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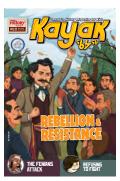
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CONTENTS

COVER STORY

Yay Team!

The story of Canadian sports

6

All-Time Greats

The very best at their game

12

Basketball's Best

Nobody beats the Grads!

20

Wildfire

What Tom Longboat couldn't outrun

24

Psst! These symbols spell
"Kayak" in Inuktitut. —



THERE'S

more!

16 History Mystery

18 YourStory

30 Backyard History

33 Bubbleology

34 Answers

From-the-editor



Whether you love to play a sport, prefer to watch, or don't think you're interested, we promise you'll enjoy this issue of *Kayak*. It's all about Canada's favourite sports and the people who play them.

Some of those people train and play for the love of their sport — they don't earn their living doing it. They are called amateurs.

People who get paid to play are called professionals. For instance, someone who competes

in the Paralympics or the North American Indigenous Games is an amateur. Someone who plays for the Vancouver Canucks or Toronto Blue Jays is a professional.

But sports aren't just for serious athletes. There are lots of ways ordinary people can stay active and have fun — swimming and biking in summer, cross-country skiing and skating in winter. So read up on sports, but don't spend too much time sitting still. We hope this issue will also inspire you to go outside or to the pool, gym, community centre or wherever, and get moving!

nancy

SPONSORS





UPFRONT

LET'S PLAY

ODDS AND ENDS
FROM OUR
SPORTY PAST

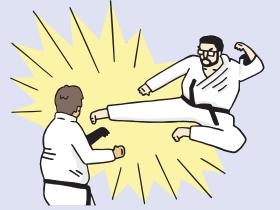


CANADIAN PLAYER ARTHUR IRWIN
INVENTED THE MODERN BASEBALL
GLOVE IN 1885 BECAUSE HE DIDN'T
WANT TO MISS A GAME AFTER HE
BROKE TWO FINGERS.

At the 1962 Grey Cup
in Toronto, the fog got
so thick the game had
to be finished the next
day. It's still known
(surprise, surprise)
as the Fog Bowl.

GOLFER SANDRA POST
WAS THE FIRST CANADIAN,
AND THE YOUNGEST
WOMAN, TO WIN THE LPGA*
CHAMPIONSHIP IN 1968.





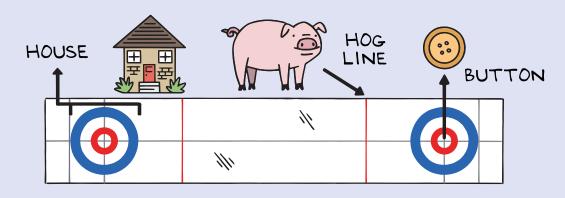
1954 The year of the first karate competition in Canada, organized by Masami Tsuruoka.

1,120,000

THE NUMBER OF CANADIAN
KIDS WHO PARTICIPATE
IN SWIMMING, THE MOST
POPULAR ORGANIZED SPORT

767,000

THE NUMBER WHO PLAY SOCCER



To make a good shot in curling, slide out of the hack, give the rock an in-turn or out-turn, and make sure the sweepers hurry hard so your rock will cross the hog line, get into the house and land on the button.

CRAZY CANUCKS

THE NICKNAME
FOR CANADA'S
MEN'S SKI
TEAM IN THE
MID-1970S AND
EARLY 1980S





MONTREAL POLICE OFFICER AND STRONGMAN LOUIS CYR ONCE LIFTED 250 KILOGRAMS WITH ONE FINGER.

KAYAK DEC 2017

Canada's favourite sports go back a long way

CURLING >>>

In 1759, Scottish soldiers melted some cannonballs to make curling "stones" for a match in Quebec City. Formed in 1807, the Montreal Curling Club was the first of its kind outside Scotland. More than 710,000 Canadians curl every year, which might just make it our country's most popular organized sport.





The first Canadian cricket clubs formed in Toronto in 1827 and St. John's in 1828 after British soldiers brought it with them. Canada beat the U.S. in 1844 in the world's first international cricket match. In 1867, Sir John A. Macdonald declared cricket Canada's first national sport.



1869 Canadian lacrosse champions from the Mohawk community of Kahnawake, Que.

LACROSSE **≅**

Canada's official summer sport comes from a common First Nations game known by the Anishinaabe as *bagaa'atowe*, and as *tewaarathon* by the Kanien'kehá:ka. (French priests named it lacrosse in the 1630s.) Games were often used to train warriors, and could involve hundreds of players on a field as long as a kilometre. Non-Indigenous people picked up on the fast, exciting sport in the mid-1800s. William Beers, a Montreal dentist, wrote down rules for the first time in September, 1860.





SOCCER >>>

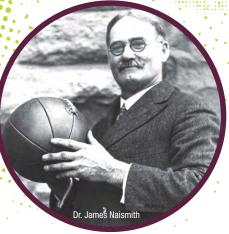
More commonly called football in its early life, soccer was considered unladylike from the first days of organized play in the 1870s until well into the 1950s. In 1904, the Canadian men's team won gold in its first-ever Olympics.



Ontario's Galt Football Club, formed around 1881, won the 1904 Olympic tournament

(((BASKETBALL

Dr. James Naismith of Almonte, Ont., needed a new game that could be played indoors by the gym class he was teaching in Massachusetts in 1891. So he nailed a peach basket to a pole about three metres off the ground, and basketball was born. On Nov. 1, 1946, the New York Knickerbockers and the Toronto Huskies played the first game of what would become the NBA, then the Basketball Association of America, in Toronto.



BASEBALL >>>

Many people — well, many Canadians — insist that the first ever game of baseball was played in Beachville, Ont., in 1838, seven years before the first recorded game in the U.S. The sport grew out of the English game of rounders, which has posts instead of bases, and whose players use their bare hands.



FOOTBALL >>>

It was Canadians who introduced Americans to this sport when players from Montreal's McGill University played a variation of rugby against Harvard University in 1874. The games developed a bit differently, with Canadians still playing on a bigger field under our own rules. The biggest prize in Canadian football, the Grey Cup, was donated by Earl Grey, the Governor General, in 1909.

The Grey Cup, awarded every year to the best team in the Canadian Football League



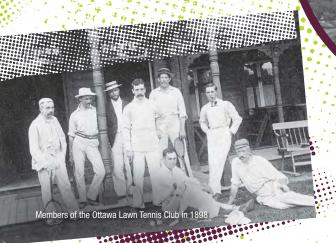
Lots of places in Canada claim to be the birthplace of hockey, but we don't know for sure where or how it started. The first organized game took place in Montreal in 1875. The name for the sport probably came from *hoquet*, the French word for a shepherd's tall, hooked stick Hockey is Canada's official winter sport. The National Hockey League celebrates its 100th anniversary in 2017. The NHL was founded on Nov. 26, 1917, and the first official games were played on Dec. 19.

The amazing Maurice "The Rocket" Richard played for the Montreal Canadiens in the 1940s and 1950s.

Saskatchewan's Hayley Wickenheiser is one of the greatest players ever in women's hockey

> Goalie Patrick Roy hoists the Stanley Cup after the Montreal Canadiens' victory in 1986. The Canadiens have won the cup 24 times, more than any other team.







Although tennis has been played in Europe for more than 500 years, it didn't become popular in Canada until the mid-1800s. The Canadian Lawn Tennis Association formed in 1890 and held the first national championships in Toronto the same year.

Golfing in the 1950s

RUGBY >>>

Although it was introduced in eastern Canada first, rugby really took off in Vancouver, partly due to the milder weather. The first organized game happened in Montreal in 1865 between British military men and students from McGill University.



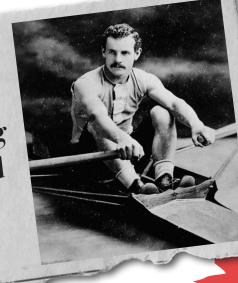
GREAT MOMENTS CANADIAN SPORTS

Whether achieved by a team or one person, these thrilling victories are some of the greatest from our past

November, 1880

Ned Hanlan becomes Canada's first sporting champion of the world

Beats Australian oarsman to take race on London's Thames River





September, 1972

CANADA **BEATS** RUSSIA!!!

Paul Henderson scores winning goal with 1 minute left; Canada takes Summit Series



October, 1993

BLUE JAYS REPEAT AS WORLD SERIES CHAMPS

Joe Carter slams home run in bottom of ninth



April, 1968

World Champ... Again!

Nancy Greene repeats as World Cup winner after taking Olympic gold



April, 2003

Mike Weir wins Masters **Tourney**

Earns famous green jacket after one-hole playoff

September, 1954

16-year-old girl conquers Lake Ontario!

Marilyn Bell first to perform amazing swim





ALL-TIME GREATS

Take a look back in our history and you'll find plenty of outstanding athletes. These particular stars all brought something extra-special to their sports.

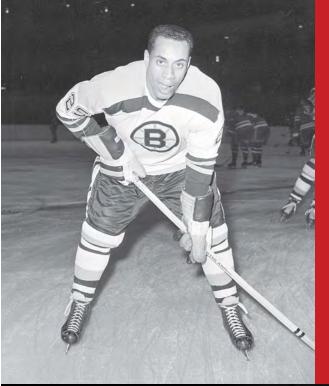


CHANTAL PETITCLERC (BORN 1969)

SAINT-MARC-DES-CARRIÈRES, QUE.

When an accident at age 13 left her paraplegic — unable to use her legs — Petitclerc started swimming to keep fit and get stronger. At 17, she discovered wheelchair racing, the sport where she would excel. Petitclerc won five gold medals and broke three world records at the 2004 Paralympics in Greece, and repeated that astonishing feat at the 2008 Paralympics in China. In total, she won 21 medals at five Paralympic Games. She still holds the world records in the 200- and 400-metre events. In 2016, she was named to the Canadian Senate.





WILLIE O'REE (BORN 1935)

FREDERICTON, N.B.

It was known as the colour barrier — a sort of unofficial, unwritten agreement among owners of professional sports teams that only white athletes should be allowed to play. (The amazing Jackie Robinson broke baseball's colour barrier in 1946 when he played a season with the Montreal Royals, the Brooklyn Dodgers' minor league team.) It took more than a decade for the same thing to happen in the NHL. The player was Willie O'Ree, a speedy skater who had played all over New Brunswick, Quebec and Ontario before the Boston Bruins put him on the ice in 1958. He retired from the game in the late 1970s.

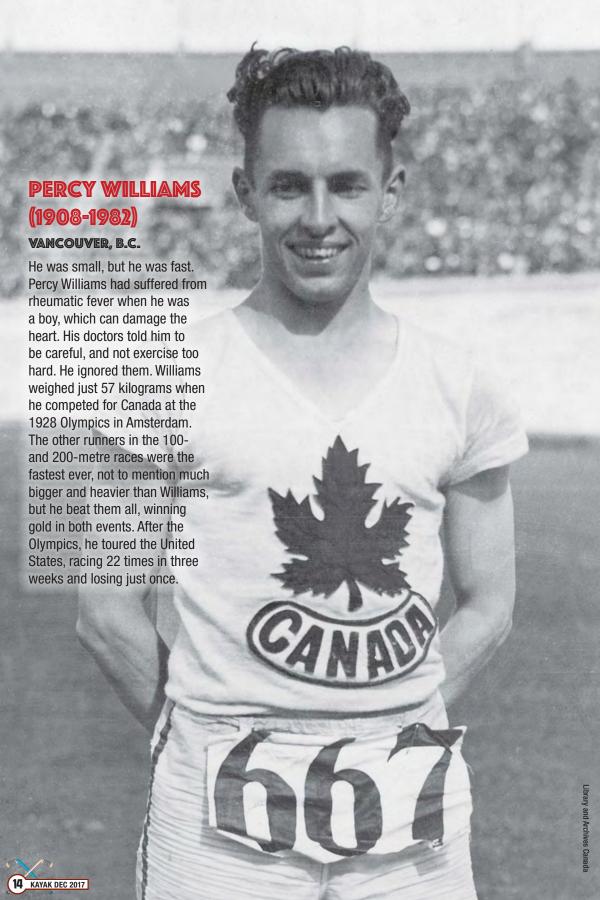
BOBBIE ROSENFELD

[1904-1969]

EKATERINOSLAV, RUSSIA

Although her real name was Fanny, this athlete was known by everyone as Bobbie because of her bobbed (cut short) hair. She was great at pretty much every sport she tried: hockey, tennis, basketball, softball and especially track and field. At the 1925 Ontario women's championships, she won five events and placed second in two more. In 1928 Rosenfeld was part of The Matchless Six, the first group of Canadian women to compete in the Olympics. There was a tight finish in the 100-metre race between her and an American. Some judges insisted the American broke the tape illegally, but eventually decided Rosenfeld would have to settle for second place. When teammate Jean Thompson hurt herself before the 800-metre race, Rosenfeld was added even though she hadn't trained for it. She ran beside Thompson to encourage her. Thompson finished fourth; Rosenfeld was fifth. With Rosenfeld as the first runner, the Canadian women won gold and set a new world record in the 400-metre relay race. She later became a sports journalist and in 1949 was named Canadian Woman Athlete for the Half-Century.





LIONEL CONACHER (1902-1954)

TORONTO, ONT.

The term "all-around athlete" barely begins to describe Conacher. In high school, he was unbelievably good at everything he played: lacrosse, track and field, hockey, baseball, boxing, football and wrestling. He went on to become the Canadian light-heavyweight boxing champion in 1920, the first time he'd entered a non-school boxing competition. In 1921, he played on the Grey Cupwinning Toronto Argonauts, leading them to a 23-0 win. (He left the game early to play in a hockey game the same night.) In 1922, his team won the Ontario lacrosse championship. In 1925 he turned to pro hockey, playing for several NHL teams over the years. Conacher is a member of — wait for it — three Canadian sports halls of fame for lacrosse, football and hockey. Big, brawny and not afraid to brawl, he earned one of the best nicknames in sports, "The Big Train."



Wikipedia, CP Images

CLARA HUGHES (BORN 1972)

WINNIPEG, MAN.

It's great to have something you love to do outside in both winter and summer — just ask Clara Hughes. Okay, maybe she takes it to extremes. Hughes is a champion speed skater and a champion cyclist. She is the only person ever to win more than one medal at both the summer and winter Olympic Games. She has won medals in the world championships of both events. Hughes helps other people by volunteering for sports charities and talking openly about the hard times she has had with her mental health, especially depression.

KAYAK DEC 2017 15

UNITY THROUGH SPORT*

The Canada Games turn 50 years old this year. The first were held in Quebec City in 1967 to celebrate Canada's 100th birthday. The competition is held every two years, taking turns between summer and winter sports. More than 4,000 athletes took part in this year's Summer Games in Winnipeg. The next Winter Games happen in Red Deer, Alta., in 2019. Young amateur athletes represent their province or territory. Can you tell which of the sports on these pages are actually part of the Canada Games?

BIATHON

In this unusual sport, competitors ski hard on a cross-country trail that's usually between about six and 12 kilometres long. Along the way, they stop to shoot at targets, then start skiing again.



DISCUS AND PARA DISCUS

Take a round disc weighing between one and two kilograms. Chuck it as far as you can. Now imagine what it would take to throw it more than 45 metres, like the world's top para discus athletes.

*The motto of the Canada Games



IFG KTCK

This traditional Inuit sport makes something very hard look very easy. Competitors throw their arms forward while they jump as high as they can and kick for a hanging target.



OPEN WATER SWIMMING

So you think you're a good swimmer? Try covering five kilometres . . . in a lake! That's 200 lengths of a typical 25-metre pool, plus waves.



This sport was born after the Second World War, when many soldiers came home unable to walk. It is fast and tough. Wheelchair basketball has been part of the Canada Games since 1995.





Host cities hold a festival of the arts as part of the Canada Games. Depending on the location, visitors can catch music, Indigenous events, crafts, dancing, art displays and more from all across the country.

Answer on page 34

Get Moving

You don't have to play on a sports team to be active and have fun

ParticipACTION

This program started in the early 1970s with the goal of helping Canadians get more exercise. Its big breakthrough came with an ad that said the average 30-year-old Canadian man was about as fit as a Swedish man twice his age.





What might make it hard for someone to be involved in sports?

What could they do instead to get exercise and stay healthy?

Commons, Istockpho



Canada Fitness Awards

There were five levels in this program, which ran from 1970 to 1992 in schools all over Canada. A plastic pin was the lowest; the prized Award of Excellence was the highest, with bronze, silver and gold award badges in between. As part of the program, students ran, jumped, did sit-ups and hung from a bar by their hands. (Ask anyone over 40 what they remember about the awards.)

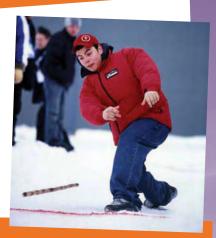




ParticipACTION is still around, and it says kids your age should get moving for about 60 minutes a day. So dance, hike, snowshoe, skate, ride your bike or do whatever you enjoy! ParticipACTION also says it's smart to spend no more than two hours a day sitting in front of a screen.

Snow Fun

The Dene of northern Canada have several games to pass the winter. In snowsnake, participants see who can throw a spear-like stick the farthest over packed snow. It's much the same skill used by hunters to spear caribou that were lying on the snow. Another game, pole push, is like tug-of-war but in reverse — you're trying to push the other team out of a circle. There are indoor challenges, too, like finger pull, where seated players lock middle fingers and pull, *hard*.



In the past, kids stayed fit without really trying. That's because they had lots of chores to do, like bringing cattle in from the field or helping in the garden. What chores do you have that keep you active? Walking the dog, stacking firewood, shovelling snow — they help in more ways than one!



BASKETBALL'S BEST

Illustrated by Stephane Boutain • Written by Valerie Drake

EDMONTON, 1923

Charlie's face was bright red, and beads of sweat were rolling from his eyebrows to his chin, but he didn't seem to notice. He stared at the gym's scoreboard. "I still can't believe it," he muttered, mostly to himself. "How did we get beaten by a bunch of girls?"

His teammates just shook their heads. They couldn't believe it either.

"What a pack of ninnies!" said a girl's voice. Charlie's younger sister tossed a towel at her brother. "Did you really think you could win? Nobody beats the Edmonton Grads!"

Louise grabbed a basketball from under a player's arm and dribbled it down the court. She jumped for a layup but bounced the ball off the backboard and onto the court, where a smiling young woman in a skirt and blouse picked it up.

"You were close," the woman said.
"You just need to relax a bit. Don't shoot it quite so hard." In the blink

of an eye, she expertly dribbled up to the net, jumped and with a soft flick of her wrist, the ball obediently dropped through the net.

"Can you teach me that?" Louise asked eagerly. "I'd give anything to play with you, Daisy!"

The woman grinned. "Keep practising, and in a few years, you'll be old enough to try out. But you'll have to work hard. Not just anyone makes it onto the Edmonton Grads! Right, ladies?"

Daisy Johnson turned to her teammates, who were chatting and laughing as they left the change room. "Right!" several of them said.

Eleanor Mountifield stopped and pretended to be very serious as she laid a hand on Louise's head. "You don't have to be the tallest or the fastest or the strongest basketball player to be on the Grads, but you do have to be the hardest-working."

She winked. "Otherwise, you might end up like these chumps." She jerked





her thumb toward the young men's team as they started to head for the showers. Eleanor lowered her head to Louise's ear. "Nice guys, I'm sure, but they need to learn a thing or two about basketball, wouldn't you say?"

Louise erupted into a fit of giggles as the young women walked away. "Good luck in your big game," she called, waving as hard as she could. "Beat those Americans for us!"

Daisy and her teammates waved and cheered as they left the gym. "Do you think we can beat Cleveland?" Connie Smith asked.

"Of course we can!" replied Daisy.

"Just because they're from the States doesn't mean they're any better than us. We've got a pretty good winning streak going. All we have to do is keep it that way 'til the end of the

weekend and we'll be the North American champs."

"The first-ever winners of the Underwood Challenge Trophy for girls' basketball!" yelled Eleanor.

"Keep it down, Mountifield," said Daisy firmly but gently. "No gloating; no unsportsmanlike behaviour. Remember what Coach Page says? 'Ladies first; basketball players second.'"

"Well, that's not as important as the other thing he likes to say," Eleanor retorted. The whole team chimed in. "You must play basketball, think basketball and dream basketball."

A pleasant-looking man in a tie and cream-coloured sweater who'd been waiting near the door smiled at them. "Glad to hear you remember, ladies. All our practising will pay off when we beat Cleveland."



JUNE 12, 1923

"I think we found the last two seats!" Louise plunked down into the bleachers at the Edmonton Arena and patted the spot beside her for Charlie.

"I don't even know why we came," said Charlie. "The Grads won the first game, and we both know they'll win tonight, too." He grinned. "Although I have to say, they play pretty terrific basketball."

Louise grimaced. "Well, I want to see it for myself. Imagine, Cleveland showing up in shorts that say World Champs before they'd even played the game!" The whistle blew and right away the Edmonton players took off down the court, running and passing with all the precision they'd learned in hours and hours of practice. And there it was — their first basket!

Louise leaped out of her seat.

"Go Grads! Show Cleveland who
the world champions really are!"
As Daisy dribbled the ball down
the court, she grinned and waved.
Louise waved back, then turned
to her brother. "Did you see that?
It's like I said." Charlie chimed
in with her "Nobody beats the
Edmonton Grads!" K

e imagined Louise and Charlie, but Daisy, Eleanor and Connie were all real basketball players for the amazing Edmonton Grads. In 1914, Percy Page was a teacher at MacDougall Commercial High School in Edmonton. When the other coach took on the boys' basketball team,

Page said he'd coach the girls. They won the provincial championship in 1915. The team was so good, and they were having so much fun, that they decided to stay together after

they finished high school, calling themselves the Edmonton Commercial Graduates, which was soon shortened to the Edmonton Grads. Although there's some disagreement about exactly how many games they played and won between 1915 and 1940, their record is one of the best in the history of sports. That's the history of *all* sports for *all* teams in the entire world. After beating

the Cleveland Favorite-Knits (sponsored by the sporting goods company Favorite-Knit Mills) in 1923, they won the Underwood Trophy every year until 1940. Throughout their time playing together, they won 95 percent of their games, beating seven of the nine men's teams they played. Although



women's basketball wasn't an official Olympic sport then, the Grads played in tournaments held at the time of the Olympic Games in 1924, 1928 and 1936, winning all 24 matches. About 50

young women played for the Grads over their 25 years together. The team finally gave up basketball in 1940, partly because the Royal Canadian Air Force needed their gym for training, but mostly because there was no one left for them to beat. Percy Page was named to Canada's Sports Hall of Fame in 1955. The Edmonton Grads were added in November 2017.

WILDFIRE

































































*ANOTHER CANADIAN, JACK CAFFERY, SET THE OLD RECORD IN 1901.



















































































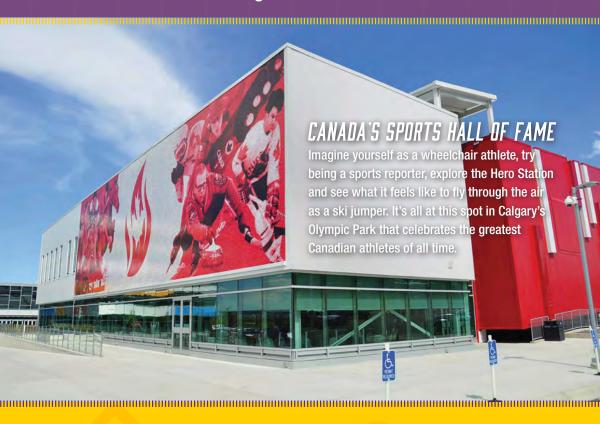
TOM LONGBOAT WAS THE GREATEST LONG-DISTANCE RUNNER IN THE WORLD IN THE YEARS BEFORE THE FIRST WORLD WAR. RUNNING WAS HUGELY POPULAR WITH THE PUBLIC, WHO CROWDED EVENTS TO SEE HIM. NEWSPAPERS PRINTED ALL KINDS OF STORIES ABOUT TOM LONGBOAT, SOME OF THEM MADE-UP, AND MANY OF THEM FILLED WITH CASUAL RACISM AND INSULTS BECAUSE HE WAS INDIGENOUS. HE GAVE UP A CAREER THAT WAS MAKING HIM LOTS OF MONEY IN ORDER TO SERVE IN THE FIRST WORLD WAR AS A DISPATCH RUNNER, A DIFFICULT AND DANGEROUS JOB WHERE HE RAN MESSAGES FROM PLACE TO PLACE. HE DIED IN 1949 BACK HOME ON THE SIX NATIONS RESERVE WHERE HE WAS BORN. IN 1979, TORONTO NAMED A STREET AFTER HIM. THERE IS ALSO A TOM LONGBOAT JUNIOR PUBLIC SCHOOL IN THE CITY. CANADA POST PUT HIM ON A STAMP IN 1999, WITH HIS RECORD-BREAKING BOSTON MARATHON TIME STAMPED ACROSS IT. HE WAS NAMED TO THE CANADIAN SPORTS HALL OF FAME IN 1955. AND IN 2008, ONTARIO DECLARED THAT FROM THEN ON, JUNE 4 WOULD BE KNOWN AS TOM LONGBOAT DAY.





HALLS FOR THE FAMOUS

All over the country, you'll find special places devoted to great Canadian athletes



MANY PROVINCES AND TERRITORIES HAVE SPORTS HALLS OF FAME FOR THEIR OWN
ATHLETES. YOU CAN VISIT THEM IN SASKATCHEWAN (REGINA). BRITISH COLUMBIA
(VANCOUVER). MANITOBA (WINNIPEG). ALBERTA (RED DEER). NEW BRUNSWICK (FREDERICTON).
NOVA SCOTIA (HALIFAX). PRINCE EDWARD ISLAND (SUMMERSIDE) AND THE YUKON
(WHITEHORSE). QUEBEC. ONTARIO. NEWFOUNDLAND AND LABRADOR AND THE NORTHWEST
TERRITORIES HAVE THEIR SPORTS HALLS OF FAME ONLINE. THERE'S ALSO A MARITIME
SPORTS HALL OF FAME IN BEDFORD. N.S. NUNAYUT DOESN'T HAVE A HALL OF FAME YETI







The HOCKEY HALL OF FAME in Toronto celebrates its 75th anniversary in 2018. Besides all the great videos and displays, you can try out your slapshot and your skills as a play-by-play announcer.



There are big plans to expand the CANADIAN BASEBALL HALL OF FAME AND MUSEUM in tiny St. Marys, Ont.

Surrounded by baseball diamonds, it tells the stories of Canadian greats and others who affected the game, from Jackie Robinson to the women who played in the All-American Girls Professional Baseball League. Bonus: Just down the hill is Canada's largest outdoor swimming pool in a former rock quarry.



The famous Glen Abbey golf course in Oakville, Ont., is home to the CANADIAN GOLF HALL OF FAME AND MUSEUM.



THERE ARE VIRTUAL HALLS OF FAME ONLINE FOR CANADIAN TENNIS. CRICKET. CURLING AND BASKETBALL LEGENDS. RUGBY CANADA CHOSE ITS FIRST HONDURFFS EARLIER THIS YEAR: IT IS BUILDING A HALL OF FAME IN LANGFORD. B.C. SOCCER CANADA HAS A HALL OF FAME ONLINE AND EXHIBITS THAT TRAVEL ALL OVER THE COUNTRY.



GAMES

First, unscramble the name of the famous person in Canadian sports. Then draw a line to match the name with his or her picture.

IILLWE EOER

IOBEBB OFRDSELNE

MSEAJ TNIAIMHS

DNE ANNLAH

HCTNAAL TCLRTPECEI

CURAEIM HDRRCIA

CYNNA EREGEN









#62

ENTER ONLINE

at Kayakmag.ca



WINNER

Thomas, 12 Ridgeway, Ont.

What was this woman thinking?

RUNNERS-UP:

"I thought yesterday was his day off" Eleanor, 11 Toronto, Ont.

"LAZIEST HUSBAND EVER!"

Eloise, 7 Winnipeg, Man.

"Cinderella, Cinderella, all I hear is Cinderella. Phew!" Kalie, 8 Aldergrove, B.C.



What was this woman thinking?

Rayarrids ILLUSTRATEP ILLUSTRATEP CHALLENGE

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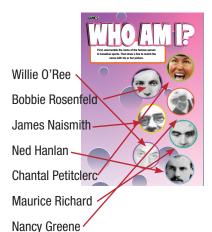
ANSWERS



HISTORY MYSTERY P. 16

The traditional Inuit sport leg kick is real, but it is not part of the Canada Games competitions. It is, however, featured in the Arctic Winter Games.

WHO AM I? P. 32





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