

Benefits of Golfing

- Reduces stress due to physical activity and the joy of being close to nature
- Improves social interactions by bringing together people who have a shared interest and to connect with friends
- Helps you retain a sense of achievement by becoming better at something that you enjoy doing
- Actively engages your body and mind
- Swinging your club engages your core and upper body muscles
- Golfing regularly helps to improve your balance
- Improves blood circulation
- Playing regularly helps to improve lung function and reduce risk factors for cardiovascular disease
- Helps you get those 10,000 steps in!

North Island Métis (NIMA) publishes a monthly newsletter.

Go to NIMA's website (www.nimetus.com/newsletters) to read current and past newsletters.

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North Island Métis

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NORTH ISLAND MÉTIS

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**NORTH ISLAND
MÉTIS**

Golfing



Voyageur Games

Here is a list of a few commonly played voyageur games!

Leg Wrestling: Two competitors lay side by side on the ground with heads beside each other's feet. They then locked one leg and tried to knock their opponent over.

Voyageur Wrestling: This match involved both combatants facing each other, grabbing one hand as if in a handshake, then trying to make their adversary lose their balance. Once your foot lifted off the ground, you lost.

Pillow Fight: Using massive pillows/large canvas stuffed bags to try to knock the opponent off a 6" x 6" beam.

Tug-of-War: Players stood on barrels about 15 feet apart from each other holding a rope. The object of this game was to either pull your opponent off the barrel or to pull the rope out of their hands.

Log Sawing: Participants see who can saw through their log first.

Flour Sack Races: Participants would race to see who could get the finish line first, while carrying a sack of flour.

Axe Throwing: Participants would take turns throwing axes at a target to see who could get the closest to the bullseye.

Sling Shot: Pop cans are used as targets and each contestant is allowed five shots.

Southern Michif

stick – aen bwaa

ball – la plot

axe – enn haash

wrestle – la kwaalty

saw log – enn log a syii

to race - kootshkaawayhk



About the Games

Métis people were well-known for being competitive, whether it be through their story telling or their strength they would compete to see who was the strongest. The games were created to test the strength and endurance of the voyageurs. The games date back to the fur trade era (1700's and 1800's). The games would test the voyageurs to see who the ultimate voyageur was! The games were used to bring folks together and were often paired with music, dancing, and food.

