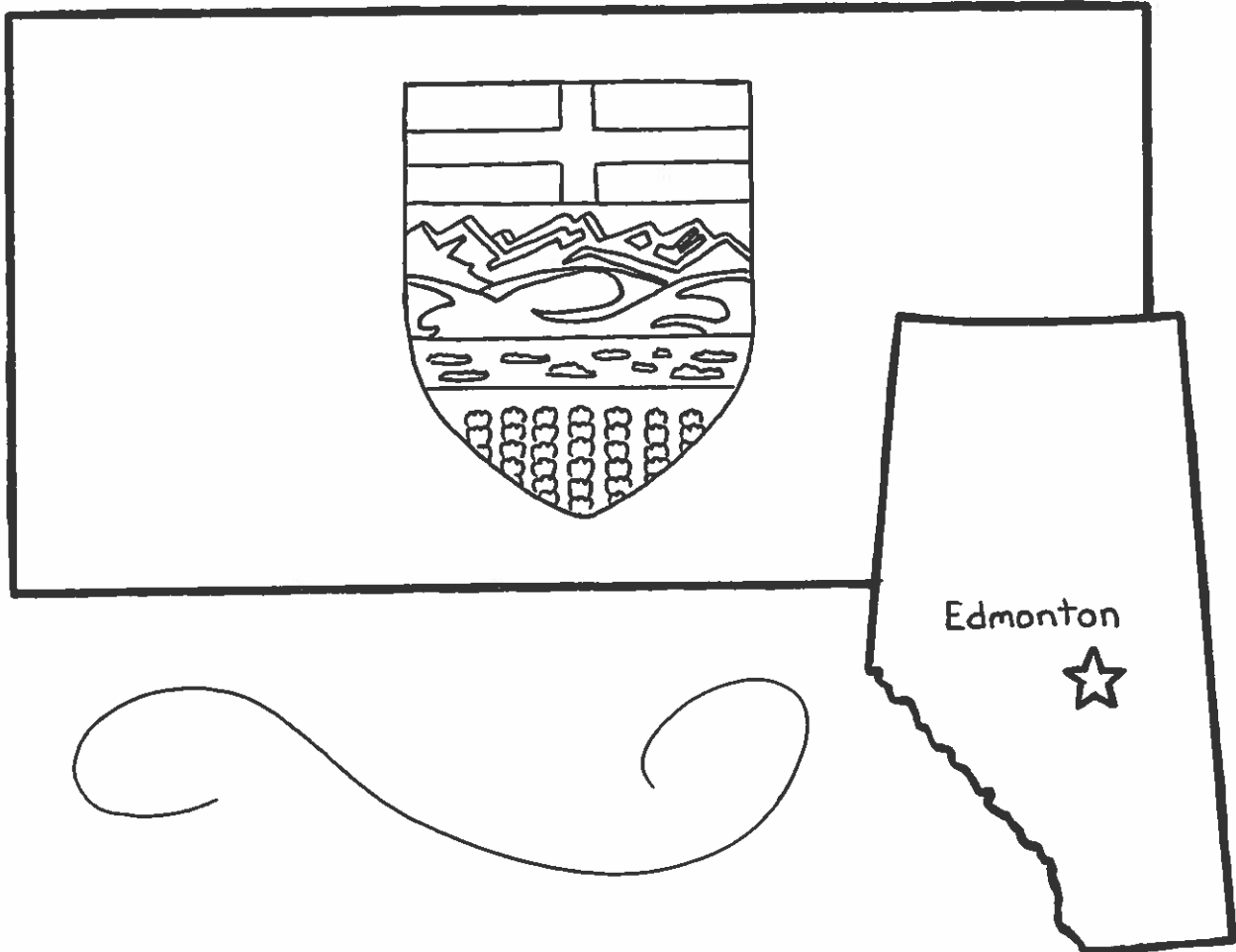
Regina





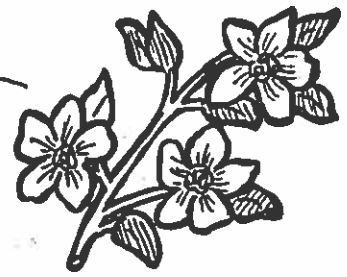
A princess I am, at least in name. Originally, the Blackfoot and Cree were my first citizens, but with immigration I became a multicultural province. When I was part of what was known as Rupert's Land, they named me in honour of Queen Victoria's daughter, Princess Louise Caroline Alberta. Her husband,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



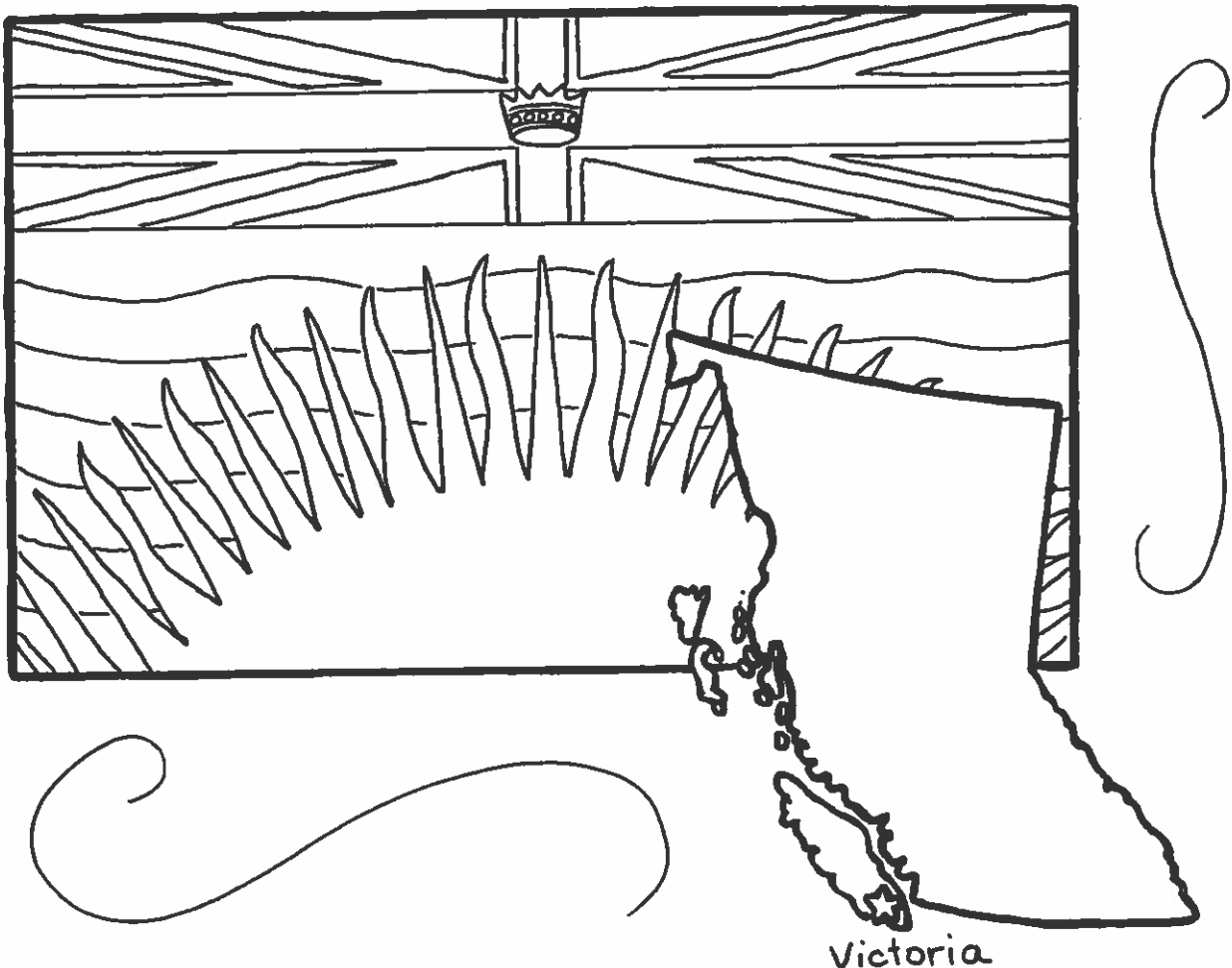


BRITISH COLUMBIA



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.



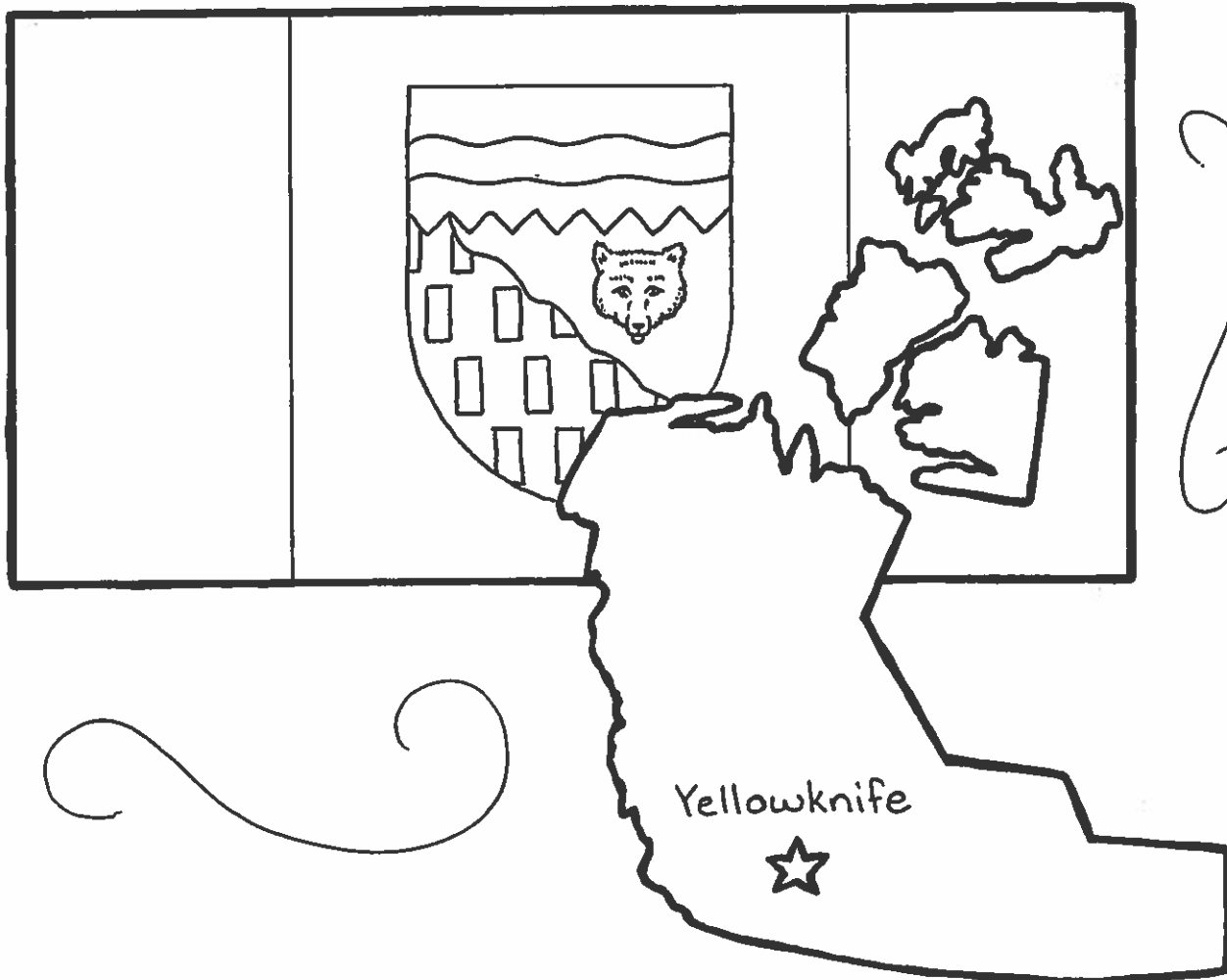


NORTHWEST TERRITORIES



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.

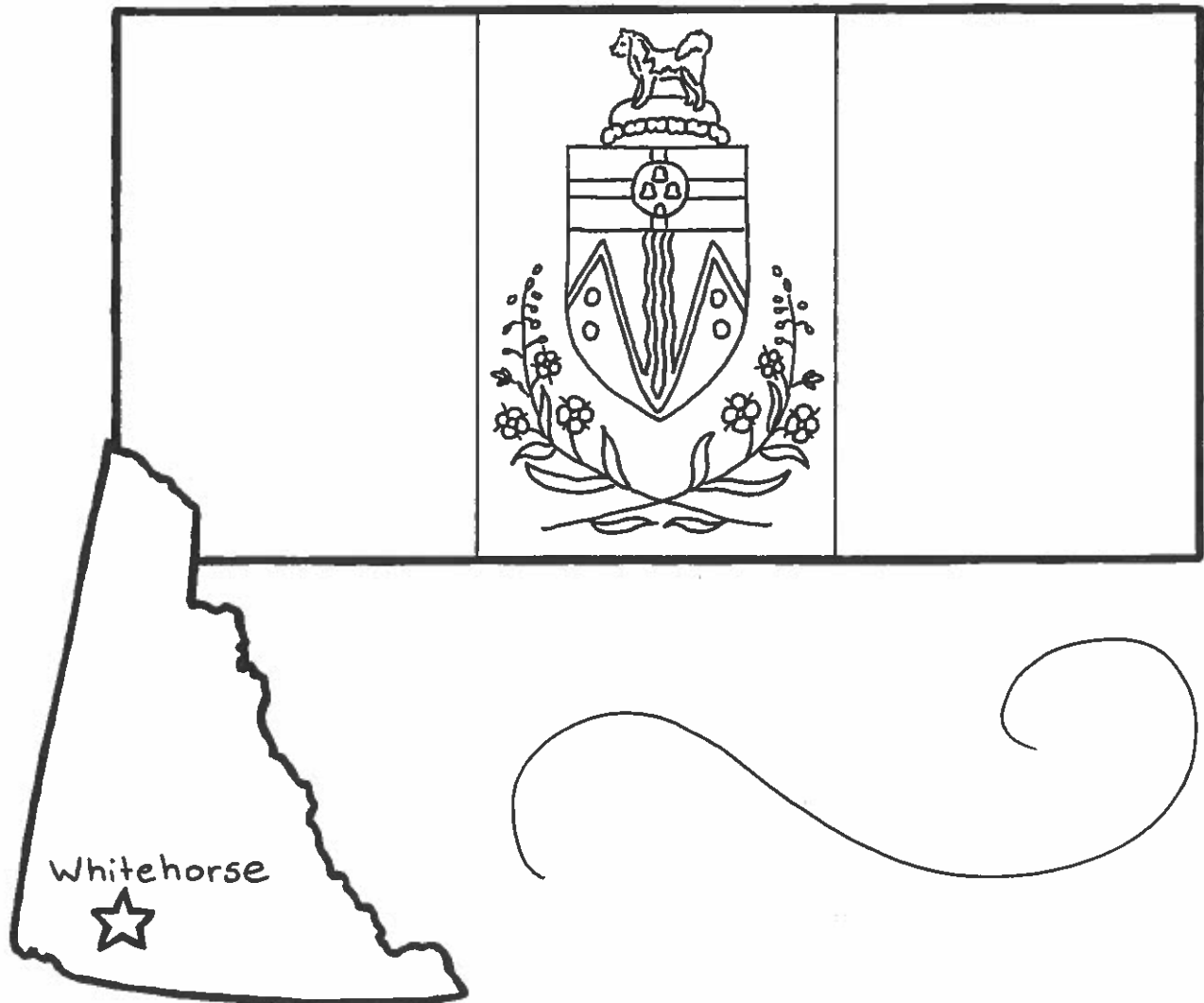




YUKON TERRITORY

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.

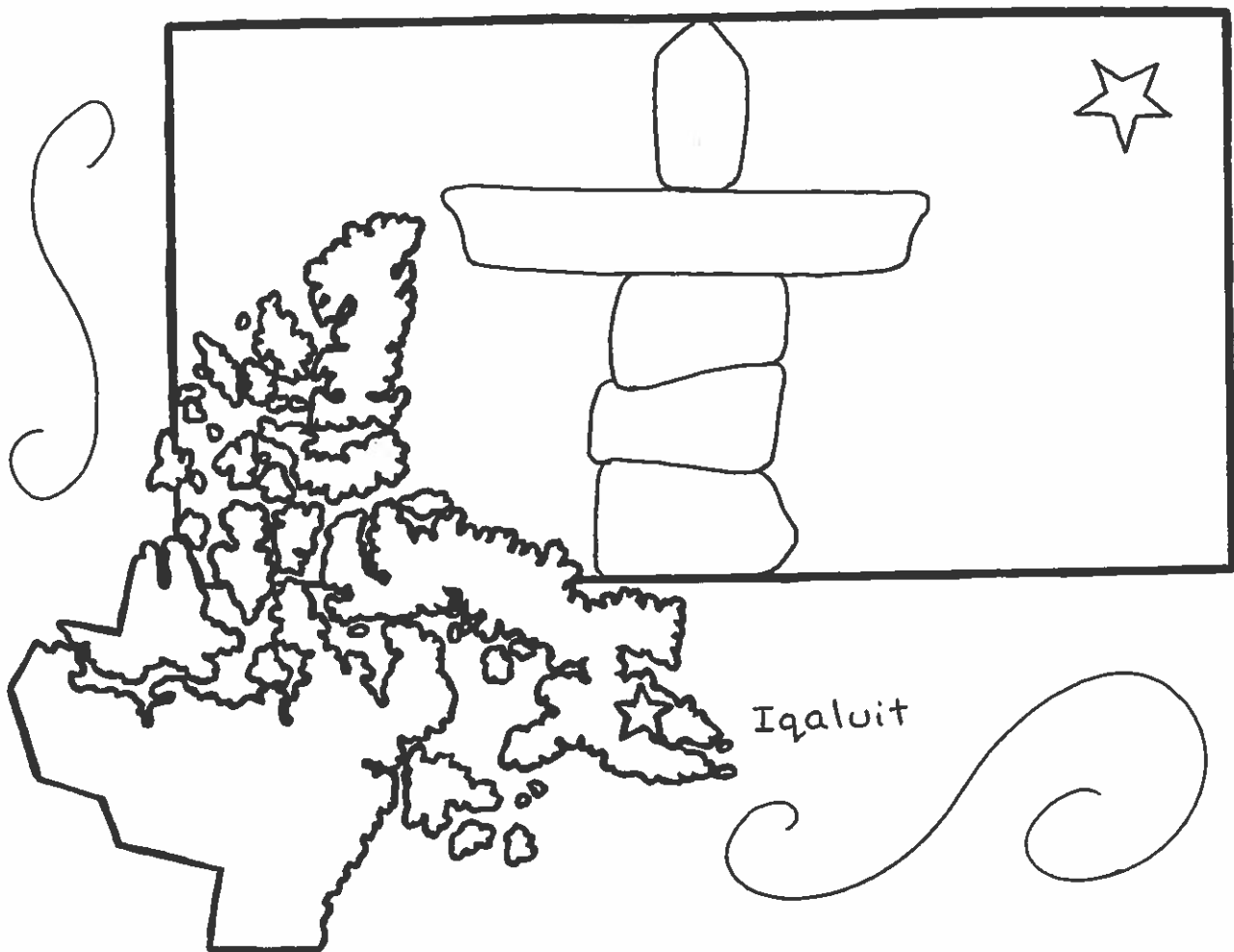
My first capital, Dawson City, was replaced by Whitehorse in 1953. Whitehorse got its name from nearby rapids where, according to legend, a man had drowned there. Because of his strength and whitish-blond hair, they had called him “White Horse”.

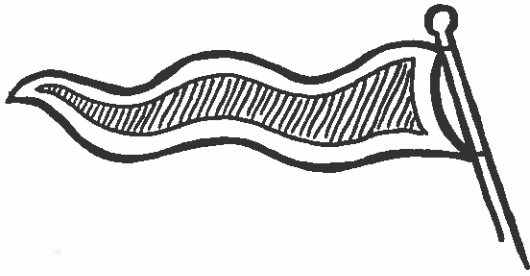


NUNAVUT

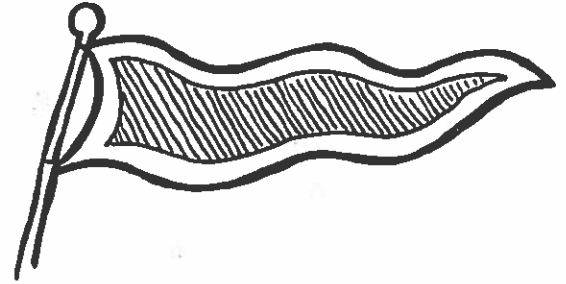
Canada's map increased when I became a Territory in April, 1999. Nunavut, which means "our land" or "our place" in Inuktitut (the common spoken language throughout the eastern Arctic), was etched out of Canada's tundra. Since the Northwest Territories was too vast an area to govern, its citizens voted 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.

QUEBEC

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.

