

# BC MÉTIS FEDERATION CONSERVATION

MARCH 2025 ALL MY RELATIONS RECAP



**BC Métis**  
FEDERATION







# ALL MY RELATIONS

In March, the Conservation Department of the BC Métis Federation welcomed eight Métis participants from across British Columbia to Tofino for the All My Relations retreat — a powerful four-day, three-night experience designed to foster cultural reconnection, storytelling, and environmental awareness through land-based learning. This retreat marked the third gathering of its kind, following the success of previous conservation retreats in the region.

Rooted in the Métis worldview that all beings are interconnected, All My Relations created a space where community, conversation, and nature came together to support healing, learning, and reflection. Participants, ranging from young adults to elders, explored the connections between their Métis identities, lived experiences, and responsibilities to land and water — all within the stunning, rain-soaked backdrop of the Pacific Northwest.

## **GROUNDING MORNINGS & CREATIVE EXPRESSION**

Each morning began with partner interviews and introductions, setting the tone for openness and connection. Participants were invited to share where they came from, what shaped them, and what they hoped to carry forward. On the first full day, the group set out on a coastal forest hike, surrounded by towering trees, soft moss, and the rhythmic sound of waves in the distance. This quiet immersion in nature led to a watercolor painting session, where the group sat in reflection, capturing the essence of the landscape. The session began with a cedar and sage smudge, grounding everyone in Métis traditions and creating a ceremonial space of intention.









## **ADVENTURING WITH PURPOSE**

On the second day, despite wind and rain, participants boarded a boat for a three-hour wildlife excursion. Braving the elements together, the group spotted humpback whales, otters, sea lions, and eagles — a reminder of the incredible biodiversity that surrounds and sustains us. The challenging weather only deepened the experience, as laughter, teamwork, and shared awe brought the group closer together.

A core highlight of the retreat was the helicopter tour with Atleo Air. In three separate flights, the group soared above Tofino's rugged coastline to reach remote sea caves and waterfalls. Upon landing, participants were able to walk along the wild shore, examining gooseneck barnacles, smooth stones, and the powerful forces of nature that had carved these sacred spaces over thousands of years. Pilots shared stories of the region's traditional burial sites, offering a deeper understanding of the land's cultural significance.

## **SHARED MEALS, SHARED STORIES**

At the heart of the retreat were the shared meals — warm, nourishing, and unhurried. Around the table, participants connected over Métis-style comfort food, telling stories, exchanging wisdom, and listening deeply. For many, including elders who live alone, this was a poignant reminder of the power of community, food, and presence. These moments created space for vulnerability, laughter, and healing — from spontaneous leg wrestling matches to heartfelt storytelling sessions.

## **LASTING REFLECTIONS**

The final day included a return to the Ucluelet Aquarium, a favorite retreat location, where participants interacted with local marine life and reflected on the retreat's central themes: identity, responsibility, and interconnection. Discussions throughout the retreat often circled back to how we define wisdom, how it's passed down, and how each of us can play a role in protecting our environment and our culture.

All My Relations was more than a retreat — it was a transformative journey that empowered participants to reflect on their past, ground themselves in the present, and look toward a future rooted in kinship, conservation, and culture.







