

Traditional Metis Values

Family Gatherings

- Getting together during holidays (Christmas, New Years, Easter weekend, May long weekend, July long weekend).
- The value of family is exhibited in the fact that Metis families will travel long distances to visit relatives.
- Shared cooking at large gatherings.
- Sharing joy and grief with each other and supporting one another.
- Having relatives stay, no one ever uses hotels, they stay with family.
- Tradition of gatherings over several days, picnics, singing, dancing and games.
- Playing card games as a communal social event.

Humour

- Used to ensure you didn't take yourself too seriously
- Humour is a way to cope with hardship
- Teasing often as a way of admonishing someone without being harsh.

Honesty

- If we were honest about the things we did (misbehaviour) the punishment was reasonable, if we lied, the punishment was harsh.
- A Metis' word was his bond, they didn't need written contracts.
- Your behaviour reflects on your family.

Loyalty

- To family and clan, never betray them.
- Loyalty to friends, by being someone they can count on.

Music and Dance

- Metis tradition of providing their own entertainment.
- Music as an expression of the pure joy of living.
- Music was made with instruments which were easily portable, fiddles, button accordion, spoons, mouth harps, and guitars.
- Dancing fiddling and singing viewed as primarily activities that occur at home, secondarily at larger Metis gatherings.

Pride

- In who you are and where you come from.
- In doing your best job.

Respect for Elders

- Offer to get tea or food for Elders.
- Give Elders your place in line.

- Listen to what they say without interruption.
- Never walk in front of Elders while they are speaking.
- Doing banking and other transactions for Elders who don't speak English.
- Caring for Elders in old age, cutting and hauling wood, taking them food, caring for them in your home when they can no longer care for themselves.
- Respect represents who you are as a person and how your family has been raised.

Storytelling

- Hidden moral lessons are to be learned in Nanabush and similar tales.
- The way in which grandparents and parents taught Metis history and values.
- Superstitions were stories with a purpose, often to keep children and youth from going outside alone after dark.

Sharing

- Sharing the harvest within the community, through those ways traditionally used by the Metis Community. This includes using designated community hunters to hunt for disabled elderly and those unable to hunt. In the past this men's group was called "The Society of the Generous Ones."
- Families always had a pot of soup on the stove and bannock to feed company.
- Sharing what you had in the community, eg. Bannock for wild meat in return.
- Never sell anything that was given to you, when finished with it give it to someone else.
- Share tasks in the community and within the family group.
- Sharing of food you hunted for, with others who could not join the hunting party.
- Grandparents share stories and experiences with the young ones.
- Shared everything with each other: food, tools, work, knowledge and stories.

Religion

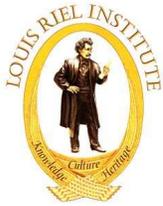
- Practices include, Roman Catholic, Protestant and First Nation's rituals and beliefs.

Metis Foods

- Typically served after celebrations.
- Used when someone is ill.
- A way of expressing nurturing and empathy.
- The famous Metis saying is: "Let food be your medicine and medicine be your food."

Conservation

- Don't waste. Eat what you kill and if there are other uses for animal, try to do that.
- Firewood collected under the right to subsistence or personal use cannot be sold.
- Berries collected under the right of subsistence or personal use cannot be sold.
- When gathering duck or bird eggs always leave some in the nest.
- Never kill female animals still caring for their young.
- No fishing during species-specific spawning seasons.



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