



Métis Nation British Columbia
Métis Community Library Resources

A Name for a Métis Grades K – 4

Written by: Deborah Delaronde
Illustrated by: Gary Chartrand

What's in a name? A little boy might be known as Great Big Nose because he's so nosy, or Big Ears because he listens so carefully. Yet there's one name that might suit him even better!

The Bannock Book K - Grade 7

Written and illustrated by Linda Ducharme

A young Michif girl helps her mother bake bannock for the family. Pepere (grandfather) is diabetic and can no longer eat the rich kind of bannock he once enjoyed. Respecting his new needs, the girl and her mother show how favourite recipes can be improved for healthier eating.

The Bannock Book includes two bannock recipes – the traditional one, and a healthier new version for diabetics such as Pepere.

Better That Way

Better That Way captures the essence of growing up in this wonderful poem, beautifully illustrated by Sherry Farrell Racette and translated in Michif by Margaret Hodgson. A narration CD in English and Michif is included.

Cries from a Métis Heart

Written by Lorraine Mayer

Sometimes you have to draw upon your history to escape your past. As Lorraine Mayer proves in her hard-hitting debut, that seeming paradox can be as serious as your life. In *Cries from a Métis Heart*, Mayer, Assistant Professor of Native Studies at Brandon University, uses poetry and prose to entwine two stories. One story follows her struggle and ultimate victory over violence, bigotry and oppression to be recognized as a Métis woman, mother and academic. The other considers her hard-won identity in terms of the Métis people and what they have done to define themselves as a nation in Canada.

Dancing in My Bones

Dancing in My Bones, the sequel to the highly successful book *Fiddle Dancer*, returns us to the story of a young Métis boy named Nolin as he continues to discover his Métis heritage.

Lovingly written by Wilfred Burton and Anne Patton and vividly illustrated by Sherry Farrell Racette, *Dancing in My Bones* will take you on a journey to discover Moushoom's first moose hunt, red lipstick kisses, Uncle Bunny's fiddling, and the return of the "Bannock Jig." But most importantly, by the end of the story, you might feel like you have dancing in your bones!

Ekosi - A Métisse Retrospective of Poetry and Prose

Anne Acco's *Ekosi* is a highly personal, self-reflective poetry and prose anthology. *Ekosi*, which means "that's all" or "the end" in Cree, is an aptly-named title for this collection since Anne shares with the reader a lifetime of memories from her childhood in Cumberland House, Saskatchewan to her days in a far-away boarding school to vacations in Trinidad, her husband's homeland. Grounded in the Cree/Métis community of Cumberland House, Anne pays homage to her family, her community, and her Métis culture, which has guided her throughout her life. Focusing on personal and community remembrances, Anne's poems and stories reflect her deep spirituality and her resolute pride in her family and home community. Mixed with this pride is indignation at the unjustness of Canada's ongoing colonization of its First Peoples. The personalities emerging from these poems and stories are poignant and disparate and range from her great-grandmother, Angélique to former Haitian dictator, François "Papa Doc" Duvalier. The reflections in *Ekosi* are from Anne's childhood and young adulthood—experiences that have passed. By sharing these memories, Anne hopes that others will find the encouragement to share their own stories before they are lost.

Family is a recurring theme in *Ekosi*, and to honour Anne's family, many photographs of her children and grandchildren are included through the book. Jean-Paul Acco, Anne's son, provides the book's illustrations.

Fiddle Dancer

Fiddle Dancer tells the tale of a young Métis boy, Nolin, and his growing awareness of his Métis heritage and identity while his "Mooshoom", or grandfather, teaches him to dance. Authors Wilfred Burton and Anne Patton masterfully weave a childhood story rich in Métis culture and language. This delightful story captures the importance of Elders as role models, a child's apprehension at learning new things, and the special bond between grandparents and grandchildren. Sherry Farrell Racette provides many beautiful illustrations for the book

Flags of the Métis by Calvin Racette

An illustrated historical overview of the events surrounding the development of Métis flags in Canada.

Flour Sack Flora Grades 1 – 4

Written by: Deborah Delaronde

Illustrated by: Gary Chartrand

Flora wants more than anything to be able to go to town, but she doesn't have a pretty dress to wear. With the help of her grandmother Flora finds that anything is possible.

Flower Beadwork (The) People - 2nd Edition

A vibrantly illustrated social history of the Métis by artist Sherry Farrell Racette, this book was originally produced as a special project to commemorate the one hundredth anniversary of the 1885 resistance. Complete with a glossary, it can be used as a class text, or a storybook. This book is also suitable for use in studying Canada's Aboriginal people.

Giving Tree (The): A Retelling of a Traditional Métis Story

This charming story, steeped in Métis culture, focuses on the boyhood reminisces of Mooshoom as he describes finding the "great giving tree" with his mother and father. This vibrantly illustrated children's book is a beautiful retelling of a traditional Métis story. Both Leah and the Gabriel Dumont Institute are very pleased to share this story with the Métis and larger communities since it emphasizes Métis core values and beliefs including strength, kindness, courage, tolerance, honesty, respect, love, sharing, caring, balance, patience, and most of, all the important connection with the Creator and Mother Earth. This resource also includes Métis values charts and an accompanying narration CD in English and Michif.

Honour the Sun Grade 7 – 12

Written by: Ruby Slipperjack

After years away, a young woman returns to the railroad community in northern Ontario where she was raised, only to find life there has turned for the worse. As trouble reaches her mother and her friends, will she, too, succumb to despair?

Me and My Canoe

Written by Brad Bird, with Mark Bergen

In the summer of 1991, newspaper editor and writer Brad Bird realized it was no longer enough to cover other people's adventures. A lifelong canoeist, Bird took to the wild rivers and lakes of northern Manitoba for a journey that would lead from The Pas south all the way to St. Louis, Mo. For Bird and his friend, Mark Bergen, a haul of nearly 6,000 kilometers became a voyage of discovery – not only into the heart of North America, but also into the heart of a man. With a rare perspective that few could appreciate from land, Bird travels through rough waters, a freezing storm and a land in change.

Medicines to Help Us

Medicines to Help Us is a stunning set of 30 full-colour gallery-quality study prints, and an accompanying companion booklet. For this timely resource, Christi Belcourt fuses her evocative artwork with scientific information and Traditional Knowledge to explore traditional Métis medicinal knowledge, and the healing properties of the plants depicted in her painting, Medicines to Help Us. This innovative and vibrant resource honours the centuries-old healing traditions of Métis women. Filled with full-colour photographs, maps, illustrations, and the names of plants listed in four Aboriginal languages—Michif-Cree, Ile-à-la Crosse Michif, Cree, and Ojibway—each study print showcases a type of wild plant that can be found throughout the Métis Homeland. In addition, the reverse sides of the study prints can be assembled to recreate a highly detailed 60" (152.4cm) replica of Christi Belcourt's painting.

The companion booklet for the study prints is enclosed; the study prints can be purchased from Gabriel Dumont Institute in Saskatoon, Saskatchewan.

Mere Observations Grades 9 – 12

Written by Derek Garson

A young urban Métis explores poetry in a fresh and gripping form, from lyric poetry to narrative scenes.

Métis Communities Series

Format: DVD, Approximately 100 minutes Grade Level: All Ages

Showcasing and celebrating the Métis communities of Crescent Lake and Île-à-la-Crosse, the Gabriel Dumont Institute produced the Métis Communities Series. This DVD contains the previously released VHS documentaries The Story of the Crescent Lake Métis: Our Life on the Road Allowance and Kitaskinaw I pi Kiskinohamakoya: The Land Gives Us Our Knowledge.

The Story of the Crescent Lake Métis: Our Life on the Road Allowance

Narrators: Leah Dorion, Harriet Oaks

This documentary tells the story of the Crescent Lake road allowance community from the perspective of its Elders. This is a remarkable story about Métis land dispossession, relocation, and survival.

Kitaskinaw I pi Kiskinohamakoya: The Land Gives Us Our Knowledge

Narrators: Cheryl Troupe and Wayne Morin

For over 230 years, Île-à-la-Crosse, Saskatchewan has been a vibrant Métis community with strong ties to the land and the fur trade. Elders stress their respect for the land, and share with us their knowledge, stories, history, and their community's culture.

Métis in British Columbia: From Fur Trade Outposts to Colony (The)

By George and Terry Goulet

This book deals with the groundbreaking part that Métis people played in the history and development of early British Columbia. In the historical context of this book the Métis are mixed-blood Children of the Fur Trade. Common factors that permeate this book are the Métis and the fur trade west of the Rocky Mountains in the Pacific Northwest.

The Métis in British Columbia: History, Culture and the Contemporary Community

Format: DVD, Approximately 100 minutes Grade Level: All Ages

A DVD that shares the culture and history of the Métis with interactive segments that share stories about the capote, making bannock, beading and language. The Métis social organization is discussed as well as the meaning of the word "Métis".

Métis Music and Dance

Format: DVD, Approximately 100 minutes Grade Level: All Ages

Métis musicians share traditional Métis music with songs such as The Red River Jig and The Lucky Trapper. Métis dances are performed by all age groups and Métis dance instructor Bev Lambert demonstrates how to learn the steps.

Métis Princess (The) Grades 9 to 12 and adult

By Annette St. Pierre

Romance and suspense are in store for Martha, a young Métis woman who learns that being accepted doesn't have to mean abandoning her identity.

Métis Spirits Grades 4 – 8

Written by: Deborah L. Delaronde

Do you believe in ghosts? In Métis Spirits, Deborah Delaronde shows once again how the history of the Métis winds through the experiences of today. Her first collection of short stories for young readers weaves magic through time to show how we all can be guided by the spirits of our past.

Métis Women's Traditional Arts Series

Format: DVD, Approximately 190 minutes Grade Level: All Ages

Showcasing and celebrating the artistic talents of Métis women, the Gabriel Dumont Institute produced The Métis Women's Traditional Arts Series. This DVD contains the four-video series, which provides in-depth instruction and direction in the production of various forms of Métis cultural expression.

Aen Kroshay aen tapee avec mi gineey: Métis Hooked Rugs

Narrator: Anna Flaminio

This video, which features Margaret Harrison, and her mother, Adeline Pelletier dite Racette, provides the viewer with step-by-step instructions on how to make a hooked rug. As well, Margaret and Adeline share their stories about living on a road allowance in the Qu'Appelle Valley in southern Saskatchewan.

Mashnikwawchikun avec la sway di fil: Métis Silk Embroidery

Narrator: Cheryl Troupe

With instruction from Margaret Harrison, viewers have the opportunity to learn basic embroidery stitches, and receive direction in working with patterns, designs, needles,

and fabrics. Margaret also shares her experiences and thoughts on the importance of preserving and promoting this traditional Métis art form.

En saencheur flechey: Métis Fingerweaving

Narrators: Penny Condon and Cheryl Troupe

Combining Aboriginal fingerweaving techniques with European materials, the sash remains an integral and highly symbolic aspect of Métis identity. In this video, Penny Condon provides fingerweaving lessons to grade seven and eight students from St. Frances School in Saskatoon, Saskatchewan.

Our Shared Inheritance: Traditional Métis Beadwork

Narrator: Cheryl Troupe

This documentary discusses the Métis beading tradition of Cumberland House, Saskatchewan. The video centres on Isabelle Impey and her efforts to preserve Métis beadwork. It also provides instructions on how to bead and make moccasins.

My Children Are My Reward - The Life of Elsie Spence Grades 7 to 12

Written by Alix Harpelle

Through the story of Elsie Spence, Harpelle describes in vivid terms the traditional ways of the Métis in Manitoba in the mid-20th Century, and shows the strong matriarchal role.

Pepere Played the Fiddle K- Grade 7

Written and illustrated by Linda Ducharme

After working hard all day it's time to clear the floor, tune up the fiddle and prepare for a lively evening of music, dance and fun – the old-fashioned way! *Pepere Played the Fiddle* is a joyous account of Métis joie de vivre at a house party in the late 1940s. With rhythmic verse and lively illustration, Linda Ducharme captures the spirit of the music as Pepere (grandfather) plays the Red River Jig, Waltz Quadrille and other favourites. As much a celebration of music and dance as tradition, it's a story every family can enjoy.

Steps in Time II

Jeanne Pelletier's *Steps in Time II* teaches people of all ages the "Red River Jig"'s intricate steps, and square dancing moves and holds. It includes three reels of the "Quadrille" and "la danse du crochet." A conversation with Jeanne outlines her history as a dance instructor and caller, and why dance is important. Also included on this DVD is the original *Steps in Time* from 1989, which teaches dancers the "Duck Dance," some basic Métis dance steps, fancy jig steps, and the "Rabbit Dance."

Choreographer: Jeanne Pelletier

"The Métis Thunder" Dancers: Jeannine Pelletier-Banin, Paul Banin, Kim Kovacs, Wilfred Burton, Erin Kramer, Russ Fayant, Michael Racette, Derek Racette, Megan Shiplack, and Nicole Morrow
Music: Brian Sklar, Joe Schultz, Wayne Kuntz, and Garry Lepine
Producer/Director: Don List, Birdsong Communications
Format: DVD, Approximately 70 minutes

Thomas & His Cat (Li Minoush) Grades K - 3

Written by: Bonnie Murray
Illustrated by: Sheldon Dawson
Translated by: Rita Flamand

When Thomas feels left out because all his friends have pets, he asks his mother for a cat. She agrees, and when she calls it Minoush she introduces her son to the Michif language.

"For many, recognizing the Métis have a unique language will be a surprise, and this book is to be commended for helping to preserve the language" – Yorkton Weekly

Thomas and the Métis Cart Grades K – 5

Written by: Bonnie Murray
Michif translation by: Rita Flamand
Illustrated by: Sheldon Dawson

When dad helps him build a miniature replica of a Red River Cart for science class, young Thomas learns another chapter of his Métis heritage. Bonnie Murray's fourth title in the Michif Children's series is told in English, with Michif translation by Rita Flamand and charming illustrations by Sheldon Dawson.

Thomas and the Métis Sash (Li Saennchur Fleshii di Michif) Grades 1 – 5

Written by: Bonnie Murray

Illustrated by: Sheldon Dawson
Translated by: Rita Flamand

Thanks to a school art project, Thomas learns from his mother about the history of the Métis Sash and its importance to the Métis people.

Where the Rivers Meet Grade 8 – 12

Written by Don Sawyer

After tragedy turns her world, high school senior Nancy Antoine searches for meaning in her life. The traditions of her people offer a lifeline, but is she strong enough?

Wolf and Shadows

Mercredi's poetry continues to reflect the challenge of trusting to the traditional ways while living in the city.

Other items include: