

Métis Cultural Information Packet: A Resource for Stakeholders to Increase
and Develop Métis Historical and Cultural Awareness



Métis Commission for Children and Families BC
Kamloops, BC

July 11, 2011



Métis Commission for Children and Families of B.C.

Métis History, Traditions and Cultural Information

BC Métis Success Stories

This Ministry of Children and Family Development (MCFD) site offers an overview of the Métis Nation Relationship Accord, as well as highlighting various programs addressing Métis economic and social advancement. The site also offers personal testimonials of Métis youth whom have participated in, and benefited from recent programs.

http://www.newrelationship.gov.bc.ca/success_stories/metis.html

Circle of Courage

Developed by Dr. Martin Brokenleg, and utilized by Island Métis Family Services, the *Circle of Courage* encompasses key traditional values including: Belonging, Mastery, Independence, and Generosity. <http://www.metis.ca/index.php/metis-services/circle-of-courage>

Congress of Aboriginal Peoples – Declaration of Rights

Outlining the call for an acknowledgement of Rights, this document provides information on The Declaration of Métis and Indian Rights of 1979. The website provides overviews on numerous key issues concerning the Rights of Aboriginal People including: Right to Self-Determination, All Native people must be included processes surrounding changes to the Constitution of Canada, Right to Guaranteed Representation, Right to the Land, Right to Cultural Preservation, and Right to Educate Our Children

<http://www.abo-peoples.org/Features/Declaration/dec.html>

Heritage and Legacy of the Métis People

This link calls attention to many of the legacies Métis people have had in influencing the cultural and historical identity of Canada. The paper also itemizes the efforts of Métis during various overseas military expeditions.

<http://www.scribd.com/doc/30862141/Heritage-and-Legacy-of-the-Metis-People>

History of the Canadian Métis

This document offers an overview of the history of the Métis people in Canada. It addresses issues surrounding identity and origin, a historic perspective on the Métis movement, as well as examining the displacement of the Métis and a growing diaspora in Western Canada.

<http://dspace.ucalgary.ca/bitstream/1880/44195/1/f05.pdf>



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Hudson Bay Company Trading System

This document provides a background to the Hudson Bay Fur Trade in relation to the formation and development of the Métis culture. The document further examines the importance of the First Nations people to the survival of the fur traders, as well as the fostering of the birth of the Métis people.

<http://www.metismuseum.ca/resource.php/00731>

Kelly Lake, British Columbia Métis

This document discusses the formation of the Métis identity in North Eastern British Columbia. The paper examines the development of the Kelly Lake Métis settlement, as well as the history surrounding the fur trade in the region.

<http://www.metismuseum.ca/resource.php/01274>

Métis Cookbook: A Guide to Healthy Living

This document offers insight into the very important role food plays in our lives and in bringing us together as families and communities. Provided within this resources is basic information about Métis health, history and cooking as well as numerous recipes

http://www.metisyouthexpressions.ca/documents/Cookbook_SecondEdition.pdf

Métis Bison Hunting

This document discusses the importance and prevalence of bison hunting as a traditional Métis activity. It progresses to examine the role of bison hunting as related to the “migration” of Métis communities. In addition the document provides an overview of the importance of the bison hunt in early Métis cultural development in terms of traditions and the role of community.

<http://www.metismuseum.ca/resource.php/00716>

Métis Colouring Book

This fun link provides some colouring activities for children. The booklet introduces some Métis culturally identifiable artifacts.

<http://www.metis.ca/index.php/colouring-book>

Métis Communities in Western Canada

This article discusses a diverse group of Métis communities in Western Canada. Many of the communities, which exist in Western Canada have been founded by the Métis. These communities are very diverse in terms of economic development and cultural orientation, which is a testament to the diversity of Métis experience. The location, history, habitat, trading systems, transportation methods, food, religion, clothing, education and social life of these Métis communities is also discussed.

<http://www.metismuseum.ca/resource.php/00722>



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Métis Death Rituals and Ceremonies

This short overview provides information on Historic Métis Customs in the context of Death Rituals and Ceremonies. It provides basic information on the traditional ceremonies, and rituals.

<http://www.metismuseum.ca/resource.php/11728>

Métis Educational Life

Providing an introduction to traditional Métis Educational Life, this document examines the structure of traditional Métis education. This paper also delves into the role of education as related to the fur trade, as well as examining the residential school system in relation to Métis children.

<http://www.metismuseum.ca/resource.php/00723>

Métis Family Life

An examination of the importance and structure of Métis Family Life is presented within this document. It provides detailed information on kinship ties, family structures, traditional Métis weddings as well as various other important aspects of Métis culture.

<http://www.metismuseum.ca/resource.php/01262>

Métis Food and Diet

This document provides a brief discussion on traditional Métis food and diet. It also provides a link to further information on the subject.

<http://www.metismuseum.ca/resource.php/00746>

Métis Fur Trade Employees, Free Traders, Guides and Scouts

This article provides the reader with an overview of many of the traditional occupations of Métis men in the nineteenth century.

<http://www.metismuseum.ca/resource.php/00713>

Métis History and Experience and Residential Schools in Canada

This extensive document provides an examination of the experiences of Métis people during the Residential School era of Canadian history.

<http://www.ahf.ca/downloads/metiseweb.pdf>

Métis Homeland: Its Settlements and Communities

Examining the Right to the Land as well as Harvesting Rights, this paper provides an overview of Métis settlements in Western Canada.

<http://www.scribd.com/doc/26282327/Metis-Settlements-and-Communities>



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Métis Identity

The important issue of “What it means to be Métis” is thoroughly examined within this document. The document offers insight into how modern-day Métis self-identify, as well as an historical perspective of how other groups have interacted with, and identified Métis people.

<http://www.metismuseum.ca/resource.php/00726>

Métis Seasonal Cycles

This document presents information on traditional Métis food harvesting and foraging techniques. The paper further examines traditional food and harvesting activities as they varied across the seasons.

<http://www.metismuseum.ca/resource.php/00742>

Métis Socialization and Entertainment

Providing an overview of traditional activities including dance, fiddling, games and sports, this document highlights various integral components of Métis culture and tradition.

<http://www.metismuseum.ca/resource.php/00724>

Métis Spiritualism

Extensive in its examination, this document offers insight into an array of cultural aspects and traditional belief systems. The examination within the document covers numerous interesting and key aspects including: the influence of First Nations belief systems on Métis spiritualism, the concepts of interconnectedness, communalism and egalitarianism in Métis culture, as well as addressing spiritual medicine and healing

<http://www.metismuseum.ca/resource.php/00727>

Métis Trappers and Hide Working

This article discusses how the Métis have always been adept trappers and how in the past, the Métis had been more reliant on trapping than currently.

<http://www.metismuseum.ca/resource.php/00748>

Overview of the Sash

As one of, if not the most recognizable symbolic aspect of Métis society, the importance and significance of the Sash to the Métis and other communities is presented within this document.

http://www.virtualmuseum.ca/Exhibitions/Batoche/docs/proof_en_the_sash.pdf



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Red River Cart

Discussions on the enduring Métis symbol of the Red River Cart are presented within this document. The paper examines the importance and significance of the Red River Cart in the early history of the Métis people.

<http://www.metismuseum.ca/resource.php/07192>

Traditional Métis Clothing

This article discusses traditional Métis clothing including various aspects of Métis material culture, particularly the flower beadwork motif.

<http://www.metismuseum.ca/resource.php/00745>

Traditional Métis Housing and Shelter

Various Métis housing structures from tipis and wigwams, winter houses, sod houses, Road Allowance houses to modern houses are presented in this article. The various materials used to build these types of houses are also discussed.

<http://www.metismuseum.ca/resource.php/00720>

Traditional Métis Medicines and Remedies

Various aspects of traditional Métis healing practices and medicines are discussed in this article, as well as how to make and apply Métis medicines.

<http://www.metismuseum.ca/resource.php/00721>

Traditional Métis Transportation

This resource provides information about various forms of transportation developed and used by the Métis. These were used both on land and water and included canoes, Red River carts, York boats, snowshoes, dogs, and horses.

<http://www.metismuseum.ca/resource.php/00728>

What it is to be a Métis

This document provides first-hand testimonials of life stories of Métis Elders. The discussions meander through topics on early and home life to a question and answer interview format that covers a wide range of topics.

http://www.ubc.ca/okanagan/ccgs/_shared/assets/What_it_is_to_be_a_Metis11265.pdf



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Wolf Willow: Decorative Art

This article describes the traditional use of Wolf Willow by Métis artisans as well as medicine people.

<http://www.metismuseum.ca/resource.php/11389>

Women of the Métis Nation

This resource examines the importance of Métis women within their society. It also examines the role of Métis women in the revitalization of Métis culture.

<http://www.laa.gov.nl.ca/laa/naws/pdf/WMNTraditionalKnowledgePaper.pdf>