



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

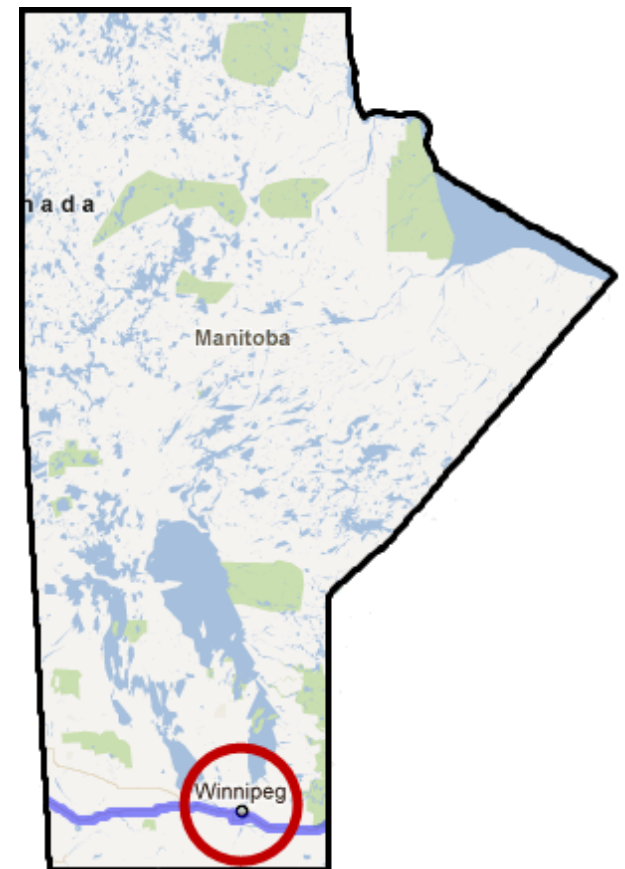
Winnipeg, Manitoba

Winnipeg is the capital and largest city of Manitoba, and sits where the Red River and the Assiniboine River meet, south of Lake Winnipeg. Almost half the total population of Manitoba lives in the Winnipeg area.

The name Winnipeg means "muddy waters", and the town was first established as a fort built by French fur traders in 1738.

The Red River Rebellion of 1869, led by Louis Riel, took place in Winnipeg. It was a conflict between the local government and newcomers from eastern Canada. When the rebellion ended, Manitoba became Canada's fifth official province in 1870, and three years later Winnipeg became an official city.

Notable people from Winnipeg include Canadian hero Terry Fox, actress Anna Paquin, Sir William Stephenson (who was the inspiration for James Bond), children's entertainer Fred Penner, Irvine Robbins (who founded Baskin-Robbins ice cream), and many singers, including Fred Turner and Randy Bachman of Bachman-Turner Overdrive, Burton Cummings of The Guess Who, and Chantal Kreviazuk. In addition, famous Canadians such as author Guy Gavriel Kay, politician Tommy Douglas, musician Neil Young, and NHL legend Brett Hull were raised in Winnipeg, but were not born there.



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