

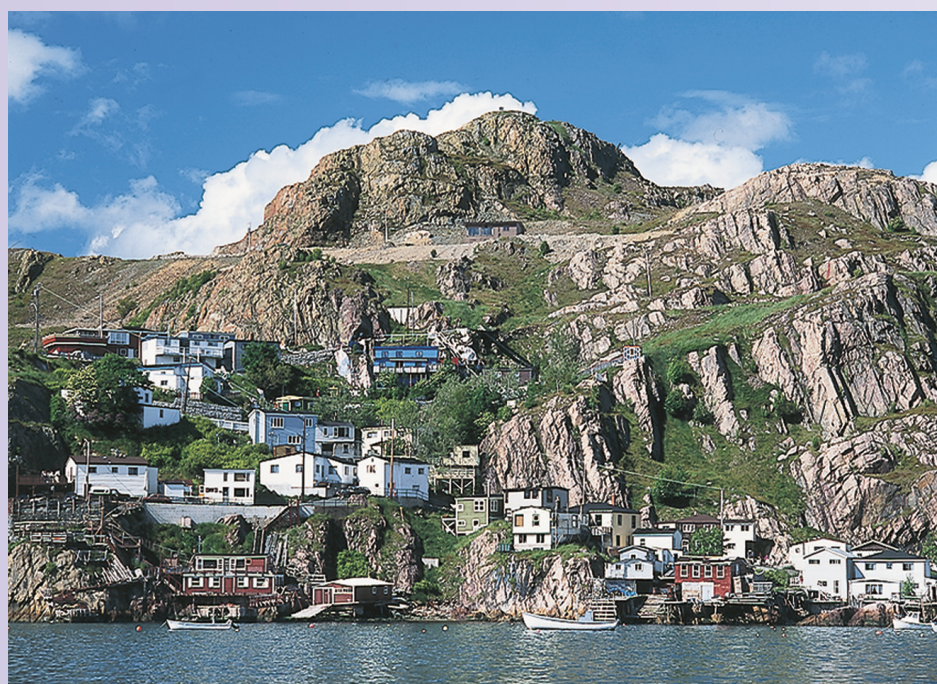
Newfoundland and Labrador

Newfoundland (*NOO fuhnd LAND*) and Labrador is one of the four Atlantic Provinces of Canada. It lies along the Atlantic Ocean in northeast Canada. The province includes the island of Newfoundland and the coast of Labrador, a part of the Canadian mainland. Labrador and the island of Newfoundland are separated by the Strait of Belle Isle. The province's official name was simply Newfoundland until 2001, when Canada's parliament changed the official name to Newfoundland and Labrador.

St. John's is the capital and largest city. It lies in a deep harbor on the southeast coast of the island of Newfoundland. St. John's is a busy port. Ships dock there to make repairs and take on supplies. Conception Bay South, on the same coast, is the second largest city. Mount Pearl is another large city.

Land. Labrador is a high, rugged plain called a plateau. The plateau is made up of very old rocks. Thick forests grow around sparkling blue lakes. The largest is Lake Melville.

On the island of Newfoundland, rocky ridges rise from forest-covered valleys. Lakes, ponds, and bogs dot the area. The coastline of



St. John's Lower Battery in Newfoundland and Labrador

Newfoundland is broken by fiords. Fiords are long arms of the sea that jut into the land. Thousands of small islands dot the coastal waters.

Resources and products. Newfoundland and Labrador is rich in natural resources. Fir and spruce forests provide timber. Most of the timber is used to make paper products in the province's factories.

Newfoundland and Labrador has some of the largest iron ore deposits in the world. The two mines in Labrador supply half of Canada's iron ore.

In the past, fishing was an important industry in the province. But too many fish were caught, and the supply of fish dropped. The government had to limit the number of fish caught. Today, no one is allowed to catch any cod. But fishing crews are allowed to catch crabs, lobsters, and scallops. Farmers in the province raise dairy cows, chickens, beef cattle, hogs, and many kinds of vegetables.

Important dates in Newfoundland and Labrador

- Prehistory** Beothuk Indians lived in what is now Newfoundland and Labrador before Europeans arrived.
- About 1000** Viking explorers from northern Europe traveled to the region and built a settlement.
- 1497** Italian explorer John Cabot traveled to an area he called "new found land." This area may have been the island of Newfoundland or Nova Scotia.
- 1583** Sir Humphrey Gilbert landed in the region and claimed it for England.
- 1662** The French established a military post at Placentia.
- 1713** The Treaty of Utrecht gave the area to Britain.
- 1729** Captain Henry Osborne became the region's first royal governor.
- 1763** France gave Labrador to Britain.
- 1855** Britain allowed Newfoundland to set up its own government. However, the area remained a part of Great Britain.
- 1949** The region became Canada's 10th province on March 31.
- 1990's** The Canadian government banned fishing for cod in waters in and around the province. Many people in the fishing industry lost their jobs.
- 2001** Canada's parliament changes the province's official name to Newfoundland and Labrador.
- 2010** Kathy Dunderdale became the province's first woman premier.

Newfoundland and Labrador in brief

Provincial capital: St. John's.

Area: 156,649 mi² (405,720 km²); the island of Newfoundland, 43,008 mi² (111,390 km²); Labrador, 113,641 mi² (294,330 km²).

Population: 514,536 (2011 census).

Entered the Dominion: March 31, 1949, the 10th province.

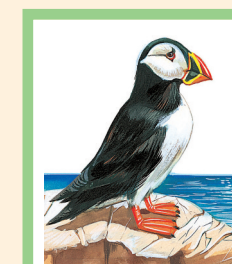
Provincial abbreviation: NL (postal).

Provincial motto: *Quaerite Prime Regnum Dei* (Seek Ye First the Kingdom of God).

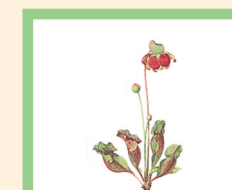
Largest cities and towns: St. John's (106,172); Conception Bay South (24,848); Mount Pearl (24,284); Corner Brook (19,886); Paradise (17,695); Grand Falls-Windsor (13,725).

Premier: Term of up to 4 years.

Members of the House of Assembly: 48; terms of up to 4 years.



Provincial bird
Atlantic puffin



Floral emblem
Pitcher plant