

# Manitoba Essentials

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**Location:** Situated in the very centre of Canada, Manitoba is bounded by Saskatchewan to the west and Ontario to the east. Nunavut Territory lies to the north, and the US states of North Dakota and Minnesota are across the southern border.

**Origin of the Name:** From words in both Cree and Ojibway that refer to the straits formed by the Lake Manitoba Narrows. The waves washing over the limestone rocks sound like the Great Spirit “Manitou.”

**License Plate:** Slogan changed to “Friendly Manitoba” from “100,000 Lakes” in 1976. The lake scene with bison graphic was added in 1997.

**Motto:** *Gloriosus et Liber*, “Glorious and Free”

**Nicknames:** The Keystone Province. Because of its position in the middle of Canada, Manitoba holds the country together like the keystone in an arch. Manitoba is also known as the Gateway to the West.

**Coat of Arms:** In 1905, King Edward VII granted Manitoba a coat of arms consisting of a shield with a bison and a cross. The original design

was augmented in 1992 by then Canadian Governor General Ramon Hnatyshyn. A gold helmet now lies above the shield, and on top of that is a beaver holding Manitoba's provincial flower (the prairie crocus). A crown caps the beaver, and a unicorn and a horse support the left and right sides. Other elements include the wheel of a Red River cart, and Aboriginal bead and bone decorations. Manitoba's diverse landscape is represented by a base of wheat, crocuses, pine and water, and is underlined by a banner bearing the provincial motto.

**Provincial Flag:** Manitoba's official flag is the Red Ensign bearing the provincial coat of arms. Given royal approval by Her Majesty Queen Elizabeth II in October 1965, the flag was officially proclaimed by the Manitoba Legislative Assembly on May 12, 1966.

**Tartan:** Registered in Scotland as the official tartan, the Manitoba Tartan received royal assent in 1962. Each colour has its own significance: dark red squares refer to Manitoba's natural resources; azure blue lines represent Lord Selkirk, founder of the Red River Settlement (Winnipeg); dark green lines highlight the province's many ethnic groups; and golden lines signify grain and other agricultural products.

**Provincial Bird:** Chosen to represent Manitoba by naturalists and school groups, the Great Gray Owl was officially adopted as the provincial bird on July 16, 1987. The Great Gray, North America's largest owl, resides throughout Manitoba year-round, from the south-eastern corner of the province, west to Riding Mountain National Park and north to the tree line.

**Provincial Flower:** The prairie crocus (*anemone patens*) was officially adopted as the floral emblem of the province in 1906. One of the first plants to pierce through the winter snow, the delicate purple flower is known as the harbinger of spring.

**Provincial Tree:** The white spruce has been used extensively by traditional and modern cultures, and is a disease-resistant evergreen found throughout the province.

**Provincial Animal:** The bison once roamed the Manitoba grasslands in the thousands. This powerful animal continues to have spiritual significance for the province's Aboriginal peoples.

**Entry into Confederation:** 1870

**Time Zone:** Central Standard Time

**Area Code:** 204

**Postal Code Span:** All postal codes in Manitoba start with the letter "R".

**Statutory Holidays:** On September 25, 2007, the Manitoba government announced the creation of a new statutory holiday, Louis Riel Day, to be held every third Monday in February. Other statutory holidays are New Year's Day, Good Friday, Victoria Day, Canada Day, Civic Holiday (the first Monday in August), Labour Day, Remembrance Day, Thanksgiving Day, Christmas Day and Boxing Day.

**Capital City:** Winnipeg

**Largest City:** Winnipeg; population 633,451. Winnipeg's census metropolitan area population is 712,700.

**System of Measurement:** Metric

**Voting Age:** 18

**Drinking Age:** 18

## Take 5 HOLLY MCNALLY'S FIVE

### ESSENTIAL READS BY MANITOBA AUTHORS

Holly McNally is co-owner of Winnipeg based McNally Robinson Booksellers, Canada's largest independent bookseller. McNally Robinson also has stores in Calgary, Saskatoon and Toronto.

1. **Laurence, Margaret.** *The Stone Angel*. Toronto: New Canadian Library, 1988. Margaret Laurence was born in Neepawa, Manitoba in 1926. She wrote five novels about the fictional town of Manawaka, a place patterned after her birthplace and its people. *The Stone Angel* is a classic, easily the most memorable and moving of the five.

2. **Shields, Carol.** *The Republic Of Love*. Toronto: Vintage Canada, 1994. Although *The Republic of Love* did not receive the acclaim of her signature novel *The Stone Diaries*, it is as good as anything the great author has written and a perfectly charming and revealing portrait of Winnipeg to boot. The novel is a valentine to the city.

3. **Boyens, Ingeborg, ed.** *Encyclopedia of Manitoba*. Winnipeg: Great Plains Publications, 2007. This weighty tome invigorates a sense of ourselves as Manitobans and by doing so defines our place in the world. Written, edited and published by Manitobans, it contains 2,000 entries and essays. This book makes one beam with pride (even if you are not included). There is much to be applauded here.

4. **Toews, Miriam.** *A Complicated Kindness*. Toronto: Vintage Canada, 2005. Winner of the Governor General's Award in 2004, this droll authentic novel captures with devastating accuracy life in a fundamentalist Mennonite town in rural Manitoba. We adore Nomi Nickel, the wry, rebellious sixteen-year-old protagonist whose refreshing narrative voice is as strong as any you will come upon. Humour and tragedy combine in a brilliant tour de force.

5. **MacDonald, Jake.** *The Houseboat Chronicles, Notes from a Life in Shield Country*. Toronto: McClelland & Stewart, 2004. Since Manitobans have been flocking to the Canadian Shield for decades, laying a moral if not legal claim to this glorious northern geography, *The Houseboat Chronicles* is an apt entry here. Jake MacDonald spent years working and exploring in Shield country. His is a "floating cottage" and his experience is not that of a summer sojourn in cottage country, but a personal and committed journey into its wild places. Beautiful writing evokes a beautiful place.

### POPULATION

Total Population: 1,193,566 (2008)

Male: 49.7 percent

Female: 50.3 percent

Rural: 28 percent

Urban: 72 percent

### POPULATION DENSITY (PEOPLE/KM<sup>2</sup>)

Manitoba 2.1

Alberta 4.6

Ontario 12.6

Nova Scotia 17.8

Toronto 3,939

New York City 10,194

### POPULATION IN PERSPECTIVE

Manitoba has more people per square kilometre than Saskatchewan, but only half the population density of Alberta. All three prairie provinces have approximately the same area. Manitoba is the fifth largest Canadian province in terms of population, and is sixth in area. That puts it virtually at the centre of everything! About two thirds of Manitoba residents are concentrated in the capital city of Winnipeg.

### IMMIGRATION AND POPULATION CHANGE

In 2007, Manitoba's population increased by more than 13,000, fueled mainly by overseas immigration. Eleven thousand people from abroad moved to Manitoba in 2007, with Filipinos representing over a quarter of the total. The province is hoping to attract 20,000 immigrants from overseas annually within the next decade. Manitoba is also currently gaining modest numbers of Canadians from other provinces, after years of losing residents to other parts of Canada. Manitoba is expected to reach the 1.2 million mark in population in 2009.

## YOU KNOW YOU'RE FROM

## MANITOBA WHEN . . .

- You switch the thermostat from heat to A/C several times in one day.
- You can swat and kill a mosquito without even looking.
- Your eyes get moist upon seeing a Jets logo.
- You've had your car broken into, stolen, or know someone who has.
- You shake your head at those who claim -20C is the end of the world as we know it.
- Someone says, "Let's go to the beach!" — and you know there is only one — and it's Grand!
- Your local Dairy Queen is closed from September through May.
- You consider it a sport to drill through 36 inches of ice and sit by the hole all day hoping food will swim by.
- Thanks to the logo on your license plate, you can still be "Friendly" when you cut someone off.
- You know all four seasons: Almost winter, winter, still winter, and construction.
- All your favourite local bands make it big and move to Toronto.
- You can be an Easterner or a Westerner depending on your mood.
- You argue the merits of boiled versus fried perogies.
- You spend summer holidays at the cottage, not the cabin.
- Any day is a good day for a slurpee from Sev (Seven Eleven).
- You measure distance in hours.
- You carry jumper cables in your car and the whole family knows how to use them.
- You design your kid's Halloween costume to fit over a snowsuit.
- Driving is better in the winter because the potholes are filled with snow.
- You call jelly-filled donuts Jambusters.
- You've been to Sals (Salisbury House) for a "nip."
- You remember the dates of major blizzards and floods.
- You know about Sunday Cruise Night . . . and have participated.
- You have no problem driving an hour to a party.
- You've been to at least one wedding social.
- You know that the mosquito is really the provincial bird.

- You get to the airport a half hour before your flight, yet the place is so empty that you still get on the plane -- with ease.
- You know of at least 10 people who have moved to Calgary.
- You know that Flin Flon is an actual place and not a made up name.
- You know exactly what to do with a sandbag.
- You aren't surprised when the weather changes from +5C to -50C within a week.
- You notice that the highest elevation point within a 16 km radius is the snow disposal site.
- You're as likely to shout "Halloween apples" as "trick-or-treat."
- You leave the shovel, scraper, mitts, etc. in your car year round.
- You call it a "bar," not a "club."
- You know how to parallel park on a snowbank.
- You brag that at least it's a DRY cold.
- You start your car every hour when you can't plug it in.
- You don't use turn signals.
- You've used your ice scraper on the INSIDE of your car window.
- You've played sponge hockey.
- You have been to Gimli and know it is not just a character in Lord of the Rings.
- Every second car you see is either a Pontiac Sunfire or a Chevy Cavalier.
- You plan your outfit in the summer according to how bad the mosquitoes are going to be.
- You see a bison and instantly think of MTS (the phone company).
- You have never had to sell or otherwise dispose of an old bicycle because every one you've ever owned has been stolen.
- You can't wait for the temperature to turn really cold so the community centre can flood the outdoor rink.
- The houses on your street have their Christmas lights hanging throughout the year.
- You know "going to the LC" means buying a bottle at the Liquor Control Commission.

**POPULATION BY AGE AND SEX (2007)**

Age	Male	Female	Total
0-14	115,565	109,610	225,175
15-64	378,450	382,885	761,335
65+	69,255	92,630	161,885

Source: Statistics Canada.

**MEDIAN AGE**

Men	36.3
Women	38.5

**LIFE EXPECTANCY**

Men	Manitoba 76.4	Canada 77.4
Women	Manitoba 81.4	Canada 82.4

**FERTILITY RATE**

On average, women in Manitoba have 1.8 children, substantially higher than the national average of 1.5.

**CRADLE TO GRAVE**

Births (2007)	14,200
Deaths (2007)	10,355

**Did you know...**

that during WWI, soldier Harry Colebourne bought a black bear cub as a mascot for his regiment and named it "Winnipeg" after his home town? He later donated the cub to the London Zoo, and when British author A.A. Milne visited the zoo with his son Christopher Robin, the bear became the inspiration for the famous stories.

**Take 5 TOP FIVE MOST POPULOUS CITIES**

1. **Winnipeg** (633,451)
2. **Brandon** (41,511)
3. **Thompson** (13,446)
4. **Portage La Prairie** (12,728)
5. **Steinbach** (11,066)

**ON A TYPICAL DAY IN MANITOBA . . .**

- 39 children are born
- 28 people die
- 16 marriages take place
- 6 people divorce

Source: Statistics Canada.

**MARRIAGE**

- Number of marriages: 5,746
- Rate of marriage in Manitoba: 4.9 (per 1,000 population)
- Marriage rate in Nunavut, Canada's lowest: 2.3
- Marriage rate in Prince Edward Island, Canada's highest: 6.0
- National marriage rate: 4.7
- Average age of groom at first marriage: 29.1
- Average age of bride at first marriage: 26.9

Source: Statistics Canada.

**D-I-V-O-R-C-E**

- The divorce rate (per 100 marriages) in Manitoba: 30.2
- The divorce rate in Quebec, the highest: 49.7
- The divorce rate in Prince Edward Island, the lowest: 27.3
- The divorce rate nationally: 38.3

Source: Statistics Canada.

## Take 5 TOP FIVE LANGUAGES SPOKEN

1. **English**
2. **German**
3. **French**
4. **Tagalog** (Pilipino, Filipino)
5. **Ukrainian**

### FAMILY STRUCTURE

- Number of all families (married and common law, single parent): 312,805
- Percentage of families with children: 61.8 percent
- Percentage of families without children: 38.2 percent
- Single parent (male): 3.3 percent
- Single parent (female): 13.7 percent

Source: Statistics Canada.

### RELIGIOUS AFFILIATION (PERCENT)

- Protestant: 42.4
- Catholic: 28.9
- Other Christian: 4
- Christian Orthodox: 1.4
- Jewish: 1.2
- Other religions: 2.3
- None: 18.4

Source: Statistics Canada.

### LANGUAGE

- Manitoba residents who speak more than one language: 211,400
- English and French: 103,525
- English and a non-official language: 14,875
- French and a non-official language: 110
- English, French and a non-official language: 105

Source: Statistics Canada.

### FULL-TIME STUDENTS ENROLLED (2006)

- Universities: 36,126
- Colleges (Provincial): 10,001
- Other colleges: 2,847
- Public schools: 186,668
- Private or independent schools: 14,329
- Home schooling: 1,167
- Band operated: 17,718

Source: Government of Manitoba.

### HIGHER EDUCATION

Manitoba has four universities: the University of Manitoba, the University of Winnipeg, Brandon University and the Collège universitaire de St. Boniface (CUSB). All four offer internationally-recognized Bachelor's and Master's degrees, and the University of Manitoba confers Doctoral degrees.

Founded in 1877, the University of Manitoba is the oldest university in western Canada. With an enrolment of 20,000 full-time and 15,000 part-time students, the campus is sometimes playfully called Manitoba's third largest city. The institution boasts a stellar international reputation in areas such as AIDs research and engineering, and received almost \$155 million in research funding in 2006/07. Manitoba's only French-language post-secondary institution, CUSB, is affiliated with the University of Manitoba.

The University of Winnipeg is located downtown and is primarily an undergraduate university with a strong emphasis on the social sciences. More than 6,000 students attend full-time, and 5,000 part-time. The school received its charter in 1967; it evolved from United College, which had been formed in 1938 from the union of Manitoba and Wesley Colleges.

Brandon University enrolls 3,200 full-time and part-time students, and is well-known for its music program. Its origins date to 1899 when it was founded as a Baptist institution.

## Take 5 SAMI JO SMALL'S FIVE FAVOURITE MANITOBA OUTDOOR SPORTS MEMORIES

Growing up on Winnipeg's outdoor rinks, Sami Jo Small honed the skills that would take her to the Olympics three times, twice as goalie for Canada's Gold Medal women's hockey team. After earning her chops in boys' minor hockey with the St. Vital Victorias and Winnipeg Warriors, she played on Stanford University's men's team while earning her mechanical engineering degree. She is currently training hard for the 2010 Olympics in Vancouver.

- 1. Tobogganing in racing sleds down the courses at St. Vital Park.** I loved going down, but always hated having to walk back up the slide. We used to walk in our giant snowsuits over to the park from my house, as if we were on an expedition around the world.
- 2. Skating on the outdoor rinks in St. Vital.** (Norberry, Windsor, Glenlee, Greendell, Glenwood and Dakota). After skating all day, I'd feel my eyelashes freezing shut. I knew it was time to go in to warm up when I could no longer feel my feet. I felt so free on the outdoor rinks, hearing the ice crackle beneath my skates and imagining my dreams play out on the ice.
- 3. Running my loop around St. Vital Park.** Because summers were so hot, I'd run in shaded areas to avoid the glaring sun. Meanwhile, in winter, my friends and I used to hammer nails through our running shoes to get some traction on the icy roads. The sidewalks were seldom paved, so we'd run right down the tire tracks in the middle of the road.
- 4. Playing street hockey with all the local boys in the neighborhood.** We'd race home from school so we could grab our sticks and start playing. I mostly played in net, and made most of my own equipment, including a goalie mask I fabricated out of chicken wire, cardboard and duct tape.
- 5. Track and Field Meets at the University of Manitoba Stadium.** Many a sunburn happened at these all-day meets pitting competitors from all over the province against one another.

The provincial government is hoping to increase enrollment at its community colleges, the largest of which, Red River College, has just over 7,000 full-time students. Another 7,000 students are spread out between Assiniboine College, University College of the North (formerly Keewatin College) and École technique et professionnelle, part of CUSB.

### HEALTH CARE PROFESSIONALS

Physicians	2,125
Dentists	610
Nurses	14,510
Pharmacists	1,152

### NEWS OF THE DAY

The *Winnipeg Free Press* and *Winnipeg Sun* are daily papers sold across the province. The other dailies are the *Brandon Sun*, the *Portage la Prairie Daily Graphic* and the *Flin Flon Daily Reminder*. Several municipalities have their own weekly newspapers, and Canstar publishes five Winnipeg neighbourhood weeklies as well as *Uptown*, the city's weekly arts and entertainment guide. Many ethnic and language groups have their own papers, including the Francophone community's *La Liberté*.

## Web links

### Unforgettable Manitoba

[www.travelmanitoba.com](http://www.travelmanitoba.com)

The official gateway to all things Manitoban, this user-friendly website is jam packed with information, trivia and ideas for exploring.

### Manitoba in Photos

[www.manitobaphotos.com](http://www.manitobaphotos.com)

This private collection is a visual showcase of Manitoba, from its landmarks to its quiet beauty, from its culture to its people.