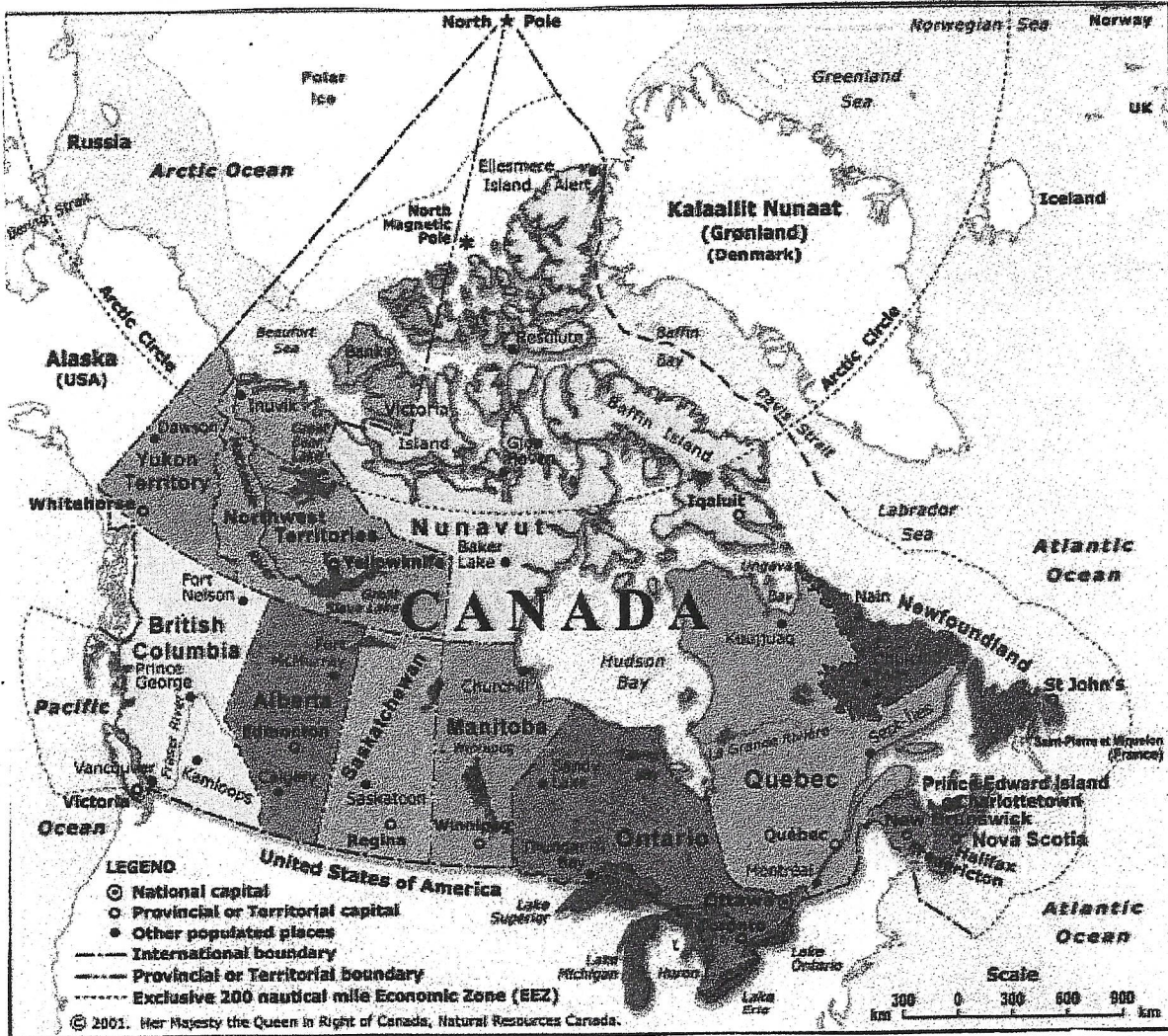


# O CANADA

## WESTERN PROVINCES BRITISH COLUMBIA - YUKON - ALBERTA



Developed by Patti Malanaphy  
For  
Oregon Association for Family & Community Education

## **WELCOME TO WESTERN CANADA PROVINCES**

**Living in the Northwest we are close neighbors to our Canadian friends. Our lands share a combined beauty and history that will introduce you to the treasured lands of First Nations, gold rush history, and pioneer traditions. From a rich heritage of native culture preserved for eternity in museums. Affording you the opportunity to sample sights and traditions. Discover for yourself what makes driving North to Alaska so legendary.**

**British Columbia where nature is cherished and history comes alive.**

**Alberta one of the most beautiful places on earth. Bordered on the west by the majestic Rocky Mountains.**

**Yukon experience magnificent wildlife viewing, breathtaking landscapes and natural beauty.**

**We hope this lesson will inspire you to visit our friends in Canada. And provide you with information on Canada's Western Provinces and Yukon Territory.**

# Together We are Canada!

My name is British Columbia  
The jewel of the West Coast.  
Forestry and fishing are  
The things that I do most.

Hi, I am Alberta  
A wild west kind of place  
With cows and oil and mountains  
And lots of open space.

I am Manitoba  
And I'm Saskatchewan  
We're the golden prairies  
Where fields of wheat grow in the sun

Hi, I am Ontario  
The home of government  
To me each year the leaders  
Of our democracy are sent.

Bonjour, I am Quebec  
Here French is my language too  
When I want to ask "how are you?"  
I say, "comment allez vous?"

Newfoundland, New Brunswick  
And Nova Scotia -- those are we,  
We are Atlantic Provinces  
The three musketeers of the sea.

I'm Prince Edward Island  
And I know I may be small  
But without me all the rest of you  
Would have no potatoes at all.

The Yukon, Nunavut and North West  
Territories are up north.  
Through ice and cold and polar bears  
Few brave souls venture forth.

Together we are Canada  
One nation strong and free  
With sharing, friends and happiness  
Forever we will be!

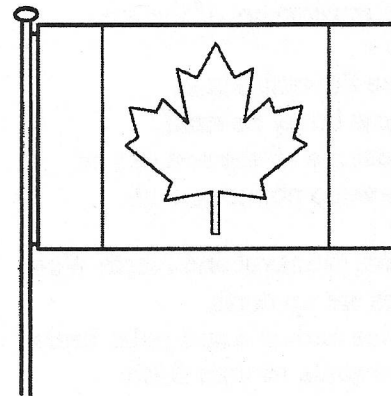
# Canada Day Word Search

**Instructions:** Try to find all of the hidden Canada Day words in the word search puzzle below.  
(Words can be spelled forwards, backwards, diagonally, up, or down.)

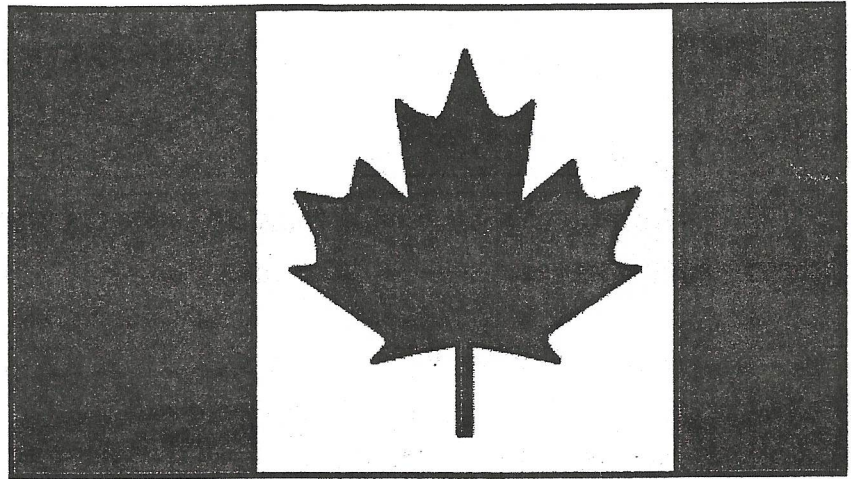


## Word List

BANNER	FIREWORKS	PARADE
CELEBRATION	HERITAGE	PARTY
DEMOCRACY	HISTORY	PATRIOTIC
FAMILY	HOLIDAY	PICNIC



# Canadian National Anthem



O Canada!

Our home and native land!

True patriot love in all thy sons command.

With glowing hearts we see thee rise,

The True North strong and free!

From far and wide,

O Canada, we stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

## Canadian National Anthem

O Canada was first sung on June 24, 1880. But it was not officially proclaimed Canada's Anthem until July 1, 1980. An entire century after it was first sung.

The music was composed by Calixa Lavallee, a well know composer. French lyrics to accompany the music were written by Sir Adolph-Basile Routhier.

The official lyrics slightly modified version in 1908 from the first verse of a poem written by Judge R. Stanley were proclaimed in 1980 as Canada's National Anthem.

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## British Columbia Province of Canada

British Columbia, also commonly referred to by its initials BC, is a province located on the west coast of Canada. British Columbia is also a component of the Pacific NW, along with the U.S. States of Oregon and Washington. The province's name was chosen by Queen Victoria in 1858, reflecting its origins as the British remainder of the Columbia District of the Hudson's Bay Co.. In 1871, it became the sixth province of Canada. BC is home of many different origins, cultural traditions, languages, ethnicities, and religions. BC is home to a diverse population of Aboriginal people, including approximately 200 First Nations. Languages spoken are now (according to the 2011 Census): English, Chinese, French, Korean, Spanish, Farsi. Victoria is the capital of BC. Population 4.61 million estimated 2014. Vancouver is the largest city. Area in sq. miles 364,764. BC is Canada's third-largest generator of hydro electricity, providing some of the lowest power costs in North America. Also second-largest natural gas producer. BC is Tourist Haven. Tourism contributed \$13.4 Billion to the economy in 2011. The BC government is targeting revenue growth to \$18 billion by 2016.

Victoria is a major tourism destination with over 3.5 million overnight visitors per year. And add more than one billion dollars to the local economy.

Most famous attractions and museums that you would want to visit. The Butchart Gardens, Craigdarroch Castle, Provincial Museum, The Royal Columbia Museum, Royal London Wax Museum, Maritime Museum, Miniature Museum and many more.

We all want to enjoy having high tea at The Fairmont Empress Hotel. The Hotel is 106 years old and has been serving tea since 1908. The hotel serves 500,000 cups of tea annually. Also delicious goodies are served with your tea. They say afternoon tea helps slow down hectic lifestyles.

You can enjoy some delicious meals at the many fine restaurant in Victoria.

Vancouver is one of North America's most under-rated tourist destinations. The city is quite cosmopolitan and is a mix of many multicultural groups. Population last 2010 census 601,203 inside city. Greater Vancouver estimated around 2.4 million. Majestic mountains, sparkling ocean, rainforests and beautiful foliage all four seasons make Vancouver one of most beautiful cities in the world. Quick and easy access to Whistler Resort, the Canadian Rockies, Vancouver Island, makes this a wonderful city to vacation and enjoy many activities with family or friends. Vancouver celebrated its 125<sup>th</sup> birthday in 2011.

Alberta Province of Canada

Alberta is one of the most beautiful places on earth, as vast as it is varied in landscapes and experiences. Situated in the heart of western Canada, Alberta is bordered on the west by the majestic Canadian Rocky Mountains. To the east lie the Canadian Badlands, a wind-eroded moonscape of multi-hued canyons and coulees, home to some of the greatest dinosaur finds in the world. Also borders U.S. state of Montana. Alberta and its neighbor Saskatchewan, were established as provinces on September 1, 1905. International gateway cities of Edmonton, capital of Alberta, and Calgary, the largest city. January 2014 estimated population 4.8 million. Area in sq. miles 247,137. Alberta has a dry continental climate with warm summers and cold winters. Alberta is largest producer of conventional crude oil and synthetic crude oil. It is the leading Beekeeping province in Canada and top producers of buffalo and sheep for wool and mutton. Wheat and canola are primary farm crops. Places and attractions you would want to visit are the World famous resort towns of Banff, Jasper, Lake Louise and Waterton. Dinosaur hunters flock to Drumheller, home of Royal Tyrrell of Palaeontology. For shopping visit the West Edmonton Mall. North America's largest mall with over 800 stores. Calgary's Glenbow Museum.



## **Yukon Territory**

**Yukon belongs to one of Canada's three territories located in the North. Its neighbors are Alaska, British Columbia and the Northwest Territories. The population is just about 35,000 people. Yukon's landscape is amazingly beautiful combining breathtaking wilderness, gorgeous mountain ranges full of wildlife and rivers. The Yukon territory's history is marked by what is often regarded as the world's greatest gold rush of 1897. Between 1897 and 1904, over 100 million dollars worth of gold was uncovered from the Yukon River. Whitehorse is the capital and largest city of Yukon territory. Many of the visitors come to the Yukon Territory to enjoy the natural phenomenon of the enchanting aurora borealis, the amazing sights of the northern lights. The mystical sight of the aurora borealis illuminates the Yukon Territory from August to April. Today the mineral industry forms the base of the Yukon's economy tourism, government services, retail trade, construction, and fur production also support the territory's economy.**

## **Haida People ( High-dah) and First Nation**

**The Haida are an indigenous people. Their homelands are the islands near coast of southern Alaska and northwest British Columbia. In Canada, there are two separate Haida communities, called Masset and Skidegate and each has its own reservation. First Nation is a common title used in Canada to describe the various societies of Indigenous peoples. Haida tribe known as a First Nation in Canada is politically independent and has its own leaderships. The two Haida First Nations communities (Masset and Skidegate) each have their own government, laws, police and other services. However, the Haidas are also Canadian citizen and must obey Canadian law. The Haida were know for their craftsmanship, apt trading skills and seamanship. Today they continue to be very engaged in the production of a robust and highly stylized art form. Haida artists are known for their fine basketry, woodcarving art and beautiful ornate jewelry. Spectacular Totem Poles which the Haida are credited with the introduction of the totem poles. They are well know for crafting dugout canoes made by hollowing out cedar logs. Today's population is approximate 8,000-10,000 people.**

## **Canada's Government System**

**There are three major political parties - Conservative, Liberal and New Democratic**

**The government is divided into three branches.**

- 1. Executive 2. Legislature 3. Judiciary**

**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.**

**Legislature Branch - Parliament has two houses**

- 1. House of Commons with 282 members elected by the people.**
  - 2. Senate with 104 members appointed by the Governor General.**
  - 3. Judiciary Branch, the Supreme Court composed of 9 members.**
-

## **TRAVELING TO CANADA.**

### **Canadian Currency - Money in Canada**

If you're traveling to Canada, it's helpful to know a little about the money that you'll be using when there.

**Currency:** All of Canada uses the Canadian Dollar (C\$ or CAD). The Canadian dollar's value floats against that of all other major currencies.

Canadian bills or bank notes are commonly available in \$5, \$10, \$50, \$100 dollar denominations. The \$1 and \$2 dollar bills have been replaced with coins. Canadian bills are brightly colored - unlike the green and white of U.S. bills.

The bank notes made from polymer (polypropylene) introduced between 2011 - 2013-2014 converted fully to polymer banknotes. These notes are harder to copy, but counterfeiting can still occur. The notes also are supposed to last up to two and ½ times longer than paper.

Canadian coins include the <sup>\$1.00</sup> loonie, <sup>\$2.00</sup> toonie, quarter, dime and nickel. Production of the penny has been stopped.

Credit cards and debit cards are widely accepted across Canada and ATM's are easy to find in urban areas so it's not necessary to bring much cash. Having some cash on hand when you arrive is a good idea though for tipping or odd small purchases. Foreign currencies are easily changed into Canadian dollars exchange kiosks.

**Resources**

**Websites**

**Alberta Province**  
<http://en.wikipedia.org/wik./Alberta>

**Vancouver Visitor Center**  
[www.hellobc.com](http://www.hellobc.com)

**Tourism British Columbia**  
[www.hellobc.com](http://www.hellobc.com)

**Haida People**  
[www.bigorrrin.org/haida](http://www.bigorrrin.org/haida)

**Tourism Yukon**  
[www.touryukon.com](http://www.touryukon.com)

**First Nation**  
[www.wikipedia.org](http://www.wikipedia.org)

**Victoria Visitors Center**  
812 Wharf St.  
Victoria, BC  
[www.canadawanderer.com](http://www.canadawanderer.com)

**Butchart Gardens**  
[www.butchartgardens.com](http://www.butchartgardens.com)


**Plan a Trip to BC**  
[www.hellobc.com](http://www.hellobc.com)

**BC History**  
[en.wikipedia.org/wiki/British Columbia](http://en.wikipedia.org/wiki/British_Columbia)  
**Canada's Government System**

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# A History of Maple Syrup

 No one is really sure just how long people have been practicing the art and science of making this wonderful product from the sap of a tree. However, there are two basic schools of thought about the origin of maple syrup.

The first group identifies with Native American legend and lore that maple syrup and maple sugar was being made before recorded history. Native Americans were the first to discover 'sinzibuckwud', the Algonquin (a Native American tribe) word for maple syrup, meaning literally 'drawn from wood'.

The Native Americans were the first to recognize the sap as a source of energy and nutrition. They would use their tomahawks to make V-shaped incisions in the trees. Then, they would insert reeds or concave pieces of bark to run the sap into buckets made from birch bark. Due to the lack of proper equipment, the sap was slightly concentrated either by throwing hot stones in the bucket, or by leaving it overnight and disposing with the layer of ice out which had formed on top. It was drunk as a sweet drink or used in cooking. It is possible that maple-cured bacon began with this process.

Before the advent of Europeans, the Natives used clay pots to boil maple sap over simple fires protected only by a roof of tree branches. This was the first version of the sugar shack. Over the years, this evolved to the point where the sugar shack is not only a place where maple syrup is produced, but also a gathering place where a traditional meal can be enjoyed.

However, some historians maintain that the Natives did not have the technology or tools to perform the necessary boiling of sap to make either product let alone both.



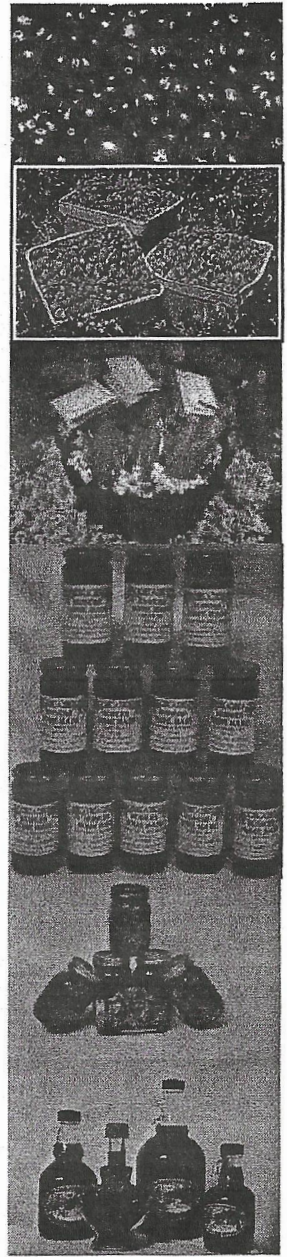
The first white settlers and fur traders introduced wooden buckets to the process, as well as iron and copper kettles. In the early days of colonization, it was the Natives who showed French settlers how to tap the trunk of a tree at the outset of spring, harvest the sap and boil it to evaporate some of the water. This custom quickly became an integral part of colony life and during the 17th and 18th centuries, syrup was a major source of high quality pure sugar. Later, however, they would learn to bore holes in the trees and hang their buckets on home-made spouts.

Maple Sugar production was especially important due to the fact that other types of sugar were hard to find and expensive. It was as common on the table as salt is today.

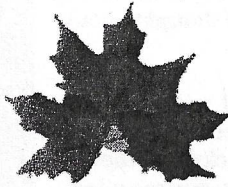
Even if production methods have been streamlined since colonial days, they remain basically the same. The sap must first be collected and distilled carefully so that you get the same totally natural, totally pure syrup without any chemical agents or preservatives.

Early maple syrup was made by boiling 40 gallons of sap over an open fire until you had one gallon of syrup. This was both time consuming and labor intensive, especially considering that the sap needed to be hauled to the fire in the first place.

The process underwent little change over the first two hundred years of recorded maple making. However, during the Civil War, the tin can was



invented. The tin can was made of sheet metal. It didn't take syrup makers long to realize that a large flat sheet metal pan was more efficient for boiling than a heavy rounded iron kettle which let much of the heat slide past.

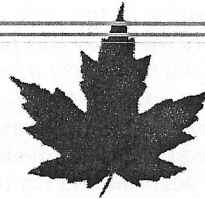


Virtually all syrup makers in the past were self sufficient dairy farmers who made syrup and sugar during the off season of the farm for their own use and for extra income. These farmers were, and continue to be, folks who look at a process and say to themselves, '*There has to be a faster, more efficient, easier way to do this.*' Then, in approximately 1864, a Canadian borrowed some design ideas from sorghum (what us northerners call molasses) evaporators and put a series of baffles in the flat pans to channel the boiling sap. The ideas continued to flow. In 1872 a Vermonter developed an evaporator with two pans and a metal arch or firebox which greatly decreased boiling time. Seventeen years later, in 1889, another Canadian bent the tin that formed the bottom of a pan into a series of flues which increased the heated surface area of the pan and again decreased boiling time.

For the most part technology stayed at this point for almost another century, until the 1960's, when it was no longer a self sufficient enterprise with large families as farm hands. Because syrup making is so labor intensive a farmer could no longer afford to hire the large crew it would take to gather all the buckets and haul the sap to the evaporator house. During the energy crunch of the 1970's, syrup makers responded with another surge of technological breakthroughs. Tubing systems, which had been experimented with since the early part of the century, were perfected and the sap came directly from the tree to the evaporator house. Vacuum pumps were added to the tubing systems. Pre-heaters were developed to "recycle" heat lost in the steam. Reverse-osmosis filters were developed to take a portion of water out of the sap before it was boiled. Several producers even obtained surplus desalinization machines from the U.S. Navy and used them to take a portion of water out of the sap prior to boiling. In fact, one is still in use by a producer South-East of Grand Rapids, Michigan.

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History is nothing without our learning lessons from it. Today the technological developments continue. Improvements continue in tubing. Similarly, new filtering techniques, "supercharged" preheaters, and better storage containers have been developed. Research continues on pest control and improved woodlot management.



If It's Not From The Forest, It's Not Wild!  
Mike Poulin,  
James Bay Wild Fruit

# Canadian Maple Syrup Pie

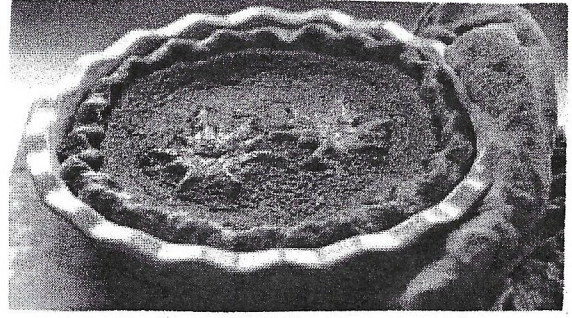
## Ingredients:

### . For the All-Butter Pie Crust:

- . 1 ¼ cup unbleached white or spelt flour
- . 1 stick (½) cold butter
- . ¼ tsp. salt
- . About 3 to 5 Tbsp. ice water

### . For the Maple Pie Filling:

- . 1 ½ cups pure maple syrup
- . 6 Tbsp. butter
- . ½ cup whipping (35%) cream
- . 1 Tbsp unbleached white flour
- ¼ tsp salt
- . 2 eggs



## Direction:

1. Cube the cold butter into small pieces and then incorporate it into the flour and salt, using a pasty blender or a food processor, until it is the size of tiny peas. Add the ice cold water, a tbsp. at a time and mix until the dough comes into a ball. Be careful not over-handle the dough which will result in a tough pie crest. Flatten the ball of dough into a disc, wrap in parchment paper or plastic wrap and let it rest in the refrigerator for about an hour.
2. In a heavy saucepan over medium heat, bring the maple syrup just to a boil. Cook the syrup at a gentle bubble, reducing the heat if necessary, for 5 minutes. Remove from heat and stir in the butter until melted. Add the cream and stir. Transfer about ½-cup of the mixture to a small bowl; whisk in the flour and salt and then whisk this back into the mixture in the saucepan. Beat the eggs in a small bowl and then whisk them into the mixture in the saucepan. Mix together briefly, until the consistency is smooth and even.
3. Roll out the pie dough and place into a 9-inch pie plate. Pour the warm filling into the pie shell. Bake in a preheated 350 degree F and place on middle rake. Bake About 50 - 60 minutes or until the center is golden brown and bubbly, and firm when lightly jiggled back and for the (it will be a bit wobbly and that's ok.)
4. Pie should be allowed to cool completely before slicing, a minimum of 1-2 hours.

Enjoy!