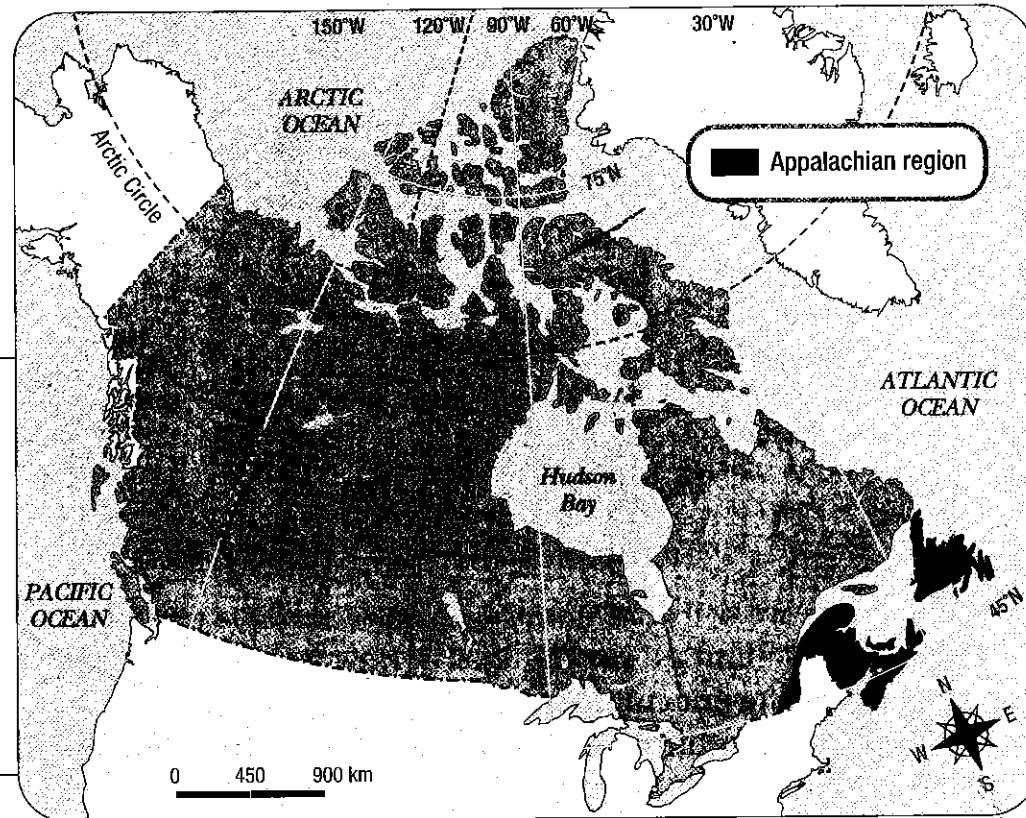


The Appalachian Region— a Land by the Sea

Predict

How are people's lives shaped by living near the sea?

The shaded area is the Appalachian region. Look back at the map of Canada on page 2. Parts of which provinces are in the Appalachian region?



People who live in the Appalachian region are never farther than 200 kilometres from the Atlantic Ocean. The ocean is central to Appalachian ways of life. For thousands of years, the Mi'kmaq (mee-gamog) and Maliseet (mal-uh-seet), two of the First Nations peoples of this region, have used the sea for travel and food. The ocean was also important to Europeans when they settled in this region.

Chapter Focus

- How does the land shape life in the Appalachian region?
- How do bodies of water shape communities?
- What challenges does climate present?
- How do natural resources shape ways of life?
- Why should we manage natural resources?

How Does the Land Shape Life in the Appalachian Region?

Landforms are natural characteristics of the landscape. They include mountains, hills, plains, and valleys. The Appalachian region is a unique region of ancient mountains and plains of rich soil.



Millions of years ago, there were high mountains in the Appalachian region. Over the years, they were worn down by water, winds, and glaciers, which are very slow-moving bodies of ice. This process of wearing down of land is called **erosion**. Today, these mountains are flat, high areas called **uplands**, or low, rounded mountains like these on Cape Breton Island. Do you think you will find farms in these rocky areas? Why?



The region has valleys and plains, which were once covered by glaciers. When the glaciers melted they left behind rich soil, like the soil on Prince Edward Island and in the Annapolis Valley in Nova Scotia. Farming communities, such as Grand Pré in the Annapolis Valley, grew because of the rich soil and flat land. In which area shown on this page do you think it would be easier to travel and create settlements? Why?



Newfoundland is the largest of the three big islands in this region. The others are Prince Edward Island and Cape Breton Island. Newfoundland's rugged beauty attracts thousands of tourists every year. This photograph shows Gros Morne National Park in Newfoundland. How do you think the landscape adds to people's quality of life?

SKILLS at Work

Preview the photographs on this page. What do you think might be important ways of life in this region? Brainstorm a list.



Pause

1. What types of jobs do you think you would find in the areas shown in these photographs?

CONNECT

Is your community located near a body of water? If yes, what kind of body of water is it? How is it important to your community, its history, and its ways of life? How does it affect your quality of life?

This is the harbour at St. John's, Newfoundland. What is it about the geography of St. John's that makes it a good place for a harbour?



How Do Bodies of Water Shape Communities?

The Atlantic Ocean is an important part of life in the Appalachian region. Many Appalachian communities developed on the coast because the ocean provides food, jobs, and a means of transportation.

Many communities are located in sheltered bays and inlets, which make good harbours. Harbours are sheltered areas that have deep water for ships to dock safely near the shore and during storms.

Symbols of Identities

Pause

1. Like lighthouses, some people have tried to save old wooden grain elevators from being torn down. Why do you think people would want to save old buildings, even when they are no longer in use? (For a photograph of grain elevators, see page 77 in Chapter 4.)

Lighthouses

Symbols may be objects that are used to stand for, or represent, places, ideas, or events. For example, the maple leaf is a symbol of Canada.

Lighthouses are a symbol of life in the Appalachian region. People built lighthouses to warn ships away from rocky shorelines at night and in heavy fog. Lighthouses represent ways of life in this region, and how people have adapted to its geography.

Recently, a lighthouse on Coffin Island in Nova Scotia was going to be torn down. When the community heard about it, they came together and saved this lighthouse.



This lighthouse is at Peggy's Cove. People all over the world visit this famous site just outside Halifax, Nova Scotia. For the community of Peggy's Cove, this lighthouse stands for a way of life. What is an important symbol in your community? Why is it important?

Living on an Island

There are three large islands in this region: Cape Breton Island, Prince Edward Island, and Newfoundland. There are also many small islands. What is it like to live on an island, especially a very small one? Lisa lives on a small island named Pictou Island in Nova Scotia. How does the island shape the lives of people on Pictou Island? How do you think it shapes their sense of community?

Kids Speak

I love living on Pictou Island. There are only 14 families living here—about 30 people in all. We're like one big family. We have parties, games, and other fun activities, and we help each other out.

My two sisters, my friend Tom, and I are the only four schoolchildren. We go to the community centre for a half day of school. We're in different grades but we share one classroom. When we're not at school, we have classes at home around the kitchen table. My dad gives us our lessons. One week every month, we go to a school on the mainland. It's fun to see what a school with more students and classrooms is like.

There is no electricity on the island, so we use a small generator to create electricity for our house. Our neighbour uses a windmill to generate electricity. There are no stores or hospitals here either. So when we have to get supplies or see a doctor, we go to the mainland. We take a ferry in the summer and a plane during the winter.

I have a pen pal who lives on the mainland. I'm allowed to use the computer at school to write e-mails to her. Here is the first e-mail I received.

This story is based on information on the Pictou Island web site.

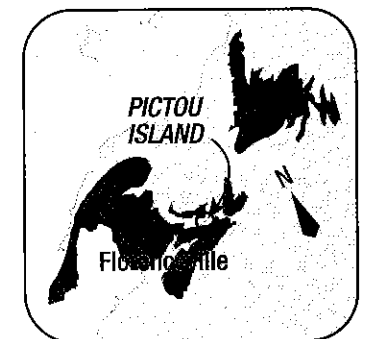
To: Lisa
Cc:
Subject: Hello from Florenceville!

My name is Marina. I live in Florenceville, in the Upper Saint John River Valley. It's really pretty around here. There is good soil and lots of forests. People around here are foresters and farmers. My school has trips to the forest every year so that we can learn about the trees and forest animals.



Lisa

Pictou Island, Nova Scotia



Pause

1. How do you think ways of life in Lisa's community compare to those in Marina's community of Florenceville?

CONNECT

If you were to canoe or hike along a coast that has tides, why would it be important for you to know when the tides are coming in?



Tides

The ocean's water rises and falls throughout the day. This is called a **tide**. When the tide is high, the water comes in and covers the shore. When the tide is low, the water lowers and exposes the shore. Tides vary in height. The highest tides in the world happen in the Bay of Fundy, between New Brunswick and Nova Scotia. The water level can rise and fall up to 16 metres, or about 4 storeys high.

Acadian Dikes

The first European settlers in the Appalachian region came from France in 1604. They became known as **Acadians**. They farmed the marshy land along the coast of the Bay of Fundy, growing vegetables, fruits, and grains.

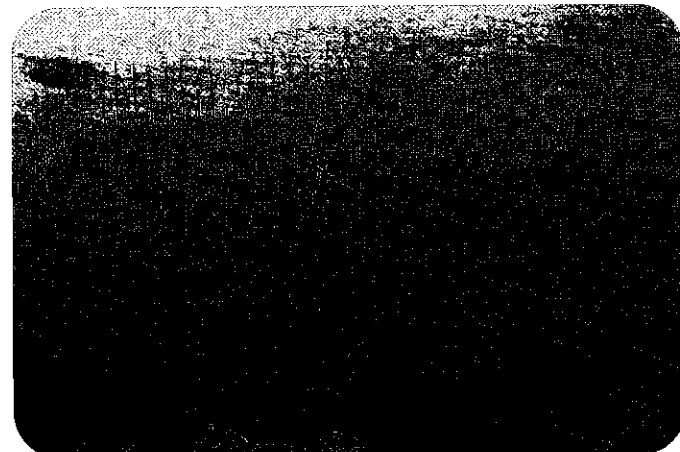
The high tides of the Bay of Fundy were a problem for the Acadian farmers. The coast flooded every time the tides came in. To keep the tides from flooding their farms, the Acadians built log dikes. **Dikes** are low walls that stop the water from coming onto the land. These dikes made it possible to farm land that would have otherwise been underwater several times a day.

Weirs

The Acadians also fished along the shores of the Bay of Fundy. One of their fishing methods was to use weirs. **Weirs** are made of netting and wood and are like underwater mazes. These mazes are covered with water when the tide comes in. When fish enter a weir, they have difficulty finding their way out. When the tide goes out, the trapped fish can be scooped out of the weirs with nets. The Mi'kmaq and Passamaquody (pass-uh-muk-kwah-dee) also used weirs made of sticks and reeds.

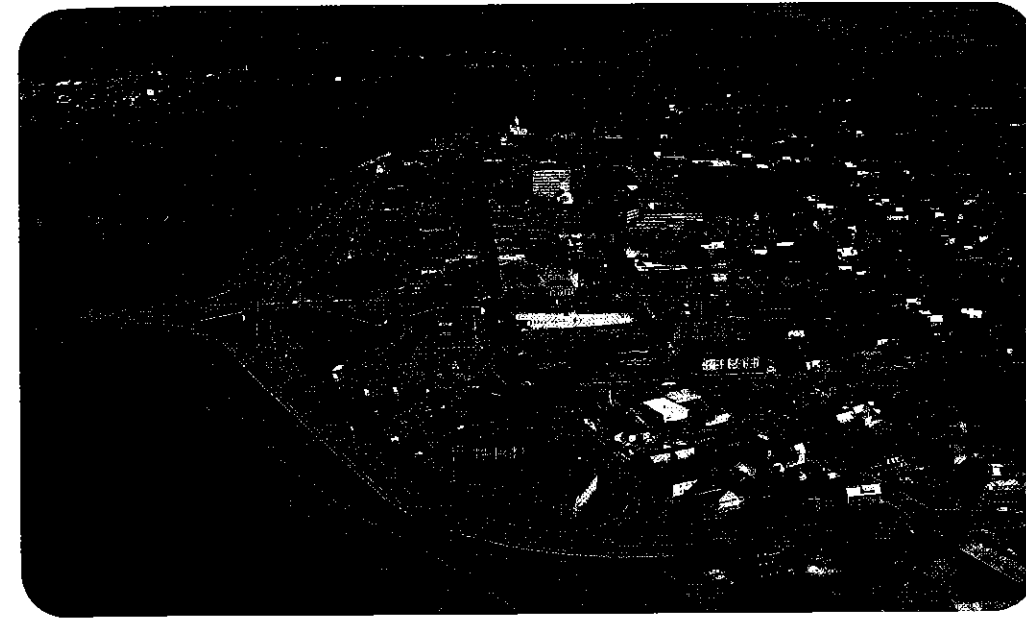


This 1979 painting is by artist Lewis Parker. It shows Acadian farmers building a dike in the early 1700s. What does this painting tell about the Acadians and how they lived? What does it tell you about community?

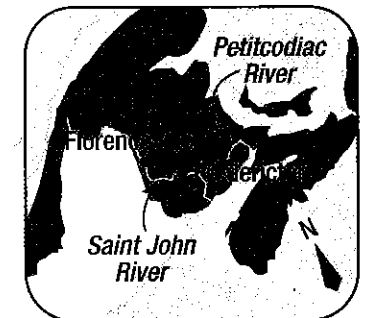


People today still use weirs to catch fish in the Bay of Fundy.

Rivers in the Appalachian Region



Many people live in cities on rivers. Fredericton is on the Saint John River. People transported lumber down the river to Fredericton from places such as Florenceville.



Rivers played a major role in the settlement of the Appalachian region. The thousands of rivers and streams in the region were important travel routes and a source of food. It has been said that there are so many rivers in New Brunswick that it is hard to imagine any place that would be easier to travel by water.

Kids Speak

66 Last summer we went for a fishing and canoe trip on the Petitcodiac River. Petitcodiac is a Mi'kmaq word meaning "bends like a bow." This river was important for the Mi'kmaq who had settlements on its shores. The current in the Petitcodiac River runs toward the ocean, but when the tides rise in the Bay of Fundy, water rushes up the river in what is called a "tidal bore." This means that during high tide the current on the Petitcodiac seems to run backwards. We were able to paddle upstream with the current when the tide came in, and then paddle back down the stream when it went out. We never had to paddle against the current. **99**



Mark
Fredericton, New Brunswick



This 1865 photograph shows a Mi'kmaq birchbark canoe in the village of Matapédia on the Gaspé Peninsula. Early European settlers found these canoes more suited to the rivers than the boats they had. The sides of the canoe curved upward to keep waves out.

People and Places



Moncton: On the Shores of the Petitcodiac River

The shores of "Chocolate River," as people sometimes call the Petitcodiac River, have been home to many people, starting with the Mi'kmaq. In 1733, Acadians settled and began to farm at the point on the Petitcodiac River where the river bends. They called their community Le Coude, meaning "the elbow." Le Coude is present-day Moncton, named after a British army commander, Robert Monkton. Moncton today is a community with different peoples. One-third of them are French-speaking or **Francophones**.

Because of its location, industries related to transportation have been important to Moncton and its residents. Its location on the shores of the Petitcodiac River gave it a thriving shipbuilding industry in the 1800s. The city also sits in the middle of the Maritime Provinces (Prince Edward Island, New Brunswick, and Nova Scotia), making it an important transportation centre.

Pause

1. If you were to create a community that supported travel and shipping of goods, where would you locate it in this region?
2. New Brunswick is the only **official bilingual** province in Canada. This means that the people of this province can live and work in either French or English. How do you think this affects the quality of life of Francophones living in this province?



Residents of Moncton enjoy the sights and sounds along the Petitcodiac River. The river has been nicknamed "Chocolate River" because of its colour. How has the river affected the city of Moncton?

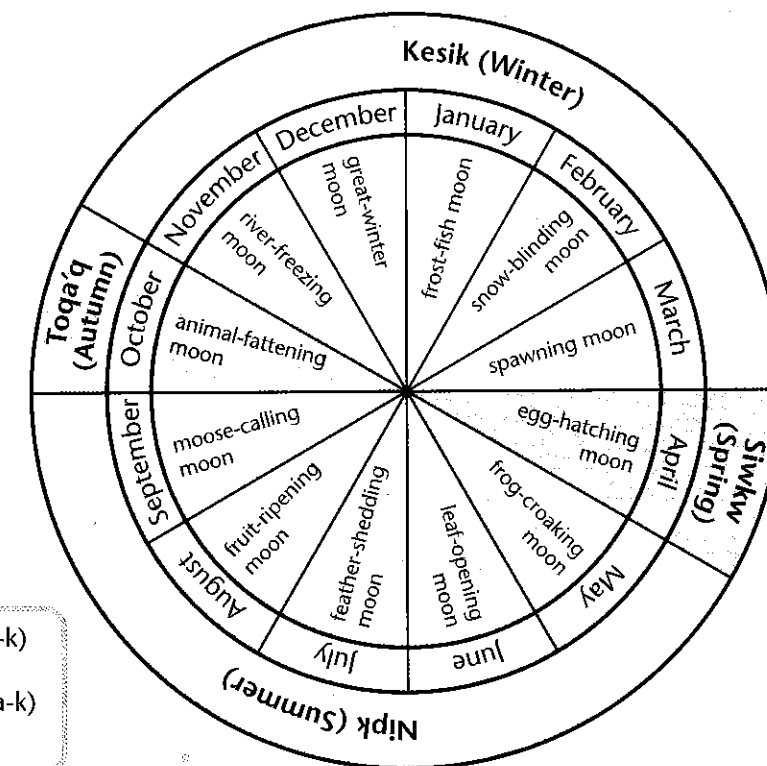
What Challenges Does Climate Present?

The climate in the Appalachian region varies a great deal. Some areas can have very cold winters and very hot summers. Other areas have **moderate temperatures**, which means that they are neither very hot nor very cold. Average temperatures in the winter can vary between -10°C and 15°C , and in the summer, between 15°C and 24°C .

The amount of precipitation varies from place to place. **Precipitation** is the moisture in the air, which can take the form of rain, fog, or snow. There can be heavy precipitation near the coasts, but lighter precipitation farther inland. Some of the foggiest parts of Canada are found in the Appalachian region. The Grand Banks, off the coast of Newfoundland, is the foggiest place on Earth.

Living with the Climate

The climate influences what activities we can do. For most people, this means that it influences what we do for recreation or what clothes we wear. However, for people who depend on the land for their living, the climate affects what they do at certain times of the year in order to live. For example, in winter, the Mi'kmaq traditionally moved inland to hunt moose and caribou. In summer, they moved to the coast to catch fish and birds for food.



Siwkw (see-oo-k)
Nipk (neep-k)
Toqa'q (doe-ka-k)
Kesik (giz-eek)

This is a traditional Mi'kmaq calendar. What do the Mi'kmaq names of the months tell us about what is happening in nature throughout the year? From these names, what activities might the Mi'kmaq be doing during some of these months?

This diagram was created with the advice of Rod Jeddore, Miawpukek First Nation, Conne River, Newfoundland and Labrador.

CONNECT

What kind of severe weather have you experienced? How do people in your region prepare themselves for possible severe weather?

Severe Weather

Different parts of Canada and the world are affected by different kinds of severe weather. The Appalachian region can sometimes be hit by hurricanes, which is something that other parts of Canada are not faced with.

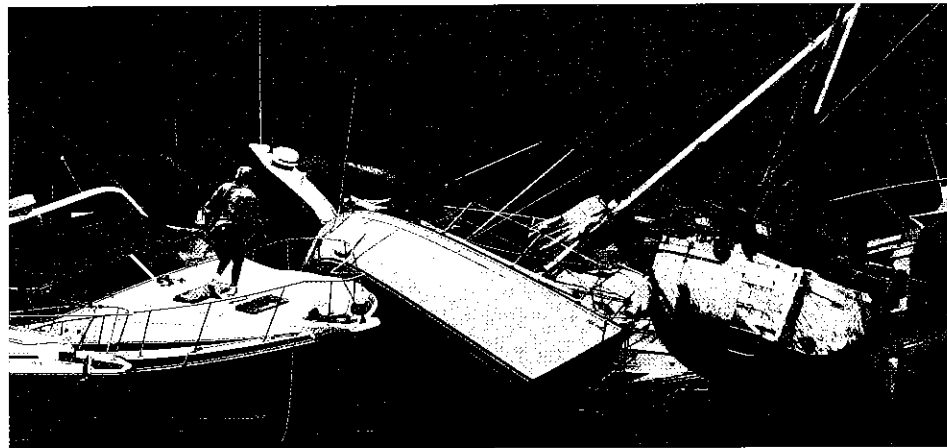
September 30, 2003

Hurricane Juan Whips through Nova Scotia and PEI

Michelle Chong

HALIFAX—Hurricane Juan swept through Nova Scotia and Prince Edward Island these last two days. It brought gusting winds of 170 kilometres per hour and 80 millimetres of rain. It knocked

down millions of trees and killed 8 people. Homes, properties, and power lines were damaged or destroyed. About 900 000 people have been without electricity since the hurricane struck. Many people believe this to be the worst hurricane to have hit the region in more than 100 years.



In Dartmouth, a community on the east side of Halifax harbour, many boat owners found their boats damaged or destroyed by Hurricane Juan.

Some grade 5 students at Halifax Elementary School put together an eyewitness account of their experiences.

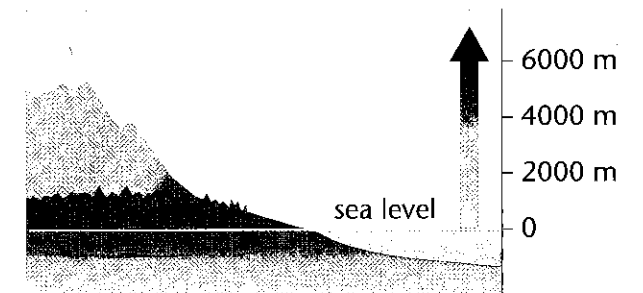
Our Eyewitness Account: What We Saw

- James: The storm caused a lot of traffic problems. There was so much water on the roads, some people's cars were completely covered in it.
- Bethany: We didn't have electricity for days. We went to a nearby community hall where volunteers brought us food, water, blankets, and clothing.
- Jacque: The strong winds toppled the giant tree in front of our house. We were lucky that nobody was hurt.
- Alicia: My family's store was destroyed and all our goods ruined.
- Sam: My dad was part of a search and rescue team. His team found a family sitting on the roof of their van waiting for help. He got really tired, but he wouldn't give up until everyone was rescued.
- Danielle: I was so scared. I hate any kind of storm now because I'm afraid it might turn into another hurricane and our house would be destroyed.

Thinking Like a Geographer

What Influences Climate in the Appalachian Region?

- **Height above the ocean's surface.** The level of the ocean is called **sea level**. The higher a place is, the cooler it usually is throughout the year. (See the diagram at right.) Areas such as the northern and central parts of New Brunswick are usually cooler because they are mountainous and higher above sea level.
- **Nearness of bodies of water.** The Atlantic Ocean affects the Appalachian region's climate. Ocean waters are warmer than land in winter and cooler than land in summer. This means that places near the coast tend to have cooler springs and summers and warmer winters than inland areas. Coastal areas can also be rainy and foggy.
- **Location on a continent.** The farther away from the equator you go, the cooler the climate usually is. In Canada, that means the farther north you go, or the higher the latitude of a place, the cooler it is.

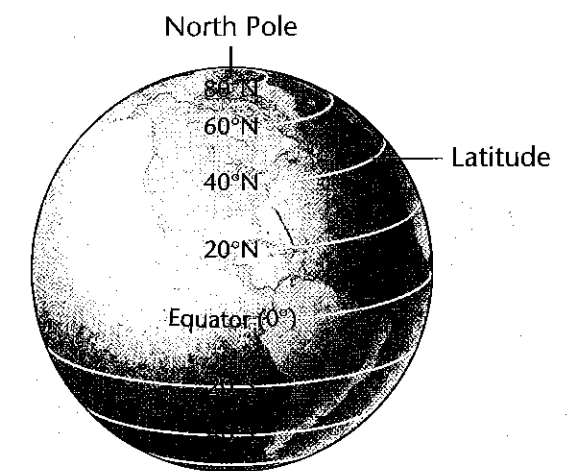


■ cooler temperatures
□ warmer temperatures

The higher a place is above sea level, the cooler it usually is.

What Is Latitude?

Notice the lines in the diagram of the Earth. These are imaginary lines. The line around the centre is the equator. The lines above (or north of) and below (or south of) the equator are called lines of **latitude**. These lines are used to measure distances from the equator. The **equator** is the zero degree latitude line, written as 0°. Those north of it are expressed in °N and those south are expressed in °S. Because the sun shines directly on the equator, places along it receive more sunshine than anywhere else on Earth. The climate generally gets cooler the farther away a place is from the equator because these places get less direct sunlight.



You

1. How would you describe your community's climate? How do you think the location of your community affects its climate?

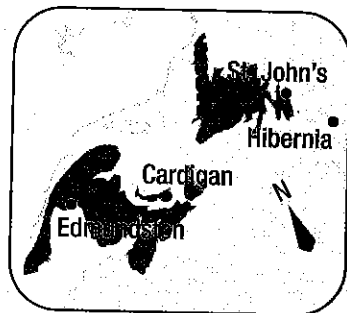
Pause

1. How do you think severe weather affects people and communities?
2. Some people say that Canadians like to talk about the weather. Why do you think that weather is part of our identity?

How Do Natural Resources Shape Ways of Life?

Natural resources are materials found in nature that people use to live and to make life easier, such as water, air, land, forests, fish and wildlife, soil, and minerals. Natural resources are important to Canada's economy. An **economy** is all the businesses and the value of goods and services that are bought and sold. Soil, forests, and fish are important natural resources in the Appalachian region.

A group of students in Back Bay Elementary School in New Brunswick wanted to know how resources have affected people and communities in this region. They put together questions and decided to interview family and friends to learn more.



Sam's aunt and uncle live near Cardigan on Prince Edward Island. There is rich, red soil here that is good for growing crops. They grow potatoes and fruits, which they sell to nearby communities as well as to other places in Canada and around the world.



Hélène's cousin lives in Edmundston, New Brunswick. This Francophone community started because of the lumber industry. Many communities in this region and across Canada are located in places rich in natural resources. Hélène's cousin works in a pulp and paper mill. Manufacturing, or making, forest products is one of the most valuable industries in New Brunswick.



Monica's uncle works on Hibernia. This oil field is under the ocean floor off the coast of Newfoundland and Labrador. The oil industry is an important source of jobs for people who live in communities such as St. John's.



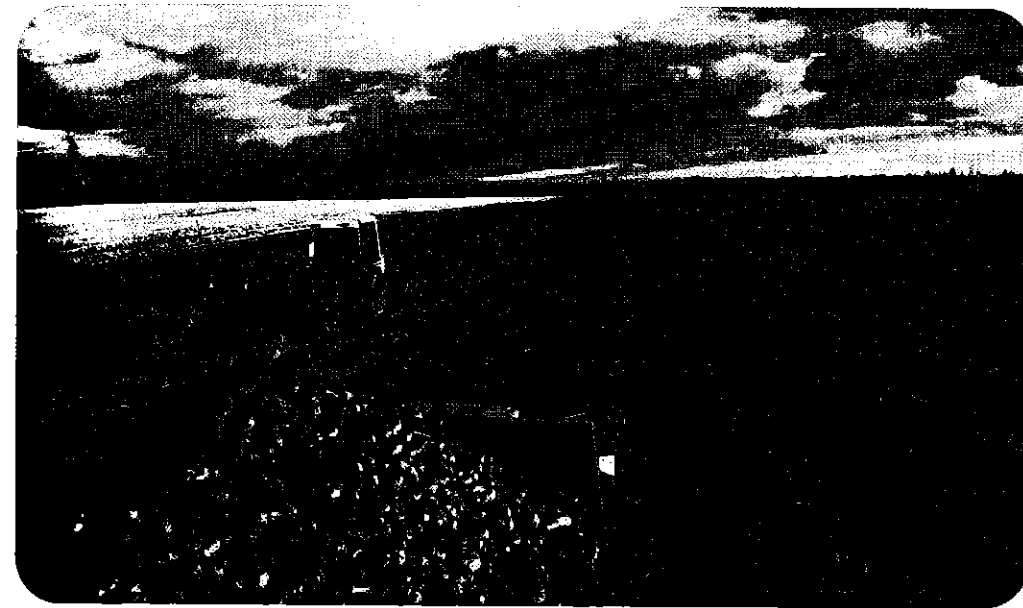
SKILLS at Work

Make a list of questions that you have about the natural resources found in this region. Use a KWHL (Know-Wonder-How-Learn) Chart.



Farming: Making a Living from the Soil

Agriculture is an important industry in the Appalachian region. Fruits, berries, and grains grow in different areas, but mostly in the Annapolis Valley in Nova Scotia. The most important crop in New Brunswick and Prince Edward Island is potatoes. About half of the potatoes grown in Canada come from these two provinces.



Potatoes are being harvested on a farm in the community of Fernwood, Prince Edward Island. British settlers brought potatoes to this region. In Prince Edward Island, settlers sold potatoes to other countries as early as the 1820s.

Reflections

The Potato Break: What Is Your View?

The farmers in New Brunswick like to hire students to help out when their potatoes are ready to be harvested. Students get two weeks off to help farmers harvest potatoes. Many students think it is fun, but other people do not think students should be working on farms. Here is what some people had to say. What do you think?

Student Raj Kapoor: The Potato Break is a way of life. I like helping out and earning some money doing it!

Student Melanie Gibbs: I don't think students should be working on farms. They should be spending the time in school.

Farmer Sam O'Neil: It's nice to get some help from the kids. They have lots of fun and they learn about growing potatoes—and their history and heritage.

Farmer Alicia Sullivan: I like having the extra help. It wouldn't be good for us if we didn't get the potatoes harvested on time.

Teacher Sharon Lim: The break really disrupts the school year. It needs to stop.

Parent John Ramsay: I don't support the break. Kids shouldn't be working.

Pause

1. How do you think working together leads to a sense of community?
2. Agriculture is an important industry in parts of the region, but in other parts it is much less important. What would make one area better for farming than another area?



Adapted from "Critics Split on School 'Potato Break' in NB," CTV web site, September 27, 2004.

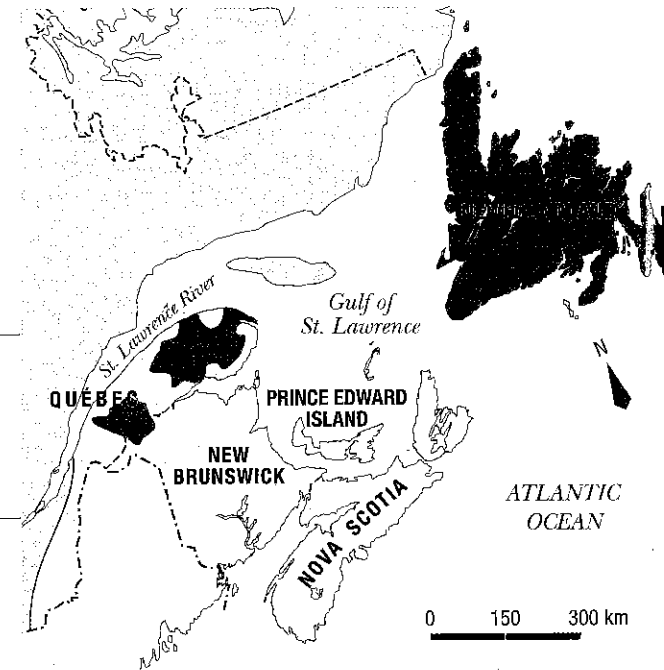
Forestry: Making Use of Trees and Plants

Forestry has always been an important industry in the Appalachian region. Many communities started because of the region's thick forests. Early settlers used the trees to build furniture and homes, and sold lumber to make money.

Types of Forests in the Appalachian Region

Types of Forests

-  Boreal (mainly small conifers, used to make paper products)
-  Mixed (a mix of conifers and deciduous trees, used for wood products)



What type of forest does the island of Newfoundland have? What type does Nova Scotia have? Use the map legend to help you.

At one time, this region had one of the largest shipbuilding industries. The tall white pines of the region were ideal for building wooden ships. Today, we use wood to make products that range from furniture, to paper, to toothpicks.

Some tree roots and bark are also used by the Mi'kmaq of the region to make traditional medicines. For example, the community of Pictou Landing, Nova Scotia, is building a health centre that uses traditional knowledge of trees and plants. (See the photograph on the next page.)

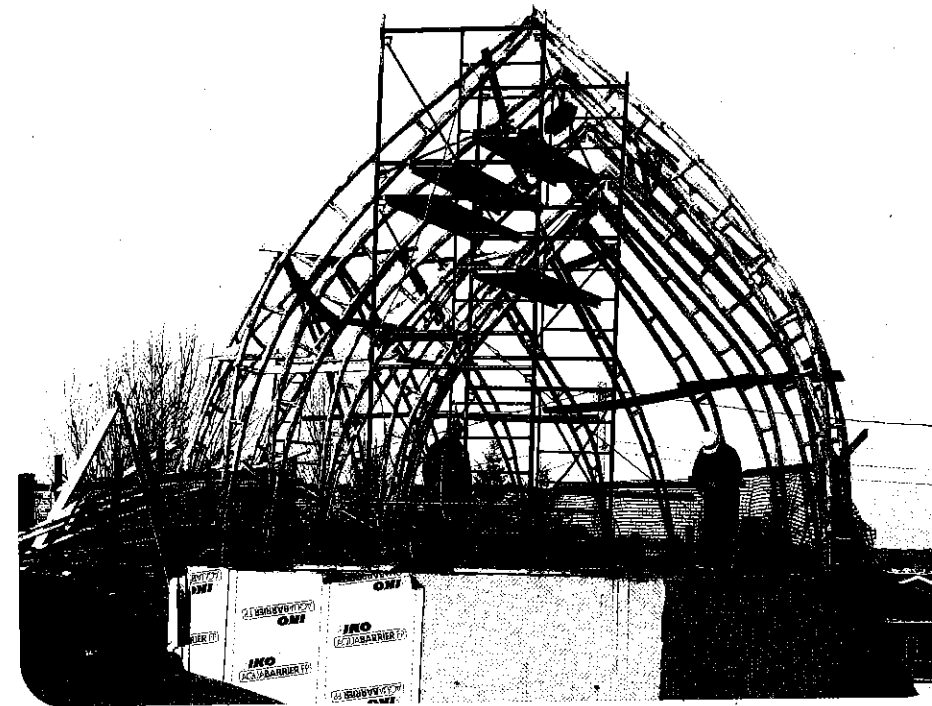
Governments in the provinces of this region make sure that foresters do not cut down too many trees, or over-harvest. They have set aside areas to protect forest habitats, or homes, for plants and animals. The many forestry roads in the region are also used by people for hiking and for studying nature.

Pause

1. Why is it important to conserve forest resources?

CONNECT

It is estimated that the average person uses about 400 trees during his or her lifetime. Look around you. What objects can you see that are made of wood? How often do you use products made from trees?



The Mi'kmaq of Pictou Landing, Nova Scotia, are building a health centre that uses traditional knowledge. The structure of the health centre is made from spruce wood, and its design combines details of snowshoes and canoes. The health centre will include a garden that grows herbs to make traditional medicines. The community is "committed to healthy minds, bodies, and spirits, which will create lasting community well-being." Forests are important because they provide resources and jobs. They are also important in other ways. From the example of Pictou Landing, what do you think these ways might be?

Mining: Finding Riches under the Ground

The Appalachian region has different minerals. Minerals are natural substances, such as coal and copper, that are mined from the Earth because of their usefulness. Minerals mined in this region include copper, silver, lead, salt, and gypsum. Gypsum is used to make drywall and is added to concrete to strengthen it. Concrete is used for building roads and bridges.

At one time, Cape Breton Island had rich deposits of coal. Coal is used to make electricity and is used in the process of making steel. In the late 1600s, high-quality coal ran through the cliffs of the island and could be collected without even digging for it. In the late 1800s and early 1900s, the mines were very busy. Large numbers of people came from overseas and from rural areas of the region to work in the mines. Sydney's population boomed, and the town of Glace Bay was created.

Today, there is little coal mining in this region. People use less coal because of concerns over pollution. As well, much of the coal off Cape Breton Island is deep under the ocean floor. Other places in Canada, such as Alberta, have coal that is closer to the surface, so it is easier and cheaper to mine. As a result, coal mines at Glace Bay have closed, and its population is less than half the size it once was.



Pause

1. What do you think happens to ways of life when natural resources become scarce or disappear?

Fishing: Making a Living from the Depths

The ocean has been an important source of food for thousands of years. Read below how scientists, called archeologists, know this.



This archeologist is examining middens at a site in Passamaquoddy Bay, New Brunswick.

Thinking Like an Archeologist

An archeologist is a scientist who studies history and prehistory by digging up the places where people once lived and studying the objects found there.

Archeologists are like detectives. They find clues and put them together to try and explain how people lived. It is only a theory though. It is not proven fact.

Archeologists have found many sites in the Appalachian region that provide clues about what life was once like there. They have found piles of discarded shells, or middens, that are several metres deep. Some of these middens are thousands of years old.

Archeologists have also found spearheads that may have been used to spear walrus and seal.



These stone spearheads from the north coast of Prince Edward Island are believed to be 9000 to 10 000 years old.

You Be the Archeologist

1. What clues have archeologists found? What do they tell? Why do you think it might be important to learn about ways of life in the past?
2. How do you think we can use both the studies of archeologists and oral history to help us understand the past?

Changing Fishing Communities

In the past 500 years, this region has had one of the world's richest fisheries. Today, it supplies about one-third of the fish caught in Canada and provides jobs for many people.

However, too many fish have been caught, which is called overfishing. The Canadian government has made rules, or laws, to help protect the fish. These changes are affecting communities and people's ways and quality of life.



Europeans began to fish for cod in the Grand Banks, off the coast of Newfoundland, as early as the mid-1400s.



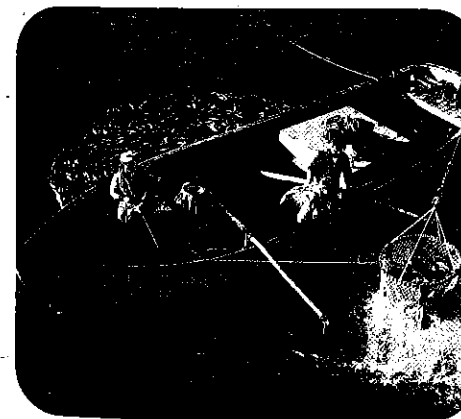
By the 1600s, small fishing communities had started to grow along Newfoundland's coast. These communities were later called **outports**. This photograph shows a modern-day outport.

Pause

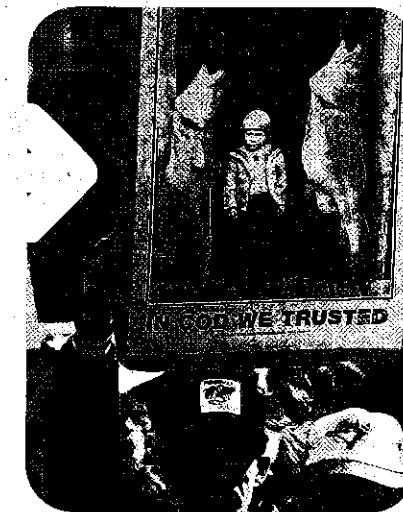
1. How do you think fishery changes are affecting communities in the region?



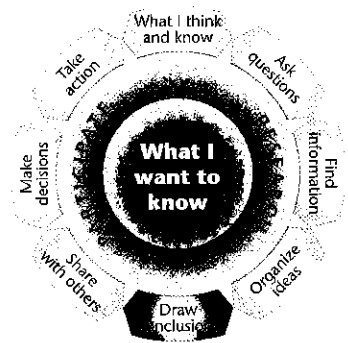
In the 1950s, new fishing technologies, such as bigger boats, caused over-fishing. Too many fish were being caught. As well, large foreign fishing boats were catching too many fish. The number of fish in the Atlantic Ocean quickly declined.



By the late 1980s, fish living near the ocean floor were almost gone.



In 1992, the Canadian government **banned**, or stopped, cod fishing off eastern Newfoundland because there was almost no cod left. The government wanted to allow the cod population to increase again. This caused thousands of people to lose their jobs. As of 2007, the cod ban remains. However, the government has allowed limited cod fishing for personal use, or recreation.



Why Should We Manage Natural Resources?

Many people and communities throughout Canada depend on natural resources. When natural resources suffer or disappear, communities also suffer. Governments have been taking steps to protect natural resources, such as fish, even though these steps are painful for communities. They are necessary to protect our environment and natural resources for future generations.

Inquire



A fish farm is like any other farm, except that fish are raised instead of cows or pigs. The fish are kept in huge underwater pens.

Reflections

October 18, 2007

Ten years ago, I lost my job on the fishing boat. I had been a fisher for 35 years. What was I going to do? After much thought, my family and I decided to start a fish farm. We scraped together our savings and built a small salmon farm.

Fish farming hasn't been easy. To pay our bills, we often have to decide whether to sell the fish at only a few pounds or let them grow to their full size at eight pounds. Last year, we had to kill

half our fish stock because of disease. Then in the winter, it got so cold that the fish began to freeze and die. We couldn't sell any fish to earn money.

Some scientists say that fish farming isn't a good idea. They are afraid that sick fish could escape from their pens into the wild and infect other fish in the ocean. This could damage ocean life. Some scientists are working with the government to find solutions. We need to make fish farming safe for the environment as it may be hope for our future.

Adapted from "Sink or Swim: Salmon Farming in St. George, NB: The New Face of Commercial Fishing" by Lindsay O'Reilly, Canadian Geographic web site.

← Looking Back

The Appalachian region is a diverse region with strong ties to the ocean. First Nations peoples of this region, including the Mi'kmaq and Maliseet, and Europeans relied on the land and the ocean as sources of food, clothing, and ways of life. The bodies of water in this region are still important to people's ways and quality of life.

On your own, with a partner, or in a small group:

- Review the Predict question at the start of this chapter: *How are people's lives shaped by living near the sea?* What predictions did you make? What new things did you learn that you could add to your predictions?
- Choose one of the following to show your understanding of how the Atlantic Ocean has shaped the lives of the people of the Appalachian region:
 - * Create four postcards, each with a message.
 - * Write a short poem or song.
 - * Design a pamphlet.

In your work, think about the resources that the ocean provides. How does the ocean affect quality and ways of life of the people of this region?

Building the Travel Canada Tour



At the end of your learning of Canada's geographic regions, you will submit ideas to help *Travel Canada*, a fictional organization, promote Canada as a good place to live and visit. For each region, you will choose a community that you think people will want to visit.

To begin, think back to the communities of the Appalachian region that we have studied. If you need to, revisit the chapter by scanning the headings and photographs. What community did you find most interesting? Why did you find it interesting? Jot down your ideas and save them for the *Travel Canada* tour.

→ Looking Forward

The next region we will visit is the Great Lakes–St. Lawrence Lowlands region. This region is linked to the Atlantic Ocean by an important waterway. Even though this region extends deep into the interior of Canada, its connection to the Atlantic Ocean has played an important role in its development. This connection is still important today.