

## **Indigenous Perspectives – Walking Together**

Help your students/youth learn about First Nations, Métis People and Inuit history, world views and ways of knowing. In June 2016, Alberta Education, the National Centre for Truth and Reconciliation, the Alberta Teachers' Association and four other education stakeholder organizations in Alberta signed a commitment to ensure that all students learn about the history, perspectives and contributions of Canada's indigenous peoples. <https://www.teachers.ab.ca>

The Palisades Stewardship Education Centre team works closely with Matricia Brown who lives in Jasper. Matricia offers educational programming at the centre. She offers the *Welcome and Smudge for Stewardship and Outdoor Skills (grades 10-12) and Teachings of the Mountain People (grade 7)*.

Upon request (as part of our programming offer), Matricia is available to work with school and youth groups who visit the centre. Her education programs run between one and three hours and all materials are included.

### **Matricia Brown**



#### **Biography**




Matricia is a singer, songwriter, musician, drummer and an artist. Matricia teaches honoring the drum, leather work, and many more traditional arts and crafts. She also has her own jewellery line where she infuses First Nations aspects of her culture into modern designs. She makes traditional moccasins, mukluks, fur mitts, beadwork and much more.

Matricia has had the privilege of sharing her culture over the last 20 years to schools throughout the Yellowhead Region. She has been a guest lecturer at every school in Edson and has presented at Dream-speakers Film Festival (Edmonton), and at Kiyanaw-Klondike (Edmonton), NCTCA (Northern Central Teachers Conference Alberta) and the youth conference Dreamcatchers at Grant MacEwan (Edmonton). She has won the Aboriginal Women's Day award from the Edson Friendship Centre where she has served as an active Board Member and volunteer since 2004, and the Mayor's Music Award in Jasper where she currently resides. She is also a member of the drumming group "Warrior Women" and has performed throughout Alberta teaching youth her songs and culture.




<http://warrriorwomen.ca/index/>

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## Education Programs

	<p><b>Teachings of the Mountain People</b></p> <p>In this two day program, grade seven students learn about the long history of the Athabasca valley, stories of the fur trade, and meet the seven homesteading families; six of which reluctantly left the park when it was formed in 1907. Students explore what a land based identity means to indigenous people, learn skills that were used to live off the land, and learn where the indigenous descendants of the seven families are now. Matricia's session involves a discussion on reconciliation, the formation of Jasper National Park, and a welcoming smudge (with emphasis on the sacred medicines).</p>
	<p><b>Stewardship and Outdoor Skills – ***Option of two subjects below:</b></p> <p>In this four day program, students earn 3 credits as they explore stewardship and outdoor recreation skills. Matricia's welcoming session:</p> <p>Students are asked to reflect on their own personal relationship to the land, and how it could be expanded.</p> <p>***Asani (relationship to the land and water), Spirit Animals(relationship with the animals), tipi teachings(how we lived), medicine wheel (teaches way of life)</p> <p>1 hour</p>
	<p><b>Stories of the Drum</b></p> <p>As a drum keeper, Matricia will discuss what it means to be a keeper of the drum. She will explain the Seven Teachings of the Drum, share songs that she has written, or that have been gifted to her by other women drum keepers. Matricia will discuss the effect of colonialism on her family's drumming and ask students to reflect upon the effects of multi generational trauma and how to break the cycle</p> <p>1-2 hours</p>

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	<p><b>My Stories and Canadian History</b> This will be an expansion of Matricia's personal story and history including , residential school, sixties scoop, identity crisis, addictions, intergenerational pain and how the cycle continues, and a story of resilience and breaking the cycle 1 hour</p>
	<p><b>The Medicine Bag</b> 1-2 hours Craft, and discussion in the differences between medicine traditionally from a First Nations perspective and how modern society treats medicine. Matricia will also lead a discussion and exploration of traditional smudge medicines. A Palisades Education Team Member can extend this session with a plant walk on the grounds of the centre.</p>
	<p><b>Bow Loom and Loom Beading</b> Learn how to make a traditional bow loom (1 hour) Loom a bracelet (1 hour) Take a walk through history and explore how the First Nations advanced from porcupine weaving to bead looming. Still used today for most pow wow outfits, Matricia will help you create your own loom beading project! Ideally, this session is spread over two days (making the loom and creating with the loom)</p>

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**Puzzle Pouch - no beading (1 hour)**

**Beading is an additional hour**

No pockets? no problem, learn a unique way that First Nations used a leather pouch for travelling without zippers, Velcro and still keeping items safe for transport. Matricia will help students explore leather skills using traditional hide and sinew.



**Sacred Feather Teachings**

1 hour

Come and learn how to wrap, decorate, and honor a Sacred Feather. First Nations have an infinite number of decorative uses for feathers. Feather work often incorporates other materials such as leather, thread, and even animal hair. Single feathers are embellished and then combined to make beautiful head, neck and clothing ornaments as well as fans and dance bustles. Very prominent and easily seen, feathers communicate particular messages to the onlooker. Certain kinds of ways of cutting feathers, or particular numbers of feathers may indicate a person's tribe, clan, or status. Many feathers have important ceremonial and sacred importance




**Moccasins**

1-3 hours

David Thomson had 3 First Nations women on his excursions entirely to fix and make moccasins on his exploration of Canada. He ordered over 80 pair for his team before he embarked. Come walk a mile in my moccasins and learn how to make traditional footwear!

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	<p><b>The Legend of the Dream Catcher</b>  2 hours  There is much to honor in this traditional craft. Surfacing from the Ojibwa and adopted by all tribes, the Dream Catcher is a common First Nation Symbol, Matricia will explain the historical significance, tradition and lessons when creating a dream catcher of your own.</p>
	<p><b>The Medicine Wheel</b>  1 hour  The Medicine Wheel is a symbol and a guide. Matricia guides the students through the four quadrants and gives a First Nations perspective to creating a balanced and meaningful way of life. Each quadrant focuses on a medicine, animal, direction, cycle of life and aligning the four quadrants creates balance.</p>
	<p><b>Caribou Tufting</b>  2 hours  A traditional Northern Cree, Dene and Inuit craft, can be done with moose hair or caribou hair. Used to embellish footwear, like moccasins and mukluks, to Jackets, and mitts. So beautiful a simple piece can be framed and appreciated.</p>
	<p><b>Bannock</b>  1 hour  Every culture has a bread that is significant, and First Nations bannock is a cross cultural bread that was developed when contact with the Europeans was first initiated. Made over the fire, frying pan, deep fried and baked, bannock and its many forms warms your stomach and Matricia's stories will warm your heart!</p>

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### **Spirit Animal Meditation**

2 hours

Take a break, rest and rejuvenate, 15 minutes of meditation is like 2 hours of deep sleep. In this exercise Matricia who is trained in Primordial Sound Meditation will guide you in an active meditation to meet your spirit animal. There are no expectations and no outcomes, just a restful and guided experience, in a safe and non-judgmental atmosphere.

Matricia Brown \  
January 2017

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