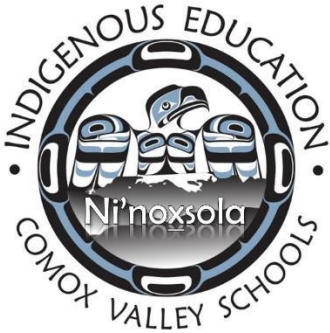


# *NI'NOXSOLA*

Elders in Residence Program  
Indigenous Education Comox Valley Schools



Sheila Buchanan  
Metis Sash



The Metis sash is one worn by the Metis. The men usually wear it around the waist, while the women wear it over their shoulders.

It was known for its versatility. It was used as a fanny pack to accommodate several items, such as a knife, food, and other necessary items used on a trip. It was an unbelievably valuable wrap for anyone who was in possession of it. When the men were on their way to the trapline or to work, they would use it to hold up their pants if they did not have a belt. It could also be used as a tow rope because it was made from extraordinarily strong material.

Both sides of the sash are fringed. The fringe thread was used as sewing thread if an item needed repair.

The women used it to carry the baby either in the front or on their back while they did housework.

The sash has different colors. This was done for a reason. It represents some of the hardships the Metis suffered throughout the years. There are also positive colors, and they will be noted, and each color explained.

Red-represents blood shed throughout the years fighting for our rights. Blue- the depth of our spirits. Green- the fertility of a great nation. White- the connection to the earth and the creator. Yellow-the prospect of prosperity. Black-the dark period of suppression and dispossession of Metis land.

The Metis wear their sash with pride. It is worn at all Metis functions. Dance groups usually wear their sashes during their performances. There are more uses and stories of the Metis sash, but it would be a long story if they were listed in this story.

Sheila Buchanan (Kookum)

