

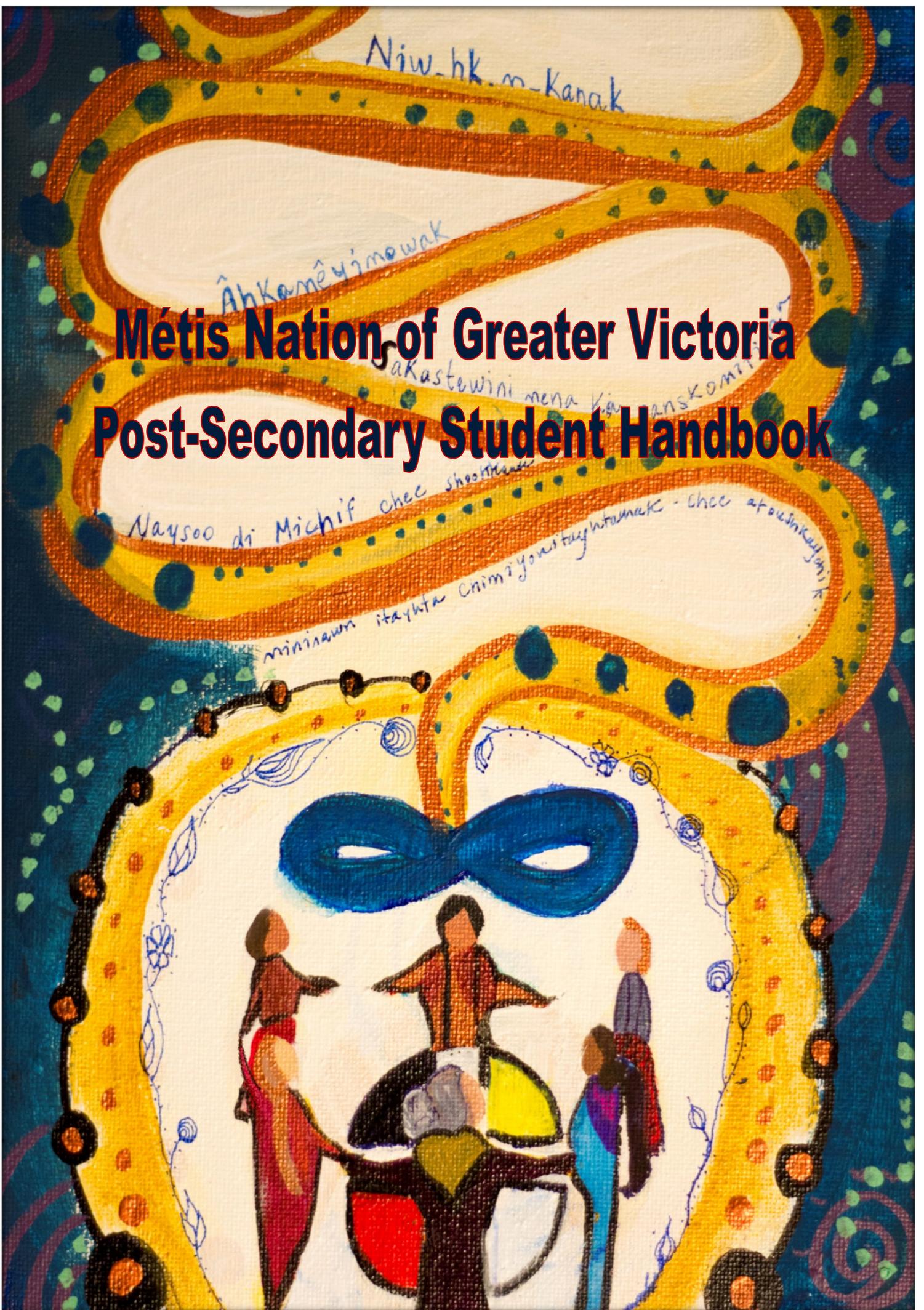
Niw-hk m-Kanak

Āhkanēyimowak

Métis Nation of Greater Victoria Post-Secondary Student Handbook

Naysoo di Michif chee shoortkade

minisawm itayhta chimiyonstuyhtamak - chee atousinkayji



The Métis Nation of Greater Victoria Post-Secondary Student Handbook has been written and compiled by Romy Pritchard with the help of the following contributors: Victoria Pruden, Barb Hulme, Joe and Bertha Landrie, Samantha Sansregret, various Métis post-secondary students, Métis community members, the Centre for Indigenous Education and Community Connections at Camosun College, Métis Nation British Columbia, Camosun College and various information websites.

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 by
 Erynne Guevara
 Saulteaux-Cree Métis (Opaskwayak/The Pás), Filipino, Irish/Scottish Ancestry
 For more information on other artwork by Erynne please email:
 erynnegilpin@gmail.com

Handbook contents*

Student success tips are located throughout this handbook and were provided by our own Métis students!

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**Please note that all Michif used in this text is from the Michif-Cree dialect.*

Introduction

Be proud to be Métis!

Acknowledging the Coast Salish Territory

The Métis Nation of Greater Victoria acknowledges that we are visitors on the Coast Salish Territory and we would like to extend our gratitude to the Coast Salish people for allowing us to stay on this beautiful land. Our MNGV office is located on the Esquimalt and Songhees traditional lands and Camosun College and University of Victoria are located on the traditional lands of the Saanich Peoples. This is a beautiful territory and we are honoured to be guests. As guests it is our obligation to acknowledge the Coast Salish Peoples and their ancestors on whose ground we walk on and to be allies for these traditional peoples. There are 10 Coast Salish communities within the South Island. These communities include Songhees, Esquimalt, T'Souke, Scia'new, Pacheedaht, Malahat, Tsartlip, Tsawout, Pauquachin, and Tseycum.

How to be a Good Visitor in the Coast Salish Territory

As a visitor to the Coast Salish territory it is important to always acknowledge the traditional land and thank the Coast Salish people for allowing us to live, study, work and raise our families here. As a good visitor it is important get to know the First Nation communities around the South Island. Attend events that you are invited to and introduce yourself by acknowledging you are a visitor and share where your family and ancestors come from. Share your language if you speak Cree or Michif. Do not be afraid to ask our hosts about how to observe protocols. When visiting Elders to ask for advice it is important to go in person and offer Cedar boughs (for Coast Salish Territory) and blankets or preserved foods and/or money. The practice of "give-a-way" is used when someone comes to your house or you are participating in a community event as a host it is custom to give-a-way items. These items can be small items and they help build relationship and community bonds with the people you are interacting with. The reverse of this is true which means accepting graciously when you are offered something. You are being offered more than just the item – it is a symbol of the bond of relationship and community that is being offered to you.

Métis Nation of Greater Victoria

Camosun College @ First Nations Room or in the Women Centre/Pride Centre has a microwave, coffee and tea supplies and sometimes snacks.

Welcome by Métis Nation of Greater Victoria Board



Tansi!

The Metis Nation of Greater Victoria is pleased to support your journey as a student with this handbook. It is our hope that your experience as a student at Camosun College and Uvic is a positive one, and that you feel supported as a Metis Student. The Metis Community here in Victoria is a vibrant and supportive one, with many active youth who attend Camosun College and University of Victoria. We encourage you to connect with community at our monthly gatherings, to join our Metis Nation Greater Victoria facebook group and like our page. Social Media is a great way to connect about upcoming gatherings and social activities. We are blessed with knowledgeable elders and traditional knowledge keepers here on

Vancouver Island and close by on the Mainland. We try to provide a culturally relevant opportunity for

community members each month, and host youth programs every year. If you would like to learn more, we encourage you to contact us at mngv@telus.net, or attend one of our gatherings to connect in person.

A sense of strong and positive identity, and the feeling of being valued and respected as a Metis student is our hope for you. We encourage you to attend the functions held in support of Metis students at Camosun, and reach out if you need support or advocacy. We truly value our partnership with Camosun College, and wish to acknowledge our Aboriginal Service Plan project funding that supported the creation of this publication. Special thanks to Romy Pritchard for creating and coordinating this handbook project.

We hope to meet you at one of our community gatherings, and wish you all the best in your studies at Camosun College.

Ekosi,



Victoria Pruden
President
Metis Nation Greater Victoria

Take a walk at Interurban through the forest btw PISE & CC, or at Lansdowne walk in the Native Garden

Words of Wisdom by Métis Elders



"I wish you success as you pursue your studies at Camosun College. Learning is something to be continued throughout your lifetime and knowledge is a treasure to be shared."

Barb Hulme, Elder
Métis Nation of Greater Victoria



Joe and Bertha Landrie, Elders
Métis Nation of Greater Victoria

The Importance of Education

Education is like water to a thirsty world. It makes you more credible to society and your peers and gives you confidence that you should and can share the knowledge you've learned with others.

Formal education prepares you to make the world a better place. A college or university degree will give you a chance of a life with better financial possibilities so you don't have to settle for a difficult laborious job with low pay.

For example, my Métis ancestor Francois Bruneau was a well-educated man for his time and was invited to sit on the Council of Assiniboia in Red

River Settlement in 1850's. He was a teacher, oaths taker, and Magistrate and the first French Métis on the Council. On the other hand, my husbands' Joe's Métis ancestors were very nomadic, therefore not educated but very knowledgeable in Métis ways and survival. They were dependent on the buffalo and the beaver. When the buffalo and beaver economy died out they were very impacted and forced to take laborious low paying jobs in order to support their families. Education was unattainable.

Joe was the first in his family of nine to graduate from high school but with no post-secondary education he was forced to take a low paying job in the labour market as a mover. After working so hard for thirty-seven years he became disabled and had to go on CPP disability because there was no pension plan at his work.

Despite all this he remains an active, positive person involved in the Métis Nation of Greater Victoria and a role model to all his family.

Both Joe and I value education in all forms and highly recommend it to all young and older persons. We always strive to be life-long learners and realize education does come in all forms whether it be academic or life experiences. Although different from each other these two forms are not any less important or valuable.

A wise woman once said, "Education is the new buffalo."

Need at Rest @ Uvic? FPH has a student lounge and blankets!



**Samantha Sansregret, Elder
Métis Nation of Greater
Victoria**

The pressures of colonization led to the loss of land and the dispersal of the Metis people. It was very difficult to survive in a mainstream world where there was no understanding of why we would cling to the old ways. Many Metis parents who were looking for a better life for their children chose to hide their indigenous roots. We now know that to be whole we need the teachings of our ancestors and we also need to learn the ways of the modern world. As our Elders came to recognize how complex our world is today they have told us that education is our Buffalo. So now we set forth to learn and to walk in both worlds.

Who is an Elder?

An Elder is someone who has demonstrated the ability to listen and understand. An Elder is non-judgmental and does not share what has been shared with him/her. He or she generally has significant life experience but recognition is not strictly age related. Elders are not appointed or elected but emerge within the community slowly over time through interaction in the community and having earned the respect of the community. An Elder provides a positive culturally relevant experience for community members. Elders live clean lives free of alcohol and drug misuse. An Elder is never self-appointed.

Protocol

If you have a special request of an Elder such as to request advice or for the Elder to attend an event, it is important to use proper protocol. The teachings are that Tobacco is sacred and used as an offering to seek guidance from the Creator. Giving the Elder tobacco is an important protocol when you make a request. This may be in the form of tobacco tie, a pouch of loose tobacco or even a cigarette. The Elder will accept the tobacco if he or she is able to meet your request.

How to contact Elders at UVIC and Camosun Elders are present in the Elders lounge at UVIC Monday through Thursday from 10:00am to 3:00pm. The Metis Elder's day is Wednesday.

At Camosun College please contact Tommy Happynook to contact an Elder.

Welcome from Camosun College

Use support services on campus. They are free and there to support you.

Tawnshi, Métis Learners!

Eyē? Sqā'lewen, the Centre for Indigenous Education and Community Connections, welcomes you to Camosun College! We love the passion and unique perspectives that Métis students bring to campus.

We have many services available for Indigenous learners. At Camosun, you will have access to cultural, financial, social, and educational support.

Cultural

Whether you are well-versed in your own traditions, or just discovering your identity, Eyē? Sqā'lewen is here to support your cultural growth and development.

New to community? Not sure where to start? We've got your back! Keep up to date with community news, job postings, events, and more through the IndigeNews Digest – a weekly email newsletter intended to help people find their place in the many vibrant Indigenous communities on the south island.

Our Indigenous-centred programs offer chances to build relationships with Elders and Knowledge Keepers from many different nations. Many courses also include land-based learning!

Financial

Applying for funding and student loans can be confusing. Our Aboriginal Advisors are able to help discover your best options for funding, and guide you through application processes. Eyē? Sqā'lewen also has two annual Indigenous student award ceremonies. Last year, we were able to award over 50 students, giving around \$30,000 in extra funding to Indigenous learners!

Social

Making friends and connecting with other Indigenous people is a vital part of a good education! Eyē? Sqā'lewen is here to help you create social connections. Participate in our cultural events on campus and in community – each year, Eyē? Sqā'lewen and the First Nations Student Association host a wide variety of events, including the Student Welcoming Feast every September, the Traditional Songhees Pitcook every October, weekly crafting sessions and more!

Educational

Our Aboriginal Advisors care and are here to help you create a vision and plan for your schooling. Advisors can help with everything from time management to choosing the right courses for you.

Marsee and pishshapmishko! We hope to see you at Camosun soon!



About MNGV

Métis Nation of Greater Victoria has a long history in Greater Victoria. It was first established in 1997. Métis Nation of Greater Victoria is recognized by The Métis Nation British Columbia as the Regional Chartered Community for the Capital Regional District. MNGV covers the Gulf Islands, West Shore Communities and Port Renfrew to the Saanich Peninsula.

The purpose of Métis Nation of Greater Victoria is to do all things necessary to represent the interests of the Métis people in the territory of Métis Nation of Greater Victoria, including but not limited to:

- Re-establishing and strengthening community ties;
- Providing a forum for an expression of Métis consciousness in the territory;
- Promoting public and governmental awareness of the goals and aspirations of the Métis people.

MNGV is part of the Vancouver Island Regional Group of Métis Nation British Columbia. MNGV holds monthly potlucks at Victoria Native Friendship Centre the 3rd Wednesday of every month. You do not have to be a member to attend the potlucks or any of the events hosted. The MNGV office is located at the Victoria Native Friendship Centre. The office also hosts a Métis Resource Library. Métis Nation of Greater Victoria also provides education programs to school districts 61 & 62. Through volunteer efforts and grants various programs are offered throughout the year that includes beading, jigging, canoeing, health programs, and youth programs. MNGV also has access to resources for education, career and life planning programs through Métis Nation British Columbia

MNGV is governed by a volunteer board of directors that consists of the following roles: president, vice president, secretary, treasurer, women's representative, Elder representative, youth representative, BC MANR representative, and directors at large. The MNGV Board is elected yearly usually in the summer. No experience is necessary to participate. Participating at the board level provides exceptional opportunities to learn about non-profits, contribute to Métis community activities, and provides opportunities to participate in MNBC provincial programs.

Métis Nation of Greater Victoria is solely operated by volunteers. There is a monthly fundraiser the 2nd Saturday of the every month except June. Volunteers participate at a recycling depot and receive a portion of fees brought in. **PLEASE** consider volunteering or donating financially to keep the MNGV doors open.

The MNGV office is located at the Victoria Native Friendship Centre, 231 Regina Ave Victoria BC V8Z 1J6, phone: 250-380-6070, fax: 250-380-6075, Email: mngv@telus.net and on Facebook at MNGV youth and Métis Nation of Greater Victoria.

WIFI Tip: sign into "eduroam" network. It is faster & won't kick you out when you change classrooms:
Camosun: <http://camosun.ca/services/its/eduroam/EduroamSite.pdf>
UVic: <http://www.uvic.ca/systems/support/internettelephone/wireless/eduroam.php>

Métis History

Métis History and Important Battles

The crystallization of the Métis identity is due in part to the fur trade. The Hudson's Bay Company (HBC)

was incorporated in 1670 out of London and soon claimed a monopoly over the fur trade in western Canada. Up until the 18th Century the HBC found it unnecessary to travel inland, instead they kept forts on the edges of Hudson Bay and attracted Aboriginal peoples to travel to the Bay to trade with them. In about 1760 fur companies out of Montreal began to move up into Western Canada, forcing the HBC to move inland. A rivalry grew between the HBC and a Montreal company, the North West Company (NWCo), between 1785 and 1821. The primary battle ground of these two companies was the Red River Valley, where violent conflict sometimes took the form of attacks on one another's forts.

Threat to the fur trade as the primary economy on the prairies was felt as early as 1812. In this year the Earl of Selkirk sought to establish a group of Scottish settlers at Red River. The HBC supported the settlers' presence on the prairies because it brought them a cheap source of labour and provisions, and served to reinforce their trading monopoly over the region. The settlers soon found, however, that they were having difficulty producing enough crops to survive and were facing starvation.

The Battle of Seven Oaks

To benefit the struggling settlers, the HBC passed a Pemmican Proclamation in 1814, declaring that no one could export pemmican out of the Red River colony—it would instead go towards feeding the settlers. The NWCo protested this proclamation because it seriously affected their trade. In 1816 the company roused up some of their Métis employees from Qu'Appelle, SK and, led by Cuthbert Grant, they raided an HBC post and stole a supply of pemmican. As they were skirting their way around the Red River colony, government officials led by Governor Semple went out to confront the Métis NWCo employees. Semple argued with the party and eventually a gunfight, known as the Battle of Seven Oaks, ensued.

At the end of the battle only one of the government officials remained alive and the Métis had suffered only one casualty. This was the first armed conflict entered into by the Métis, and they felt the victory not only as NWCo employees, but also as an emerging cultural group who had a claim to stake in the North West Territories.

Book a library room to study. Access through website or at a library desk

The Red River Resistance

In 1867 The British North America Act is passed, creating the Dominion of Canada. Between 1869 and 1870 The Dominion of Canada purchases Rupert's Land from the HBC. First Nations and Métis living in the expansive territory were not consulted. In response to Canada's attempts to survey its new purchase, the Métis at the Red River Settlement called upon Louis Riel to help establish the Metis National Committee. They effectively formed a provisional government and wrote what became known as the Manitoba Act. Riel seized Fort Garry, which served as the administrative centre for the provisional government. Thomas Scott, an Orangeman from Ontario, was imprisoned at Fort Garry. He was executed by order of a Metis court-martial after assaulting and threatening Riel. As a result of the execution, the Province of Ontario becomes outraged at Riel and his supporters. There were calls for Riel to be hanged and the Ontario government offered a bounty for his capture. A military force was sent to confront Louis Riel and the Metis at the Red River Settlement. This forced Riel to go into exile into the United States.

For the Métis, the Manitoba Act was important because it included provisions of bilingualism, denominational schools, judicial and parliamentary systems, and the extinguishment of their "Indian" title to the land through the granting of 1.4 million acres of land to "the children of half-breed heads of families." This was done through the scrip system, where scrip commissioners gave the Métis land or money scrip in exchange for their Indian title; the system, however, was fraudulent and most Métis did not receive or hold title to any land. After 1870, increasingly discriminatory attitudes within Manitoba forced hundreds of Métis to move to present-day Saskatchewan.

The government surveyors moved west as well. In 1885 they reached Saskatchewan and began running survey lines over Métis properties there. This created a second conflict, known as the North West Resistance where the Métis again tried to assert their nationalism in the face of government pressure. Enlisting the aid of First Nation allies, the Métis staged a series of battles which culminated in a defeat at the Battle of Batoche in 1884-1885.

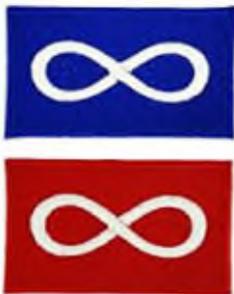
The Battle of Batoche

In 1884, the Métis brought Louis Riel from the USA back to Canada in order to negotiate their grievances with Ottawa. Alliance building occurred throughout the fall and winter of 1884; but as 1885 approached, it became apparent that the French Métis' coalition with the English-speaking Métis, First Nations and Euro-Canadians was not going to hold. The North-West Resistance broke out in late March 1885. After having gained the upper hand early on at Duck Lake (March 26) and Fish Creek (April 24), thanks to Gabriel Dumont's leadership and their superior marksmanship, the Métis succumbed to the larger, better equipped Canadian volunteer force at Batoche on May 12, 1885. For their roles, Louis Riel and other Métis and Indian leaders are arrested. Riel was tried and found guilty of treason, in an unfairly conducted trial. He was hung on November 16th 1885.

After 1885, the Métis were marginalized. Many dispersed to parkland and forested regions, while others squatted on land along the approaches to road allowances. Hence, the Métis began to be called the "Road Allowance People," and settled in dozens of makeshift communities.

Can't find a parking spot at Uvic?
Try by the Fine Arts Building.

Flags



The blue infinity flag is a Métis national flag and represented the political and military force of the Metis as early as 1816. The flag was first used by Métis resistance fighters prior to the Battle of Seven Oaks in 1816. It is the oldest Canadian patriotic flag indigenous to Canada. The Union Jack and the Royal Standard of New France bearing the fleur-de-lis are older, but these flags were first flown in Europe. As a symbol of nationhood, the Métis flag predates Canada's Maple Leaf flag by about 150 years.

The variation on the Métis flags featuring the infinity sign in the background colour of either red or blue. Some historical interpretations claim that the red background represents the colours of the Hudson's Bay Company; while the blue background represents the Northwest Company. However, the red and blue suggest other symbolic connections as well. For example, the blue and white combinations are similar to both Scotland's national flag, and are also the traditional colours of Quebec.

Both of the two flags feature the infinity sign. Like all great symbols, the infinity sign is open to varying interpretations. Some say it represents the Métis as the distinctive unification of two peoples, the European and Indian. Others claim that infinity represents that the Métis nation is robust and adaptable and will survive forever.

For more information on other various Métis flags the Gabriel Dumont art collection has visual representations of other flags that were used <http://www.metismuseum.ca/browse/index.php?id=349> .

Métis Sash

Take the bus or bike to school. It's great exercise and saves you \$7 a day for parking!

The sash is a finger woven belt made of brightly coloured wool and/or plant fibres approximately three metres long. Wrapped about the midsection, the sash was used to carry belongings during fur trade duties, but had many other uses. The sash was used as a belt, tumpline (a rope worn over the head to pull or carry heavy objects) and rope. It has fringed ends and the threads in the fringe served as an emergency sewing kit when out on the buffalo hunt. The sash served as a tourniquet for injuries, to wrap a broken bone, as a wash cloth, as a towel, as a saddle blanket, a bridle and a marker left on a killed buffalo to identify it as the property of the shooter. It could lash your canoe, like a rope, for a portage. The sash used in the past could be upwards of 12 feet long and was utilized as a rope or pulley to haul trade goods up, down or along. It acted like a scarf, and the colours helped identify your allegiance.



While sashes are used all over the world, the sashes that voyageurs wore as they paddled their canoes west became the sash that Métis people became famous for. This sash is styled after an "Assomption sash", named for the town in Quebec where they were mass produced. In French, a Métis sash can be called "un ceinture fleche", literally "an arrowed belt". The arrow design can be seen in the weaving.



Red River Cart

Need a Rest? Take a nap at the Silent Study Rm, or FN Student Association Rm @ Lansdowne



Métis traversed the landscape of Western Canada and the American Great Plains in Red River Carts. Among the First Nations, the Métis were known as "Half-Wagon Men" in the common Plains sign language because of their extensive use of Red River carts for trading and resource gathering purposes.

The cart was made of wood. The parts were held together with wooden pegs and strips of rawhide. Strips of rawhide were also wrapped around the wooden wheel rims. It was a strong cart and lighter than other wagons types. The

Red River cart was easy to fix. If a stream had to be crossed the wheels could be removed and the cart floated across. Sometimes, a rounded hood of canvas or hide was placed over the cart to cover the contents or to provide shelter for the driver and family.

A Red River cart could carry loads buffalo meat and hides of up to 500 pounds when pulled by a horse or 1,000 pounds when pulled by an ox. Ox-carts travelled in a long line with over a hundred in a line. Red River cart trails were made across the prairies. The first trails started in Winnipeg and went west and south.

Take a walk at Mystic Vale or Finnerty Gardens at Uvic.

Music and Dance

The Métis are famous for their fiddle music. Fiddles were introduced to the Métis by the Scots and French. Métis instruments, however, were more often made than purchased, since maple and birch woods were more readily available than the cash to purchase complete instruments. The sound of the Métis fiddle was often accompanied by the clap of sound from spoons and the drumming rhythms derived from a large tin pan. It was also common for the performer to provide rhythm by using his or her heels.

The Métis style of fiddle music is distinctive. The bottom string is often tuned up a tone from G to A. It is based on syncopation and extra beats, which give the music a "bounce" when played and heard. The

music is typically played up-tempo and has a routine back beat. These features make the performance of waltzes and reels distinctive, and particularly suitable for dancing.

Métis dance is a creative blend of European (French, Scotch, and Irish) and Indian heritage. The most distinctive of the Métis dance creations is the Red River Jig. This jig is a special fiddle tune that is danced in two parts. In one part, a traditional jig step is performed while the fiddle plays a high section. When the fiddle switches to a lower section, the second fancy footwork part of the dance is performed. It is common for this energetic jig to be played, while dancers compete with one another to dance the most quick, complicated footwork.

Need Free Parking @ Interurban?
Try Layritz Park!

Métis Languages

Métis people have various heritage languages: Michif-Cree, Northwestern Saskatchewan Michif, Michif-French, Cree, Saulteaux and Bungee. Depending on the geographical area of where Métis people resided as well as the ethnic union between European men and aboriginal women, various Métis languages and dialects developed. Michif dialects in general are endangered languages and Bungee is all but extinct.

Michif-Cree and Michif-French developed with the two distinct fur trade communities (the English-Cree speaking Métis known as “halfbreeds” and the French-speaking (Métis). Michif-Cree is a mixed language combining Michif French and Plains Cree. In general, Michif nouns (and their associated grammar) are French, while verbs (and their associated grammar) are Cree.

The French that Métis children learned was not from a schooled language as most young Métis received no formal education. Métis children also learned their mother’s languages. Most Métis were bilingual with a preference for their aboriginal mother tongue. As a result, the aboriginal languages gradually permeated the French, with the additional characteristics of Algonquin languages. Michif-French does share fundamental features of French dialects spoken in the Saint Lawrence Valley; it is clearly distinct from other varieties of North American French.

Bungee is a dialect heavily influenced by the Scottish men from the Orkney Islands, bilingual speakers of both English and Gaelic. Bungee consists of about 10% Cree or Saulteaux words as well as a few terms borrowed from French. Many of these men took wives among the Saulteaux and Cree. Their children learned English as well as their aboriginal mother tongue.

Balance as a Student: exercise, spend time with yourself, stay well rested, be part of community and family, study throughout the semester – don’t cram, take a walk in nature, let go, and take a few deep breaths,

Métis Student Role Models



Nicole Bresser

Métis Ancestral Bloodline: William Todd

Age: 33

Post-Secondary Schools: University of Northern British Columbia and University of Victoria

Degrees: Bachelor of Science and Juris Doctorate

Awards: Ronald S. Naime Memorial Scholarship, Thomas A. Don Shield Award, Chief Micheal A. Underwood Memorial Scholarship, and the Arthur Rhodes scholarship for outstanding achievements and leadership. In addition, Nicole was selected in 2012 to represent Canada as a National Aboriginal Role Model.

Professional Affiliations: Law Society of British Columbia
Executive Member of the Canadian Bar Associations, Aboriginal Legal Forum, Indigenous Bar Association, Metis Nation of British Columbia

Place of Work & Job Title: Devlin Gailus Westaway Law Corporation: Lawyer

Hobbies and Interests: Anything to do with the outdoors!

Favorite Quote: “If you are always trying to be normal, you will never know how amazing you can be” – Maya Angelou

Influential people growing up: Profession Earl Henderson at the University of Northern British Columbia, a Metis / Cree Elder who instilled in her traditional Metis teachings and continues to provide support and guidance to her today.

Obstacles that she has overcome: As a bi-cultural person Nicole has struggled with trying to find her place in a society that has a lot of overt and hidden discrimination leading to feeling isolated from “mainstream” society. Her struggles were further impacted by her journey to de-colonize and regain her Metis culture that was purposefully and strategically removed from her family through Canada’s assimilation tactics. This process led to a very difficult time for Nicole while in her middle and high-school. It was not until University and the support of Indigenous programming that she began to find acceptance of herself and culture.

Learning from overcoming obstacles: To overcome her feelings of isolation, Nicole found acceptance through getting involved, give back to her community, and participate in cultural events. She realised that people welcomed her and wanted her to be involvement. This increased her cultural knowledge and her assisted with her need for community acceptance which led to confidence and knowledge to challenge mainstream pedagogies.

How post-secondary became part of her journey: Nicole decided to leave Victoria to attend University (this was partially to escape the norm of Victoria). University provided her with the opportunities to grow as a person, challenge herself academically and was so much fun! After the completion of her Bachelor of Science she hit her first career ceiling and realized that she needed to get more education to make effective change – she noted that there were few people in positions of power that were Indigenous. After a conversation with her grandmother she decided attend law school.

Most difficult part of post-secondary training: The financial aspect of both undergrad and law school was crippling at time – but finding support in grants and outside work assisted with this. It was also challenging to experience classism and elitism - University had a way of exposing all the raw bits of yourself and you grow and change.

How she fostered her Métis identity within post-secondary: Nicole constantly challenged stereotypes of who the Metis. Part of this challenge was not being afraid to tell people I was Metis – and proudly wearing her culture as an honour. Nicole received some money to assist in school and vowed to give the money back 10-fold – the loan in her belief is being paid back as she gives back to the community in “in-kind” services and being the best Metis advocate she can be.

What post-secondary education provided: Post-secondary taught her that she knows nothing in this big world of knowledge and that she needs to be a lifelong learner. It also gave her a sense of confidence and independence.

Advice for other Métis students: Just Do It – everything will fall into place! Be open to new experiences and new people. Get involved in your community and Indigenous programs.



Kirsten Lindquist

Métis Ancestral Bloodline: Blandion/Dion

Age: 29

Post-Secondary Schools: University of Alberta, University of Victoria

Degrees: Bachelor of Commerce, Bachelor of Arts in Native Studies (Honors), and Master of Arts in Indigenous Governance (expected 2015)

Awards: SSHRC Graduate Scholarship

Professional Affiliations: Native American and Indigenous Studies Association (NAISA)

Place of Work & Job Title: Online Coordinator, Aboriginal Governance and Partnership Certificate, Faculty of Native Studies

Hobbies and Interests: baking, beading, media arts, family dinners, volleyball, working with youth

Influential people growing up: Grandparents looked after her. She did a lot of berry picking, working outside and canning. These experiences taught her a lot.

Obstacles that she has overcome: Learning to be more vocal about her experiences and being proud of her family and being native. She learned that it is ok to allow people to have their life experiences and not talk about their identity if they did not want to.

Learning from overcoming obstacles: She learned patience and not to rush things; take things day by day. She also learned that being Métis means different things to different people and that she can only speak to her experiences. Kirsten learned to respect other peoples' processes.

How post-secondary became part of her journey: Kirsten's family always expected her to pursue post-secondary education. It was seen as way to find a job/employment and to do something with her life.

Most difficult part of post-secondary training: Time management, let things go, finding a balance with learning, working, and other activities. She found it challenging to be patient with people's attitudes and trying to understand where they were coming from. Kirsten also found talking about being Métis difficult when a lot of people don't know what that means.

How she fostered her Métis identity within post-secondary: She read and wrote papers on Métis Women autobiographies, got involved with other Métis and Indigenous people, accessed support services, gave back to her community, and learned to find her voice to talk about being Métis.

What post-secondary education provided: For Kirsten post-secondary education provided learning skills, writing skills, loving being an eternal student. Education also provided her a vocation, alternative

perspectives, the ability to think critically, and opportunities to form relationships with people who want to do things differently in community.

Advice for other Métis students: Take courses that are interesting to you, make school a job or lifestyle, seek out support services, student support networks, and find safe spaces on campus.

Do something for 10 – 15 min. every night that makes you feel good.



Katie Elliot

Métis Ancestral Bloodline: Selkirk Manitoba – Gunn and Lyons

Age:28

Post-Secondary Schools: Camosun College, University of Victoria

Degrees: Bachelor of Arts in Nursing, Masters in Public Health and Social Policy, Currently attending the University of Saskatchewan School of

Medicine

Professional Affiliations: Métis Nation of British Columbia, Island Health

Place of Work & Job Title: Perioperative Nurse

Hobbies and Interests: Health advocacy, rowing and speed skating

Influential people growing up: She has had many wonderful mentors within the community. She learned to be humble, be respectful, and how to carry herself.

Obstacles that she has overcome: Kate has a learning disability and had to adapt in order to excel within the academic setting. This requires extra work and determination.

Learning from overcoming obstacles: Build up others, give back to community, and work hard to overcome difficulties.

How post-secondary became part of her journey: She always wanted to be a doctor from three years old. She focused on sciences in high school; she also did a lot of extra credit work and ended up graduating a year early. Kate went onto University of Victoria into the nursing program. She wanted to do an undergraduate in nursing instead of sciences.

Most difficult part of post-secondary training: Lacking of cultural understanding and lateral violence that was present within the nursing field. Also Kate experienced a severe injury during her training at university. Healing from her injury took two years and was difficult on many levels including pain management, physical rehabilitation for work, financially, emotionally and dealing with setbacks academically within university. Kate had to learn how to navigate various institutional systems.

How she fostered her Métis identity within post-secondary: She became involved in youth programming both at her community level and at the provincial level. Connecting at community potlucks and giving back to her community was really important to her and helped her overcome difficulties.

What post-secondary education provided: Life-long learning, skills, and humility.

Advice for other Métis students: Be strong and know who you are – be proud of who you are. Live your life in a good way and get involved in your community.



Wayne Strandlund

Métis Ancestral Bloodline: Fleury and Bellehumeur. Wayne's Great Great Aunt Marguerite Bellehumeur was the wife of Louis Riel.

Born: 1947 in Saskatchewan

Education: High School - St. Louis College
Post-Secondary – University of Victoria

Degrees: Bachelor of Arts and Level Four Coaching

Awards: Honorary Life Member of the Victoria Symphony, Unforgettable Award for Outstanding Service to the Arts in Victoria, Member of the Year Award – Victoria Real Estate Board, Certificate of Appreciation – Victoria Real Estate Board, Charitable Realtor of the Year – Victoria Real Estate Board

Professional Affiliations: Royal Roads University, Victoria Conservatory of Music, Victoria Symphony, Canadian Real Estate Association British Columbia Real Estate Association, Victoria Real Estate Board, Canadian Association of Accredited Mortgage Professionals, Mortgage Investment Association of British Columbia, Mortgage Brokers Association of British Columbia, National Exempt Market Association, Private Capital Markets Association

Place of Work & Job Title: President and CEO of Fisgard Asset Management; Chancellor and Chair of the Board of Governors of Royal Roads University

Hobbies and Interests: Few hobbies and an infinite array of interests.

Favorite Quote: *“There is only one thing that I dread: Not to be worthy of my sufferings.”* (Dostoevsky)

Influential people growing up: Wayne's Mother, Delia, Grandmother, Rose and life-long friend and spiritual brother, mentor and professor, Dr. Lawrence Russell.

From these great living spirits, Wayne learned compassion, affection, that he is just one of many and cannot (must not) work in a vacuum, that he must have a sense of humour and not take himself so seriously, that life is a metaphor full of never-ending double meaning, and that you should live not only as if this is the last minute of your life, but also that it is the first minute of your life and that you are on the starting line with a great race ahead of you. We don't own anything, but are placed on Earth by a power greater than ourselves to be stewards of Mother Nature.

Obstacles that he has overcome: Dealing with an over-blown ego, fear of losing, fear of being second best, the never-ending temptation to excess, not knowing limitations, impatience and looking for immediate answers instead of recognizing that all answers will eventually come, but will come in good time, and when we are spiritually, physically and mentally prepared for the answer – and only after we have framed the question correctly. We must learn not to expect answers immediately, some coming decades after the question. And we must be always genuinely prepared for the answer, many of which may not be particularly expected or favourable. Never ask questions unless you genuinely want an answer and are prepared for an answer you are not particularly crazy about.

Learning from overcoming obstacles: Many of Wayne's friends and friends of his mother and grandmother were Cree. These close relationships within the predominantly white European immigrant community facilitated acceptance and great friendships with the Cree young people on the reserve where Wayne spent a great deal of his youth. The contrasts between the worlds of his Métis community, Cree people and white community enable him to move freely and comfortably between the many different cultures that were part of prairie living during that time.

How post-secondary became part of his journey: Education at all levels was encouraged by Wayne's family. He came from a large family with limited resources, so it was expected that he would have to manage the cost of his education.

Most difficult part of post-secondary training: Wayne was interested in so many things that he found it hard to nail down a course of study or frame a career such as teaching, medicine, engineering, law, music, etc, etc.

How he fostered his Métis identity within post-secondary: From a very early age Wayne knew he was Métis and knew where his family came from. Heritage and ancestry were not continuous overt topics of discussion, but the sense of being Metis came with the language, the music and dancing, the hard work and continuous celebration of life.

What post-secondary education provided: Wayne has a passion for life-long learning, and knows that education is not a start-stop endeavour.

Advice for other Métis students: Wayne's advice is to spend a good deal of time alone – with yourself and no one else. Privacy, to Wayne, is precious, and he protects it diligently. He declares that it sounds selfish, but that it's not. It's about good health and taking care of yourself. He is certain that without good health, particularly good spiritual health you are not of much use to others. He advocates taking good care of yourself first. Get outside as much as you can, trying never to miss the sunrise and the sunset, which he describes as holy experiences. Exercise that great virtue of patience, which he says recognizes that things do not happen on 'your' time, they happen when they are supposed to happen – and only when Mother Nature determines that you are ready and prepared. Think in multi-generational terms, a wonderful Metis tradition, perfectly consistent with the Metis 'family', and avoid short-term thinking. Don't consider everything to be 'work'. Think 'experience', not 'work'. Be 'interested', and avoid doing things that are boring.

Wayne encourages Métis students who may wish to attend Royal Roads University to apply for Bursary funds from the **Wayne Strandlund Award to Indigenous and Métis Students**, (please see page 17) an endowment created and funded by Royal Roads Chancellor Wayne Strandlund to assist Métis students with their post-secondary education.

Thank you for bestowing on me the honour to share a few words with you. I wish you the greatest, most interesting and most challenging adventures!

Wayne Strandlund
Chancellor and Chair of the Board of Governors
Royal Roads University

Be proud of who you are!

Being Métis allows you to cross back and forth into two different worlds – Indigenous and non-Indigenous. This ability provides opportunities, skills, strength, and wisdom.

Métis Post-Secondary Funding

Cook your own food & pack a healthy lunch – it saves money and you will be healthier.

Métis Nation British Columbia A.S.E.T.S. Funding Programs

- Individual Training is available to clients who are either unemployed or underemployed. Underemployed means the client is required to upgrade their skills in order to maintain their employment (specialized certificates, forklift training etc.). We are able to fund course fees, tuition, books, supplies, equipment, and in some situations travel and living allowances. We are able to cover short courses, apprenticeships, diplomas & certificate programs and the final two years of a bachelors' degree.
- Targeted Wage Subsidy(TWS) is designed to provide training and work experience that can lead to long-term employment. The goal is to financially assist the employer while the client is receiving on-the-job training and mentoring.
- Career Placement Work Experience Program (CPWEP) is available to provide a practicum-based initial work placement with salary and support for the client. This program is designed for the client with minimal or no experience in the field. The goal is for the client to gain experience and develop transferable skills. We are able to fund the client's wages and mandatory employment related costs for up to six (6) months.
- Employment Supports Program (ESP) is for the unemployed client who has a job offering but needs one-way transportation to the job, work clothing or tools. We are able to fund the client one time up to \$1,000 for this program.

For further information about eligibility go to <http://www.mnbc.ca/ministries/employment-training-introduction> or contact the Vancouver Island Regional office at 1-888-632-9450 to apply.

Royal Roads University

Wayne Strandlund Award to Indigenous and Métis Students

The Wayne Strandlund Award is a perpetual award that will be provided to students chosen by Royal Roads endowment staff each year or as often as viewed appropriate and in amounts considered suitable. Applications by qualified students may be made at any time. To apply contact:

Gwen Campden
Manager, Financial Aid & Awards
Student Services
Royal Roads University
2005 Sooke Road
Victoria BC V9B 5Y2

BC Association of Aboriginal Friendship Centres

The BC Association of Aboriginal Friendship Centres funds a Student Bursaries every year. For further information and to download an application form go to <http://www.bcaafc.com/programs/firstcitizensfund/31-studentbursary> .

Aboriginal Canada Portal

The Aboriginal Bursaries Search Tool is a searchable list of bursaries, scholarships and incentives across Canada, offered by governments, universities and colleges, private and public companies, individual Canadians, organizations and others.

The Majority of the awards on this list are targeted directly to Aboriginal students but could vary by group such as First Nation, Metis, or Inuit. Some awards are specific to region, place of residence a school or field of study. The site is accessible at http://www.aadnc-aandc.gc.ca/eng/1351687337141/1351687403171?utm_source=bursaries&utm_medium=url .

Take advantage of an Internship opportunity to access your field first hand.

Other Scholarship and Bursary Websites

- **Aboriginal Scholarship Guide** <http://www.ammsa.com/book/export/html/145> Windspeaker and AMMSA maintain an extensive list of scholarships and bursaries available to Aboriginal students. If you are a Canadian Native (First Nations, non-status, Métis, Inuit) student, there are a variety of available funding sources to help offset the financial burden of receiving an education.
- **Indspire** <http://indspire.ca/> recognizes Indigenous professionals and youth who demonstrate outstanding career achievement. They motivate and serve as invaluable role models for all indigenous peoples. Each year 14 recipients are selected by a national jury for their outstanding accomplishments in various disciplines.
- **New Relationship Trust Bursary** <http://www.newrelationshiptrust.ca/funding/for-students> NRT Scholarships and Bursaries are available to First Nation students pursuing a post-secondary education from a recognized institution. Scholarships are awarded at the Bachelors, Masters, Doctorate levels. Bursaries are awarded to students pursuing trades certificates and diplomas.
- **RBC Aboriginal Student Awards** http://www.rbc.com/careers/aboriginal_student_awards.html The RBC Aboriginal Student Awards Program was launched in 1992 to assist Aboriginal students to complete post-secondary education, and provide an opportunity for RBC to strengthen its relationship with the Aboriginal community. Selected students are awarded up to \$4,000 each academic year for two to four years to use towards tuition, textbooks, supplies and living expenses.
- **The Irving K. Barber BC Aboriginal Student Award** <http://www.bcscholarship.ca/web/> was established in 2008 as part of the Provincial Government's strategy to improve Aboriginal access and achievement. Its purpose is to support Aboriginal people in getting post-secondary education by reducing financial barriers. The Scholarship Society administers the program in partnership with the Victoria Foundation. Awards of \$1,000 - \$3,500 are available for Aboriginal people pursuing post-secondary education that is at least nine weeks long.
- **BC Hydro** also provides funding to various bursaries, scholarships and endowments for Aboriginal students. For more information visit https://www.bchydro.com/community/community_investment/scholarships.html .

Apply for a bursary or scholarship – even if you are not qualified for one if no one else applies you might get it by default.

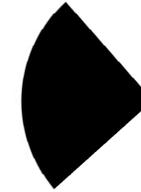
Need to work? Workstudy on campus gives you great experience. Work in retail gives you discounts and flexible schedules. Try catering work at night and weekends and bring home gourmet leftovers.

Calendar



September

Septaambr



The Michif used in the handbook is Michif-Cree dialect.

Season: Ohpahoo Pesim (Flying Moon)

Traditional Activities:

Hunting bison. Hunting moose, deer, wapiti (Elk), bears, prairie chickens, migratory ducks, geese, and swans.

Fishing spawning fish, such as whitefish and salmon with weirs, nets, spears or traps. Trapping or hunting bears, wolves, coyotes, mink, otters, beavers, muskrats and rabbits.

Harvesting medicines. Harvesting ripening wild rice, chokecherries, Saskatoon berries, and highbush cranberries. Harvesting wheat.

Slaughtering livestock. Preparing food for winter and supplies for trade. Prepare winter clothing and shelter.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck
5:30 pm

Michif Words:

Hello! Taanshi!

How are you? – Taanshi kiya?

Where are you from? Taanday ooshciyenn?

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwiiiii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



October

Oktobr



**Season: Nochetowi Pesim
(Mating Moon)**

*Traditional Activities:
Hunting bison and continue to secure winter food supply. Hunting moose, deer, wapiti (Elk), bears, prairie chickens, migratory ducks, geese, and swans. Fishing spawning fish, such as whitefish and salmon with weirs, nets, spears or traps. Trapping or hunting bears, wolves, coyotes, mink, otters, beavers, muskrats and rabbits. Slaughtering livestock. Process meat, hides, and fruits and vegetables. Prepare winter clothing and shelter.*

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck 5:30 pm

Michif Words:

- One hen/payek
- Two deu
- Three trwaa
- Four kaatr
- Five saenek

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



November

Noovaambr



**Season: Kuskutino Pesim
(Freezing Moon)**

Traditional Activities:

*Hunting moose, deer, wapiti (Elk),
bears, Trapping or hunting bears,
wolves, coyotes, mink, otters,
beavers, muskrats and rabbits.
Curing meat and tanning hides.*

MNGV Métis Activities this Month:

3rd Wednesday – Community
Potluck 5:30 pm
Celebration of Louis Riel Day
November 16th

Michif Words:

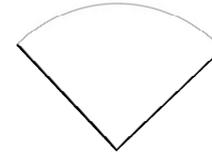
Six sis
Seven set
Eight wit
Nine neuf
Ten jis

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



December

Disaambr



Season: Yekopew Pesim (Hoarfrost Moon)

Traditional Activities:

Trapping weasels, skunks, mink, otters, beavers, muskrats, bears, foxes, and lynx. Hunting bears, wolves, coyotes, prairie chickens, rabbits, moose, deer, wapiti (Elk). Ice fishing with nets. Winter celebrations.

MNGV Métis Activities this Month:

2nd Wednesday – Community Potluck
 Christmas Dinner 5:30 pm

Michif Words:

mon frenn – my friend
 nohkom – my grandmother

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



January

Zhaanvyii



Season: Pawastun Pesim (Snow-Drifting Moon)

Traditional Activities:

Trapping weasels, skunks, mink, otters, beavers, muskrats, bears, foxes, and lynx. Hunting bears, wolves, coyotes, prairie chickens, rabbits, moose, deer, wapiti (Elk). Ice fishing with nets. Hunting Buffalo in winter camps.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck Dinner 5:30 pm

Honour Your Health Challenge Begins

Michif Words:

the book - li liiv
I walk – bimohtaan
we walk - pimohtaanaan

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



February

Fevriyii



Season: Kese Pesim (Cold Moon)

Traditional Activities:

Trapping weasels, skunks, mink, otters, beavers, muskrats, bears, foxes, and lynx. Hunting bears, wolves, coyotes, prairie chickens, rabbits, moose, deer, wapiti (Elk). Ice fishing with nets. Hunting Buffalo in winter camps.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck Dinner 5:30 pm

Honour Your Health Challenge Continues

Michif Words:

li shyaen – the dog
li minosh – the cat
wii – yes
no – no
anosh – today

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwiiijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



March

Maar



Season: Mikisiw Pesim (Eagle Moon)

Traditional Activities:

Hunting ducks, geese swans, prairie chickens, pheasants, partridges, moose, deer, wapiti (Elk) and bears. Catching spawning fish such as pike, walleye, sturgeon with weirs, nets, spears or traps. Trapping or hunting mink, otters, beavers, muskrats, rabbits, coyotes, and wolves. Collecting birch bark for canoes and house hold items. Sapping birch and maple trees. Seeding wheat and other grains. Harvesting medicines.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck
Dinner 5:30 pm

Honour Your Health Challenge comes to an end.

Michif Words:

- kimuwan – it is raining
- mishponn – it is snowing
- yootin – it blows, it is windy
- kishitew – it is hot
- kishinaw – it is cold
- tahkayaw – it is cool
- ahkwatinn – it is freezing
- waasheshkwann – it is sunny
- yiikwashkwann – it is cloudy

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwiiiii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



Season: Niski Pesim (Goose Moon)

Traditional Activities:

Hunting ducks, geese swans, prairie chickens, pheasants, partridges, moose, deer, wapiti (Elk) and bears. Catching spawning fish such as pike, walleye, sturgeon with weirs, nets, spears or traps. Trapping or hunting mink, otters, beavers, muskrats, rabbits, coyotes, and wolves. Collecting birch bark for canoes and house hold items. Sapping birch and maple trees. Seeding wheat and other grains. Harvesting medicines.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck
Dinner 5:30 pm

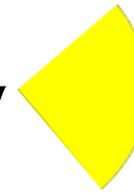
Michif Song:

“Head, Shoulders, Knees, and Toes”
Tet, nipol, zhnu pi pyii ,
zhnu pi pyii
zhnu pi pyii,
Zyeu pi zarey pi bush pi nii

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



May
Mii



Season: Ayeki Pesim (Frog Moon)

Traditional Activities:

Hunting ducks, geese swans, prairie chickens, pheasants, partridges, moose, deer, wapiti (Elk) and bears. Catching spawning fish such as pike, walleye, sturgeon with weirs, nets, spears or traps. Trapping or hunting mink, otters, beavers, muskrats, rabbits, coyotes, and wolves. Collecting birch bark for canoes and house hold items. Seeding wheat, grains, and other vegetables. Harvesting medicines.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck
Dinner 5:30 pm

Michif Words:

Red Roozh
White Blann
Blue Bleu
Yellow Zhoon
Orange Orraanzh

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



June

Jwaen



Season: Pininawawe Pesim (Egg-Laying Moon)

Traditional Activities:

Hunting bison. Hunting wolves, coyotes, bears, prairie chickens, rabbits, moose, deer, and wapiti (Elk). Trapping bears. Gathering Seneca root, blueberries, saskatoon berries, raspberries, currants, gooseberries and chokecherries. Fishing with nets. Harvesting medicines. Drying berries and fish. Growing vegetables. Seeding and harvesting barley. Shearing sheep.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck
Dinner 5:30 pm

Michif Words:

taanshi e–shikiishikak – how is the weather?
miyokiishikaw – the weather is good
machikiishikaw – the weather is bad

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii



July Jooyet



Season: Paskawe Pesim (Egg-Hatching Moon)

Traditional Activities:

Hunting bison. Hunting wolves, coyotes, bears, prairie chickens, rabbits, moose, deer, and wapiti (Elk). Trapping bears. Gathering Seneca root, blueberries, saskatoon berries, raspberries, currants, gooseberries and chokecherries. Fishing with nets. Harvesting medicines. Drying berries and fish. Growing vegetables. Seeding and harvesting barley. Shearing sheep.

MNGV Métis Activities this Month:

3rd Wednesday – Community Potluck Dinner 5:30 pm

Michif Words:

Green Verte
Brown brun
Black Nwaenr
Purple Vyalet nwaenr

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12



August

Aahoo



Season: Pusko Pesim (Molting Moon (August))

Traditional Activities:

Hunting bison. Hunting wolves, coyotes, bears, prairie chickens, rabbits, moose, deer, and wapiti (Elk). Trapping bears. Gathering Seneca root, blueberries, saskatoon berries, raspberries, currants, gooseberries and chokecherries. Fishing with nets. Harvesting medicines. Drying berries and fish. Growing vegetables. Seeding and harvesting barley. Shearing sheep.

MNGV Métis Activities this

Month:

3rd Wednesday – Community Potluck Dinner 5:30 pm

Michif Words:

marsi – thank you
miina ka-wapamitin – I will see you again

Sunday Jimaansh	Monday Laenjii	Tuesday Morjii	Wednesday Mikarjii	Thursday Jhwiiijii	Friday Vaandarjii	Saturday Samjii
						Volunteer @ Recycling Depot – behind Archie Browning Arena 9am - 12

Indigenous Community Services

Never be too proud to ask someone for help.

Victoria Native Friendship Centre

The Victoria Native Friendship Centre is located at 321 Regina Ave. It has serviced the urban aboriginal population in Greater Victoria since 1970. It offers many programs from youth programs, counselling services, art and cultural programs, educational programs, employment and career services, and operates a preschool. To find out more about what they offer phone 250-384-3211.

Island Métis Community Services

Island Métis Community Services support Métis families who are impacted by child welfare. It seeks to support families to stay intact by providing culturally supportive services. They offer visitation services, family support services, cultural programs, and a Fetal Alcohol Spectrum Disorder Worker. They are located at 345 Wale Road and the phone number is 250-391-9924.

M'akola Housing

M'akola Housing offers a variety of supportive housing for urban aboriginal people. There is subsidised housing for individuals who are hard to house, youth, families, and Elders. For more information on the housing programs they offer got to <http://www.makola.bc.ca/index.html> or phone 250-590-0204.

Hulitan Family and Community Services

Hulitan Family and Community Services offers a variety of support services for urban Aboriginal families, youth, and children. Hulitan has eight unique services which include, Sexual Abuse Intervention, Child & Youth Mental Health, a mandated parenting program, Family Development Response, Journeys of the Heart, Family Preservation, and a Supportive Access program. For more information visit <http://www.hulitan.ca/home.html> or phone 250-384-9466.

Aboriginal Health Program Vancouver Island Health Authority

The Vancouver Island Health Authority offers Aboriginal Health Support. There are Aboriginal Liaison nurses that visit patients in hospitals, Diabetes Nurse, and a community dietitian. For more information about contacting the various practitioners visit http://www.viha.ca/aboriginal_health/ or the office at 250-370-8914.

British Columbia Aboriginal Network on Disability Services (BCANDS)

BCANDS provides a vast array of services to eligible clients and organizations, both within Aboriginal communities and within British Columbia's urban and rural centres. If you are an Aboriginal person living with a disability, residing within the province of British Columbia, BCANDS may be able to assist. They have extensive information / resources and support services that includes print and non-print resource

materials on a wide range of health issues such as: Addictions, AIDS/HIV, Auto-immune Disorders, Allergies/Asthma, Arthritis, ADD/ AHDD, Cancer, Cystic Fibrosis, Diabetes, Elders, Epilepsy, Heart & Stroke, Lupus, Nutrition, Parenting, Post-Traumatic-Stress, Pre-Natal & Post-Natal, Sexual Health, Suicide Prevention, Tobacco Cessation, Environmental Health, Youth, and more. For more information about BCANDS visit <http://www.bcands.bc.ca/> or phone 250-381-7303.

Aboriginal Legal Aid BC

Aboriginal Legal Aid BC provides services, information and support for Aboriginal people in the province of BC. They are committed to increasing awareness of the legal rights for Aboriginal people in British Columbia. There are Aboriginal community legal workers, outreach services, family advice, and information on other community partners. For more information visit http://www.legalaid.bc.ca/legal_aid/legalAidOffices.php#aboriginalServices or phone the Legal Services Society for more information at 1-866-577-2525.

Study at the Indigenous Student Ready Room @ FPH Uvic or at Law Library or the basement of McPherson Library

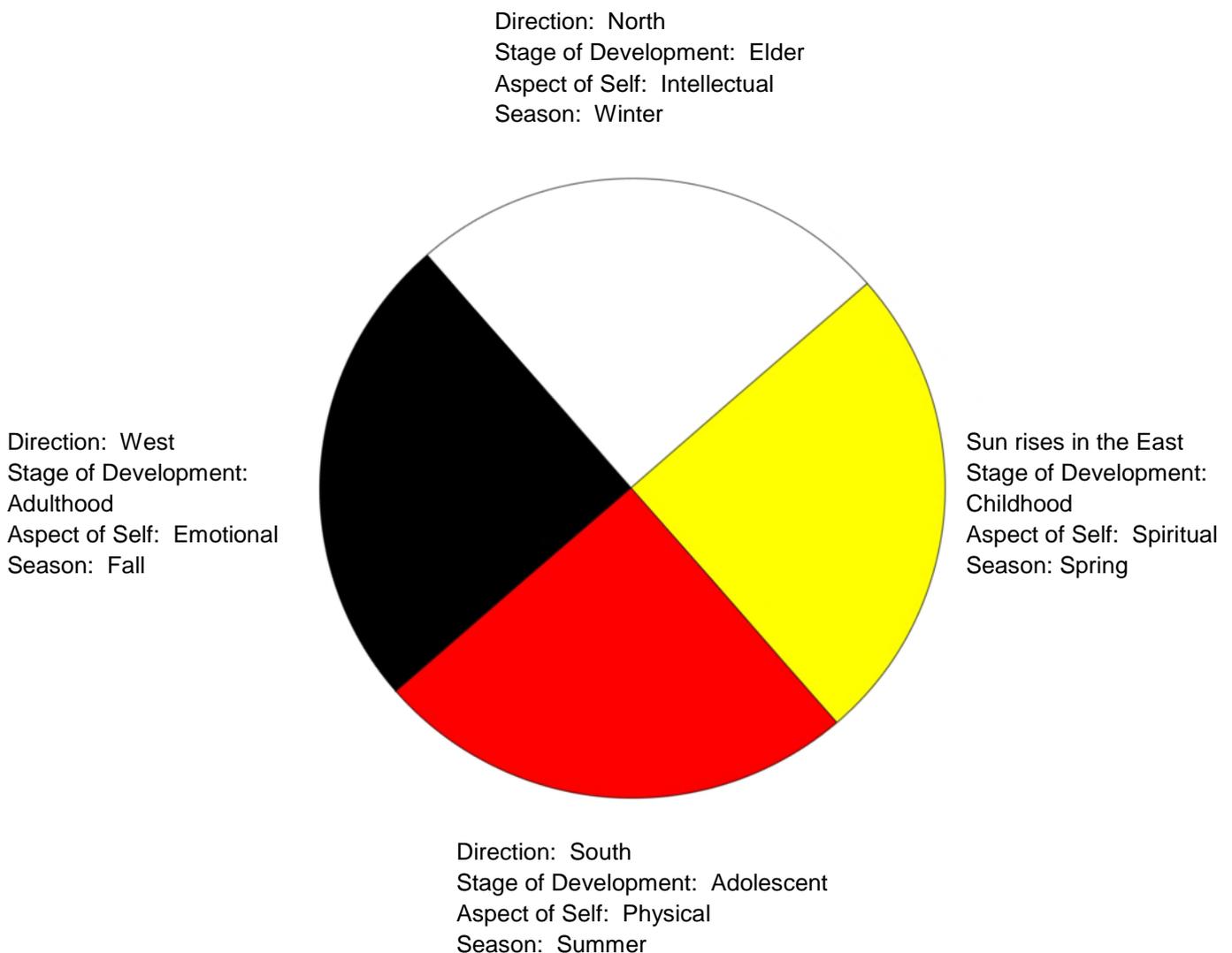
Buy used text books at Abebooks or at SUBText in the Student Union Bldg.

Activity Section

Keep Active – join an exercise group, walk or bike to school, join an intramural sport, or get a gym pass.

Medicine Wheel of Self Care

Circles of stones have been found over North America most of these being on the plains of Canada. The term Medicine Wheel became a way to describe these circles. These circles are a way to focus on the connection to spirit, self, others and nature. The Medicine Wheel has many sacred teachings. It helps us walk in balance and harmony with all aspects of ourselves and nature. The Medicine Wheel is divided into four quadrants representing various elements such as the four directions, the four seasons, the four dimensions of development and the four aspects of ourselves. There are many different teachings about the Medicine Wheel. Here the Medicine Wheel is presented as a guide to help you as a student stay balanced and in harmony while you undertaking your studies.



Medicine Wheel Exercise Sheet

Sleep Tip: Don't use a device with a screen before bed. The light from it simulates sunlight and makes it harder to fall asleep.

In the space below write or draw ways that you support the various aspects of yourself:

Spirit

Physical

Emotional

Mental

Métis Historic Family Names*

Who are you related to? Compare your genealogy with a fellow Métis and see if you are related!

ABERLAE	BOURBON	COURTEL	DUVAL	GONNEVILLE
BOLLAND	BOUSQUET	COURTOIS	DYSON	GOOD
BONE	BOUVET	COUVRET	ENGLAND	GOSSELIN
BONNEAU	BOUVIER	COWLEY	ERASMUS	GOUIN
BOUCHER	BOYER	CREAMER	ESSON	GOULET
ALLARY	BRABANT	CREBASA	EUSTACE	GOWLER
ANDERSON	BRAYANT	CROMARTIE	EVANS	GRANDBOIS
ANNAL	BRAZEAU	CUMMING	FAGNANT	GRANT
ANTILL	BRELAND	CUNNINGHAM	FALARDEAU	GROAT
ARCAND	BREMNER	CURSITOR	FALCON	GROUETTE
ARCHETTE	BROWN	CYR	FARQUARHSON	GUIBOCHE
ARMSTRONG	BRUCE	DAHL	FAVEL	GUILBEAULT
ASHFORD	BRUNEAU	DAIGNEAULT	FIDLER	GUNN
ATKINSON	BRUYERE	DANIEL	FIELDING	HACKLAND
AUGER	BUTLER	DAUPHINAIS	FINLAY	HALCROW
AULD	CADOTTE	DAVID	FINLAYSON	HALLET
AZURE	CALDER	DAVIS	FISHER	HAMELIN
BADGER	CALDWELL	DAVIS	FLAMMAND	HARBRIDGE
BAILLIE	CAMERON	DAWSON	FLETCHER	HARCUS
BALLENDINE	CAMPBELL	DAYON	FLETROU	HARDISTY
BANNERMAN	CAPLETTE	DAZE	FLETT	HARKNESS
BARNES	CARDINAL	DEASE	FOLSTER	HARPER
BATT	CARIBOU	DEFOND	FONTAINE	HARRISON
BEADS	CARON	DEGAIN	FORBISTER	HAY
BEAR	CARRIERE	DELORME	FOSENEUVE	HAYWOOD
BEAUCHAMP	CAYEN	DEMONTIGNY	FOURNIER	HENDERSON
BEAUDRY	CHABOILLEZ	DENIG	FOYE	HENRY
BEAULIEU	CHALIFOUX	DENIGN	FRANK	HERMAN
BEAUPRE	CHARBONNEAU	DENNING	FRANKLIN	HERON
BEGG	CHARETTE	DESCHAMBAULT	FRASER	HEYDEN
BELANGER	CHARLES	DESCHAMPS	FREDERICK	HIGGINS
BELLEGARDE	CHARTRAND	DESCOLEAUX	GADDY	HIGGS
BELLEHUMEUR	CHATELAIN	DESJARDIN	GAGNON	HOGUE
BERARD BERCIER	CLOUSTON	DESJARLAIS	GALARNEAU	HOPE
BERCIER	CLOUTIER	DESLAURIERS	GARIEPY	HOULE
BERGIS	COCHRANE	DESMARAI	GARTON	HOURIE
BERIAULT	COCKING	DOMET	GAUDRY	HOWSE
BERTHELET	COLLIN	DONALD	GENDRON	HUDSON
BEST	COMCOMLY	DREVER	GENTHON	HUGHES
BIRD	COMTOIS	DUCHARME	GEORGE	HUPPE
BIRNIE	CONTRE	DUMAS	GERVAIS	INGRAM
BIRSTON	COOK	DUMONT	GIBSON	INKSTER
BLACK	COOPER	DUPRE	GINGRAS	IRIS
BLONDEAU	CORRIGAL	DURAND	GLADMAN	IRVINE
BLONDIN	COTTERELLE	COURTEL	GLADU	ISBISTER
BOISCLAIR	COULEMBRE	COURTOIS	GODON	ISHAM

****This is not an exhaustive list!!! Please add names!***

JANSEN	LAVALLEE	MONKMAN	OGDEN	ROCHELEAU	THOMAS
JEFFERSON	LAVERDURE	MONTOUR	OKANNASS	ROLLETTE	TODD
JEROME	LAVIOLETTE	MOREAU	OMAND	ROSE	TOURANGEAU
JOBIN	LAWSON	MORGAN	OSTERTOOG	ROSS	TOUROND
JOHNSTON	LEASK	MORIN	OUELLETTE	ROUSSIN	TROTTIER
JOLIBOIS	LEBLANC	MORRISEAU	PACQUET	ROWLAND	TRUTHWAITE
JOLICOEUR	LEBRUN	MORRISON	PAGE	ROY	TURCOTTE
JONES	LECUYER	MORRISSETTE	PANGMAN	SABISTON	TURNER
KAUFFMAN	LEDOUX	MORWICK	PARENTEAU	SANDERSON	TWATT
KEITH	LEFORT	MOUSSEAU	PARISIEN	SANSREGRET	UMFREVILLE
KENNEDY	LEGACE	MOWAT	PARK	SAUNDERS	VANDAL
KIPPLING	LEJOUR	MOZENY	PATENAUDE	SAUVE	VENDETTE
KIRKNESS	LELAND	MUNROE	PATRICE	SAVOYARD	VENNE
KLYNE	LEMIRE	MURDO	PAUL	SAYER	VERMETTE
KNIGHT	LEPINE	MURRAY	PAULETTE	SCHMIDT	VERSAILLES
L'HIRONDELLE	LEROUX	McBEAN	PAYETTE	SHARP	VILLEBRUNE
L'IROQUIS	LESPERANCE	McBEATH	PEEBLES	SHAW	VILLENEUVE
LABINE	LETENDRE	McCORRISTER	PEGUIS	SHORT	VIVIER
LACHEVROTIER	LEWIS	McDONNELL	PELLETIER	SIMPSON	WADDENS
LACOUTURE	LILLIE	McDOUGALL	PELLY	SINCLAIR	WARD
LADEROUTE	LINKLATER	McGILLIS	PEPIN	SIVERIGHT	WELLS
LADOUCEUR	LIVINGSTON	McGILLIS	PEPIN	SLATER	WELSH
LAFERTE	LOGAN	McGILLIVRAY	PERREAULT	SMALL	WHITE
LAFLEUR	LOUIS	McINTYRE	PERRY	SMITH	WHITFORD
LAFOND	LUSSIER	McKAY	PETIT	SOUPE	WILKEY
LAFONTAINE	LYONS	McKENZIE	PICHE	SPENCE	WILSON
LAFOURNAISE	MALATERRE	McKINLAY	PILON	ST. CYR	WISHART
LAFRAMBOISE	MARCELLAIS	McLEAN	POCHA	ST. DENIS	YORKSTON
LAGEMONIER	MARION	McLENNAN	POITRAS	ST. GERMAIN	
LALIBERTE	MARTELLE	McLEOD	POLSON	ST. LUC	
LAMBERT	MARTIN	McMILLAN	PRIMEAU	ST. PIERRE	
LAMIRANDE	MARTINEAU	McMURRAY	PRINCE	STANIGAN	
LANDRY	MASSON	McNAB	PRITCHARD	STEAD	
LAPIERRE	MATCHION	McPHERSON	PRUDEN	STEVENS	
LAPLANTE	MATHESON	McTAVISH	PUCKETHWANISK	STEVENSON	
LAPOINTE	MEAVOR	NABASE	RACETTE	STEWART	
LAREVE	MERRICK	NADEAU	RAINVILLE	STUART	
LARIVIERE	Michel	NAULT	RICHARD	SUTHERLAND	
LAROCQUE	MILLER	NEQUETTE	RIEL	SWAIN	
LARONDE	MILLET	NOLIN	RITCHOT	SYMESON	
LARSEN	MINNIE	NORMAND	RIVARD	TAIT	
LATERRGRASS	MITCHELL	NORQUAY	ROBERTSON	TAYLOR	
LATREILLE	MOAR	NORTE	ROBILLARD	THIBAUT	
LAURENCE	MONETTE	OAKES	ROCHEBLAVE	THOM	

Roommate? Strive to be the best roommate possible – it rubs off!

Peppers by Gyro Beach gives students a 10% discount.

Food Recipes

Bannok Bread* (The Métis Cookbook & Guide to Healthy Living 2006) **(Efangishimog Pakwejigan)**

3 cups flour
1 Tbsp. baking powder
1 ½ tsp. salt
1 cup of berries of choice

Mix flour, baking powder and salt. Add in water and berries, mix rapidly.
Bake at 425 F for 20 minutes.

Meat Stew* (Adapted from The Métis Cookbook & Guide to Healthy Living 2006)

1 lb. meat of choice cubed
¼ cup flour
2Tbsp. vegetable oil
2 cups water
½ cup chopped celery
½ cup chopped onion
½ cup chopped green pepper
½ cup chopped carrots
Salt and pepper to taste
Instructions:

Blend salt and pepper with flour and sprinkle over meat until well coated. Brown meat with cooking oil. Add water and seasoning and cook covered on low heat for 2 hours. Add vegetables, cover and continue cooking for 45 minutes. Sprinkle remaining flour into stew to thicken.

Wild Rice Salad* (The Métis Cookbook & Guide to Healthy Living 2006)

1 cup wild rice
3 cups water
½ tsp. salt (added to rice when cooking)
¼ cup finely chopped red pepper
¼ cup finely chopped green pepper
½ cup finely chopped onion
1 cup fresh or canned of kernel corn
1 tsp. salt
Dash of pepper
¼ tsp. sage
2 Tbsp. vinegar
1 Tbsp. vegetable oil

Instructions:

Add ½ tsp. salt to water in a pot and bring water to boil. Add wild rice, cover and reduce heat. Simmer for 45 to 50 minutes until all the wild rice is opened up. Drain and let cool in a large bowl. Chop onion, green and red pepper. Add chopped vegetables and corn to wild rice. Toss together and add vinegar, oil, salt, sage to mixture and toss several times.

FRESH COOKED WILD GREENS

1 lb. greens such as arugula, swiss chard, purslane, young kale, beet greens, young dandelion greens, chickweed, fennel, plantain, or your favourite mixture of other wild greens

½ cup fresh parsley, chopped

3 garlic cloves, peeled

¼ cup fresh cilantro leaves

¼ tsp. salt

3 tbsp. olive oil

¼ tsp. sweet paprika

Juice of ½ lemon

Instructions:

Wash and roughly chop greens, and cook with parsley and garlic in a vegetable steamer until tender, 10–30 minutes, depending on greens. Remove garlic and set aside. Allow greens to cool, squeeze out as much liquid as possible, then chop finely. Set greens aside.

Chop garlic, cilantro, and add salt. Heat 3 tbsp. of the olive oil in a large skillet over medium heat. Add garlic, cilantro, salt and greens, and lower heat. Cook, stirring often, until mixture is fairly dry, about 5 minutes. Stir in lemon juice. Before serving, adjust seasoning with salt and lemon juice to taste.

Apple Crisp* (The Métis Cookbook & Guide to Healthy Living 2006)

1 ½ cups rolled oats

1 cup whole wheat flour

2/3 cup real maple syrup

6 – 8 apples cored, peeled and sliced

½ tsp. cinnamon

2 Tbsp. flour

¼ cup sugar

Instructions:

Core, peel and slice apples. Stir apples in a bowl with cinnamon, 2 Tbsp. flour, and sugar to coat. Place in a baking dish. Mix together oats, flour, and maple syrup. Cover apples with mixture. Bake at 350 F for 35 – 45 minutes or until golden and apples are bubbling.

For a sweet twist try adding 1 cup of your favourite berries with the apples.

Quick Healthy Meal: Burritos – rice, beans, veggies and favourite sauce!



Medicine (La Michin) Recipes

Cough Medicine* (Adapted from The Métis Cookbook & Guide to Healthy Living 2006)

Pine Needle Tea contains 4-5 times the Vitamin C of fresh-squeezed orange juice, and is high in Vitamin A. It is also an expectorant (thins mucus secretions), decongestant, and can be used as an antiseptic wash when cooled. Each varietal of pine has it's own flavour to impart, so experiment and see which needles you like best.

Simmer 1 Tbps. pine needles per cup of water for 20 – 30 minutes. Strain and mix with honey. Drink this tea several times a day for maximum medicinal effect.

Mint

Mint leaves, stems and roots were chewed or made into teas to relieve colds, stomach ailments, chest pains and headaches.

Willow Bark Tea for Pain* (Adapted from The Métis Cookbook & Guide to Healthy Living 2006)

Grind up Willow bark and save in a jar for painkiller. Boil 1 – 2 tsp of dried bark in 8 oz of water and simmer for 10 – 15 minutes; let steep for ½ hour; drink 3 – 4 cups daily.

Dandelion Tea for Internal Cleansing Health Support

Dandelion roots and leaves can be harvested and dried. Boil the roots for 20 minutes or steep the dried leaves in hot water. Dandelion helps detox the liver, cleanse the blood, and helps reduce inflammation. It is also high in vitamins A, C and many minerals.

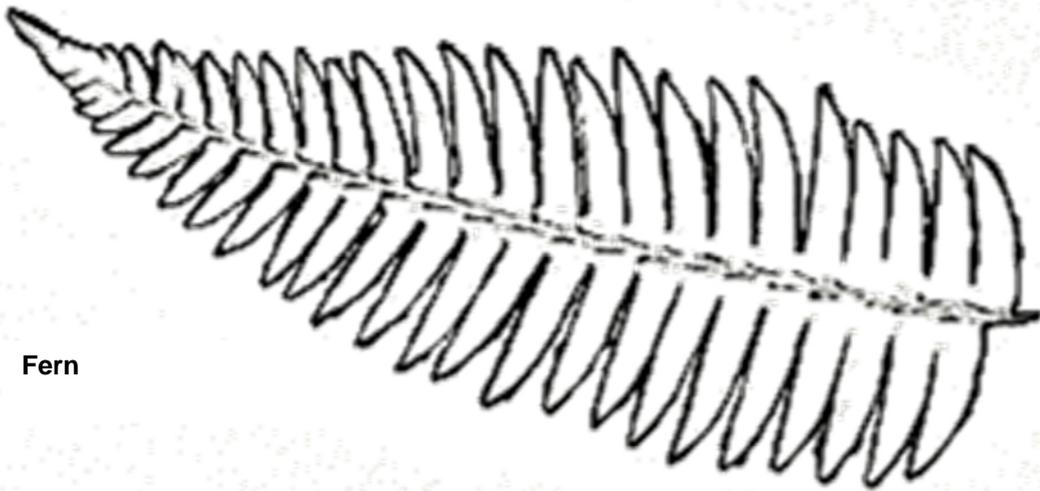
Nettle Tea for Pregnancy, Nursing Mothers, Fights against Prostate Cancer and General Health Support

Gather nettles in the spring before the flowers begin. Use gloves to avoid getting stung! Dry the leaves and add one tablespoon of dried nettle leaves to boiled water. Steep tea for five minutes. Nettles help support the adrenal systems – very useful when you are stressed. Nettles are filled with nutrients that support pregnancy and help new moms lactate. Nettle tea also helps fight against instances of prostate cancer.

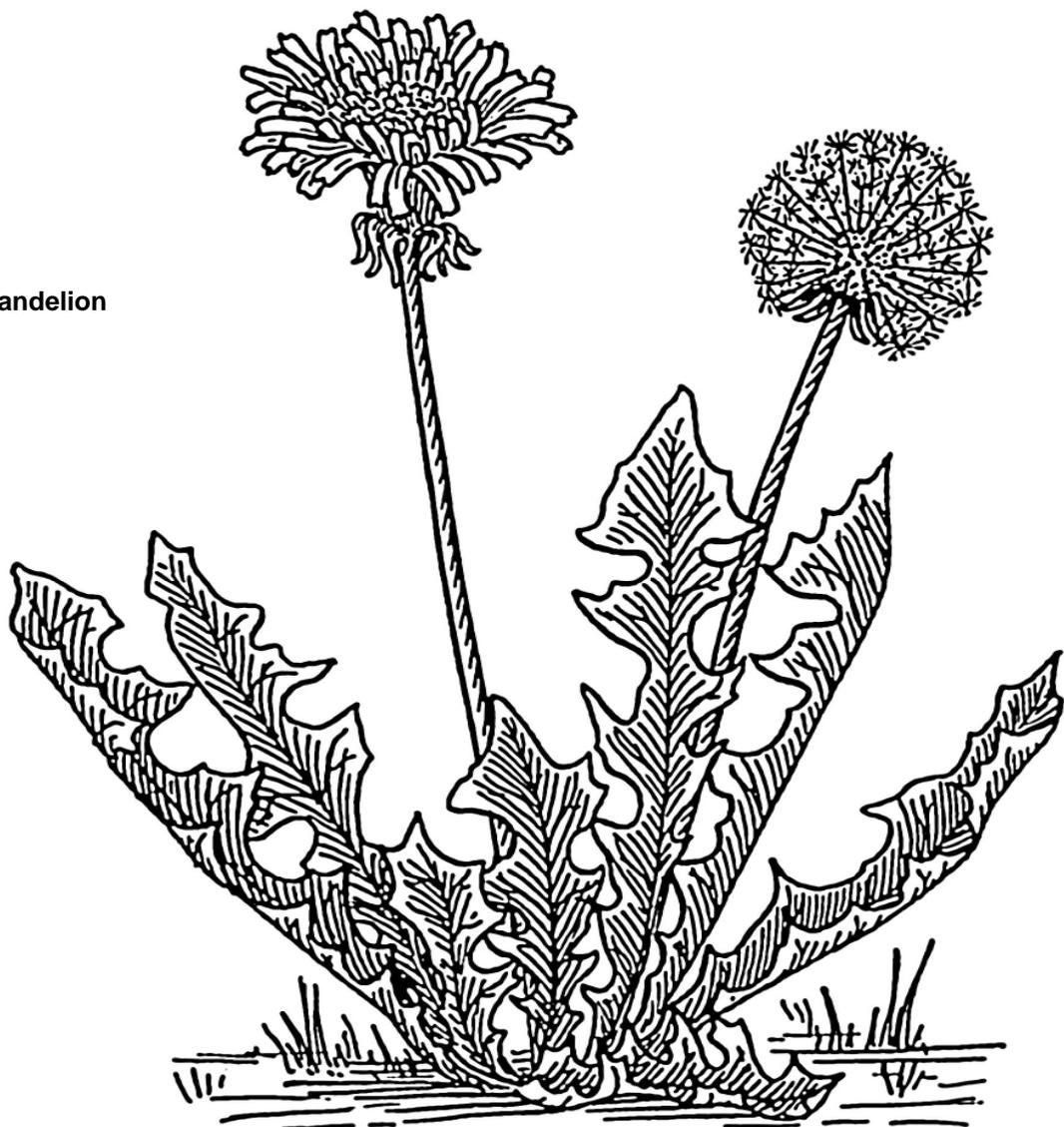
Vancouver Island Plant Beading Patterns

Dog Rose





Fern

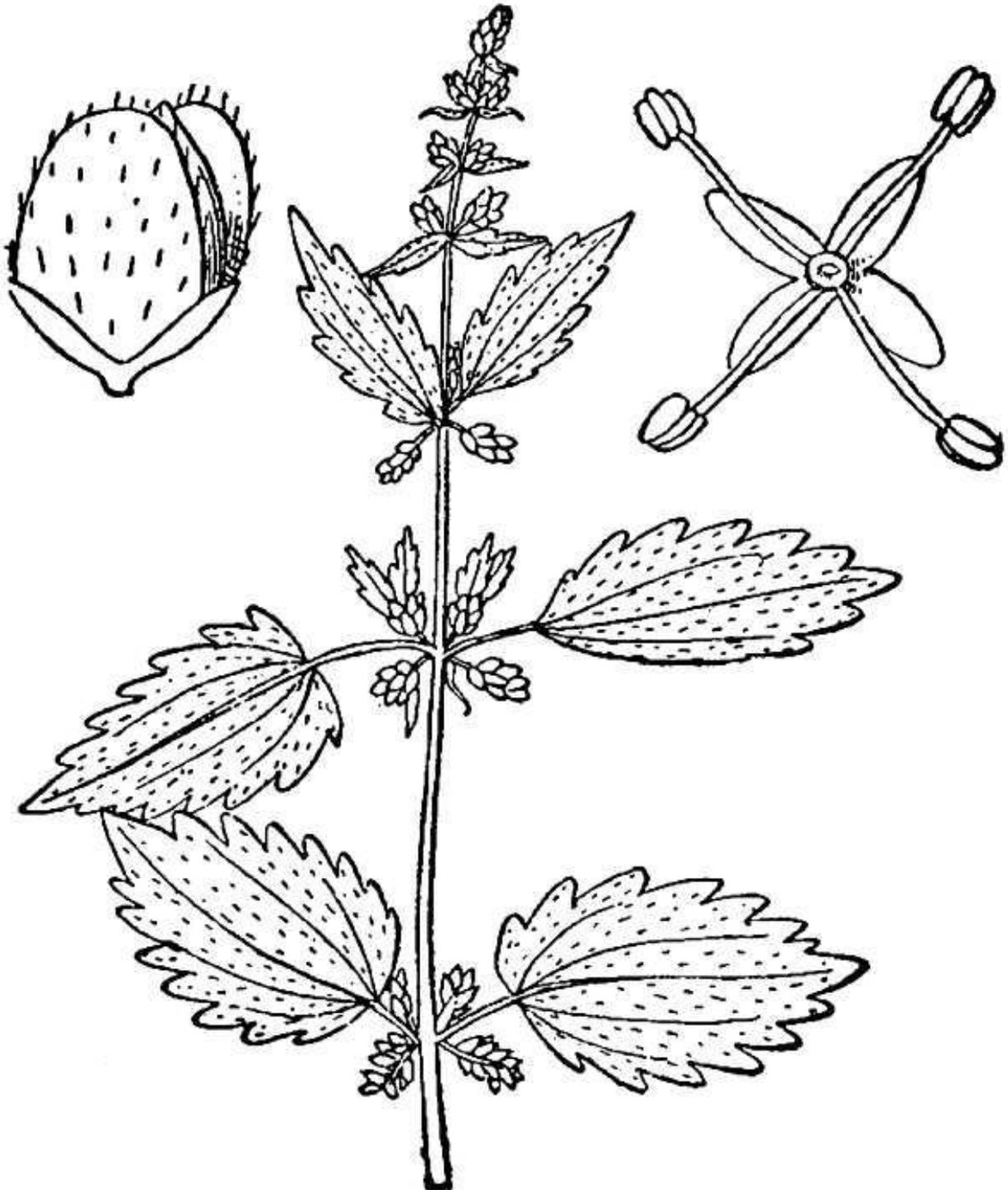


Dandelion

Camus



Nettle



Salal



Get a hug!

The Back Cover Design,
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For more information on other artwork by Jodi please email
beniukj1@gmail.com

