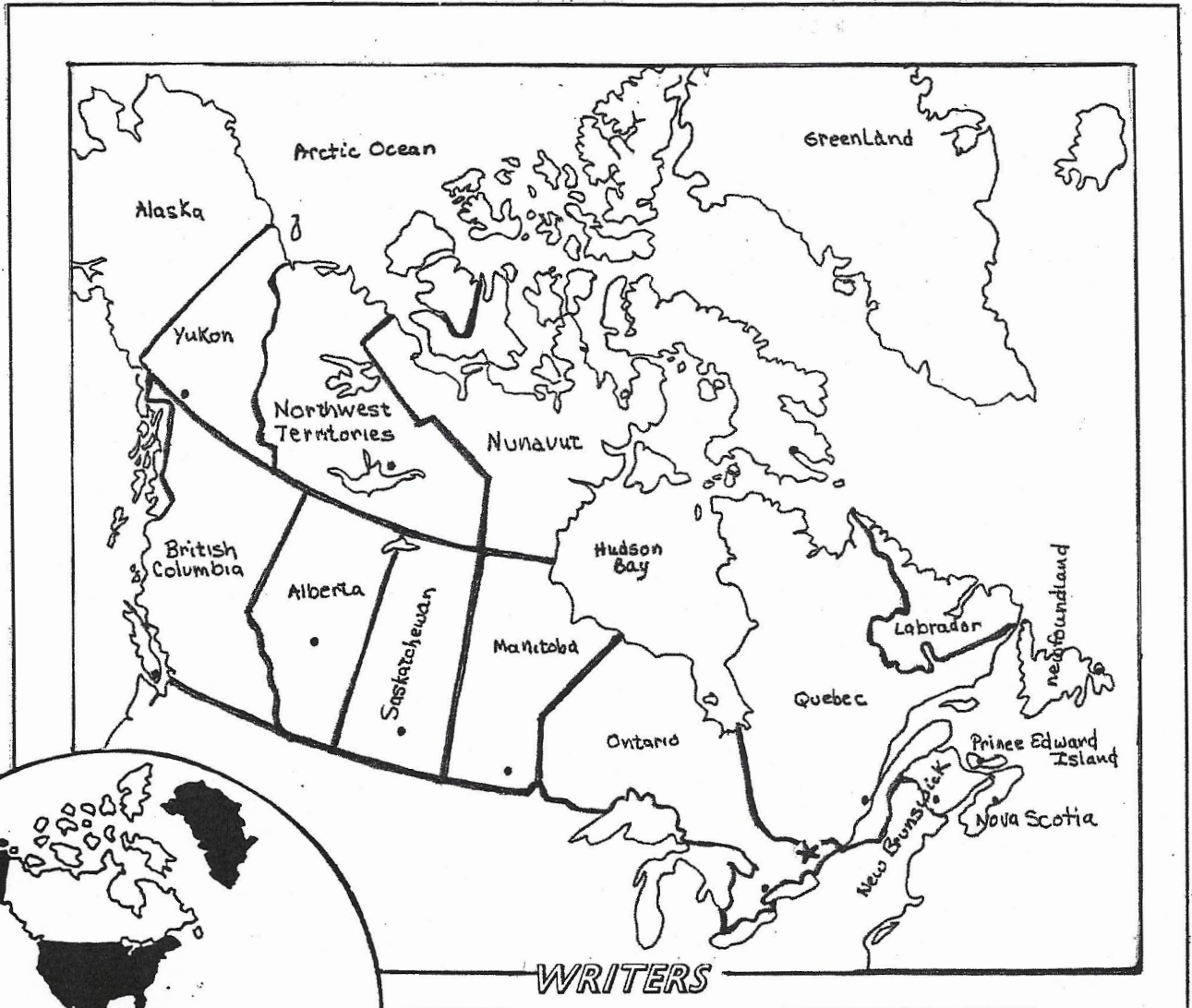


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-2000-



WRITERS

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TEACHERS:

If you want to order extra information from the Canadian tourist bureaus check out the page of mailing and email addresses, fax numbers and 1-800 numbers included in this manual. The brochures and magazines, excellent for posters and exhibits, take about 2 to 4 weeks to arrive.

For display get Canadian money from a bank or from someone who has traveled to Canada.

The small prizes are optional for the map quiz, but giving the English tea or hard candy is a nice touch.

Provide a color crayon for each person. Have extra pens or pencils.

Copy the quiz and 1st map of Canada and give out separately.

The participant's handbook should include the tourist bureau address page, recipes, song and evaluation.

SOURCES USED TO WRITE THIS WORKSHOP:

BOOKS

The World Book Encyclopedia, 1999
Countries of the World: Canada, 1999, Gareth Steven Publishing
Junior Worldmark Encyclopedia of the Canadian Provinces, 1999
Canada, A Cultural Resource Guide, Milliken
Discovering Canada, Using the Five Themes of Geography, Thomas Hansen
Canada Activity Book, Edupress, Inc.
A Unit about Canada, Jane M. Coe
Canada Map Skill Series, Milliken

MAGAZINES

Arctic Traveler, Nunavut Vacation Planner

WEB SITES

TravelCanada@ic.gc.ca (tourist bureau information)
www.fwio.on.ca (Ontario Federated Women's Institute)
www.nlc-bnc.ca/digiproj/women/ewomen1c (National Library of Canada)
www.northstar.k12.ak.us/school/upk
www.nbpb.org/newsite
<http://library.usask.ca/herstory> (famous Canadian women)

THANK YOU

Elizabeth Rushton, ACWW Canada Area President
Terence Soares, Secretary ACWW London office
Canada's tourist bureaus who spent several hundred dollars mailing us information
McMinnville letter carriers who had to lug the heavy boxes of tourist information up
Anne Engen's driveway.

Written for the Association for Oregon Family and Community Education, 2000

O CANADA

Canada stretches from horse-drawn carriages clip-clopping through Victoria, British Columbia across golden wheat fields that roll over the central plains to tiny fishing villages hugging the rugged foggy Atlantic coastline. Canada extends from the peaceful borders with the United States of almost 5,400 miles north to kayaks maneuvering among ice covered islands on the Arctic Ocean.

Canada is one of the largest countries in the world, so close to us, yet how much do you know about it?

THIS WORKSHOP WILL GIVE YOU:

1. Pop quiz.
2. Map of Canada.
3. Overview of Canada's physical characteristics and famous waterways.
4. A page of tourist bureaus phone numbers and web sites.
5. Brief history of Canada's development, cultures and its current government.
6. Women in Canada's history
7. Recipes
8. Inventions by Canadians
9. Why Americans sometimes travel to Canada to purchase medicine.
10. Our FCE counterparts in Canada, the Peace Gardens, ACWW and its 2001 triennial in Hamilton
11. Canada's money and flag, and some border crossing tips
12. Canada's national anthem "O Canada".

HAND OUT THE POP QUIZ AND ALLOW TIME FOR PARTICIPANTS TO WRITE.

(Whispering, sharing and groaning is fine!) If teaching a large audience or to save time give out the quiz as they arrive.

QUICKLY GO OVER THE ANSWERS TO THE POP QUIZ. *Wait to answer the bonus question until you have passed out the map as it is easier to visualize the correct answers.*

HAND OUT THE MAP. *Now tell the answers to the bonus question. How many got them all?*

Now try to write in the names of each Canadian province and territory. The capitals may help jog your memory. Can you name the Great Lakes? When you are finished use a crayon to color any province or territory you have visited.

GO OVER THE MAP TO MAKE SURE EVERYONE HAS THE CORRECT NAMES. HAVE PARTICIPANTS HOLD UP THEIR COLORED MAP. *You may give prizes to those who have visited the most provinces and territories, or to those who have never visited Canada. Prizes could be English teas or hard candies.*

Notice the new territory of Nunavut (noo-nah-voot). To get a perspective of how far flung it is, from west to east is the same distance as Seattle to New York. From past the North Pole to the southern border with Manitoba is the same as going from Miami, Florida to Lima, Peru. Yet Nunavut has just a little over 12 ½ miles of highways. In most of the territory the snow season runs from October to June. When deep winter darkness cloaks much of Nunavut, the sun is only a cold glow on the southern horizon. The land, seas and skies teem with an amazing variety of animals, bears, caribou, wolves, beluga whales, peregrine falcons and herds of shaggy haired musk oxen.

CANADA QUIZ

1. The word CANADA probably comes from an Iroquois word meaning "a group of _____".
2. The national symbols of Canada are the _____ and the _____.
3. Since 1857 the capital of Canada has been _____. (Choices noted below)
Kingston Quebec Toronto Montreal Ottawa
4. The bay that juts deeply into Canada and lies entirely **within** the country is _____.
5. The last time the United States was at 'war' with Canada was _____.
6. The current Prime Minister of Canada is _____.
7. Windsor, Ontario Canada is **south** of the major Michigan city of _____.
8. The three oceans that touch Canada are _____, _____ and the _____.
9. The two official languages of Canada are _____ and _____.
10. How many time zones does Canada have? _____.
11. Guess what country has the longest coastline of any country in the world. You're right, it is Canada. Its coastline is 32,500 or 47,000 or 60,000 or 95,200 miles? Circle one.
12. Canada's Birthday is celebrated July ____, Thanksgiving is the 2nd Monday of _____.
13. What are loonies and twonies? (No, not your relatives!) They are _____.
14. The push-up _____ was developed by a Canadian in 1963.
15. Canada's newest and largest territory _____ came into being April 1, 1999.
16. Lucy Maud Montgomery wrote the famous series _____.

BONUS – How many states that **touch** Canada can you name?

CANADA QUIZ ANSWERS

1. The word CANADA probably comes from an Iroquois word meaning "a group of huts".

A GROUP OF HUTS

2. The national symbols of Canada are the maple leaf and the beaver.

THE MAPLE LEAF AND THE BEAVER

3. Since 1857 the capital of Canada has been Ottawa. (Choices noted below)
Kingston Quebec Toronto Montreal Ottawa

OTTAWA IS THE CAPITAL, THOUGH ALL SERVED FOR A SHORT TIME.

4. The bay that juts deeply into Canada and lies entirely **within** the country is Hudson Bay.

HUDSON BAY IS NAMED FOR HENRY HUDSON WHO SAILED INTO IT IN 1610.

5. The last time the United States was at 'war' with Canada was 1812.

THE UNITED STATES DECLARED WAR ON BRITAIN AND ITS COLONIES IN 1812 BECAUSE OF BRITISH INTERFERENCE WITH U.S. TRADE. THE WAR LASTED 2 YEARS. THE U.S. FOUGHT SEVERAL NAVAL BATTLES ON LAKE CHAMPLAIN AND LAKE ERIE. THE BRITISH ARMY OCCUPIED WASHINGTON D.C. FOR A SHORT TIME AND BURNED THE WHITE HOUSE. THE TREATY OF GHENT ENDED THE WAR

6. The current Prime Minister of Canada is Jean Chrétien.

SINCE 1993 THE PRIME MINISTER OF CANADA HAS BEEN JEAN CHRÉTIEN, FROM THE LIBERAL PARTY. MR. CHRÉTIEN WAS BORN THE 18TH OF 19TH CHILDREN TO A FRENCH SPEAKING QUEBEC FAMILY.

7. Windsor, Ontario Canada is **south** of the major Michigan city of Detroit.

WINDSOR IS ACTUALLY SOUTH OF DETROIT, MICHIGAN

8. The three oceans that touch Canada are Arctic, Pacific and the Atlantic.

THE ARCTIC, PACIFIC AND ATLANTIC OCEANS LAP AT CANADA'S SHORELINE

9. The two official languages of Canada are English and French.

ENGLISH AND FRENCH ARE THE TWO OFFICIAL LANGUAGES. TWO-THIRDS OF THE POPULATION SPEAKS ENGLISH, LESS THAN A THIRD SPEAKS FRENCH. SCHOOL CHILDREN LEARN BOTH LANGUAGES AND EVERY PRODUCT IS LABELED IN BOTH LANGUAGES.

10. How many time zones does Canada have? 6.

CANADA HAS 6 TIME ZONES OUT OF THE 24 IN THE WORLD. THE EASTERN ISLANDS THAT JUT INTO THE ATLANTIC ARE ONLY 30 MINUTES AHEAD OF THE NEXT TIME ZONE!

11. Guess what country has the longest coastline of any country in the world. You're right, it is Canada. Its coastline is 32,500 or 47,000 or 60,000 or 95,200 miles? Circle one.

CANADA'S VAST COASTLINE STRETCHES ABOUT 60,000 MILES, BUT IF YOU COUNT ALL THE ISLANDS THE COUNT JUMPS TO 151,489 MILES

12. Canada's Birthday is celebrated July 1, Thanksgiving is the 2nd Monday of October.

CANADA DAY IS JULY 1. THIS DAY CELEBRATES THE DATE IN 1867 WHEN FRENCH AND ENGLISH SPEAKING CANADIANS CREATED A UNITED COLONY CALLED THE DOMINION OF CANADA. IT HAD BUT FOUR PROVINCES. THANKSGIVING IS CELEBRATED THE 2ND MONDAY OF OCTOBER.

13. What are loonies and twonies? (No, not your relatives!) They are Canadian coins.

LOONIES ARE THE NICKNAME FOR THE ONE DOLLAR COIN, AND TWONIES ARE THE TWO DOLLAR COIN.

14. The push-up Bra was developed by a Canadian in 1963.

THE PUSH-UP BRA WAS CREATED BY CANADELLE IN MONTREAL.

15. Canada's newest and largest territory Nunavut came into being April 1, 1999.

OUT OF THE NORTHWEST TERRITORY WAS CARVED NUNAVUT (NOO-NAH-VOOT) HOME TO THE INDIGENOUS PEOPLE OF THE FAR NORTH, THE INUIT.

16. Lucy Maud Montgomery wrote the famous series Anne of Green Gables.

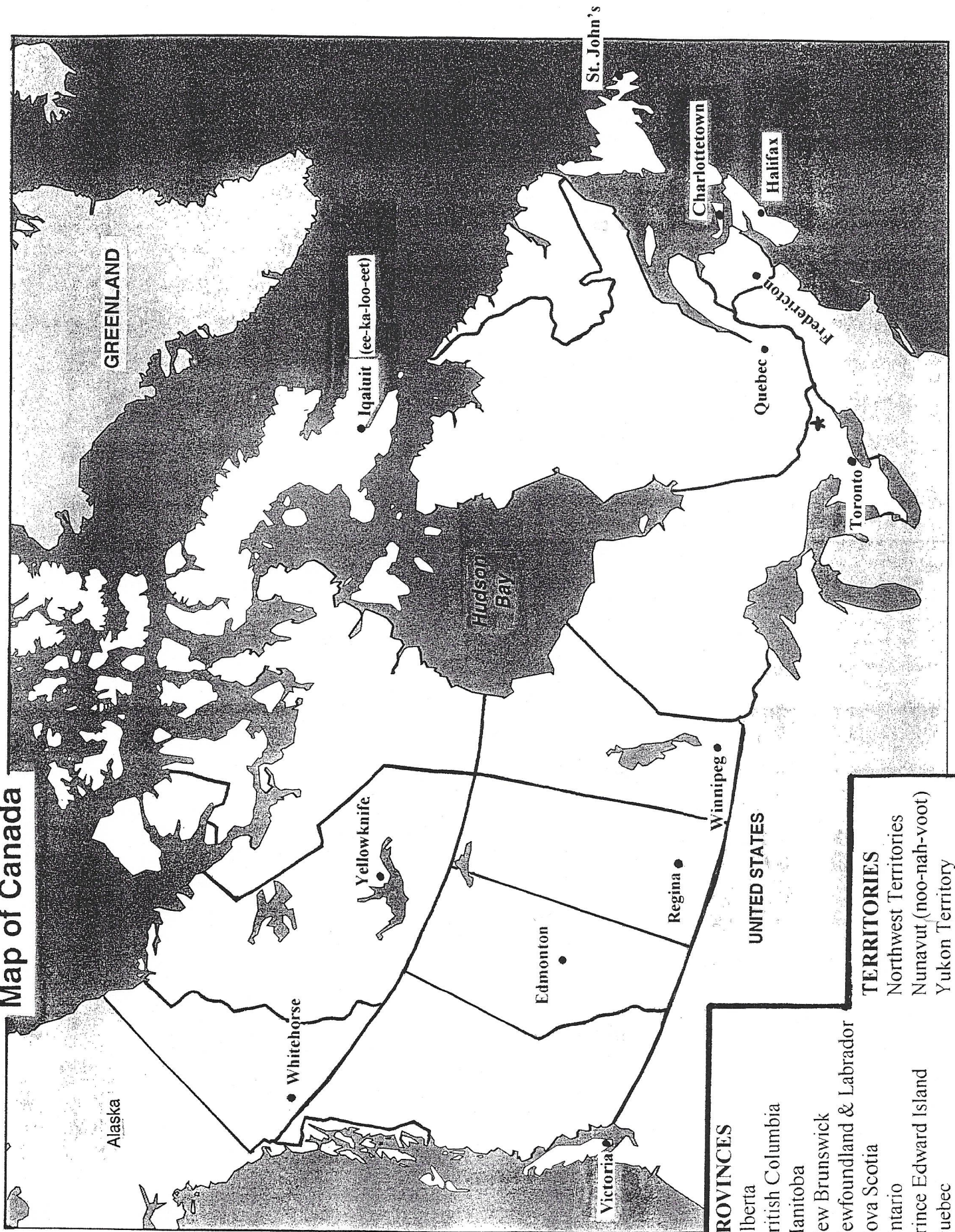
LUCY WROTE THE BELOVED "ANNE OF GREEN GABLES" SET IN THE PROVINCE OF PRINCE EDWARD ISLAND.

WAIT TO ANSWER THE BONUS QUESTION UNTIL YOU HAVE PASSED OUT THE MAP!

BONUS – How many states that touch Canada can you name?

ALASKA, WASHINGTON, IDAHO, MONTANA, NORTH DAKOTA, MINNESOTA, MICHIGAN, NEW YORK, VERMONT, NEW HAMPSHIRE AND MAINE.

Map of Canada



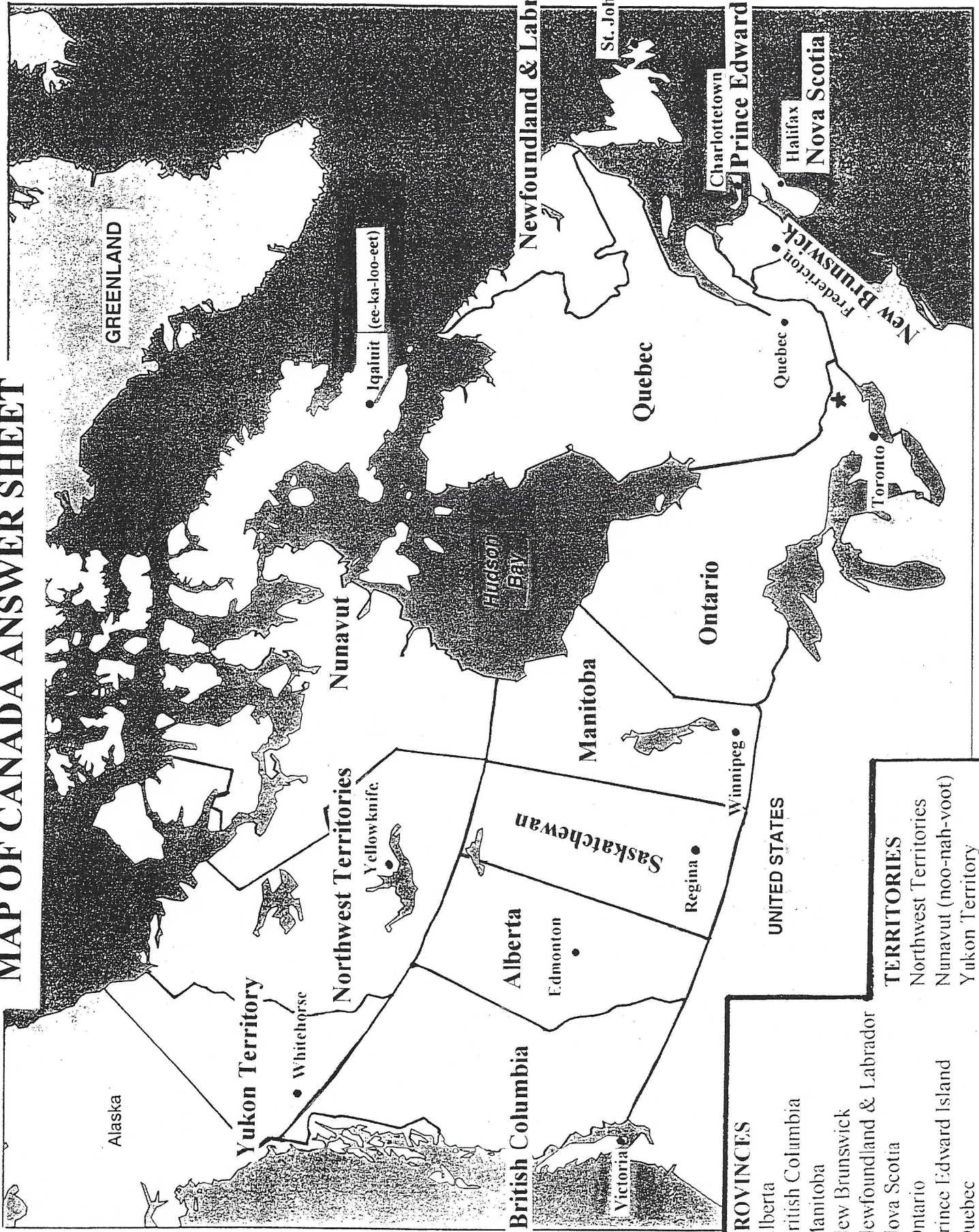
PROVINCES

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland & Labrador
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

TERRITORIES

- Northwest Territories
- Nunavut (noo-nah-voot)
- Yukon Territory

MAP OF CANADA ANSWER SHEET



PROVINCES

- Alberta
- British Columbia
- Manitoba
- New Brunswick
- Newfoundland & Labrador
- Nova Scotia
- Ontario
- Prince Edward Island
- Quebec
- Saskatchewan

TERRITORIES

- Northwest Territories
- Nunavut (noo-nah-voot)
- Yukon Territory

THE PHYSICAL CHARACTERISTICS OF CANADA'S PROVINCES AND TERRITORIES.

If you like, illustrate a poster with pictures from the tourist information or find someone in your area who has slides. Make sure your audience keeps their map in front of them.

Follow along on your map. Canada has an area of 3,849,674 square miles making it the largest country in the Western Hemisphere. Beginning in the eastern part of Canada, the **APPALACHIAN HIGHLANDS** form the first region. This includes the provinces of Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and the southeastern portion of Quebec. It is best noted for the rolling hills, rivers, lakes and small fishing villages dotting the rocky, jagged coastline.

The **GREAT LAKES-ST. LAWRENCE LOWLANDS** forms the smallest geographic region in size, but it contains a large concentration of cities. This region stretches from the cities of Quebec and Montreal to the cities lining the Great Lakes. It has flat, fertile river land, lakeshores and a mild climate. More than half of the total population of Canada lives in this region.

The **CANADIAN SHIELD** is a huge region curving around Hudson Bay and covering half of Canada. It has a poor, thin layer of soil over rounded hills of granite rock. The area also has numerous lakes, swamps, forests and iron ore, copper and nickel.

The **INTERIOR PLAINS** cover large portions of the northeastern corner of British Columbia, parts of the Northwest Territories, and the three Prairie Provinces of Manitoba, Saskatchewan and Alberta. This region is known for its wheat and cattle. The plains turn to dry tundra as they reach toward the Arctic Ocean.

The **WESTERN MOUNTAIN REGION** includes western Alberta, British Columbia and the Yukon Territory. Featured are the Canadian Rockies, high plateaus and deep valleys. The economy is run by farming, fishing, mining and forest industries.

The last region, the **ARCTIC ISLANDS** include about a dozen large barren islands and hundreds of smaller ones. The Arctic Islands are tundras which are places where it is too cold and dry for trees.

FAMOUS WATERWAYS IN CANADA

NIAGARA FALLS

By volume of water, Niagara Falls is the world's greatest waterfall. It is located in the short stretch of river where Lake Erie flows into Lake Ontario between the province of Ontario and New York state. Niagara Falls is really two waterfalls, the 182' high American Falls and Horseshoe Falls 173' high. Over 43 1/2 million gallons a minute thunder over the two falls. The force of the water has eroded the edges back almost 7 miles from their place of origin. *(How many have visited Niagara Falls?)*

ST. LAWRENCE SEAWAY

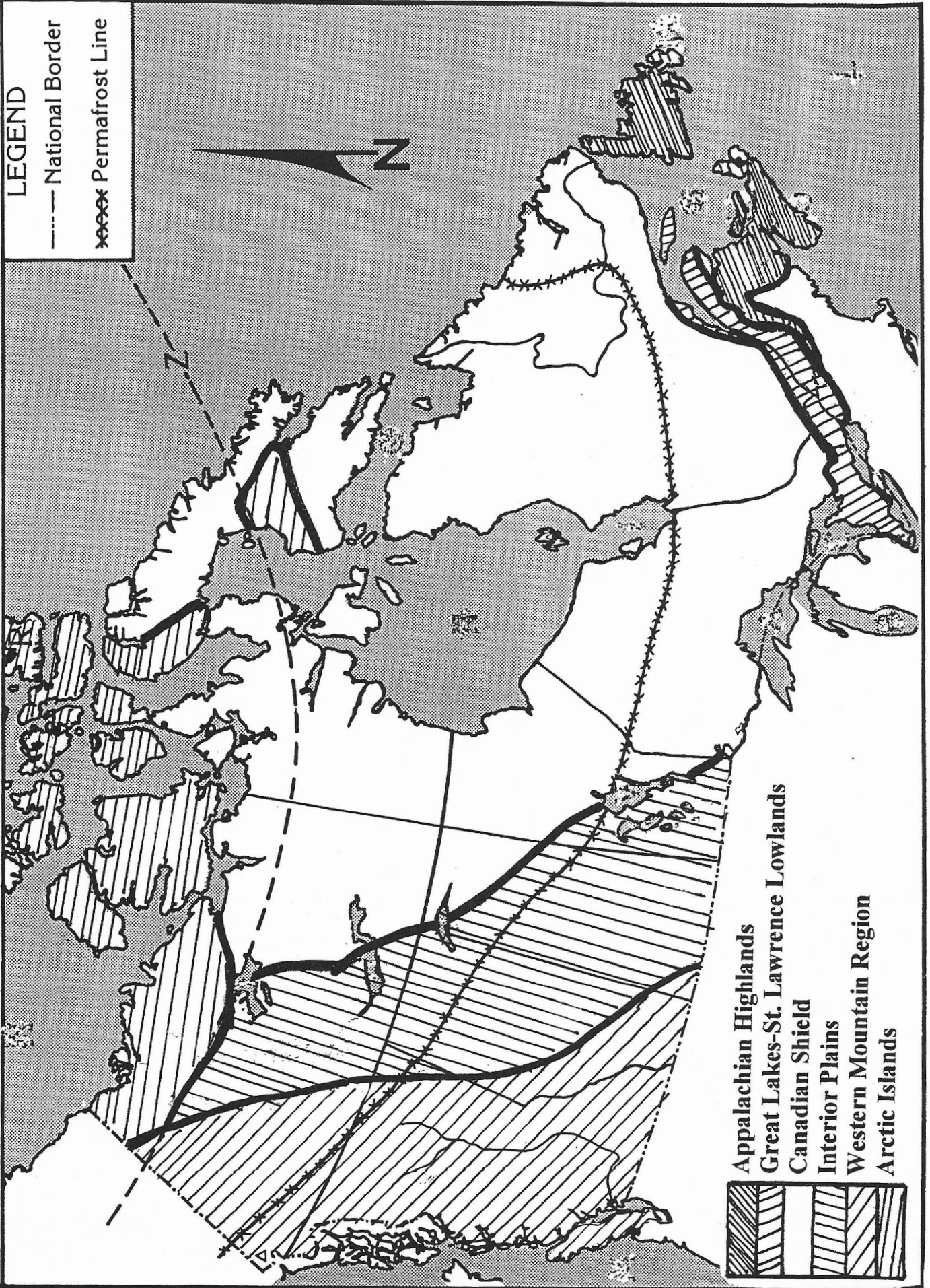
The St. Lawrence seaway allows ships to travel to the very heartland of North America. Completed in 1959, ships can travel 2,342 miles from the Atlantic along the St. Lawrence River, through the Great Lakes or canals to Duluth, Minnesota. The seaway was a joint project of Canada and the United States.

BAY OF FUNDAY

North of Maine, located between New Brunswick and Nova Scotia is a funnel shaped bay 150 miles long. Up this bay and into its narrowing arms rushes the Atlantic Ocean causing the highest tides in the world, up to 60 feet. The rising tide in the bay even creates the reversing falls of the St. John River.

9

The Physical Characteristics of Canada



Travel Alberta
PO box 2500
Edmonton, Alberta
Canada T5J 2Z4
1-800-661-8888
www.explorealberta.com

Tourism British Columbia
PO Box 9830, Station Prov Gov't
Parliament Buildings
Victoria, British Columbia
Canada V8W 9W5
1-800-435-5622
www.hellobc.com

Travel Manitoba
7th Floor, 155 Carlton Street
Winnipeg, Manitoba
Canada R3C 3H8
1-800-665-0040
www.travelmanitoba.com

Tourism New Brunswick
PO Box 6000
Fredericton, New Brunswick
Canada E3B 5C3
1-800-561-0123
www.tourismnbcn.ca

Newfoundland & Labrador Tourism
PO Box 8730
St. John's, Newfoundland
Canada A1B 4K2
1-800-563-6353
email tourisminfo@mail.gov.nf.ca
www.gov.nf.ca/tourism

Northwest Territories Tourism
PO Box 610
Yellowknife, Northwest Territories
Canada X1A 2N5
1-800-661-0788
email arctic@nwttravel.nt.ca
www.nwttravel.nt.ca

Nova Scotia tourism
2695 Dutch Village Road, Suite 501
Halifax, Nova Scotia
Canada B3L 4V2
1-800565-0000
e-mail explore.gov.ns.ca
<http://explore.gov.ns.ca>

ADDRESSES FOUND ON TravelCanada@ic.gc.ca

Nunavut Tourism
Box 1450
Iqaluit, NWT
Canada XOA OHO
1-800-491-7910
e-mail nunatour@nunanet.com
<http://www.nunatour.nt.ca>

Ontario Travel
Queen's Park
Toronto, Ontario
Canada M7A 2R9
1-800-668-2746
e-mail info@travelinx.com
<http://www.travelinx.com>

P.E.I. Tourism
Visitor Services Division
PO Box 940
Charlottetown, Prince Edward Island
Canada C1A 7M5
1-800-463-4734
e-mail tourpei@gov.pe.ca
<http://www.peisplay.com>

Tourism Quebec
PO Box 979
Montreal, Quebec
Canada H3C 2W3
1-877-266-5687
e-mail info@tourisme.gouv.qc.ca
<http://www.boujourquebec.com>

Tourism Saskatchewan
1922 Park Street
Regina, Saskatchewan
Canada S4P 3V7
1-877-237-2273
e-mail travel.info@sasktourism.com
<http://www.sasktourism.com>

Tourism Yukon
PO Box 2703
Whitehorse, Yukon
Canada Y1A 2C6
e-mail info@touryukon.com
<http://www.touryukon.com>

BRIEF HISTORY OF CANADA'S DEVELOPMENT AND ITS CULTURES

The United States is called a melting pot, but Canadians describe their nation as a colorful cultural mosaic. As people have moved to Canada from all over the world many have maintained their cultural ties.

First came the people who crossed the land bridge from Asia. Their descendants became known as Indians, now calling themselves The First Nation. Later across the same land bridge came the ancestors of the Inuit who settled in the far north of Canada – the cold arctic region.

Then came the Europeans. First arrived the Vikings, then the French, then the English, and later they were joined by the Ukrainians, Italians and Chinese who have made a home in Canada.

1000 AD The Vikings reached North America establishing a colony in Vinland which many believe was in Newfoundland.

1497 John Cabot, in English ships, discovered rich fishing off Canada's Atlantic coast which led to the European exploration of Canada.

1534 Jacques Cartier, a French navigator sailed into the Gulf of St. Lawrence and claimed the area for France.

1600 France established a colony of fur traders in eastern Canada.

1608 Samuel de Champlain of France founded the city of Quebec

1610 Henry Hudson of England sailed into Hudson Bay.

1670 The English established Hudson's Bay Company to export furs to Europe

1682 La Salle sailed from Canada to the mouth of the Mississippi River claiming all the land drained by the Mississippi River for France.

1763 England took control of the country and thousands of British immigrants joined the French majority.

1774 The Quebec Act passed by British Parliament recognized French civil, religious rights.

1775-1783 The U.S. Revolutionary War. During the American Revolution, many colonists wished to remain a part of Great Britain. At the conclusion of the war many of these "Loyalists" lost their homes and land and sought refuge from the victorious Americans. Over 40,000 Loyalists moved north into Canada which was still a part of Great Britain. This immigration had a dramatic effect on Canada by tipping the majority population from French to British. The total merging of the two cultures never occurred and has been a source of conflict ever since.

1791 The Constitutional Act splits Quebec into colonies of Upper Canada & Lower Canada.

- 1812 The U. S. declared war on Britain and its colonies over British interference with trade.
- 1834 Slavery abolished in Canada, later the end of our underground railroad for fleeing slaves.
- 1841 Upper Canada and Lower Canada are joined into a colony called the Province of Canada.
- 1867 The British North America Act creates a united colony called the Dominion of Canada to head off a threat of an American invasion. Sir John Macdonald becomes 1st Prime Minister. The Dominion had four provinces: New Brunswick, Nova Scotia, Ontario and Quebec.
- 1870 The Dominion acquired more western land, five times its size. The small Province of Manitoba is created and the rest becomes the Northwest Territories.
- 1871 British Columbia joined the Dominion becoming the 6th province.
- 1872 Prince Edward Island becomes the 7th province.
- 1898 The Yukon area becomes a territory of Canada
- 1905 Alberta and Saskatchewan become provinces number 8 and 9.
- 1917 All women of British origin are allowed to vote for the 1st time
- 1931 Canada gains independence from Britain with the Statute of Westminster.
- 1945 Canada joined the United Nations.
- 1949 Newfoundland becomes the 10th province.
- 1962 The Trans-Canada Highway begun in 1949 is completed linking Canada from coast to coast.
- 1965 Official Canadian flag is now maple leaf on white background, red stripe at each end.
- 1976 The death penalty is abolished.
- 1980 "O Canada" officially adopted as Canada's national anthem.
- 1981 Quebec bans public signs in English. Most French-speaking Canadians live in the province of Quebec. Montreal, is the 2nd largest French-speaking city in the world, second only to Paris. Some want to separate from Canada and form a new country.
- 1999 Nunavut (noo-nah-voot) is carved out of the Northwest Territory and becomes Canada's 3rd and largest territory.

CANADA'S GOVERNMENT SYSTEM (In a nutshell):

Teachers, if you wish, write the name of each branch, group or person such as Governor General, Prime Minister or Parliament on a piece of paper. You should have 11 signs. Quickly choose volunteers from the audience. Have them hold the paper or hang it around their neck. Move your volunteers into the 3 parts of government as you talk about each part. Being able to visualize the parts of government may help your audience.

If you are teaching this workshop to a small group, just for fun hang your signs around stuffed animals or dolls to illustrate how Canada's government is arranged.

Canada's capital is Ottawa in the Province of Ontario, just north of the state of New York. Canada's government authority comes from the Canadian Constitution, adopted in 1867. The government is divided into three branches, the Executive, Legislature and Judiciary. There are three major political parties –

- Conservative
- Liberal
- New Democratic

EXECUTIVE BRANCH has three parts. The members must resign if they fail to maintain the confidence of the majority of the Legislature members.

1. The head of state is the Queen of England or her appointed representative known as the Governor General. The Governor General opens or dissolves Parliament and is the Commander in Chief of the Armed Forces.
2. The Prime Minister is the head of the government and the Cabinet, and is always the leader of the majority party. The Prime Minister and the Cabinet members are elected members of the House of Commons, thus which ever party gets the most members elected is the majority party. The Prime Minister chooses his Cabinet from his party. The current PM of Canada is Jean Chrétien head of the Liberal Party.
3. The Administration is all the departments, the people who do the paper work.

LEGISLATURE BRANCH

Parliament has two houses

1. House of Commons with 282 members elected by the people.
An oral question period is set aside each day so that the minority parties may question the prime minister and the cabinet about their policies. This question period is televised across Canada.
2. Senate with 104 members appointed by the Governor General from across Canada. They may serve until age 75. The Senate can not initiate or raise amounts in money bills.

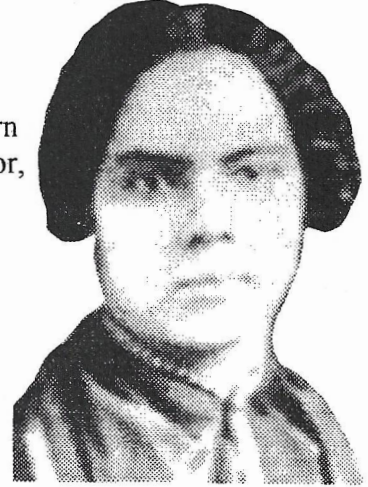
JUDICIARY BRANCH

The Judiciary, the Supreme Court composed of 9 members, interprets laws.

WOMEN IN CANADIAN HISTORY

SHAWNADITHIT (1800-1829) She ended up the last of her native race, the Beothuk. She saw her family either killed by Europeans or Tuberculosis. She lived with Europeans in Newfoundland and tried to explain her culture and language.

MARY SHADD CARY (1823-1893) Mary was born a free black in 1823 in Delaware. When the 1850 Fugitive Slave Act threatened to return free northern blacks and escaped slaves to bondage, Mary moved to Windsor, Ontario. She established a school, and was the first black woman in North America to edit a weekly paper. At a time when it was still uncommon for women to speak in public, she lectured in the U.S. against slavery and for black emigration to Canada. At age 60 she attained a law degree to further assist in the struggle for the rights of blacks and women.



MARY

DR. EMILY STOWE (1831-1903) With an ill husband and 3 children to support, Emily decided to become a doctor. No Canadian school would admit her so she came to the U.S. for her degree. Back in Toronto she became the first women doctor to practice in Canada. She was a women's rights advocate.

EMILY CARR (1871-1945) Emily was a highly regarded painter whose subjects were deserted villages, decaying totem poles and the forests found along the west coast and islands.



KATE

KLONDIKE KATE (-1957) Kate Rockwell was a rebellious Kansas teenager. In 1899 Kate dressed like a man to board a ship bound for the gold rush in Dawson, Yukon Territory. She became the queen of the dance hall girls, making a lot of money dancing and talking to lonely miners. After a bit of a scandal, Klondike Kate moved to Oregon and loved to share her stories.

LUCY MAUD MONTGOMERY (1874-1942) Lucy was orphaned at a young age and raised by stern grandparents in the province of Prince Edward Island. Lucy wrote the world famous series, Anne of Green Gables.

THE PERSONS CASE (1928-1929) Five Alberta women asked the Supreme Court of Canada to declare that women were persons and eligible to hold public office. Until then English Common Law had prevailed saying “women are persons in matters of pain and penalties, but are NOT persons in matters of rights and privileges”. The Supreme Court said no to their case.

As Mary Ellen Smith said: “The iron dropped into the souls of women in Canada when we heard that it took a man to decree that his mother was not a person.” The women appealed to the British Privy Council, then Canada’s highest court of appeal. On October 18, 1929, the Privy Council declared that women are indeed persons.



Irene Parlby



Louise McKinney



Nellie McClung



Emily Murphy



Henrietta
Muir Edwards

DIONNE QUINTUPLETS (1934) Five identical girls, Cécile, Yvonne, Annette, Émilie and Marie were born in 1934 in Callander, Ontario. (A 6th baby aborted during the pregnancy.) Their survival made medical history, attracted worldwide attention and hordes of tourists.

ROBERTA BONDAR (1945 -) Roberta was Canada’s first female astronaut who was a payload specialist on the U.S. space shuttle Discovery in 1994.

KIMBERLY CAMPBELL (1947 -) Kimberly became Canada’s first female Prime Minister in 1993.

CABBAGE ROLLS

1 cup raw rice (for 1 dozen fair size rolls).
Cook rice, cool and rinse. Add cooked, chopped bacon
or onion or cooked hamburger and season with salt and
pepper.

Freeze head of cabbage, thaw in pot of water (but do not
cook), separate leaves and add filling in middle of leaf. Cut
if they are too big. Roll, tucking ends of leaves around filling.
Place in rows close together in casserole or baking pan, cover
with tomato juice or tomato soup mixed with water, and make
sure liquid covers about 3/4 way up the rolls. Cover with lid
or foil. Cook at 350° for 30 minutes. Turn heat down to 300°
and cook till cabbage feels soft to the touch. Total cooking
time - 1 1/2-2 hours.

RECIPES FROM CANADA



BANNOCK

Ingredients

2 cups flour	1 egg
2 cups water	1 Tbsp. sugar
Pinch salt	Vegetable oil
1 Tbsp. baking powder	

Directions

1. Mix flour, water, salt, and baking powder in a large bowl. Add egg and sugar, mixing well.
2. Heat a small amount of oil in frying pan. Pour one-third of batter into pan and cook until small bubbles appear. Add more oil and flip bannock over. Cook until second side is done.
3. Repeat with remaining batter.
4. Cut bannocks into pieces and serve with jam.

Various regions in Canada have wonderfully unique fare. For example, Nova Scotia is known for its **Solomon Grundy**, an old Menocite recipe of salted herring pickled with vinegar, sugar, and spices.

New Brunswick is known for its **fiddlehead** vegetable--a young curled shoot of an ostrich fern. It is served buttered and seasoned, or with Hollandaise sauce. You can also dine on a healthy serving of **dulse**--edible seaweed harvested on Grand Manon Island.

Quebec is well-known for its cheeses, such as **oka**--a soft and highly flavored cheese made by Trappist monks in the area. Quebec is also the world's largest producer of maple syrup.

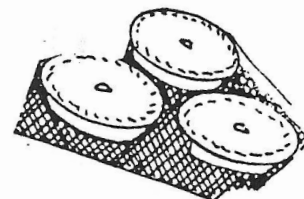
TOURTIERE

Ingredients

2 lbs. ground pork	1/4 tsp. celery salt
1 clove garlic, crushed	1/4 tsp. ground cloves
1 medium onion, chopped	Pastry for double-crust pie shell
1/2 cup water	1/4 cup dry bread crumbs

Directions

1. Combine all ingredients except bread crumbs and pastry shell in saucepan.
2. Add salt and pepper to taste.
3. Simmer until meat and onions are tender, about 20 minutes. Stir in bread crumbs and let cool.
4. Line pie pan with half of pastry and cover with pork filling. Cover with other half of pastry and cut vent holes.
5. Bake at 350°F. until browned, about 35 minutes. Let sit several minutes before serving.



PEROGIES

1/2 cup oil
1 cup warm water
1/2 tsp. salt
enough flour to make a soft dough, but easy to roll out
(about 4 cups).

Roll out, cut into doughnut size circles, fill with a mixture of half mashed potato and half grated cheddar cheese or cottage cheese, fold over, and pinch to close. Cook in a pot of simmering water until they float. Usually served with sour cream, chopped green onion and bacon bits. They can also be baked in the oven (probably with some margarine) or fried likewise. Roll perogies dough as thin as piecrust.

HABITANT PEA SOUP

Ingredients

1 1/4 lbs. dried green peas	2 diced onions
1/2 lb. salt pork	3 bay leaves
11 cups water	1 tsp. pepper
1/2 cup chopped celery	1 tsp. savory
1/4 cup chopped parsley	

Directions

1. Wash and drain peas and put them in a soup pot with water. Boil for two minutes; remove from heat and cool for two hours.
2. Add remaining ingredients. Bring soup to a boil again, then turn down heat and simmer two hours.

CANADIAN APPLE CAKE

Ingredients

- | | |
|-------------------------|--|
| 1 1/2 cups sifted flour | 1 egg, beaten |
| 1/2 cup sugar | 3 apples, peeled, cored, and finely sliced |
| 1 tsp. baking powder | 2 tsp. ground cinnamon |
| 1/2 tsp. salt | 2 Tbsp. butter |
| 1/2 cup shortening | 2 Tbsp. maple syrup |
| 1/2 cup milk | |

Directions

1. Sift flour, 3 Tbsp. sugar, baking powder, and salt in mixing bowl. Cut in shortening with two knives or pastry blender. Stir in milk and eggs to form a soft dough.
2. Spread dough smoothly in 8 inch square baking pan and put overlapping slices of apple in rows on the dough. Mix remaining sugar and cinnamon and sprinkle over apples. Dot with butter. Bake at 375°F. for about 50 minutes or until toothpick comes out clean when inserted in cake. Remove from oven and pour maple syrup over top.



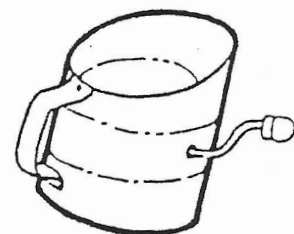
MAPLE SYRUP SHORTBREADS

Ingredients

- | | |
|---------------------|-----------------------------------|
| 1/2 cup butter | 1 Tbsp. butter (room temperature) |
| 1/4 cup sugar | 1 egg (room temperature) |
| 1 cup flour | 1 tsp. vanilla |
| 3/4 cup brown sugar | 1/2 cup chopped nuts |
| 1/2 cup maple syrup | |

Directions

1. Cream 1/2 cup butter and sugar in large mixing bowl, using spoon or electric mixer. Add flour, a little at a time, mixing continually, and blend well. Do not form into ball.
2. Pat mixture into bottom of greased 8 in. baking pan. Bake at 350°F. about 25 minutes, or until light brown.
3. In medium bowl blend brown sugar, maple syrup, and butter. Add egg and vanilla and mix until smooth. Pour evenly over shortbread and sprinkle with nuts. Return to oven and bake until topping sets, about 20 minutes. Cool completely and cut into 1 1/2 squares.



NANAIMO BARS

This recipe is the traditional one and is named after a town called Nanaimo on Vancouver Island where apparently they were invented.

1. Base: Mix together in double boiler:

1/2 cup margarine

1/4 cup sugar

5 Tbsp. cocoa

1 tsp. vanilla

1 egg.

2. Remove from heat and add:

2 cups graham wafer crumbs

1 cup coconut

1/2 cup chopped nuts

Press into 9" square pan

3. Mix together:

1/4 cup margarine

3 Tbsp. milk

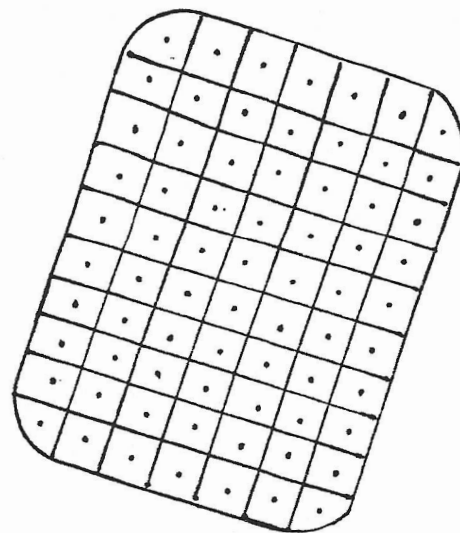
2 Tbsp. Vanilla Pudding

2 cups powdered sugar

Cook until smooth and pour over first mixture. Cool.

4. Melt:

1 cup chocolate chips and 1 Tbsp. margarine together and spread over top. Keep in refrigerator.



CHERRY ALMOND NANAIMO BARS

This recipe was sent by Elizabeth Rushton, ACWW Canada President

1. Base: Cook until thickened and smooth, stirring constantly:

1/2 cup margarine

1/3 cup cocoa

1/4 cup sugar

1 egg

(Or: 1 cup chocolate chips, 1/4 cup margarine, 1/4 cup powdered sugar, and 1 egg)

2. Stir in:

1 3/4 cups graham wafer crumbs

1 cup coconut

1/2 cup chopped almonds

Press firmly and evenly into 9" pan. Chill

3. Filling:

Beat together 1/4 cup butter or margarine, 2 cups powdered sugar, 2 Tbsp. milk or maraschino cherry juice, 1/2 tsp. almond extract and 1/4 to 1/3 cup maraschino cherries, drained and chopped (about 10 cherries).

4. Topping:

Melt 1 cup chocolate chips with 2 Tbsp. butter or margarine, spread over cherry layer and chill before serving. Keep in refrigerator.

CANADIAN INVENTIONS

Are you wearing a zipper today? If so, you have a Canadian to thank. They lay claim to quite an assortment of products you might have used over the years – a paint roller, a chainsaw, a snowmobile or an electron microscope.

If you've ever eaten a MacIntosh apple, drunk Canada Dry Ginger Ale, enjoyed a chocolate bar or had to use insulin, thank a Canadian inventor.

In the far north, the ingenious native peoples developed snowshoes, the winter parka, mukluks and kayaks.

Greenpeace, one of the world's best known environmental groups, was founded in Vancouver. On the other hand, the green plastic garbage bag was also created in Canada.

Ice hockey, Canada's favorite sport, was developed in the mid-1800's, the board game Trivial Pursuit in the 1980's.

WHY SOME AMERICANS ARE TRAVELING TO CANADA FOR MEDICINE

How far will a person go to get a good deal on prescription drugs? Americans on a fixed income, especially seniors, are finding it very expensive to buy prescription drugs in the United States. Those who live near the Canadian border are learning that the costs of prescription drugs in Canada are sometimes 60 to 80% less than they are in the U.S.

Why are drugs less in Canada?

- The Canadian government limits the cost of their prescription drugs.
- Drug companies are not allowed to advertise nor mark-up the drugs at the pharmacies.
- The pharmacies make their money by charging a small dispensing fee.

Drug makers in the U.S. say they sell their drugs for a higher price to support the cost of developing new drugs. They also do a lot of advertising. The U.S. pharmaceutical industry has blocked wholesale import of drugs.

Individual Americans can get a prescription from a U.S. doctor and go abroad and buy their drugs but distributors within the U.S. are not allowed to do this. The Americans who do cross the border with their prescriptions from their U.S. doctor can get an appointment with a walk-in clinic. A Canadian doctor then reviews the prescription and phones it into a nearby pharmacy. All the consumer has to do is prove that they are using that drug for personal use. Some consumers get a 3 month supply while others get enough to last a year.

For your own personal use more information is available at these websites

ABCNEWS.com

SeattleInsider.com

www.house.gov/bernie/publications/articles/1999-07-08pharm_ap

FCE'S CANADIAN COUNTERPARTS

The Canadian counterpart to our FCE organization is the Federated Women's Institute formed in Stoney Creek, Ontario in 1897. Now active across Canada, Women's Institute, known as WI has 12,000 members alone in the province of Ontario. You may find WI groups in many formally British ruled countries. (In the movie Babe, the farmer's wife attended her Women's Institute group.)

Listen to the Women's Institute's objectives and see if they don't sound similar to FCE's goals.

- Assist women to become more knowledgeable
- Promote good family life skills
- Develop leadership
- Identify and resolve needs in the community.

Canada's WI's current focus is partnering with Pharmaceutical Manufactures to promote women's health issues. It is the only women's organization in all rural areas. They are active in 4-H, food education, the fight against violence on TV, farm safety and have booths at fairs and plowing matches.

www.fwio.on.ca

INTERNATIONAL PEACE GARDEN

Did you know the National Association for Family and Community Education and the Women's Institute of Manitoba once worked on a project together? Lets go back to the beginning of the story.

The International Peace Garden was the 1928 dream of a Canadian horticulturist. Money was raised for this dream, and Manitoba and North Dakota offered adjoining tracts of land free of cost. In 1932 the International Peace Garden was dedicated. The Garden encompasses 2,339 acres of picnic areas, trails and trees, spilling across both countries. A simple cairn of native stone carries this inscription:

To God In His Glory,
We Two Nations
Dedicate This Garden
And Pledge Ourselves
That As Long As Man
Shall Live, We Will
Not Take Up Arms
Against One Another

A Peace Chapel straddles the border and features dozen of quotes from people of peace. Near the Peace Arch the National Association for Family and Community Education and the Manitoba Women's Institute built matching fountains. The Garden is also a youth center with music and athletic camps.

www.peacegarden.com

ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACWW)

Oregon is a member of ACWW and will participate in ACWW's Triennial in Hamilton, Ontario, Canada in June 2001. Hamilton is below Toronto, at the tip of Lake Ontario (next to Stoney Creek the birthplace of the Women's Institute organization).

ACWW is a non-political organization of over six and a half million members in women's societies in 65 countries. It works to improve standards of living for all women and their families through its worldwide projects. ACWW works with the United Nations on a consultative basis. Work is supported through memberships, Pennies for Friendship donations and contributions.

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CANADA'S MONEY

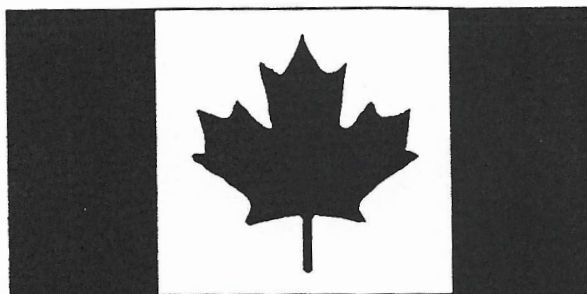
Canadian coins come in penny, nickel, dime, quarter denominations plus the \$1 (loonie) and the \$2 (twoonie). There is a 50-cent coin but it is not seen very often. The loonie is an 11 sided gold colored coin with a loon, a water bird, swimming on it. The twoonie is a two-toned coin with a polar bear on it.

The lowest paper money is the \$5 bill. Most used are the \$10 and \$20 bills, the \$50 and \$100 bills are less common.

If you plan on traveling to Canada you may get travelers checks and exchange money at your local bank. Once in Canada the best place to exchange money is at a bank, despite the service charge. Credit cards are a good idea to carry with you in your travels for making security deposits for reservations.

CANADA'S FLAG

In 1964 a new Canadian flag was proposed – one that contained no reminders of Canada's ties with Great Britain. Parliament debated the flag issue for 33 days. In February 1965 the new flag became official. In the middle it has a large red eleven-pointed maple leaf on a white background. On either end are wide red stripes representing Canada's ocean boundaries.



BORDER CROSSING

For U.S. and Canadian citizens traveling across our long peaceful border a driver's license has usually been all that was required to prove residency. At times this may not be sufficient so it is prudent to carry along your birth certificate, or a certificate of citizenship or naturalization, or your passport.

If you rented a car, trailer or RV in the United States to drive in to Canada, bring along a copy of your rental agreement to answer any questions posed by border officials. The rental agreement should state that it is all right for you to take the vehicle into Canada. (You're really not a car thief, are you?)

If you are going to drive in Canada it is a good idea to carry a yellow card, a Non-resident Motor Vehicle Liability Insurance card. The free card is only available from your local car insurance company. In case of a car accident in Canada it will show you are covered by insurance.

Canada's mileage is in kilometers

MILES AND KILOMETRES

Note: A kilometre is approximately 5/8 or 0.6 of a mile. To convert kilometres to miles multiply by 0.6.

Miles/Kilometres	Kilometres/Miles
15.....24.1	30.....18.6
20.....32.2	35.....21.7
25.....40.2	40.....24.8
30.....48.3	45.....27.9
35.....56.3	50.....31.0
40.....64.4	55.....34.1
45.....72.4	60.....37.2
50.....80.5	65.....40.3
55.....88.5	70.....43.4
60.....96.6	75.....46.6
65.....104.6	80.....49.7
70.....112.7	85.....52.8
75.....120.7	90.....55.9
80.....128.7	95.....59.0
85.....136.8	100.....62.1
90.....144.8	105.....65.2
95.....152.9	110.....68.3
100.....160.9	115.....71.4

The population of Canada is approximate 30,000,000 people.

O CANADA



O Ca-NA-da! our home AND na-tive land,



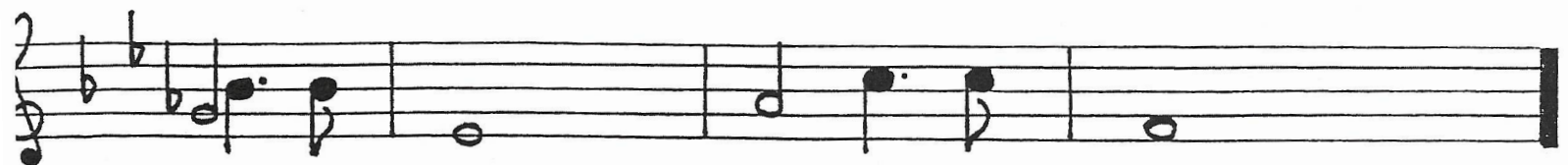
True pa-triot love in all thy sons com-mand. With



glow-ING hearts we see thee rise. The true north strong + free! From



far AND wide, O Ca - na - da! We stand on guard for thee.



God keep our land glo-rious and free!



O Ca-na-da! we stand on guard for thee,



O Ca-na-da! we stand on guard for thee. 24