

# MÉTIS NATION OF ONTARIO

## MÉTIS HISTORICAL GAMBLING & GAMING

Historically the Métis played games and competed in activities based on everyday survival skills. These skills were important for the emotional, physical and mental development of the community members of all ages.

- Cooperation and team work
- Hand/Eye Coordination
- Agility and Dexterity
- Concentration and memory
- Physical stamina and fitness
- Strengthened social skills and bonds with others
- Developed character, honour and integrity
- Provided leisure activities for all ages



## HISTORICAL VS MODERN DAY GAMBLING

Historical gambling included wagers and bets but not at the risk of losing what they could not afford to give away. Men and women would gamble in card games and wagers made during physical competitions. Gambling was a social activity, people would not gamble in isolation or alone as they do today in casinos or online.

There is very little laughter associated with modern day online gaming or gambling as it takes time away from your family, risks losing money, and offers no physical skills. It is important to look at digital media and gambling it as entertainment and to balance it with other activities.

## CULTURAL ALTERNATIVES

The unique culture and heritage of the Métis finds that traditional games help establish connections and relationships between communities and families. Cultural games and activities offer healthy alternatives to online gaming and gambling. Some can be done on your own, others with family and friends.

### Traditional Métis Voyageur Games

The Métis are competitive by nature and games played at community events are one way to celebrate and preserve Métis culture and heritage. Enjoyed by families, at many community events, some of the popular games hosted today in Ontario include:

- Sling Shot
- Hatchet Throw

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- Air Rifle
- 20 Lb Flour Sack Carry
- Archery
- Poison Circle
- Crab Tug of War
- La Butt (Leg Wrestling)

**Extreme Games:** These traditional games are still being featured as competitions but, due to the risk of injury, they are only occasionally offered in Ontario.

- 450 Lbs Sack Carry
- 300 Lbs Log Carry
- 180 Lbs Sack Carry
- 90 Lbs Sack Carry
- Cream Can Carry



### Cultural Activities:

Throughout the year the MNO offers cultural workshops across Ontario. Please contact a MNO community office to inquire and see what is available in your area. Examples:



- Métis Beading
- Moccasin Making
- Traditional Cooking
- Métis Music: Jigging, Fiddle & Spoons
- Arts and Crafts
- Community Gardens
- Harvesting Activities
- Sharing Circles and storytelling

If you are concerned that gambling or gaming may be getting out of hand or has caused you difficulties, our specialized team can provide confidential help and support:.

### For more information:

Métis Nation of Ontario  
Gaming-Gambling Awareness Program (G-GAP)

[ggap@metisnation.org](mailto:ggap@metisnation.org)

[www.metisgaming.com](http://www.metisgaming.com)

[www.metisnation.org](http://www.metisnation.org)