

Learn with LOUIS



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Métis Cultural Connections

OUR DISTINCT MÉTIS CULTURE DEFINES US AS ONE OF THE INDIGENOUS PEOPLES OF CANADA. MAKE CONNECTIONS TO YOUR MÉTIS CULTURE, AND LEARN WHAT MAKES US UNIQUE.

For the Métis, plants have a special place in our lives. Our ancestors and many of our relatives today gather plants to use as food, medicine, and for our spiritual practices. Traditionally the women would often gather different plants and use them to help people. One very special plant is called Sweetgrass. This plant grows all over North America. Typically, Sweetgrass is picked and tied into braids. When it is dry, it is burned to release a sweet smelling smoke. Some Métis people will burn this when they smudge (or spiritually cleanse) themselves.

Buffalo Bulletin

MÉTIS TRADITIONAL LIFE WAYS CONNECT US TO THE LAND AND OUR ANCESTORS, AND TRANSMITS KNOWLEDGE TO OUR CHILDREN. LEARN TO ACKNOWLEDGE, HARVEST, GATHER, AND SHARE NATURAL RESOURCES.

Métis people have an inherent knowledge of conservation and management of the land and its resources. Our intimate relationship with the natural world manifests itself in our everyday life whether we live in remote wilderness, or in an urban environment. Our life ways are preserved by the transmission of traditional knowledge and culture to each generation, the past, present and future of the Métis people.

Harvesting connects us to the land, to our spirits and to our ancestors. The harvesting, processing and sharing of natural resources continues to have an influence on our contemporary Métis communities. It is important to respect all living things, and to honour whatever we harvest from our natural environment.

Spring harvesting includes a bounty of plants, included here are just a few examples.

- **Spruce tips:** needles of the spruce tree are high in vitamin C, the spring spruce tips can be brewed for tea, or preserved as jelly and syrup
- **Wild Rose petals:** rose petals can be eaten fresh, made into a syrup, or dried to mix with sage
- **Birch bark and sap:** birch bark can be harvested to make baskets and other items; the sap can be used for medicine or made into a syrup
- **Fireweed:** young shoots are similar to asparagus, and the leaves to spinach, it can be eaten raw or cooked
- **Dandelions:** dandelion greens can be eaten fresh or cooked, the flower heads can be made into a syrup or jelly
 - o Dandelion syrup recipe from:
Métis Centre, National Aboriginal Health Organization (2008).
Métis Cookbook and Guide to Healthy Living 2nd Edition.
Dandelion Syrup – page 86
https://www.mnbc.ca/app/webroot/uploads/Education/Métis_Cookbook_SecondEdition.pdf



Louis' Kids Club

MÉTIS CHILDREN WILL LEARN ABOUT THEIR CULTURE AND THE WORLD AROUND THEM WITH A FUN ACTIVITY. FAMILIES WILL HAVE AN OPPORTUNITY TO CREATE, CONNECT AND SHARE TIME TOGETHER.

The Métis symbol is the infinity symbol and it represents the unity of our Métis nation. This activity represents the unity of your family and culture and our everlasting connection.

Activity: Take some time to explore out on the land together. Find fallen pieces of nature or other small items that represent your family and friends. Bring those pieces together, place them in the shape of the infinity symbol, and glue onto a piece of wood, canvas or material of your choice. (You could paint this prior to gluing) Have fun with it and make it your own. Display it proudly in your home.



Daily Physical Activity

CHILDREN AND FAMILIES WILL LEARN PHYSICAL ACTIVITIES FOR HEALTHY GROWTH AT EVERY AGE. THE ACTIVITIES WILL INCLUDE MÉTIS TRADITIONAL PRACTICES, OUTDOOR PLAY AND MUCH MORE.

Today, many of our children do not have the opportunity to explore and discover the land like our Métis ancestors. They need to move, jump, climb, swim, dance and run. All activities to provide physical growth. Children require physical activity everyday. As recommended by the Canadian 24 Hour Movement Activity and Guidelines, children require the following everyday;

- Infants: 30 minutes
- Toddlers (1-2yr): 180 minutes
- Preschoolers (3-4yrs): 180 minutes of which 60 minutes is energetic play.
- School Age: 60 minutes of moderate to vigorous activity and several hours of light physical activity.

Activities can include, tummy time, nature walks, climbing hills, collecting berries, tag, jigging, gathering herbs, paddling a canoe, climbing a tree, throwing a ball, raking the grass. There are so many ways to be active day to day. Go out and enjoy our land and get active with your children.

Canadian guidelines for movement and activity:
<https://csepguidelines.ca/>
Health link B.C.:
<https://www.healthlinkbc.ca/health-topics/abo8756>



What's your name, where you from?

SHARE YOUR FAMILY'S CONNECTION AND JOURNEY WITH THE MÉTIS NATION COMMUNITY. TELL YOUR STORY AND HAVE YOUR FAMILY FEATURED IN THE NEXT EDITION OF *LEARN WITH LOUIS*.
SUBMIT YOUR STORY TO: METISEARLYYEARS@MNBC.CA

THE TRUDEL FAMILY

We are the Trudel Family and we belong to Métis Nation British Columbia and to the Nelson Métis Chartered Community. We also belong to the Métis lands and community of Fishing Lake Métis Settlement in Alberta. The paternal side of our family has us belonging to the Métis names Dumas, LaRose, Fleury, Pritchard and Delorme. The maternal side to our family has us belonging to the European names of Gaetz and Foreman.

We have lived in Winlaw since May 2014 with our 8-year-old son, River, and his sister Lily. They were both born in Fishing Lake Métis Settlement. Together the two are best friends and look out for one another, protecting each other, caring for each, providing for each other... traditionally what is expected among Métis siblings and children. We are led in our home by a loving, resilient, and beautiful woman named Catherine (Cat). I am Maurice Trudel, a Métis man born in Calgary, Alberta. I am a human service professional and culture-keeper for the Nelson Chartered Métis Community.

Nothing is more important in our home than honouring those that came before us, our cultural roots and keeping in trust for our children those traditions and the Métis world view that we live within. We are very proud of who we are and participate daily in our traditions. We are deeply connected to our Cree ancestry, lead by our Métis identity and remain connected to the world and our wahkohtowin (loose translation-every relationship effects every other relationship) as a foundation to how we live, love and laugh.



The Canada Learning Bond

THE CANADA LEARNING BOND IS A FREE OPTION FOR MANY FAMILIES TO SAVE FOR THEIR CHILD'S POSTSECONDARY EDUCATION. LEARN ABOUT THE CLB AND OTHER WAYS TO SAVE FOR THE FUTURE.

Did you know that having savings for your child's future on postsecondary education can completely change their mindset?

- Children with some savings are more likely to graduate from high school and 50% more likely to pursue a post-secondary education.
- Lower-income children with as little as \$500 in savings are 3x more likely to attend post-secondary education and 4x more likely to graduate.
- Savings for a child's higher education can help to lay the psychological and financial foundations for lifelong learning.

Many families are not aware that free options are available to them in regards to savings grants from the Government of Canada, such as the Canada Learning Bond which is available to children 15 years of age or younger. If your family's income is less than 47,630 (higher for families with more than 3 children), your child could receive up to \$2000 for their education after high school. Your Métis Navigator can assist you to apply for the Canada Learning Bond as well inform you about other savings grants your child may qualify for.

For more Information, contact:
Donalda Greger, Métis Navigator
Métis Nation British Columbia
Cell: 604-202-7158
Email: dgreger@mnbc.ca

The Learning Journey

EDUCATION IS A LIFE LONG JOURNEY THAT INVOLVES EVERYONE. THESE LESSONS, ACTIVITIES, AND RESOURCES WILL HELP FAMILIES SUPPORT CHILDREN WITH BASIC EDUCATION WHILE LEARNING THEIR MÉTIS CULTURE.

To help nurture a love of learning and confidence in communication, language and reading try using Leah Dorian's *The Giving Tree* (or another favourite book). Ask your little one to point out images in the book such as a tree, owl, or a dress. Then show them the word and have them repeat the word emphasizing sounds.

Using images and words can help create connections and building blocks to learning.

Show your child cultural words like "bannock", "cache", and "offering" to help them understand the link between culture and language.

Children love repetition. Once you've read the book several times have your child tell the story back to you in their own way, while pointing out words and images they have memorized. This activity not only gives them practical reading skills, but starts a tradition that is bonding for our young ones.

Michif with Maddy the Magpie

THE NATIONAL MÉTIS LANGUAGE IS MICHIF, A DISTINCT LANGUAGE DEVELOPED FROM FRENCH, CREE AND OTHER FIRST NATIONS LANGUAGES. HAVE FUN LEARNING MICHIF WITH MADDY THE MAGPIE.

Michif is the national Métis language. It is a unique language that developed in the Red River valley in the early 1800s and has features of French, Cree and other First Nations languages. Maddy the Magpie would like to share some words in Michif with you! To find out how to say Maddy's words go to http://www.metismuseum.ca/michif_dictionary.php or download the APP "Heritage Michif to Go" on iTunes or Goggle Play.

Hello: Taanishi
Take Care: Pishshapmishko



Taanishi
(Hello)



Métis Early Years

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