

THE JIG IS UP

The Ultimate Métis Youth
“Adulting” Resource Guide





Introduction to the Resource Guide

The Jig Is Up – The Ultimate Métis Youth ‘Adulting’ Resource Guide is an initiative of Métis Nation British Columbia’s (MNBC) Ministry of Youth, which strives to provide culturally relevant programs and services for Métis Youth across BC.

The information provided should be used as a guide only, as we acknowledge information is always being updated and changed when it comes to British Columbia’s youth-oriented resources.

Métis-specific information that supports the present and future success of Métis youth can be challenging to find. Métis youth must determine what careers are available, what their interests are, and what skills they have or need to develop. This Resource Guide provides information about Métis culture, career planning, budgeting, healthy living, and other resources available for Métis Youth in British Columbia; it offers a wide range of practical information, tips and checklists to support Métis youth to discover and plan their life paths.

The MNBC Ministry of Youth gratefully recognizes the financial contribution of Indigenous and Northern Affairs Canada in developing this Métis Youth Resource Guide.

For any questions about this publication or to contact the MNBC Ministry of Youth, please visit our websites at www.mnbc.ca and www.metisyouthbc.com or call Métis Nation British Columbia toll-free at 1-800-940-1150.

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Métis Nation British Columbia: Who We Are Today and What We Do

Since 2003, the **Métis Nation British Columbia (MNBC)** leadership has implemented a number of institutions of governance such as an Electoral Act, Métis Nation Governing Assembly, the Senate, Women's Representatives, Youth Representatives and an objectively verifiable citizenship process. MNBC represents Métis Chartered Communities in British Columbia and is mandated to develop and enhance opportunities for Métis communities by creating and supporting culturally relevant social and economic programs and services.

Representing more than 14,000 provincially registered Métis citizens (and growing) and a majority population of nearly 70,000 self-identified Métis people, the MNBC is recognized by the provincial and federal governments and the Métis National Council as the official governing organization in the province of British Columbia.



VISION

Métis Nation British Columbia will build a proud, self-governing, sustainable Nation that recognizes the Inherent Rights of our Métis citizens.

MISSION

Métis Nation British Columbia develops and enhances opportunities for our Métis Chartered Communities and Métis people in British Columbia by providing culturally relevant social and economic programs and services.

Métis Youth British Columbia (MYBC) and the Ministry of Youth: Speaking up and Making Change

MYBC is composed of **seven (7) Regional Youth Representatives and one (1) Provincial Youth Chairperson**; the members of the Committee are elected by **Métis** youth in their regions. From these eight (8) positions, an Executive is formed.

The Provincial Youth Chairperson holds a voting seat on the MNBC Board of Directors and is the Minister Responsible for Youth (and any other Ministry appointed by the President of MNBC). As political representatives for MYBC, the seven elected members that represent each Region work with their respective Community Youth Representatives to ensure MYBC stays connected with the needs of youth across the province.

MYBC **facilitates open discussions** about Métis youth issues and challenges to find solutions through governance and policies. MYBC brings together dynamic youth leaders from across BC with incredibly valuable skills and knowledge. Through meetings, conferences, group discussions, and skill-development workshops, MYBC members are able to identify common issues and challenges that Métis youth face today.

MYBC strives to **inspire and empower all Métis youth to proudly own their gifts, talents, and important cultural heritage**. MYBC provides Youth with the opportunity to become the leaders of today and tomorrow to build a proud, self-governing, and sustainable Métis Nation.

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**LOOK FOR
THESE ICONS
THROUGHOUT
THE TOOLKIT
FOR USEFUL
REFERENCES &
INFORMATION!**
— — — — —




Métis Culture and History: Who We Are and Where We Come From

Métis culture and history is a rich blend of different traditions and cultural activities ranging throughout Canadian history and making waves today in the faces of politicians, sports heroes, and more. Read on to learn a bit more about where we came from and what it means to be Métis in BC today!^{1 2}

Métis History

Our **Métis communities have a rich history of blended cultures and unique identities.** The Historic Métis emerged as a distinct people and nation on the plains of western North America during the late 1700s. As the fur trade expanded westward, many of the employees, who were of European origin, found it both necessary and convenient to establish familial relationships with First Nations women. These relationships resulted in children of mixed European and Aboriginal ancestry.

Despite their economic interest in delaying large-scale agricultural settlement, the fur trade companies eventually adopted a policy of discouraging unions between employees and First Nations. As a result, Mixed Aboriginals married other Mixed Aboriginals and developed a culture that was not European nor First Nations but rather a unique fusion of the two cultures: our **Métis Nation was born.**

 **DID YOU KNOW?**
HISTORIANS REFER
TO THIS KIND OF
CULTURAL FUSION AS
"ETHNOGENESIS"

In 1811, The Hudson's Bay Company granted Earl of Selkirk Thomas Douglas land within the Red River to establish an agricultural settlement, supplying the expanding fur trade with provisions. However, the coming of **settlers disturbed the traditional lifestyle of the Métis**, especially key harvesting and commercial practices, so tensions ran high.

Métis camping on the prairies near their carts, 1858



- Otipemisiwak
- Half-breeds
 - lii Michif
- Bois-Brules
- Children of the Fur Trade
- One-and-a-Half Peoples
- Flower Beadwork People

These are only some of the names used to describe the Métis, Canada's other Aboriginal Peoples.

Within just five years of the settlement, **armed conflict erupted** in 1816 between Selkirk's colonists and the Métis then under the leadership of Cuthbert Grant (Jr.). This battle has become known as **the Battle of Seven Oaks** and the first time that our national flag, the first indigenous flag of Canada, was flown. This infinity flag is still the iconic flag of the Métis Nation and proves that, even by the early 19th Century, we Métis recognized ourselves as a distinct Nation with an infinite cultural identity. Shortly after Canadian Confederation, the Federal Government made an effort to acquire the land owned by the Hudson's Bay Company, successfully acquiring Rupert's Land in 1869. At that time, **the Métis constituted an estimated 85% of the total population of the Red River settlement**, approximately 11,400 people in total.

In addition, two key events occurred this year in Rupert's Land that contributed to a growing sense of Métis Nationalism. First was **the formation of the first Métis Nation Provisional Government** under President Louis Riel. Second were the illegal actions and subsequent execution of Ontario Surveyor Thomas Scott by Riel's Provisional Government.

Despite negotiating the **foundational Manitoba Act** in 1870, Louis Riel was exiled to the United States of America, where he remained until 1884. With Riel in



"Probable Shuswap family (white person at rear). Tête Jaune Cache, British Columbia, ca. A.D. 1910." Glenbow Archives NA-3489-40. Copyright by GDI, 2012



Louis Riel



Victoria Voltigeurs

exile and after Manitoba joined Confederation, Federal troops were dispatched to the Red River under the command of Colonel Garnet Wolseley, intending to establish Canadian governmental sovereignty. The actions of the federal troops created an atmosphere among the Métis of Red River that many historians describe as a **"Reign of Terror,"** resulting in a mass relocation of our Métis ancestors to Saskatchewan and into the Northern United States.

In the early 1870s under the leadership of Gabriel Dumont, Métis in Saskatchewan **began petitioning the Federal Government for recognition of their Métis rights.**

However, the Federal Government did not take action until finally amending the Dominion Lands Act in 1879. This amendment, though, did little to address Métis grievances. Thus, **the Métis again enlisted Louis Riel in 1884** to assist us with our efforts to address our governance and citizenship rights. Together, Riel and Dumont organized a second Métis Nation Provisional Government.



Then, in 1885, the Métis engaged in battle with the Canadian Federal forces at the **Battle of Duck Lake** and at the **Battle of Fish Creek**. Despite the initial victories of the Métis, the Federal Government quashed the Métis at the Battle of Batoche, the final military engagement between Métis and Canadian forces.

Following the Battle of Batoche, the Métis were again driven westward. This time their exodus brought them to Northern Alberta and the Peace River District of British Columbia.

WANT TO LEARN MORE MICHIF?
Download the 'Michif Lessons' app by the Gabriel Dumont Institute



MICHIF WORDS

Aboriginal:	Ayishiinoo
People/World:	Li moond
History:	Kaayaash ka achimoohk
Ancestors:	La paarantii kaayash ooshchi
Language:	La laang

Métis in BC: Bringing it Home

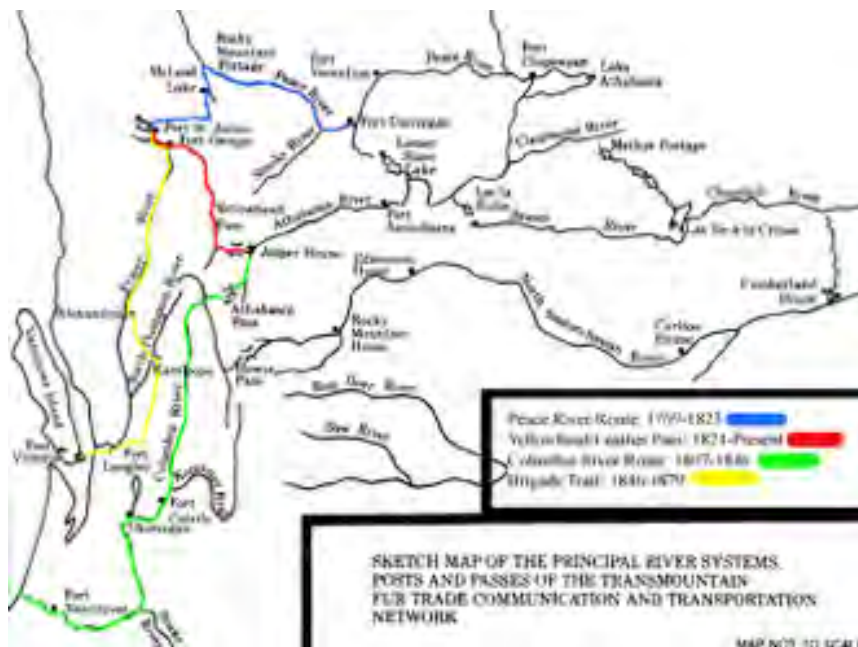
Métis have been **documented in BC as early as 1793**, when Sir Alexander Mackenzie's expedition traversed the Rockies and established a signpost marking at North Bentinck Arm near Bella Coola, BC, on July 22nd.

The Western Mackenzie Valley Drainage Basin, which now falls within the boundaries of southern Yukon and northern British Columbia, encompasses a vast area drained by the Mackenzie, Laird, Finlay, Stikine, Peace, Parsnip, and Halfway Rivers. The area includes the modern settlements of Frances Lake and Fort Grahame in the west, Hudson's Hope and Fort St. John's in the south, and the British Columbia-Alberta border in the east.

Around 1800, explorer David Thompson's expedition into BC documented 20 Métis families in the Flathead Valley, Kootenay region. Ethnologist James Teit then noted a band of Iroquois who settled at Tete Jaune Cache in 1816. According to Teit, **they spoke Cree and French and were noted for having traded flower beadwork leggings with the Shuswap**. They were known by the Shuswap (and documented by Teit) as "Le Mechif." Other notable Métis expeditions into BC include Simon Fraser's 1805 forays and the Sinclair Expedition (1841 and 1854).

In 1851, a small corps of volunteers known as **the Victoria Voltigeurs** was formed to enforce justice on Vancouver Island. These were mostly Métis of French-Canadian and Iroquois descent. Their military uniform consisted of a sky-blue capote with a red woolen sash. The Voltigeurs frequently accompanied Royal Navy expeditions to intimidate First Nations along the Northwest coast. **The Voltigeurs were the first military unit and police force in BC**, working in this capacity until March of 1858.

Métis were on the Pacific Slope well before the exertion of government control around 1858. We were also **recognized by the Federal Government as a rights-bearing community** in the Fort St. John area, included in the Half-breed Commission associated with Treaty 8.



Sketch map of the principle river systems, posts and passes of the Transmountain Fur Trade communications and transportation network



The Métis in BC were both connected to historic Métis families and also to the Mixed Aboriginal communities developing in BC during the colonial era. The Métis built our influence in this province to a point that we held positions of political power.

Indeed, perhaps one of the most striking and little-known features of Métis history in BC is **the Métis presence in positions of political and economic power** during the early years of the colonial and provincial governments. Notable Métis political figureheads and powerful landowners of this time period include Joseph McKay (founder of Nanaimo), Lady Amelia Douglas (wife of Sir James Douglas), Josette Legace (wife of John Work, HBC Chief Factor and member of Legislative Assembly, and the largest landowner on Vancouver Island), Isabella Ross (first female landowner in BC), and Simon Fraser Tolmie (BC Premier 1925–1930), along with others throughout the province of BC and the nation as a whole.



Therefore, although European newcomers and their discriminatory attitudes, coupled with a hostile legal regime in BC, forced the Métis underground, this **discrimination did not extinguish our unique culture, history, and social structures**, nor did it keep us from holding positions of power in our communities.

So what does it mean to be Métis in BC? It means a **200-year connection** to our historic Métis Nation and the events that contributed to the shared collective identity of this Nation. It means having blazed the **modern infrastructure of our province** (roads, major communities, communication systems) that sparked further development. It also means sharing in the **social and economic shift** that impacted Métis across the Homeland.

In short, **being Métis in BC means being an integral part of our national fabric.**



Michif Language: Speaking Up and Speaking Out

The Métis are well known as **speakers of many languages**. In the past, Métis spoke up to five or six languages, including Michif, French, English, Cree, Ojibway, and Bungee. Researchers Leah Dorion and Darren R. Prefontaine explain that the Métis “have a long tradition of adapting aspects of First Nations and European culture” and that our “language is no exception.” Most common in the prairies were **Michif-French** (a dialect of Prairie French), **Michif-Cree** (a distinct language using nouns and grammar from the Cree language), and **Bungee** (also referred to as Bungi, an extinct blend of Gaelic, Cree, French, and Salteaux).^{3,4}

Historically, the Métis were **the lifeblood of the west**. Our ability to communicate in so many languages was incredibly useful in many traditional occupations: voyageurs, bison hunters, boatmen, fisherman, traders, small-business owners, lumbermen, farmers, cattlemen, and certainly highly regarded interpreters. To this day, **many Métis people still speak or understand multiple languages**, an important part of our cultural legacy.

**DID YOU KNOW?
THE MICHIF LANGUAGE,
WHICH WAS ONCE
COMMON IN MÉTIS
COMMUNITIES, IS NOW
CONSIDERED AN
ENDANGERED LANGUAGE:
THERE ARE FEWER THAN
1000 PEOPLE
WHO SPEAK
IT TODAY!**

Want to learn more Michif words or hear how to pronounce the Michif words throughout this document?

Visit the Gabriel Dumont Institute:

www.metismuseum.ca/michif_dictionary.php

Or download ‘**Michif Lessons**’ by the Gabriel Dumont Institute in the App Store.

MICHIF WORDS

Hello:	Tansi
Good morning:	Boon matayn
How are you?	Taanishi kiiya?
Fine, how about you?	Ji bayn. Kiiya maaka?
Okay. Thanks:	Si kwaarayk. Maarsii
I’m sad:	S’id valeur
I’m happy:	Ni miyeuytay
Thank you:	Maarsii

Métis Culture and What it Represents

Métis Jigging & Music

The fiddle was historically the main musical instrument of the Métis people. As we were not able to purchase these instruments, they were handmade from maple wood and birch. Fiddling is a barless structure that uses only a small part of the bow, creating a bounce to the tune that is typical in Métis music.

The traditional dance of the Métis is the **Red River Jig**, a special piece of fiddle music played and danced in two sections. The early Métis combined the reels and waltz from their European ancestry with the dances of the Plains Indians, creating unique dances that were believed to be **some of the most technical dances** of any Aboriginal people.



Red River Cart

The Métis people are known as the practical **inventors of the Red River cart**, a crucial means of early transportation.⁵ Métis people used the Red River cart for long trips, especially hunting trips. The carts, similar to those brought by Scottish and French settlers, were made out of only wood, so they were easier to repair on trips than others with metal parts. The wheels consisted of six to eight spokes wrapped tightly with rawhide to protect the wood from damage.

The **high-pitched sound** of the carts was so piercing that it could be heard from kilometres away. Surprisingly, grease was not used on the axles, a clever innovation because dirt would get trapped, creating a “mud” that actually wore down the axles even faster.

The **wheels faced outward** from the hubs. This modification meant that the cart would not sink into the soft ground when carrying large loads that reached over 800 pounds, far too heavy for the carts initially brought by the European settlers. Thus, though modeled on older carts, the red river cart was another distinct and practical Métis cultural and social innovation.

The Sash

There are many traditions of Métis culture, including fiddle playing, folk songs and tales, crafts such as beading, and the hallmark Métis sash. The sash served as a **temporary tumpline, key holder, first aid kit, washcloth, towel, and even emergency bridle or saddle blanket!** It also became a sewing kit at times, especially during a bison hunt. This sash was particularly familiar to those who settled in the Red River area and is still an integral part of Métis celebrations today.

MEANING OF THE MÉTIS SASH COLOURS:

RED:

The blood of the Métis that has been shed fighting for our rights.

BLUE:

The depth of our spirit.

GREEN:

The fertility of a great Nation.

WHITE:

The importance of our connection to the earth and our creator.

YELLOW:

The prospect of prosperity.

BLACK:

The dark period of the suppression and dispossession of Métis land.



Famous Métis Figures



LOUIS RIEL

Louis Riel was a renowned Métis leader, founder of Manitoba, and a central figure in the Red River and North-West resistances. He was born on October 22nd, 1844 in Saint-Boniface on the Red River Settlement and died on November 16th, 1885 in Regina, Saskatchewan. Riel led two popular Métis governments, was central in bringing Manitoba into Confederation, and was executed for high treason for his role in the 1885 resistance to Canadian encroachment on Métis lands.⁶



GABRIEL DUMONT

Gabriel Dumont was another famous and influential Métis leader.⁷ Born in December 1837 at Red River Settlement, he died on May 19th, 1906 at Bellevue, Saskatchewan. Dumont rose to political prominence in an age of declining bison herds and was concerned with ensuring the ongoing economic prosperity and political independence of his people. He was a prominent hunt chief and warrior, but is best known for his role in the 1885 North-West Resistance as a key Métis military commander and ally of Louis Riel.



CUTHBERT GRANT

Have you heard of Cuthbert Grant? This Métis leader, whose reputation was tarnished by the events at Seven Oaks, has been overshadowed in history by Louis Riel, so you might not have.⁸ Thus, he has not historically received due credit for his leadership of the Métis. Of Scottish and Cree or Assiniboiné background and educated in Montréal, Grant came back to the then North West as a trader-bourgeois for the North West Company (NWC) in 1815.

Then, in 1816, he led the Métis to victory at Seven Oaks, an unplanned clash of Métis and Selkirk settlers. Though he is primarily known for his work at Seven Oaks, Grant was instrumental in building a predominantly Métis community at White Horse Plains, leading 80 to 100 Métis families in the spring of 1824, three years after the amalgamation of the NWC and Hudson's Bay Company (HBC).



TERRY FOX

Canadians today know that Terry Fox was only 18 years old when he was diagnosed with osteogenic sarcoma (bone cancer) and forced to have his right leg amputated.⁹ Perhaps less well-known, though, is that Terry Fox's family came to the Northwest as fur traders with the North West Company. His ancestors, Francois Dubois, Francois Vivier, Antoine Pilon, and Andrew J. Harkness were hired out of Montreal and served as middlemen during their canoe voyages through Upper Canada (now Ontario) into Rupert's Land. Although Terry Fox himself was not a registered MNBC citizen, his Brother Darrell and Darrell's other family members are in fact citizens of the Métis Nation; therefore, if Terry were still alive today, he could also be a citizen of MNBC.¹⁰

After 18 months and running over 5,000 kilometres to prepare, Terry started his run with a staggering average of almost 42 kilometres each day. Tragically, after 143 days running east a total of 5,373 kilometres, Terry was forced to stop running outside of Thunder Bay, Ontario because cancer had reappeared, this time in his lungs. Terry passed away on June 28, 1981 at the age of 22. To date, over \$650 million has been raised worldwide for cancer research in Terry's name through the Terry Fox Foundation, a testament to Fox's indomitable spirit.



RENE BOURQUE

Rene Bourque of the NHL is a Canadian professional ice hockey right winger who currently plays for the Columbus Blue Jackets team.¹¹ Bourque has used his public recognition to demonstrate his commitment to his sport and his Nation, initiating several charitable causes dedicated to encouraging Aboriginal children and helping youth from rural Northern Alberta afford the cost of playing hockey.



CAROLE JAMES

Carole James has served on Vancouver Island as MLA for Victoria-Beacon Hill since 2005 and as Leader of the Official Opposition in our province for seven years.¹² This remarkable Métis leader is also the Official Opposition spokesperson for Finance. Previously, Carole served on the Greater Victoria School Board from 1990 to 2001, including seven terms as chair, and was elected to an unprecedented five terms as president of the BC School Trustees Association. She also served at the national level as vice-president of the Canadian School Boards Association. From 1999 to 2001, Carole held the position of director of child care policy for the government of British Columbia.

Carole's Métis heritage is on her paternal grandmother's side of the family. Mary Clothilda Page was born in 1911 to Carole's great grandparents, Joseph Page and Marie-Jeanne Savard, where they resided in Egg Lake Alberta - a government- and church - formed Métis settlement along the Saskatchewan River. Her great-great grandparents were Pages, Brelands, Bissons, and Savards, and she is also a descendent of Cuthbert James Grant, a historical Métis leader.



FEELING INSPIRED BY THESE REMARKABLE MÉTIS
HEROES? WANT TO EXPLORE YOUR UNIQUE MÉTIS HERI-
TAGE? CHECK OUT THESE GREAT RESOURCES ONLINE!

- Digital Archives Database Project - [cosc304.ok.ubc.ca/Métis /](http://cosc304.ok.ubc.ca/Métis/)
- Canada Genweb - www.rootsweb.ancestry.com/~canwgv/
- Canada Census Records - automatedgenealogy.com/
- Hudson's Bay Company Biographical Sheets -
www.gov.mb.ca/chc/archives/hbca/biographical/index.html
- British Columbia: BC Archives: Genealogy & Vital Events -
search-collections.royalbcmuseum.bc.ca/Genealogy/BasicSearch
- New Westminster Heritage: Howell Funeral Home Records -
www.nwheritage.org/heritagesite/genealogy/index.htm
- Saskatchewan Vital Stats – Genealogy Index -
genealogy.ehealthsask.ca/vsgs_srch.aspx
- Manitoba Vital Stats – Genealogy Index -
vitalstats.gov.mb.ca/Query.php

ACTIVITY

Use this area to explore your own remarkable Métis heritage. Where does your Métis Heritage come from originally (Alberta, Saskatchewan, or Manitoba)? What is your European ancestry? What is your First Nations ancestry? What were the predominant last names in your family? Are you related to any of our Métis leaders? What other Métis leaders have you learned about, either through school or at home? What does it mean to you to be a leader?

Métis Rights: What You Need to Know

Powley and the Right to Hunt

The Supreme Court of Canada decision in Regina v. Powley [2003] 2 S.C.R. ¹³ was **the first and only time that the highest court in the land affirmed the existence of our Métis Rights.** ¹⁴ The Powley decision was important for Métis people in Canada because it **legally recognized the Métis as a distinct peoples** “who, in addition to their mixed ancestry, developed their own customs, way of life, and group identity—separate from their Indian, Inuit or European forebears.” ¹⁵ By including the Métis under section 35 of the Constitution Act [1982], the Canadian Government was honouring their “commitment to recognizing the Métis and enhancing their survival as distinctive communities.” ¹⁶

Because the ruling declares that “the term ‘Métis’ does not include all individuals with mixed Indian and European heritage,” the Powley decision **established a legal test to determine the Aboriginal rights of Métis people.** This test is a modified version of the Van der Peet¹⁷ (or pre-contact¹⁸) test that the Canadian Government uses for identifying Aboriginal rights, modified “to reflect the distinctive history...of the Métis, and the resulting differences between Indian claims and Métis claims.” ¹⁹

Since this landmark case, Métis individuals or groups have had the opportunity to argue for rights that reflect our cultural heritage. To make a Métis rights claim, our community members must demonstrate we meet the legal definition of a “Métis” person by meeting **ten key criteria**:

1. Characterization of the right;
2. Identification of the historic rights bearing community;
3. Identification of the contemporary rights bearing community;
4. Verification of membership in the contemporary Métis community;
5. Identification of the relevant time;
6. Was the practice integral to the claimant's distinctive culture;
7. Continuity between the historic practice and the contemporary right;
8. Extinguishment;
9. Infringement; and,
10. Justification.²⁰



Find more
information on
citizenship,
harvesting, and
your rights
by visiting
www.mnbc.ca.

Daniel's Decision and the Government's Responsibility to the Métis Nation

On April 14th 2016, in a unanimous decision by the Supreme Court of Canada, the highest Court in the land, ruled that **Canada has a constitutional and jurisdictional responsibility for Métis** under s. 91(24) of the Constitution Act, 1867. Prior to this decision, neither the federal nor provincial government was willing to negotiate with the Métis, each insisting that the Métis were the jurisdiction of the other government.

This decision in the Daniels case is a huge victory for all Métis people, including our Métis people here in British Columbia, because the federal government must now step up to the plate and negotiate in good faith with the Métis Nation to address the historical wrongs and disadvantages faced by Métis peoples. Although the Daniels case does not mean that the federal government has any specific obligation to the Métis, it does mean that **Canada can no longer use uncertainty about laws and legal rights to avoid dealing with Métis rights, interests, and needs**, because that uncertainty no longer exists.

The Daniels case means there is hope for negotiating improved programs and services for Métis people. In the wake of the decision, MNBC (through the Métis National Council), the Ministry of Natural Resources, and the BCMANR Captains are all **pushing the federal government for change**. Tom Isaac (the federally appointed Ministerial Special Representative on Métis s. 35 rights) will release a report in the near future that will provide further information the establishment of a negotiation or claims process.

Harry W. Daniels was born in Regina, Saskatchewan, and during the 1970 s and 80 s Harry was one of the distinguished Aboriginal leaders in national Constitutional negotiations. He negotiated with four Canadian Prime Ministers, and was one of the most visible and charismatic modern Aboriginal leaders. Harry W. Daniels is most widely known among Métis as **the man who negotiated the expressed inclusion of "Métis People"**, whose rights are protected in the Constitution. Harry served in many leadership roles both provincially, nationally, and internationally, including several terms as the President of the Native Council of Canada and its successor, the Congress of Aboriginal Peoples. He passed away on September 6th 2004.



MICHIF WORDS

Government:	Li goovarnimaan
Youth:	Li zhenn moond
Heritage:	Taanday ooshchiiyen
Law:	La lway
Indian:	Pramyayr Naasyoon
Identity:	Nishtawaymiht

[www.metismuseum.ca/
michif_tools.php](http://www.metismuseum.ca/michif_tools.php)

Métis Citizenship and Harvesting Cards

Why do I need an official MNBC Métis Citizenship card?

MNBC, as one of the five governing members of Métis National Council (MNC), is responsible for issuing **the only Powley-compliant Métis identification card in the province of British Columbia**. MNBC is the only Métis organization in BC to be recognized by the provincial and federal governments as the official political representative of Métis people in the province, so **registering as a citizen means full access to the rights and services available** through the government at these levels.



What about the Harvesters Card?

It is important that we Métis people apply for our Harvester Card, **even if we don't necessarily intend to use it regularly**, because then we can show our support for asserting Métis rights.

Numbers are critical: with any provincial or federal policy change, the bigger the numbers, the more strength we have when we approach the Government about our rights. As a cohesive group we have **more political power**.

You do not need to be a hunter to be a harvester; our cards are issued two designations: with or without hunting. Harvesting activities such as collecting firewood, picking berries, or gathering plants for medicine are all important to document in order to preserve our natural resources and our traditional ways of being.

In all consultation regarding proposed development projects, **Métis Nation British Columbia utilizes the MNBC Harvester database to identify nearby communities and citizens carrying out harvesting activities** within close proximity of a proposed project. This due diligence assists MNBC in determining if the construction and operation of a proposed project could put Métis rights and land-use activities at risk.

So even if we don't use the cards individually, it is extremely important to increase our Harvester Card holder numbers and our harvesting data. By **showing our support for the rights of our Nation and our environment**, we allow ourselves and our leaders to have meaningful consultations with public and private industry about current and future projects.

LEARN MORE ABOUT YOUR INDIGENOUS RIGHTS HERE:
<http://indigenousfoundations.arts.ubc.ca/home/global-indigenous-issues/un-declaration-on-the-rights-of-indigenous-peoples.html>

United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted by the United Nations on September 13, 2007, to formalize **the rights that “constitute the minimum standards for the survival, dignity and well-being of the indigenous peoples of the world.”**²¹

The Government of Canada endorsed UNDRIP on November 12th, 2010 but has yet to implement its provisions.²² Article 37 sets out the framework of “recognition, observance and enforcement” of treaties that Canada repeatedly fails to adhere to. Prior to 1982, the Crown could bypass and invalidate Aboriginal rights as long as it did so with plain and clear intent.²³ Although the Crown no longer has that power, it can still infringe existing Aboriginal rights if it can justify its decision.²⁴

The UNDRIP **protects collective rights** that may not be addressed in other human rights charters that emphasize individual rights **while safeguarding the individual rights of Indigenous people**. So it's a win-win: by focusing on the rights of many marginalized communities, the UNDRIP also asserts the rights that individuals in those communities must have, as well as a widely recognized legal precedent for claiming these rights.



HERE ARE SOME KEY ARTICLES FROM THE UNDRIIP THAT YOU SHOULD KNOW ABOUT:

ARTICLE 3

Indigenous peoples have **the right to self-determination**. By virtue of that right, they freely determine their political status and freely pursue their economic, social, and cultural development.

WHAT THIS MEANS FOR YOU:

as an individual, you have the right to apply for Métis citizenship, to identify as Métis, and to pursue meaningful personal and economic development.

ARTICLE 4

Indigenous peoples, in exercising their right to self-determination, have **the right to autonomy or self-government** in matters relating to their internal and local affairs, as well as ways and means for financing their autonomous functions.

WHAT THIS MEANS FOR YOU:

as a member of the Métis Nation, you have the right to organize and stand in support of Métis-specific policy, enact self-governance, and access resources that will support your work in these regards.

ARTICLE 8

Indigenous peoples and individuals have **the right not to be subjected to forced assimilation or destruction of their culture**.

WHAT THIS MEANS FOR YOU:

as an individual, you have the right to claim your heritage and engage in cultural activities without fear or pressure to change who you are.

ARTICLE 13

Indigenous peoples have **the right to revitalize, use, develop and transmit** to future generations their histories, languages, oral traditions, philosophies, writing systems and literatures, and to designate and retain their own names for communities, places and persons.

WHAT THIS MEANS FOR YOU:

as an individual and in community, you have the right to your Michif language and Métis traditions, including in the naming of your communities and yourself.

DID YOU KNOW?

MNBC CAN IDENTIFY MICHIF LIVING ON INDIAN RESERVES IN BC IN THE 1890'S AND THAT THEIR IDENTITY WAS SKEWED AND ALTERED (BOTH INTERNALLY AND EXTERNALLY) TO THE POINT THAT SOME MICHIF LOST LEGAL RECOGNITION AS ABORIGINAL AND / OR WERE "FORCED TO ASSIMILATE" AMONG THE LOCAL FIRST NATION BANDS.

ARTICLE 18

Indigenous peoples have **the right to participate in decision-making** in matters which would affect their rights, through representatives chosen by themselves in accordance with their own procedures, as well as to maintain and develop their own indigenous decision-making institutions.

WHAT THIS MEANS FOR YOU:

as an individual and in community, you have the right to raise concerns, to speak up about issues that affect your community, and to elect the representative that best suits your needs with other institutions while maintaining the right to make decisions about your community together.

ARTICLE 22

Particular attention shall be paid to **the rights and special needs of indigenous elders, women, youth, children and persons with disabilities** in the implementation of this Declaration.

WHAT THIS MEANS FOR YOU:

as an individual or a member of these groups, you have the right to demand what you need in terms of respect and support, even if your needs differ from other community members, without fear of discrimination based on your identity.

ARTICLE 24

Indigenous peoples have the right to their traditional medicines and to maintain their health practices, including the conservation of their vital medicinal plants, animals and minerals. Indigenous individuals also have the right to access, without any discrimination, to all social and health services.

WHAT THIS MEANS FOR YOU:

as an individual, you get the best of both worlds - you have a right to traditional healing practices and to the systems of support (medical and otherwise) that will allow you and your community to thrive.

ARTICLE 37

(1) Indigenous peoples have **the right to the recognition, observance and enforcement of treaties**, agreements and other constructive arrangements concluded with States or their successors and to have States honour and respect such treaties, agreements and other constructive arrangements. (2) Nothing in this Declaration may be interpreted as diminishing or eliminating the rights of indigenous peoples contained in treaties, agreements and other constructive arrangements.²⁵

WHAT THIS MEANS FOR YOU:

as a member of the Métis nation, you have the right to any activities, land, or other concessions granted to the Métis by the Canadian Government via treaty, agreement, or other arrangement.

Learn more about your
Indigenous Rights here:
[indigenousfoundations.arts.ubc.ca/
home/global-indigenous-issues/
un-declaration-on-the-rights-of-in-
digenous-peoples.html](http://indigenousfoundations.arts.ubc.ca/home/global-indigenous-issues/un-declaration-on-the-rights-of-indigenous-peoples.html)

CH. 02:

CAREERS &

MONEY MATTERS

- + Employment Standards and Rights in British Columbia pg 25
- + Money Matters pg 30
- + Choosing a Career pg 32
- + Looking for a Place to Rent pg 43

Employment Standards and Rights in British Columbia

Of the estimated 2.2 million people working in B.C. over the age of 15, approximately 350,000 of these are young workers (15–24 years old). The services-producing sector—which includes wholesale and retail trade, transportation and warehousing, and hotel and restaurants—employs an overwhelming majority (84 percent) of all youth in the province²⁶.

There are many aspects to consider when **reviewing your rights as a worker**, ranging from wages to hours to uniforms to other expectations of the employee and the employer. read on to learn more about what you can expect with your first (or even your fifth!) job.²⁷



TOP 8 SECTORS EMPLOYING YOUNG WORKERS (2009)



Minimum Wage

- As of September 2017, the **minimum wage** in British Columbia is **\$11.35 per hour**. Minimum wage applies to all **employees**, regardless of how they are paid!
- Exception: Employees who serve liquor are entitled to the **liquor server minimum wage of \$9.60 per hour**.
- Tips or gratuities are **not wages**.

Minimum Daily Pay

- An employee who reports for work **must be paid for at least two hours**, even if the employee works less than two hours.
- If an employee who is scheduled for more than eight hours reports for work, he or she **must be paid for at least four hours**.
- If work stops for a reason completely beyond the employer's control, the employee must still be paid for two hours or the actual time worked, **whichever is greater**.
- Exception:** An employee who is not in compliance with WorkSafe BC occupational health and safety regulations or is unfit to work only has to be paid for the time actually worked.

Meal Breaks

- An employee **must not work more than five hours in a row without a 30-minute unpaid meal break**. An employee who is required to work or be available for work during a meal break **must be paid for the meal break**.
- Employers are **not required to provide coffee breaks**.

MICHIF WORDS

Employee:	Li travayaan
Work:	Aen atooshkayhk
Pay me:	Tipahamowin
Money:	Laarzhaan
School:	L'ikol
Textbook:	Aen liivr

Paydays

- All employees **must be paid at least twice a month** and the pay period cannot be longer than 16 days.
- All wages earned in a pay period **must be paid within eight days** after the end of the pay period.
- Employees **must receive a written or electronic pay statement** (pay stub) each pay day that gives all details about hours worked, rate(s) of pay, earnings and deductions.
- An employee **must be paid in full within 48 hours after the employer ends the employment or within six days if the employee quits**. This time is by the clock and the calendar – not business hours or business days.



Overtime

- Daily overtime pay is **time-and-a-half after eight hours** worked in a day and **double-time after 12 hours** worked in a day.
- Weekly overtime is **time-and-a-half after 40 hours worked in a week**. Only the first eight hours worked in a day count towards weekly overtime, which means that overtime is earned either on a daily or weekly basis (not both for the same hours worked, though the worker may receive daily and weekly overtime separately).

Averaging Agreements

- An employer and an employee **can agree to average scheduled work hours over a period of one, two, three, four weeks**. Averaging agreements must be in writing, and have a start date and an end date.

Uniforms and Special Clothing

- If an employer requires an employee to wear a uniform or special clothing, **the employer must provide, clean and maintain it at no cost to the employee**.
- Special clothing is clothing that is easily identified with the employer; for example, clothing with a company logo or unique company colours.
- Special clothing includes a requirement to wear the garments that the business is currently selling. **A dress code** (no jeans, no cut-offs, dark clothing, business casual) **is not a uniform**.
- Employers and employees can agree that the employer will reimburse employees for cleaning and maintaining the special clothing.
- **Personal safety equipment** required by the Workers' Compensation Board **is not considered special clothing** unless the equipment also associates the wearer with the image or identity of the employer.

Deductions

- An employer **must make deductions from wages required by law** (e.g., income tax, EI, CPP). Other deductions may be made if the employee agrees in writing.
- An employer **cannot deduct any of the employer's business costs from wages**. This includes cash shortages, breakage, and damage to company property or loss resulting from a customer leaving without paying.

Statutory Holidays

Qualified **employees who are given a day off** on a statutory holiday must be paid an average day's pay.

Qualified **employees who work on a statutory holiday** must be paid time-and-a-half for the first 12 hours worked and double-time after 12 hours, **plus** an average day's pay.

An average day's pay is the **total regular earnings divided by the number of days worked** in the previous 30 calendar days.

Regular earnings include wages and vacation pay received for vacations taken, but does not include overtime pay.

Want to know more about employment standards and your rights?
Visit www.labour.gov.bc.ca

The ten statutory holidays in British Columbia are:

1. New Years Day
2. Family Day
3. Good Friday
4. Victoria Day
5. Canada Day
6. B.C. Day
7. Labour Day
8. Thanksgiving Day
9. Remembrance Day
10. Christmas Day



DID YOU KNOW?

EASTER SUNDAY, EASTER MONDAY, AND BOXING DAY ARE NOT STATUTORY HOLIDAYS. TO QUALIFY FOR STATUTORY HOLIDAY PAY, EMPLOYEES MUST:

- + **HAVE BEEN EMPLOYED FOR AT LEAST 30 CALENDAR DAYS,**
- + **HAVE WORKED ON AT LEAST 15 OF THE 30 DAYS BEFORE THE STATUTORY HOLIDAY.**



ACTIVITY

Take this quiz and see if you know about your Human Rights!²⁸

1. Anthony, who is 18 years old, applies for a job as a clerk in a sporting goods store. The store manager is impressed with Anthony's maturity and ability and says that he would like to hire him, subject to reference checks. Later, the manager calls Anthony to say that he will not be hired. On checking his references with a former employer, the manager found out that Anthony was convicted of reckless driving several times when he was younger. Has the store manager violated Anthony's human rights by refusing to hire him?

☐ Yes ☐ No ☐ Maybe

2. Naomi and several of her friends play in a women's hockey league at the local community centre. Whenever they play, the male rink attendants never give them their full allotted ice time and they laugh every time one of the young women falls. Naomi has complained but the manager has done nothing, saying that women should "stick to figure skating" and "leave hockey to the boys." Have the rink attendants violated the young women's human rights?

☐ Yes ☐ No ☐ Maybe

3. Maya and several Métis and First Nations friends go to a local pub after school. They are laughing and cheering loudly for the Canucks, like others in the pub. Calgary Flames fans sitting at the next table who are all Caucasian start heckling Maya and her friends; they start making racist comments about aboriginal people, to which Maya and her friends get offended and start yelling back. Staff sees the angry remarks being exchanged between the two groups and ask Maya and her friends to leave the pub. They feel angry and discriminated against. Has the staff violated the group's human rights?

☐ Yes ☐ No ☐ Maybe

Answers

1. Yes, the manager has violated Anthony's human rights. The Code covers employment (area) and prohibits discrimination in hiring based on having a record of offences (ground).
The Code says that "every person has a right to equal treatment with respect to employment without discrimination because of record of offences." In other words, an employer cannot discriminate against someone convicted of a provincial offence or who has been pardoned for a federal offence. But each situation must be judged on its own merit.
In this scenario, Anthony's offence is unrelated to the job duties he would have to do. However, if the job involves driving a car for delivery and no other employee could be given that duty, then the manager might be able to show that he had a good reason for not hiring Anthony.
Or if Anthony had had a conviction for theft, then the manager could likely prove that the store would be at financial risk to have Anthony work with cash. In either case, the manager would have to prove that driving the car or taking cash were bona fide—or necessary—occupational requirements (BFORE) and that no one else could reasonably be assigned the duties.
2. Yes, the rink attendants and manager have violated the young women's rights. The Code covers facilities (area) and prohibits discrimination based on gender or sex (ground).
The Code says that "every person has a right to equal treatment with respect to services, goods and facilities without discrimination because of sex." Factoring scheduling and rink availability, if there is free ice-time and the women are not given equal consideration by not receiving their allotted ice time, Naomi and her team are being treated differently and this manager is being demeaning to women.
3. Maybe is the correct answer for this scenario. Assuming that the Flames fans took part equally in the fight, Maya and her friends' rights may have been violated. This would depend on whether the Flames fans were also asked to leave. The Code says that "every person has a right to equal treatment with respect to services, goods and facilities, without discrimination because of race." If the staff asked only the aboriginal students to leave, they would be treating Maya and her friends differently. This would be an example of direct discrimination.
Would you say that neither group has been discriminated against if the staff asked both groups to leave? The service provider does have the right to ask anyone to leave the premises for being unruly or disruptive to business. So, by asking both groups to leave, he or she would be protecting the business and preventing further disturbance to other customers.

Money Matters

Budgeting for Everyday Living

A budget lets you know if you're living within your means by helping you to keep track of the following and make informed decisions about your finances:

The money you regularly earn (from wages, salary, interest from bank accounts, student loans, monetary gifts, etc.)—**your income.**

The money you regularly spend (rent, food, bills, mobile phone, etc.)—**your expenses.**

What you're left with once you subtract your expenses from your income and can afford to spend on things you like or save for future use—**your “disposable income.”**

When working out your budget, if you discover your expenses are more than your income, you need to either increase your income or reduce your spending to avoid debt. However you choose to keep track of your budget, make sure it's **something that works for you and includes all incoming and outgoing cash flow!**²⁹

BUDGET EXAMPLE³⁰ ON THE NEXT PAGE.



Be aware of the cost of living in your city.



Want to learn more about your finances? Check out these resources:

www.getsmarteraboutmoney.ca

Get Smarter about Money includes an interactive student budget calculator to quickly calculate your needs.

www.itpaystoknow.gc.ca

The Financial Consumer Agency of Canada provides financial toolkits, planning for big life events, and many other financial-related resources to keep you on track and on budget.

LIVING EXPENSES (CALCULATE FOR 12 MONTHS)	AMOUNT
HOUSING	
Rent	
Electricity/Gas	
Cable/Internet/Cell Phone	
Insurance (Tenant/House)	
Furniture/Houseware	
TRANSPORTATION	
Public Transit	
Car payments	
Gas	
Car Insurance	
Parking	
Maintenance	
FOOD/PERSONAL CARE	
Groceries	
Toiletries	
Hair/Makeup/Skin Products	
Clothing	
Laundry (Coin Laundry/Laundromat)	
Medical Expenses	
ENTERTAINMENT	
Going out for Meals and Coffee	
Movies/Concerts	
MISCELLANEOUS	
Fitness Membership	
Loan Payments	
Pets	
Hobbies	
Other	
TOTAL LIVING EXPENSES	

EDUCATION EXPENSES (CALCULATE FOR 12 MONTHS)	AMOUNT
Tuition	
Books and Supplies	
Lab/Library Fees	
Photocopying	
Student fees	
TOTAL EDUCATION EXPENSES	
FINANCIAL RESOURCES (CALCULATE FOR 12 MONTHS)	
Employment	
Scholarships/Bursaries/Grants	
Savings	
Family Contributions	
Student Loans	
Other	
TOTAL FINANCIAL RESOURCES	

TOTAL YEARLY EXPENSES	
Total Living Expenses	
Total Education Expenses	
TOTAL YEARLY EXPENSES	
TOTAL FINANCIAL RESOURCES	
Total Financial Resources MINUS (-)	
Total Yearly Expenses EQUALS (=)	
Net Balance (+ OR -)	

Choosing a Career

A first job often means so much more than a paycheck! It can mean a connection to a lifelong mentor, the ability to envision a career path, a boost in self-confidence, an appreciation for the value of education, and even a belief that you can be something you might never have imagined yourself capable of.

Looking for self-assessment tools and career quizzes to help identify your strengths, skills, and interests to help find a career that fits you? Here are some great resources:

The Metis Youth BC website includes a survey to support you in identifying some possible careers that suit your interests:

www.metisyouthbc.com

WorkBC's Career Compass has great online quizzes designed to find careers that fit you:

www.workbc.ca/CareerCompass/

START HERE

To get started, make a list of your experience, skills, knowledge, and interests.

Work: _____

Community/Volunteer: _____

Extracurricular/Hobbies: _____

Cultural Experience: _____

Now, identify your skills needs.

What training, skills, or experience are you missing? _____

What kind of post-secondary education or skills training might you need to reach your career goals? _____

Career Support Network

Do you know anyone who works in the career field you are interested in? Start talking to people to start building your career support system. **Consider volunteer opportunities** to build skills and relationships. People that you meet through volunteering, including potential employers, can help you on your career journey, and employers sometimes even hire past volunteers based on their demonstrated commitment to the company or cause.

If you find a company or organization that you are particularly interested in, **contact them** to ask for an informational interview to learn more about what it's like to work there and what skills and credentials you might need to get a job with them.

Need resources for where to find jobs or careers?

www.ywib.ca Young Women in Business BC is a central forum connecting ambitious, like-minded women across educational fields, careers, and industries.

www.ita.com - If you are considering a trade, explore ITA'S Aboriginal Initiatives support. From carpenter, mechanic, electrician or welder to baker or arborist, ITA manages over 100 trade programs in B.C.

www.mnbc.ca/ministries/employment-training-introduction The Métis Nation British Columbia administers the Métis Employment & Training Program (METP) to improve the employment potential, earning capacity, and self-sufficiency of Métis people in BC.

www.workbc.ca/aboriginal Use BC's Career Guide for Aboriginal People to support your career-planning journey, all the way from exploration to success on the job. The Guide offers information on career exploration, skills training, education and funding support, and how to connect to employers. Explore 500 career profiles and get all the details you need, from job duties and wages to projected demand in your region.

www.futurpreneur.ca Futurpreneur Canada has been fueling the entrepreneurial passions of Canada's young enterprise for nearly two decades. They are the only national, non-profit organization that provides financing; mentoring and support tools to aspiring business owners aged 18-39. Our internationally recognized mentoring program hand matches young entrepreneurs with a business expert from a network of more than 2,800 volunteer mentors.

www.aboriginalbest.com Aboriginal BEST is for Aboriginal, Métis, and Inuit, status or not, who are interested in becoming self-employed or starting their own business. Aboriginal BEST benefits people in all stages of business development who want to turn their dreams into reality.

www.bdc.ca/en/articles-tools/entrepreneur-tool-kit/business-assessments/pages/self-assessment-test-your-entrepreneurial-potential.aspx If you're interested in self-employment, BDC Entrepreneurial Potential Self-Assessment works to find your fit for entrepreneurship.



Informational Interviews

Interested in a particular career path or a specific occupation? Did you know that you can sometimes actually interview companies yourself to **find out more about what the job is really like and what kinds of skills you might need to pursue it?** The informational interview is a personal research tool for finding out more by talking to people in an occupation or career area.³¹

Informational interviews are often done by telephone, but some people may prefer to meet you face-to-face, so keep an open mind and take the opportunity to speak to an expert in your potential field.

Five Great Reasons to Try an Informational Interview

1. You get **first-hand, real information** about a career/occupation/industry.
2. You can find out **facts about earnings, work conditions, and opportunities.**
3. You can see **if the career/occupation matches** your needs, interests and skills.
4. You **build your network**, making contacts with people who may be able to help you in the future.
5. You get to **practice your communications skills** and gain confidence for job interviews.

A Few Tips to Make the Most of Your Informational Interview

1. **Approach the prospective company or organization** by making a phone call or sending an e-mail to introduce yourself and let them know why you're interested in learning more about their company.
2. Find **times that work best for you and your new contact** to meet. Make sure it's convenient for your interview.
3. Be mindful of their time and **request 15 minutes** for the informational interview.
4. **Come prepared** with questions to ask your contact so that you can get the most out of the meeting.

Some Sample Questions to Prepare You for Your Informational Interview

- On a typical day in this position, what do you do?
- What training or education is required for this type of work?
- What personal qualities or abilities are important to being successful in this job?
- What are the ideal qualifications for someone in this job?
- What kind of education/training is needed for this position?
- What part of this job do you find most satisfying? Most challenging?
- How do you see jobs in this field changing in the future?
- Is there a demand for people in this occupation?



Need help creating a resume or cover letter or preparing for a job interview?

www.workbc.ca/Jobs-Careers/Find-Jobs/Write-your-resume.aspx Work BC offers tips on building a good resume and an online tool builder which will help you write your resume step-by-step.

www.bcjobs.ca BC Jobs has listings and support information to help you make an informed decision about your career.

www.youth.gc.ca/ The Government of Canada's Youth page is focused on helping you in the Canadian job market both today and in the future.

www.canadajobs.com/ Canada Jobs is a repository of employment information, including guidance on receiving in-person help in your job hunt.

Credit Rating

Along with millions of other Canadians, **you have a credit history that is kept on file by companies called credit reporting agencies.** They track how you use credit products, such as credit cards and loans, and pay your bills.

This **information is used to create your credit report and credit score.** These are some of the main tools lenders use when they decide whether they will lend you money and how much they will charge you to borrow it. **Employers and landlords may also use credit reports** to get a sense of your reliability.

You have the right to see your own credit report, and there are ways you can get it for free. Knowing what is in your report is important. If you have a poor credit history, it could be harder for you to get a credit card or a loan. You could have to pay more to borrow money. It could even affect your ability to rent housing or get hired for a job.

You can also use your credit report **to check for signs of identity theft.**

How to order your credit report and score

- You can order your **credit report** from the credit reporting agencies by mail, fax, telephone, online or in person. You can order your **credit score** online.
- Equifax Canada and TransUnion Canada may have different information about you in their files, so you should order your credit report from both agencies **at least once a year.** Consider requesting your report from one agency and then waiting six months before you order from the other agency. By spacing out your requests in this way, you may be able to detect any problems sooner.



For more information on your finances and how to obtain your credit report and score, visit these websites:

www.fcac-acfc.gc.ca

Financial Consumer Agency of Canada

www.equifax.ca

Equifax

www.transunion.ca

TransUnion Canada



Credit Cards

Credit cards have some notable benefits: they tend to be **widely accepted forms of payment**, they contribute to your credit rating (which impacts your future ability to make large-scale purchases, like vehicles and property), and they can provide quick access to short-term finances.

However, keep in mind that credit cards also come with great responsibility: unlike Interac, which keeps you within your budget by restricting your spending to what you actually have, credit cards can give you a sense of inflated income—but **they are not income**.

Every purchase made on credit is a purchase made on loan, generally with a high interest rate. This interest means that you are not just borrowing the surface price of the item; if you cannot pay your card off right away, you will actually pay more for the item long-term, so each purchase should be made with care and with the intent and ability to pay off the balance as soon as possible.

Further, although credit cards do contribute to your credit rating when you pay them off regularly, they also **detract from your rating very quickly** if you cannot pay them off. It is much more difficult to build than to break credit ratings, so **bad credit ratings can haunt you for years and even decades**.

Thus, **though credit cards can provide quick access to short-term finances, they are actually a long-term commitment** to your financial health and future stability; **credit cards are simply not “free money.”**³²

Before applying for a credit card:

1. **Know what you're getting into.** When you sign up for a credit card, you are entering into a legally binding contract, so it's important that you understand the terms and conditions.
Credit card applications from federally regulated financial institutions (Canadian banks and credit unions) must have an “information box” that outlines key features of the credit card, like interest rates and fees. But don't stop reading there. Review the complete terms and conditions so you're aware of other important details, such as:
 - your PIN and your liability in case your card is lost or stolen
 - who is liable if you share the card with a “joint borrower” or “secondary user”
 - any restrictions and limitations on reward programs and benefits
 - how to cancel the card.
2. **Know yourself and your spending habits.** Before you start shopping around for a credit card, think about how you will use it and set some guidelines for yourself. A credit card doesn't increase the amount of money you have available to spend. Continue to live within your means and your budget.
3. **Limit the number of credit cards you apply for.** Every time you apply for a credit card, it's recorded by the credit reporting agencies. Applying for too much credit can damage your credit rating by creating the impression that you may be relying too heavily on credit.



When you have a credit card:

1. **Avoid impulse buys**, especially if you don't have the money available in your bank account to pay for the item. Ask yourself if you really need to make that purchase right away (or at all), or if it can wait until you have the money to pay for it.
2. **Plan to pay off your balance in full by the due date every month.** Carrying a balance means that everything you charge to your credit card actually costs you more than the purchase price, because you are paying interest.
For example, if you buy a new flat screen TV for \$1,000 and pay only the minimum each month, it will take you almost 11 years to pay it off in full and it will have cost you \$1,989 (\$989 in interest)—almost twice the actual price of the TV!
3. **If you have to carry a balance, try to make payments as soon as you can** to reduce your costs, because interest is charged daily. And always try to **pay more than the minimum** amount owing.
4. **Make regular payments to help build a good credit history.** Paying the balance in full every month will show other lenders that you are a responsible borrower. On the other hand, if you make payments late or miss them entirely, you hurt your credit score.
5. **If your monthly balance is growing, stop using your credit card until you get your finances under control.** Use cash instead of a credit card. Look at your budget for ways to trim your spending.
6. **Avoid taking cash advances on your credit card.** You are charged interest from the day you take the advance until the day you repay the entire amount, and, unlike regular credit card purchases, there is no grace period on cash advances from a credit card.
7. **Every month, carefully check your credit card statement** to make sure that there are no errors. It's a good idea to keep receipts for all of your credit card purchases so that you can verify the amounts against your statement. If you find an error, report it to your credit card issuer right away.
8. If your credit card has a rewards program, **avoid increasing your spending or buying things you don't need just to get points.**
9. If unexpected expenses come up, **talk to your financial institution** about your options. There may be alternatives to using your credit card that will cost less in interest, such as a line of credit.
10. **Keep your card, your PIN, and your security code secure.** If you share your PIN or security code, you risk being held financially responsible for unauthorized transactions.

Before you start shopping around for a credit card, think about how you will use it and set some guidelines for yourself.



Taxes

Have you paid your income taxes yet? A tax return is basically your report to the government of all of your income and other key financial details for a given year. While your return may show that you have to pay more tax, you may also be eligible for a tax rebate if you have **credits for expenses like health care, child care, or school**. Before you begin, take some time to learn more about taxes and filing a tax return.³³

- **For authoritative information about taxation**, contact the Canada Revenue Agency (CRA).
- Income tax is collected by the CRA on behalf of the federal government, provinces and territories. Be aware of the **deadline** for filing your tax return, **usually at the end of April**. There are financial penalties for filing a late return if you owe the government money.
- The amount of income tax that a person pays is based on the amount of taxable income earned during the previous calendar year and any tax credits that have been earned.
- Keep a record of **your income from all sources**. If you work for someone else, they must send you a statement listing your income and any deductions that have been made for income taxes, employment insurance, Canada Pension Plan, and the like. Use this information to fill out your tax return.
- You can fill out and send your tax return on paper or electronically. Print forms are available from several sources:
- **On the Internet:** www.cra-arc.gc.ca
- **By phone:** You can get a printed copy of the General income tax and benefit package mailed to you by calling 1-800-959-2221.
- **In person:** You can get the General Guide and Forms book for your province or territory from any postal outlet or Service Canada office near you between February and early May each year.



Estimating the Cost of your Post-secondary Education

When planning your budget for post-secondary education, it's important to know that your costs will generally fall within three major categories:

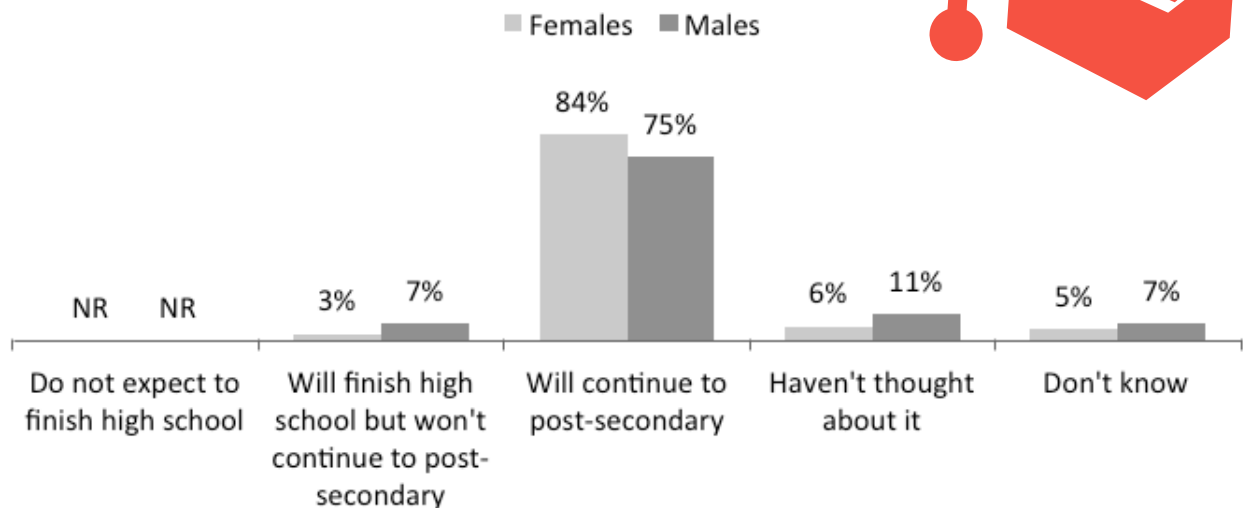
- Tuition fees
- Books and other course materials
- Living expenses

Tuition fees, Books, and Other Course Materials

- Tuition fees **depend on the program, the school, and the province or territory**. In 2013 and 2014, the average cost of a year's tuition at a Canadian university was \$5,772.
- If you already know what program you want to study, visit the websites of the available universities or colleges to find out current tuition costs.
- For many undergraduate university programs, **\$800 to \$1,000 per year is a reasonable range** for planning for the cost of books and other materials, and generally university or college websites will specify unusual costs.



School plans among Métis youth



Source: From BC AHS 2013³⁴

Living Expenses

As a post-secondary student, you have more control over how much you spend on living expenses than on educational expenses, so the choices you make about your daily living budgets have a **big impact on where you are at financially** when you finish your studies.

The biggest factor that will affect your living expenses is whether or not you can continue living at home with your family. If that is a realistic option for you, it can cut your living expenses by thousands of dollars a year, reducing financial pressures and debts in the process.

However, **living at home may not be a viable option** if you need to attend school outside your hometown or if transportation options to and from the campus are too limited or even nonexistent. In that case, **you have two basic options**, each of which has its pros and cons:

1. **In residence:** check residence and meal plan costs on the website of the university or college that you hope to attend. Some schools' websites also provide estimated costs and comparisons for living on- and off-campus.
2. **Off-campus** (where you will need public transportation): look to see how much a public transit pass will cost (some schools provide one as part of tuition, so make sure to check this possibility first). If you have a car, check and see how much you will need to pay for gas and parking and don't forget to factor insurance and maintenance into your overall living budget.

Keep in mind that, over the years, **costs usually rise**. For example, the average tuition increased by 3.3% for the 2013/2014 school year than the previous year, which is generally consistent with the trends of financial inflation, so don't rely on outdated information; if the estimates on the school's website aren't current, try calling the school's Admissions offices for more details.


WANT TO LEARN MORE ABOUT YOUR FINANCES? CHECK OUT THESE RESOURCES:

www.getsmarteraboutmoney.ca

Get Smarter about Money includes an interactive student budget calculator to quickly calculate your needs.

www.itpaystoknow.gc.ca

The Financial Consumer Agency of Canada provides financial toolkits, planning for big life events, and many other financial-related resources to keep you on track and on budget.



To reduce costs, you may consider buying used books, getting the electronic version, or (if it is practical) sharing some resources with roommates or friends in the same program.³⁵

Financial Support and Planning for Post-Secondary

Grants, Bursaries, and Scholarships

A great way to pay for some of the costs of your post-secondary education is through grants, bursaries, and scholarships. They are **basically “free money,”** so you should research and apply for as many as possible prior to and during your studies. Take the time to apply, as these can greatly reduce the financial burden of education.

Grants and bursaries are generally awarded **based on financial need**, but they can also be awarded based on several other factors, including athletic ability, academic achievement, community involvement, or other special abilities, so be sure to also search for opportunities that reflect your special skills and personal identity.

Scholarships differ in that they are usually awarded **based on merit** as opposed to financial need. But, like grants and bursaries, they can be awarded by schools, private organizations and governments, so be sure to check resources beyond the school for all possible opportunities.

How to find Grants, Bursaries and Scholarships

To get started on **finding more information about grants, bursaries, and scholarships** that might be available to you, visit the following sites and speak to your school's counselors:

www.studentaidbc.ca The BC Government's Student Loans and Aid Site

www.yconic.com Scholarships and Student Community

www.ScholarshipsCanada.com

www.aucc.ca Universities Canada

www.bcaafc.com BC Association of Aboriginal Friendship Centres (search under Programs and First Citizen Fund)

www.indspire.ca - An Indigenous-led registered charity that invests in the education of Indigenous people

www.mnbc.ca/ministries/employment-training-introduction Métis Employment & Training Program (METP, administered by MNBC), which improves the employment potential, earning capacity, and self-sufficiency of Métis people in BC

www.ikbbc.ca/web/aboriginal Irving K. Barber scholarship for Aboriginal students

Other sources of Grants, Bursaries, and Scholarships

Your College or University

Check the website of your college or university to see which grants, bursaries, or scholarships offered by your school you qualify for. To encourage students' academic success, **many universities will offer automatic scholarships** for various amounts if you maintain a certain grade level. Generally, the higher your grades, the more money you will receive.

Employers

Some **employers offer bursaries**, so check if you are eligible for any offered by your parents' employer or your own. Also, if you are pursuing professional development, many companies will offer support, especially for skill-building and employee training/retention.

Looking for a Place to Rent

One of the first questions you should ask yourself when searching for rental housing is “What does the rent cover?” Depending on your tenancy agreement, you may have expenses in addition to what you pay your landlord each month.³⁶



Here are some **common examples of monthly expenses** that may or may not be included in your rent:

- Utilities (electricity, heating and hot water)
- TV, internet, and home phone services
- Coin-operated laundry
- Parking fee or permit
- Tenant insurance

There still may be **additional one-time expenses** that you will need to pay at the start of your tenancy:

- Security deposit
- Pet damage deposit
- Deposits to utility companies and telecommunication companies
- Installation/activation fees to utility companies and telecommunication companies
- Renting a moving truck and boxes or supplies to move
- New appliances and furniture (cutlery, microwave, TV, bed, couch, dresser etc.)

Housing Budget

It is important to **be realistic about how much rent you can afford** to pay each month. You don't want to get into a situation that is unmanageable, not only because of your current finances but also because you may need the landlord as a reference for future homes. Planning ahead and making a budget is the best way to understand how much rent you can afford, so make sure to **have a budget before you start looking** for a place to rent.³⁷

You need to know what your actual monthly expenses will be and how much money you will have to cover these costs. **Skipping meals, never turning on lights, or walking 10 km to work are not realistic options!**

Tenant Insurance

Some landlords in BC require their tenants to purchase tenant insurance. Regardless of whether or not this is a requirement of your agreement, **tenant insurance is something for all tenants to strongly consider.**

It might seem like you don't own a lot, but when you add up the value of all of your clothes, furniture, electronics, and so on, it can quickly become thousands of dollars. If there is a disaster, such as a fire or flood, **your landlord is usually not required to pay for any damage to your belongings, even if they have insurance for the building.** An even bigger risk you face: you may be responsible for damage that you or your guests cause to the building. Imagine, for example, that you start a serious fire because you forgot to turn off your stove. If your landlord has evidence that you caused the fire, **you might have to pay for the repairs to the entire building,** not just your unit.

Many insurance companies and banks offer tenant insurance in BC. Not all provide the same coverage, so you will want to **do your research and pick the policy that is best** for you. You may ultimately decide that you cannot afford the additional monthly cost of tenant insurance, but be aware that you are taking a risk that could result in serious long-term financial consequences.

MICHIF WORDS

House:	Mayzoon
Rent:	Li rentiiWw
Parent:	Paraan
Landlord:	La mayzoon ka tipayhtuhk

Choosing Roommates

There are many advantages to living with roommates, the most obvious of which is sharing costs. **Splitting expenses such as rent, electricity, TV and internet can substantially reduce your cost of living.** Another advantage is companionship, as it can be comforting to have someone to talk to when you get home.

When deciding whether or not to move in with a roommate, it can be helpful to meet with the person before committing. When it comes to roommates, **the compatibility of the people is most important.**



ROOMMATE CHECKLIST:

To help you find a suitable roommate, ask yourself (and ideally your roommate!) the following 15 questions:³⁸

1. What is your typical daily schedule? Do you think the schedules will conflict?
2. Do you enjoy socializing or do you prefer to keep to yourself?
3. Are you a morning person or night person?
4. Do you tend to stay home or go out?
5. Do you have a boyfriend/girlfriend/other frequent guest? How many nights per week will that person be staying over?
6. Do you drink or do any other kinds of recreational drugs? How much?
7. How often do you like to cook?
8. What does "clean" mean to you? Do you consider yourself neat or messy?
9. What are you comfortable sharing? What do you prefer to keep separate?
10. What temperature do you consider "comfortable"? Do you generally like to be hot or cold?
11. What do you need in order to feel secure (locked windows, alarm, etc.)?
12. What do you want / expect from a roommate?
13. Do you smoke?
14. Do you have a steady source of income? Will you be able to pay your rent on time?
15. Have you had any roommates in the past? How did you find that experience?

Where to Look for a Rental Property

You can try searching websites like Craigslist, Kijiji, and online listings from property management companies in your area. Keep your eyes open for bulletin board postings at stores or schools, ads posted outside buildings with vacancies, and listings in the classifieds section of your local newspaper.³⁹

You can also get the word out within your network of family, friends, coworkers, teams and clubs, through social media or word of mouth. You never know who's going to have a lead on the place that's right for you.

First-time Renter Feeling Overwhelmed?

Don't worry! There is a **free online course** called Renting it Right, which can help you find rental housing and understand your legal rights. The course is **designed for first-time renters**, covering topics such as understanding your needs and preferences, searching for housing, applying to rent a place, signing a tenancy agreement, and moving in. Throughout the course, you can complete activities to help you secure the right place.

By completing the course and passing the final exam, **students earn a certificate that can be presented to landlords with a rental application.** This is a great option if you do not have rental references!

Register for free at www.RentingitRight.ca

CH. 03: HEALTH & WELLNESS

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+ Healthy Relationships pg 51

+ Healthy Eating pg 52

+ Metis Recipes pg 56

Health and Wellness

Four out of five Métis students (80%) rated their health as good or excellent. Females were less likely than males to rate their health this way (77% vs. 84%).

Health and wellness are serious issues impacting **all aspects of your life**, and you're definitely not alone if you have unusual health needs. Thirty-nine percent of youth (45% of females vs. 32% of males) indicated having at least one health condition or disability. The most common were a mental or emotional health condition (19%) or a long-term or chronic medical condition (15%). Other conditions included a behavioural condition (7%), learning disability (6%), sensory disability (5%), severe allergy (3%), and physical disability (1%).

So there are many ways that your health can impact you directly, but there are also ways to help manage your own health and keep track of your wellness goals and needs.

Goal Setting

Just like with any other goal, health goals need some care and attention in order to thrive. Have a goal you want to achieve? Visualizing and writing it out will help you stay accountable and on track! Use the worksheet on the next page to see where you are at!⁴⁰

MICHIF WORDS

Healthy:	Bonn saantii
Eat:	Miitsho
Goal:	Chi atooshkatamihk kaykway
Boyfriend:	Kavalyii
Girlfriend:	Enn jang



SMART GOAL-SETTING WORKSHEET

Step 1: Write down your goal in as few words as possible.

My goal is to:

Step 2: Make your goal **detailed** and **specific**.

Make sure you plan your goal such that you know **what** the goal is (and how you will measure success), **how** you will achieve the goal, **who** you might need support from (including yourself!) and might have resources, **where** you will go to achieve the goal, and **when** you hope to reasonably see results.

How will you reach this goal? List at least 3 action steps you'll take (be specific):

1.

2.

3.

Step 3: Make sure your goal is **measurable**.

Add measurements and tracking details to guide your goal.

Step 4: Make your goal **attainable**.

What additional resources do you need for success? Items I need to achieve this goal:

How I'll find the time:

Things I need to learn more about:

People I can talk to for support:

Step 5: Make sure your goal is **relevant**.

Explain why you want to reach this goal:

Step 6: Make your goal **timely**.

Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): ____/____/____.

My halfway measurement will be _____ on (date) ____/____/____.

Additional dates and milestones I'll aim for:

Mental Health

Something's not quite right...You've noticed that you've been **feeling or acting differently** lately. Maybe you're feeling a bit more moody, anxious, or stressed than usual. Maybe you're finding it difficult to accomplish tasks as easily as you used to or that your drinking is getting out of hand. Maybe things just don't feel quite right, and you don't know why. You might even feel flat, like you've lost interest in activities that you used to love.

It could just be a tough time you're going through... but maybe it's something more. Checking it out right away can help make all the difference. **Acting early will help you feel better faster**, and stop the problem from getting worse. If you do find out that you're dealing with depression, anxiety, substance misuse, or psychosis, you're absolutely not alone! If you act early, you can stop these symptoms from interfering with your life at home, school, work, relationships, and friends.

Help is available. You're not alone.

Want to speak to someone that can help right now?

1-800-SUICIDE: To get help with **suicidal thoughts** right away, it's free to call any time of day or night.

604-310-6789: Call any time of day or night to connect to a **BC crisis line** without a wait or busy signal.

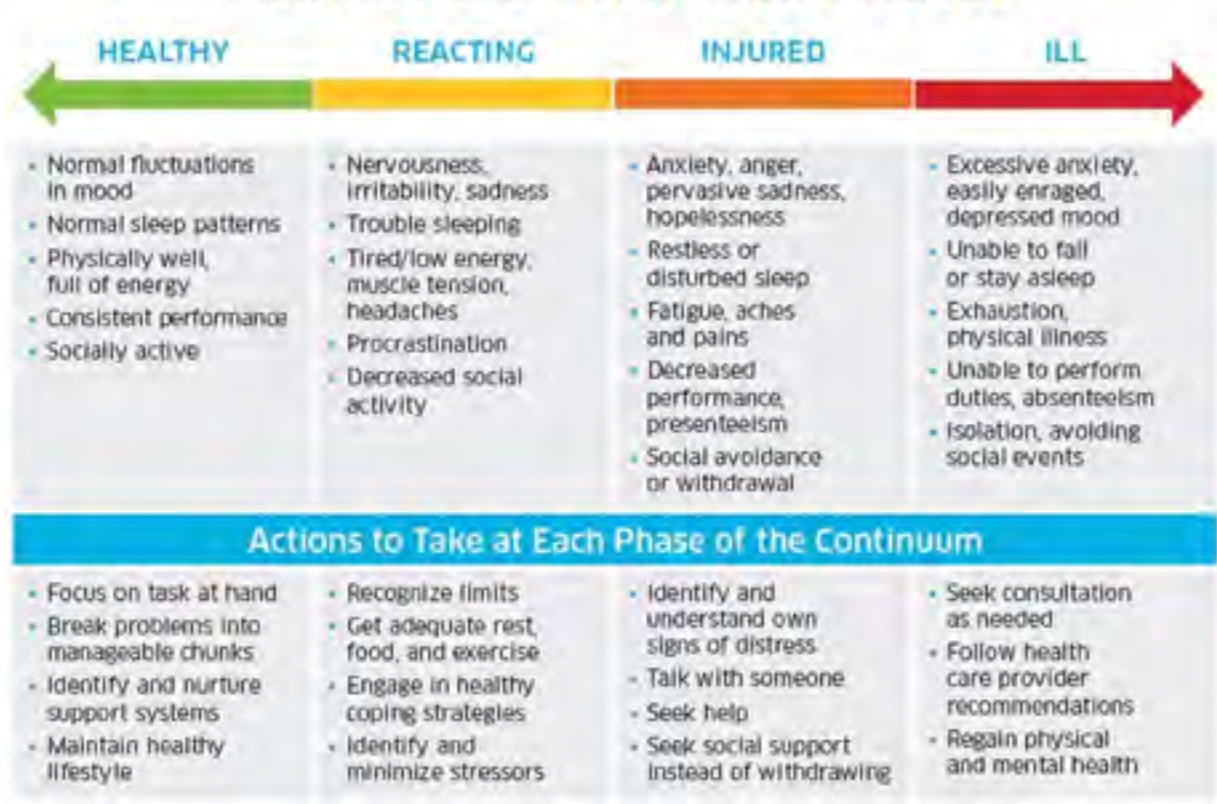
Kid's Help Phone, 1-800-668-6868 : Children and youth aged 5 to 20 can call to **speak to a professional counsellor** any time of day or night. It's free, confidential, anonymous, and available across Canada

HealthLink BC: 8-1-1 is a free-of-charge provincial health information and advice phone line where you can **speak to a health services navigator**, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian or a pharmacist.



35% OF MÉTIS YOUTH
REPORTED HAVING
AT LEAST ONE
MENTAL HEALTH CONDITION.
THE MOST COMMON WERE:
DEPRESSION (24% OF FEMALES VS. 11% OF MALES),
ANXIETY DISORDER OR
PANIC ATTACKS (25% OF FEMALES VS. 8% OF MALES)
AND **ATTENTION DEFICIT HYPER-**
ACTIVITY DISORDER (13%). FIVE
PERCENT OF YOUTH INDICATED
THEY HAD AN ALCOHOL OR DRUG
ADDICTION.

MENTAL HEALTH CONTINUUM MODEL



Mental Health Resources:

www.mindcheck.ca Mindcheck offers quizzes to help you better understand what's going on with you and provides support such as educational resources, self-help tools, website links, a chat link, and assistance in connecting to local professional resources.

www.keltymentalhealth.ca The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth, and their families from across BC. We also provide peer support to people of all ages with eating disorders. All of our services are free of charge, and you can reach us over the phone, in person, or through email.

www.cmha.bc.ca The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

www.heretohelp.bc.ca Here to Help is a project of the BC Partners for Mental Health and Addictions Information. We are a group of seven leading mental health and addictions non-profit agencies.

www.youthinbc.com Youth in BC operates a youth online chat to connect youth with support, information and resources

Mental Health Apps:

www.anxietybc.com/resources/mindshift-app MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

smilingmind.com.au/ Smiling Mind is modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives.

www.viha.ca/cyf_mental_health/BoosterBuddy.htm Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

Healthy Relationships

Abusive relationships often have both good times and bad times. Part of what makes dating violence so confusing is that there is **love mixed with the abuse**. This mix can make it hard to tell if what you are experiencing is abuse, but **you always deserve to be treated in a loving, respectful way by your partner.**⁴¹

Another part of abuse that is confusing is that it can appear in many forms, some of which are less “obvious” especially to those outside the relationship. While **physical and sexual abuse are very serious** and should not ever be taken lightly, **emotional abuse** (in the realms of guilt, pressure, self-esteem, dependency, manipulation, and others) **is also very common and can have serious short- and long-term effects** on self-esteem and mental health.

In fact, abuse of all forms can actually become cyclical and have effects on your relationships outside the partnership, with friends, other partners, and even children. Therefore, it's important to **consider all forms of abuse as important issues** that need to be addressed.

These two lists of questions can **help you to decide whether the relationship is healthy** or you should seek more resources regarding support for abusive relationships.

Does your partner

- Act bossy and make all the decisions?
- Put you down in front of friends?
- Try to control who you see and talk to?
- Threaten to hurt or kill himself or herself, especially if you break up with them?
- Blame you for “making” him or her treat you badly?
- Pressure or force you to have unprotected sex, or have sex when you don't want to?
- Stalk you? (Stalking can include constantly texting or calling you to find out where you are and who you're with. You might think that behaviour's about caring, but it's really about controlling the relationship, which is an abusive tendency.)
- Control all the money in the relationship or take your money from you even though you earned it?

Do you

- Feel less confident about yourself when you're with him or her?
- Feel scared or worried about doing or saying “the wrong thing”?
- Find yourself changing your behaviour out of fear or to avoid a fight?

If you answered “yes” to any of these questions, **you might be in an abusive relationship**. There are people who can help you. **You're not alone**. Talk to your parents or another adult family member, a school counsellor, a teacher, an Elder, or someone else you trust. You can also call a help centre or hotline to get professional and confidential help.



**CONCERNED ABOUT YOUR SAFETY
OR THE SAFETY OF SOMEONE ELSE?**

Call **VictimLinkBC** at **1-800-563-0808**
toll-free, confidential, multilingual
telephone service available across B.C.
24 hours a day, 7 days a week.

It provides information and referral
services to all victims of crime and
immediate crisis support.

Healthy Eating

Healthy eating is a concern for all youth, so here are some resources, both Métis-specific and useful for youth in general, to help support healthier eating habits for life.

Eating Habits Then and Now

Not so long ago, like all Aboriginal Peoples, Métis lived off the land and consumed **a nutrient-rich diet of wild game and seasonal plants** while leading very active and social lives. **Community and family played a very important role** in the lives of historic Métis, as they do today. A healthy life, then and now, meant not only eating healthy foods and being physically active, but also receiving social support from our families, friends, and communities.

It is easy to forget the very important role food plays in our lives, both physically and in how it brings us together as families and communities. Traditionally, our food served to bring together individuals and communities in kitchens. **Leftovers were shared** among the community and **visitors were always welcome** at the family table. Food systems were simple and focused on seasonally-appropriate foods. This simplicity kept us in good health. In the past, our high-fat and high-carbohydrate diet was needed to keep up with our very active lives.

Means of gathering food were diverse (hunting, harvesting, farming and fishing) in order to ensure that food lasted throughout the seasons and throughout droughts or floods. **Food was thought of in very practical terms.** In the harsh winters, Métis turned to their canning preserves and on long trips, pemmican and bannock were useful foods: quick to eat and high in energy.

Today, **nutritionists recommend we include fresh, locally-grown foods and whole foods** in our diet as often as we can. Within an active and healthy lifestyle, increasing the consumption of traditional foods will contribute to our holistic health, **nurturing not only our bodies, but also our spirits.**



5 Quick Health Reminders:

1. Eliminate refined sugars and high-glucose corn syrup: make sure to read labels carefully, as many foods and drinks have hidden sugars or much more sugar than you would think!
2. Make all your grain choices “whole” grain portions—options include brown rice, quinoa, and oatmeal.
3. Try to make ½ of your plate veggies and fruits, ¼ starchy foods and grains, and ¼ meats, fish or vegetarian proteins to ensure a healthy balance of food groups.
4. Snack on the right foods! Make sure to keep healthy snacks like vegetables and fruits handy at all times.
5. Prepare a Shopping List and stick to the outer edges of the Supermarket! Take a little time to plan out your meals for the week and create a shopping list to make sure you're picking healthy foods and have plenty of healthy snacks on hand.



When surveyed in 2013, Métis youth were more likely to eat fruit and vegetables on the day before completing the survey than their peers had in 2008, so this aspect of diets had improved. Compared to five years earlier, Métis youth were also more likely to drink water and less likely to drink pop, soda and energy drinks. However, they had become more likely to eat sweets.⁴²

COLLECT FRUIT
AND VEGETABLE
STICKERS AND
PLACE THEM HERE
UNTIL THE SQUARE
IS FULL!

+ This will help you
to keep track of the
produce you use most
and get a sense of
where you might be
able to diversify your
food sources.

ACTIVITY

TO IMPROVE YOUR HEALTHY EATING, LIMIT YOUR INTAKE OF:

- pop
- fruit-flavoured drinks
- sports and energy drinks
- candy and chocolate
- cakes and pastries
- doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

Vitamins and Minerals

Your body needs all kinds of vitamins and minerals to be healthy. These vitamins and minerals are some of the most important to your overall health and can be found in a wide variety of traditional and contemporary Métis foods.^{43 44 45}

VITAMIN/MINERAL	BENEFITS	SOURCES
VITAMIN A	<ul style="list-style-type: none"> Keeps eyes, skin, membranes and immune systems healthy. Helps night vision. Keeps bones and teeth strong. 	<ul style="list-style-type: none"> Dairy products, dark green/orange/yellow fruits and vegetables, liver and salmon. Caribou liver, moose liver, fish liver, Beaver liver and dark green wild plants**.
B VITAMINS THIAMINE B ¹ RIBOFLAVIN B ² NIACIN B ³ PANTOTHENIC ACID B ⁵ PYRIDOXINE B ⁶ CYANOCOBALAMIN B ¹²	<ul style="list-style-type: none"> Helps break down and use carbohydrates, fats and proteins. Assists in tissue formation and promotes normal growth and development. Vitamin B12 assists in red blood cell formation 	<ul style="list-style-type: none"> Eating a variety of foods such as meat, poultry, fish, milk, dairy products, nuts, beans, eggs, grains, and vegetables & fruits (sweet potatoes, broccoli, carrots, bananas etc.). Muskrat, raw duck, rabbit, beaver, goose, grouse, and fish (including the head & eggs).
VITAMIN C	<ul style="list-style-type: none"> Helps to break down fats and proteins. Keeps bones, teeth, gums, and cartilage healthy. Helps heal wounds and form connective tissue. Antioxidant, meaning it helps to protect against cell damage. 	<ul style="list-style-type: none"> Most fruits and vegetables. Fish eggs, wild plants, and berries.
VITAMIN D	<ul style="list-style-type: none"> Helps ensure the growth and maintenance of healthy bones and teeth. Assists in the absorption and use of calcium and phosphorus. 	<ul style="list-style-type: none"> Cod liver oil, cooked salmon, cooked mackerel, sardines, canned light tuna, milk, margarine, egg yolk and beef liver. The sun is not a dietary source, but it is an adequate source of vitamin D.
VITAMIN E	<ul style="list-style-type: none"> Antioxidant, meaning it helps to protect against cell damage. 	<ul style="list-style-type: none"> Safflower and sunflower oil, almonds, sunflower seeds Margarine, mayonnaise, and salad dressings made from unsaturated vegetable oils.
VITAMIN K	<ul style="list-style-type: none"> Helps to keep bones strong and healthy. 	<ul style="list-style-type: none"> Leafy greens (broccoli, spinach, peas, etc.) Plant-based oils and margarines (like soybean and canola).
FOLATE	<ul style="list-style-type: none"> Helps to reduce the risk of brain, spine, and spinal cord defects when taken daily before becoming pregnant and during early pregnancy. Helps the body to break down and use proteins. Helps to form red blood cells. 	<ul style="list-style-type: none"> Dried peas and beans, leafy greens (asparagus, romaine lettuce, etc.); citrus fruits and juices; and enriched flours, rice, and pastas.
CALCIUM	<ul style="list-style-type: none"> Plays a large role in the development and maintenance of healthy bones and teeth. 	<ul style="list-style-type: none"> Milk and dairy products, tofu made with calcium, beans (navy, kidney, pinto, chickpea, etc.), sesame seeds, almonds, kale, rutabaga, blackstrap molasses, seaweed. Fish heads, wild plants. Bannock made with baking soda.

FATS

The type of fat is just as important as the amount—healthy fats include fish-based oils such as omega-3 and plant-based oils such as canola, flax, and olive. Unhealthy fats are trans, saturated, and hydrogenated, and will be labelled on all processed foods as per Health Canada guidelines, so you can keep track of the fats you consume.

VITAMIN/MINERAL	BENEFITS	SOURCES
IRON	<ul style="list-style-type: none"> Helps to create red blood cells and ensures they are functioning properly. 	<ul style="list-style-type: none"> Meat, fish, poultry, beans (kidney, navy, pinto, chickpea, etc.), nuts (almonds, peanuts), and enriched grain products. Caribou liver and blood, moose liver and blood, fish eggs, muskrat, beaver (and beaver liver), rabbit, goose, duck (and duck eggs), and grouse.
MAGNESIUM	<ul style="list-style-type: none"> Helps the body break down and use carbohydrates, fats, and proteins. Assists in tissue formation. Helps to ensure proper muscle function. Helps bones and teeth develop and keeps them strong. 	<ul style="list-style-type: none"> Nuts (almonds), seeds (sunflower), green leafy vegetables, beans (kidney, navy, pinto, chickpea, etc.) and yogurt.
SELENIUM	<ul style="list-style-type: none"> Antioxidant, meaning it helps to protect against cell damage. Depends on where the food was grown or the animal was raised, based on the selenium content in the soil. 	<ul style="list-style-type: none"> Brazil nuts, beef, pork, poultry, fish, grains, beans and dairy products.
ZINC	<ul style="list-style-type: none"> Helps the body break down and use carbohydrates, fats, and proteins. Assists in connective tissue formation, keeps skin healthy, and maintains immune function. 	<ul style="list-style-type: none"> Beef and pork, whole grains, beans, and oysters.

INDIGENOUS FRUITS	AMOUNT	CALORIES	PROTEIN	FAT	SATURATED FAT	CARBOHYDRATES	FIBRE
BLACKBERRIES, RAW	1 cup	125	1g	2g	0g	24	7.6
BLUEBERRIES	1 cup	83	1g	0.4g	0g	21	3.5
CRAB APPLES	1 cup	84	0g	0g	0g	21	n/a
CRANBERRIES, HIGH BUSH, RAW	½ cup	62	1g	0g	0g	13	7.6
CRANBERRIES, LOW BUSH, RAW	½ cup	62	0g	0.5g	0g	13	n/a
GOOSEBERRIES, RAW	1 cup	66	1g	0.8g	0g	15	6.5
RASPBERRIES	1 cup	64	1.4g	0.8g	0g	14.6	8
RHUBARB	1 stalk	11	0g	0g	0g	2	1
STRAWBERRIES	1 cup	49	1g	0.4g	0g	11	3

Métis Recipes

One of the most important ways to preserve and transmit a culture is through its unique foods. **Métis have contributed immensely to Canada's dietary fare**, adapting many of the simple, nourishing and flavourful foods traditionally eaten by their First Nations, Euro-Canadian, and European ancestors.

So our Métis culinary heritage, like our language, is a **savoury blend of European and Indigenous cooking**, with ingredients that are both distinctive and delicious! Here, you'll find some tasty recipes with a special Métis flavour to help you dig in and get a taste of traditional Métis cooking.

FRUIT

An affordable way to return to a more traditional diet is by eating fruit that is indigenous to your part of the world. Try eating plenty of the fruit that is in season. It will be fresher and healthier, and, in many cases, it's even less expensive! A good way to have access to fruit all year long is by buying or collecting extra berries in season and freezing them so you can eat them in the winter. Wild plants, including berries, were one of the ways people traditionally got essential vitamins and nutrients in the past.



La Tourtière (Meat Pie)

Courtesy of Shirley (Logan) Morrish, Ontario

Background:

The Métis have particularly adapted such French-Canadian foods as tourtière (a pork-based meat pie) and boulettes (meatballs). Here's a family recipe for a traditional Tourtière!

Ingredients:

Pastry for 2 pies
1 lb. ground pork
1 lb. ground beef
1 minced onion
1 cup water
1 cup mashed potatoes
½ tsp. thyme
¼ tsp. sage
¼ tsp. dry mustard
1/8 tsp. cloves
Garlic salt – optional

Instructions:

Cook meat with onion and spices with water for 1/2 hour until water is reduced. • Add potatoes and mix well. • Chill. • Place in prepared, pastry-lined pans. • Cover with pastry. Brush with milk. • Bake at 350°F for 1/2 hour until golden brown.

Tip:

Try substituting the pork and beef with fresh-caught wild game! The flavour will be more intense, so you may find it helps to reduce the spices a bit, letting the rich flavour of the meat come through.



La Galet Rivyer Roozh (Red River Bannock)

Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus, and Dixie Palmer, British Columbia

Background:

The Métis ate a lot of bannock. Bannock was a combination of Scottish bread and Indian fry bread that could be baked in an oven, cooked in a skillet over a fire, or fried. The benefit of bannock was that it was easy to make and transport. It also lasted a long time without spoiling, and was quite filling. Make your own bannock and get a taste of this Métis staple!

Ingredients:

3 cups flour
2 tbsp. baking powder
1 tsp. salt
¼ cup sugar
½ cup margarine or shortening
Cold water
½ cup raisins (optional)

Instructions:

Place flour, baking powder, salt, and sugar in a bowl.
• Cut margarine or shortening into the mixture. Add raisins for company bannock. • Add enough cold water to make dry dough. • Place in a greased frying pan and bake in 400°F oven for 30 minutes.



La Sup di Burger (Hamburger Soup)

Courtesy of Senator Earl Scofield, Ontario

Background:

Hamburger soup is still a popular dish in communities throughout Eastern Canada. Make a big pot on a rainy day and sip your way through this tasty bit of Métis cuisine!

Ingredients:

1 tbsp. butter
1 lb. ground beef
3 small onions, chopped
1–16oz can diced tomatoes Salt and pepper to taste
6 cups water
3 large carrots, sliced
3 celery stalks, diced
3 medium potatoes, diced
½ cup macaroni

Instructions:

Melt butter in a saucepan, adding ground beef and cooking slightly. • Add onions, tomatoes, salt, pepper, and water. Bring to a boil, cover and simmer for 1 hour. • Add rest of vegetables and simmer for another hour. • Stir in the macaroni during the last 15 minutes.

CHECK OUT EVEN MORE DELICIOUS MÉTIS RECIPES HERE!

- www.naho.ca/documents/Métiscentre/english/Cookbook_SecondEdition.pdf
- www.louisrielinstitute.com/food.php
- firstpeoplesofcanada.com/fp_metis/fp_metis3.html
- www.virtualmuseum.ca/sgc-cms/expositions-exhibitions/batoche/docs/proof_en_metis_food_diet.pdf

Keeping Track of a Healthier You

Now that you have your health goals mapped out and the tools to achieve them, make sure to **keep track of your progress** using copies of the sheet on the next page—you can collect these in a binder to help you later when meeting with health professionals or gauging your success in staying on track with your fantastic new health goals.

Remember, health is a combination of much **more than simply diet and exercise**. To be your healthiest, happiest self, make sure to also consider your emotional wellbeing and your network of support! This sheet should help you also keep track of these important aspects of your healthy lifestyle and support you in positive decision-making.

Apps to Keep you Motivated

www.mapmywalk.com/app/ Map My Walk is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities.

pearsports.com/ Pear is a coaching platform of interactive audio workouts from professional trainers that react in the moment to guide you, motivate you and keep you company on your journey.

lifesum.com/ Whatever your health goal, Lifesum is exactly what you need to make it happen.

Photocopy this
sheet and use it
every day to stay
on track!



MY HEALTH JOURNAL | Today's Date:

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	POST-DINNER
TIME						
FOOD/DRINK						
FEELING BEFORE						
FEELING AFTER						

SLEEP

WHAT TIME DID YOU WAKE UP?	
WHAT TIME DID YOU GO TO SLEEP?	
HOW MUCH WATER DID YOU DRINK?	

ADDITIONAL NOTES (e.g. concerns, mood, cravings, thoughts, energy level, etc)

EXERCISE

TODAY, I'M PROUD OF MYSELF FOR (or I'M GRATEFUL FOR)...

1.	
2.	
3.	

Building a Healthy Nation, One Person at a Time

Now that we as a Nation have **so many opportunities to move forward in a good way**, especially after many years being considered the forgotten people, it is an exciting time to be a Métis Youth. If you ever find that you need more information about details in this package, following the links provided will allow you to access even more ideas and services; if you wish to keep up-to-date on current issues in the Métis Nation here in BC, check out Métis Youth BC and Métis Nation British Columbia—both are regularly updated with the information that you need to know.

You can actually **trace your genealogy online**, as we explored above, which will help give you a better sense of who you are and where you came from. This information can in turn connect you and your family to your Métis roots for generations to come.

We believe that the **first step toward building a healthy, productive, sustainable Nation is to support healthy, productive, happy individuals** in everything from emotional and physical needs to life-planning skills and resources that incorporate key cultural values. Meet with Elders in your community; attend Métis Community events; volunteer with other youth to increase awareness; engage in Métis Youth Governance and connect with your Community and Regional MYBC representative. Every little step counts, and your potential for growth—our potential for growth— now and into the future is endless.

Again, **for any questions about this publication or to contact the MNBC Ministry of Youth**, please visit our websites at www.mnbc.ca and www.métisyouthbc.com or call Métis Nation British Columbia toll-free at 1-800-940-1150.

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