

- Työkansa*, 31, 43  
*Vapaa Sana*, 31, 107, 228, 229, 230  
*Vapaus*, 31, 32, 43, 43i, 228, 229, 230
- Puiras, Reijo, Finnish-Canadian cross-country skier, 1976 Olympian, 162  
 Pukara, Karl, Finnish-Canadian Sudbury music instructor, 156  
 Pulk, Mikkel, Sámi reindeer herder, 128  
*pulla*, 50, 51, 156  
 Puro, Teuvo, shot first Finnish feature film, 231  
 Pusa, Leo, Finnish javelin coach, 167  
 Pålsson (Paulson), Alma, *Titanic* victim, 48  
 Pålsson, Gösta Leonard, *Titanic* victim, 48  
 Päivärinta, Pekka, Finnish runner, 163  
 Päiviö, Aku, Finnish-Canadian writer, 43  
 Päiviö, Pia, Professor and Director of Finnish Studies program, University of Toronto, 2009–2013, 155  
 Pöyry, Jaakko, founder of Pöyry engineering and consulting company, 198–199
- Rafman, John, Canadian multimedia artist, 243  
 Raine, Nancy Greene, Canadian downhill skier, 167  
 Rannikko, Aleks, 216i  
 Rannikko, Lucas, interview of, 214i, 216, 216i  
 Rauhanen, Antero, Finnish-Canadian cross-country skier, 162  
 Rauanheimo, Akseli, first Finnish consul in Canada, 32, 56, 65, 65i, 66  
 Rautanen family, immigrant story, 90–91, 90i  
 Reed, Iona, Canadian winner of 1962 World Accordion Championships, 157  
 religious organizing, 21
  - Laestadians (Apostolic Lutherans), 31
  - National Lutherans, 31
  - Suomi Synod Lutherans, 31
  - free churches, 31
- remembrance,
  - Canadian Remembrance Day, 230
  - Finnish Memorial Day, 230
  - "Reds" and "Whites," 32, 34, 38, 50, 55, 73, 86, 228
  - Victoria Day, 216i, 217i
- Revell, Viljo, Finnish architect, 236
  - Toronto City Hall, 236, 239i
- Ringette Canada Hall of Fame, 178  
 Ringuet, Canadian novelist, 137  
 Rinkball and Ringette Finland, 180, 180i  
 Ritari, A.R.M., Finnish-Canadian fundraising for *Kanada-malja*, 169  
 Robertson, Norman, Canadian diplomat, 57, 204  
 Roche, Mazo de la, Canadian novelist, 136  
 Rochon, Lisa, Canadian journalist and writer, 237  
 Roosevelt, Franklin D., President of the United States 1933–1945, 203  
 Rosenblatt, Joe, Canadian poet and artist, 141  
 Rosenthal, Joe, made first Canadian scripted film, 231  
 Ross, Catharina, mother of Pehr Kalm, 26  
 Rosvall, Viljo, Finnish-Canadian union organizer, 44  
 Roy, Gabrielle, Canadian novelist, 137  
 Royal Canadian Mounted Police, 32, 38, 41, 57, 128  
 Ruohoniemi, Bob and Inge, 214i, 218i  
 Russia, 17, 18, 26, 36, 38, 39, 40, 42, 44, 46, 54, 55, 56, 59, 60, 61, 63, 74, 85, 92, 110i, 112, 126, 128, 152, 180, 186, 187, 188, 200, 204, 230, 235  
 Ryle, Jason, Artistic Director of imagineNATIVE, 119  
 Rätty, Seppo, Finnish javelin thrower, 167
- Saami Council, 241  
 Saarinen, Eero, Finnish-American architect, 236  
 Saarinen, Eliel, Finnish architect, 236, 243  
 Saarinen, Tyne Johanna, immigrant story, 76–77  
 Saasto, Anne, Finnish-Canadian bowler, 164