

TRADITIONAL AND CONTEMPORARY WAYS OF LIFE BY NATION

Nation	Communities	Way of life
Abenaki (Waban-Aki)	<ul style="list-style-type: none"> > Odanak > Wolinak 	<p>The semi-sedentary Abenaki grew corn in villages set in forest environments, but they were mostly nomadic and lived on hunting and fishing. In the winter, they sometimes traveled great distances to follow big game.</p> <p>Today, Waban-aki communities are located near non-Aboriginal villages and they share the way of life of other Quebeckers. However, they are still attached to their traditions and keep them alive in Odanak at Musée des Abénakis and Collège Kiuna, which offers a college diploma rooted in First Nations culture.</p>
Algonquin (Anishinabeg)	<p>9 communities including:</p> <ul style="list-style-type: none"> > Pikogan > Kitigan Zibi > Lac-Simon 	<p>Until the early 20th century, the Algonquin maintained their traditions and nomadic way of life. When non-Aboriginal people colonized Abitibi in the 1940s, the Algonquin came in contact with another way of life and became sedentary. They settled in villages, which made it easier to receive aid from the Canadian government.</p> <p>Today, Algonquin communities live on forestry, mining, tourism and handicrafts.</p>
Atikamek (Atikamekw)	<ul style="list-style-type: none"> > Obedjiwan > Wemotaci > Manawan 	<p>Until the early 20th century, the Atikamek lived mainly on hunting. However, the construction of dams (starting with the Manawan River) raised the water level and changed the habitat of caribou and moose. Beavers also had to find a new place to live. Later, the noise of logging (truck traffic, power saws, etc.) drove the birds away as well. The Atikamek also had to change their way of life, mainly finding work at forestry companies.</p> <p>Today, many Atikamek still work in the forestry, but the tourism industry has also grown.</p>
Cree (Eeyou)	<p>9 communities including:</p> <ul style="list-style-type: none"> > Chisasibi > Oujé-Bougoumou > Mistissini 	<p>The Cree live in an area located between the communities farther south and Inuit territory. Hunting played a very important role in their diet and caribou were their favorite big game. Still today, goose hunting holds an important place in Cree diet and customs.</p> <p>In the 20th century, the development of James Bay, more specifically the construction of dams, disturbed Cree territory. In the 1970s, they created an organization, the Grand Council of the Crees of Quebec, to assert their rights. In 1975, an agreement allowed the Cree to reorganize their communities, to obtain money and then to take charge of health, education, etc. Today, the Cree are very independent and manage their own communities and daily life.</p>

Nation	Communities	Way of life
Hurons-Wendat	Wendake	<p>Before the arrival of the Europeans, the Huron-Wendat lived a semi-sedentary life near Georgian Bay in Ontario. When the Europeans arrived, epidemics reduced the Huron-Wendat population by one-third. Then attacks by the Iroquois led many Huron-Wendat to take refuge in Quebec City with the French, and eventually settle in Wendake in 1697.</p> <p>Today, Wendake has a population of over 2,000. Many businesses provide employment for both Huron-Wendat and non-Aboriginal people. Tourism is a very important economic sector, with a hotel-museum and restaurant and a historical site that attracts many visitors.</p>
Innu	9 communities including: <ul style="list-style-type: none"> > Mashteuiatsh > Uashat > Pakuashipi 	<p>The Innu occupy a vast territory they call Nitassinan on the North Shore and Lac-St-Jean. Because they traveled a lot, they quickly made contact with non-Aboriginal people. For example, they went to meet tourists vacationing in the Charlevoix area to sell handicrafts.</p> <p>Today, the Innu continue to be involved in business. Many also work at outfitters as hunting and fishing guides on the land they know so well.</p>
Maliseet (Wolastoqiyik)	Cacouna/Whitworth	<p>The Maliseet inhabited the territory of today's New Brunswick until the 16th century. Their name means «people of the beautiful river» because their way of life was closely related to the Saint John River, where they fished for salmon. In 1826, the government created the first Aboriginal reserve in Quebec, Viger. But because the Maliseet did not farm the land, the government took it back and gave it to non-Aboriginals. So the Maliseet people scattered all over Quebec. Then another territory was granted to them, but it was too small to support a population. The Maliseet finally came back together as a nation in 1987.</p> <p>Today, most Maliseet people live elsewhere in Quebec among other Quebecers, but many are working to recover their ancestral culture.</p>
Micmac (Mi'gmaq)	<ul style="list-style-type: none"> > Gesgapegiag > Listuguj > Gespeg 	<p>The Micmac developed the art of building fishing boats that could travel the high seas and made it their specialty. In the late 18th century, when non-Aboriginal people began to settle in the area, many Micmac found jobs in the new forestry and construction industries.</p> <p>Salmon fishing is still part of Micmac life. Starting in 1982, the community of Listuguj signed agreements with the Government of Quebec through which the Micmac began to develop and apply a fishing plan to conserve the resource (salmon), while offering fishing expeditions to tourists and practicing commercial fishing, which creates jobs. The community of Gesgapegiag does the same on the Cascapedia River.</p> <p>Today, in Listuguj, there is an interpretive center about Micmac culture. In Gesgapegiag, a cooperative of artisans makes baskets out of ash and sweetgrass, which are exported all over Canada and the United States.</p>

Nation	Communities	Way of life
Mohawk (Kanien'keha:kas)	<ul style="list-style-type: none"> > Kanesatake > Akwesasne > Kahnawake 	<p>The Mohawk, like the Huron-Wendat, led a mostly sedentary life, based on cultivating the “three sisters” (corn, squash, beans). Hunting and fishing supplemented their diet, and families lived in villages made up of long houses.</p> <p>In the early 20th century, with the construction of bridges and tall steel buildings, the economic life of many Mohawks changed when they went to work on large construction sites.</p> <p>Today, Mohawk communities manage their social and economic lives independently: they have their own police force, schools, hospital, etc.</p>
Naskapi	Kawawachikamach	<p>The traditional Naskapi way of life revolved around the caribou. Since they lived well by following the herds for hunting and were farther away from the villages of European settlers than other Aboriginal peoples, the Naskapi did not participate in the fur trade.</p> <p>In 1984, like the Cree, the Naskapi won the right to manage their own communities and were no longer subject to the Indian Act.</p> <p>Today, Naskapi economic life is driven by an outfitter, a shopping centre, a handicraft store, and companies that build roads and buildings, all in a village of just over 600 inhabitants.</p>
Inuit	15 villages including: <ul style="list-style-type: none"> > Salluit > Kangiqsujuaq > Kuujuarapik 	<p>Traditionally, the Inuit were nomadic hunter-gatherers. They hunted animals that lived in the sea (seal, walrus) and on land (caribou). In addition to providing food, these animals also provided cooking and lighting oil, plus skin and fur for clothing, blankets, tents and boats. Their bones, tusks and antlers were used to make tools.</p> <p>Since the Inuit lived farther north, they came into contact with the Europeans later. First they met explorers, then whalers, missionaries and scientists. In the 1950s, the government forced them to live in villages. Their way of life changed very quickly because the society in the south was very different from theirs, because of technology for example. On the other hand, this late contact allowed the Inuit to keep their Inuktitut language and many of their traditions.</p> <p>Today many Inuit work for their villages (in schools, hospitals, as pilots, etc.) or are part of cooperatives that sell works of art (sculptures and engravings) with great success.</p>