

Learn With LOUIS



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Métis Cultural Connections

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

Métis people relied heavily on the buffalo as the livelihood of their Nation. Well-organized buffalo hunts usually took place twice per year (spring and fall). They provided the Nation with what they needed to survive and valuable goods to use for trade. These hunts were a whole family activity and often a time for a social gathering where everyone would help with the hunt. This was a time when extended family would gather and catch up with each other. Sometimes up to 1000 people took part in a single hunt. All parts of the buffalo had a purpose! Some of the uses include:

Rawhide (skin that was not yet tanned): containers, shields, buckets, moccasins, ropes, saddles, blankets, snowshoes	Skull: rituals
Buckskin (hide that has been tanned, processed): cradles, moccasins, robes, shirts, leggings, dresses, bags, tipis	Horns: arrows, spoons, ladles
Hair: headdresses, ornaments, moccasins, stuffing, amulets	Bones: tools, pipes, knives, arrowheads, shovels, splints, clubs, beads
	Meat: pemmican, jerky, soup
	Fat: soap, cooking, medicines

SOURCES: http://firstpeoplesofcanada.com/fp_metis/fp_metis8.html?r=1&l=ri&fst=0



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.

What a relief! Spring is finally here, and it is the perfect time to express ourselves through rock painting. There are many benefits to rock painting; it allows us to use our imagination and helps us improve our fine motor skills, aids in relieving stress, and finally, it helps to restore us emotionally. Additionally, believe it or not, rocks have great spiritual significance. They are full of wisdom as they absorb energy from the earth they have collected throughout history. They can offer us grounding, stability & patience and remind us to slow down and be present.



ACTIVITY: Next time you are out on a walk at the beach, in the woods or on your favourite trail, take in your surroundings as you search for the perfect rock for painting. Look for one with a nice smooth surface; try dot painting some flower beadwork. Use your imagination and see what kinds of ideas come to you while exploring the uniqueness each rock holds.

MATERIALS: Paints, paintbrushes, and rocks

"We have forgotten what rocks and plants still know – we have forgotten how to be – to be still – to be ourselves – to be where life is here and now."
~ Eckhart Tolle



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.

Throughout the history of the Métis Nation, our people have relied on the bounty offered by Mother Earth.

Minister: Glen McCallum (metisnationssk.com/land/ 03.02.21)

Métis people have harvested from the land for generations, sharing the knowledge while ensuring that respect for the land and its gifts are acknowledged and honoured. Spring brings about new growth and an opportunity to delight children with nature's abundance while teaching respect and only taking what we need and will use. A simple scavenger hunt is a beautiful way to explore and discuss what can be found in nature, whether in the country or in a city park.

NATURE SCAVENGER HUNT

- Find a **feather** – what kind of bird do you suppose it came from? Can you see that kind of bird?
- Find a **pinecone**. ... or a fir cone.
Can you see the seeds in it?
Can you spot the tree it fell from?
- Find a small **rock**. Carefully roll it over – is anything living under it? Just as carefully replace the rock.
- Find 2 kinds of **leaves** – compare them.
How are they similar? How are they different?
- Find a **spider web** – is there a spider in it? Observe it for a while. What is the spider doing?
- Listen – can you identify **3 sounds** from nature? Can you see what has made each sound?
- Can you find an **animal track**? What do you think made it?
- Find a **new plant or tree** just starting to grow. How big do you think it will get? What does it need to grow big and healthy?
- Look up – are there **clouds** in the sky? Do any look like a shape or animal?
- Stop, close your eyes, breathe deep, **smell**.
What do you notice?

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.

With the snow melting away in many parts of the province and the flowers starting to bloom, it is the perfect time to get out with your bubble and enjoy some physical activity. It does not need to be anything strenuous; it can be as simple as going out on the land and breathing the fresh air connecting us to our culture and our ancestors. Take note of the colours that Grandfather Sun shows off at sunrise and sunset – the pinks, oranges, and purples. Notice how Grandmother Moon lights up the neighbourhood one night and is gone the next.

While you are out on a walk, try doing something as simple as lifting fallen wood! If you are in a coastal climate, the driftwood of all shapes and sizes washes up on the shore. If you are in the interior, look for sticks or logs that you can pick up to work out the muscles in your legs, arms, and core!

If you cannot lift wood or bend over to pick up sticks, that is okay too! You can get a lot of enjoyment from observing the different kinds of wood on the trees and bushes around you. Take note of the vast differences in their bark, branches, and flowers.

Lifting and carrying wood is excellent exercise! Choose a piece of wood that you think you might be able to lift, and remember these tips:

- a. Bend your knees – it is never a good idea when lifting anything to hinge at your hips without a good knee bend.
- b. Engage your core – You will know your core is engaged when you push your tummy out to about half as far as it can go, then suck your tummy back in half of that distance. Then you are ready to lift with a secure core.

- c. Push through your heels: Make sure when you lift the driftwood, log, firewood, or branch that as you rise, drive through your heels, not your toes. This will help you stay balanced and save you from toppling over!
- d. Keep the load close to your chest – use all those big muscles in your chest, arms and core and keeping the piece of wood close. You might have a contest with your family to see who can carry their piece the longest, or maybe you are just trying to get a little stronger every day! Either way, test yourself!
- e. Remember that Mother Nature is fun – There are many things that we can do indoors, but Mother Nature is good medicine for us.



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:

MÉTISEARLYYEARS@MNBC.CA

THE NING FAMILY

We are the Ning family; we have three beautiful daughters and make our home in Prince George, BC. I'm Natasha, and of Métis, Icelandic, French Canadian and English heritage. Métis family lines tie back to the Red River Settlement, descending from English HBC surveyor Peter Fidler and his Cree wife Mary Mackegonne and English HBC fur trader John Peter Pruden and his Cree wife Patasegawisk (Nancy Ann). My husband Geoff is of Chinese ancestry.

I didn't know a lot about our Métis family history growing up but I have many fond memories of eating tourtière. It is a family tradition from our French side to get together and make our pies each year- you better be able to see the table through the crust, or it is too thick! The older generations still know how to jig. Now my Mom, sister and I are learning the basics together through Zoom! The kids love to jump in too.

My father shares his hunting knowledge with Geoff; moose and deer are traditional staples

in our diet. Often, we women will laugh and tease, "is it Track Soup again tonight?" when the men come home empty-handed. When a hunt is successful, it is shared equally amongst the families.

Mom and I have taken up learning how to do Métis floral beadwork. In fact, this year, she gifted me a beautiful pair of beaded mittens!

We are grateful for the opportunities to grow and learn. Nice to meet you!

The Learning Journey

The Early Learning Framework explores four living inquiries. These refer to the way children, educators, materials and ideas work together as children think and learn. In the Early Learning Framework, "living" refers to processes that are ongoing and always evolving. "Inquiring" refers to noticing or paying attention.

The four living inquiries are:

- Well-being and belonging
- Engagement with others, materials, and the world
- Communication and literacies
- Identities, social responsibility, and diversity

To engage with others, materials, and the world. Explore nature and take your child on walks. Play outside. Notice the seasons and natural things.

Children learn best by experience through play and exploration. Experiential learning involves hands-on engagement in activity and provides an opportunity for children to reflect and express what they have learned.

FAMILY ACTIVITIES TO CELEBRATE SPRING:
MÉTIS CORE VALUES; *Mother Earth and Creator, Sharing*

Look for signs of spring; how many signs can you find? Encourage your children to use all their senses (touch, taste, sight, sound, and smell). Look for: birds nesting, trees budding, new leaves, sap running, flowers, blossoms on trees and berry bushes, insects, gardens being planted, baby animals being born.

Take a photo of your favourite thing about spring and share it with family and friends.

The taste of spring; rhubarb is one of the first fruits from the spring garden; try these recipes from the Métis Cookbook and Guide to Healthy Living 2nd Edition.

SOURCES:

https://www.mnbc.ca/wp-content/uploads/2020/06/Metis_Cookbook_SecondEdition.pdf

Mom's Rhubarb Pie – page 72, Mrs. Zilkie's Rhubarb Cake – page 73.

[elf-a-guide-for-families.pdf](#) (gov.bc.ca)

British Columbia Early Learning Framework: A Guide for Families – pages 4,5



The Canada Learning Bond

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

WHAT IS AN EDUCATION SAVINGS GRANT? These are grants offered by the Canadian Government and are deposited into a Registered Education Savings Plan or RESP. An RESP is a way to help you invest in your child's future and save for post-secondary education. RESP's can be opened at a financial institution like banks. RESP's can also be opened with scholarship plan dealers, set up differently and have different rules. We have partnered up with the financial institutions offering no fees when opening up an RESP and applying for the Canada Learning Bond. This grant of up to \$2000 is free and should be offered at no cost.

FOR MORE INFORMATION, CONTACT:

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Métis Nation British Columbia

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Wellbeing Program

WHAT IS THE MIYOOPIMATISHIHK (WELLBEING) PROGRAM?

The Miyoopimatishihk (Wellbeing) program has been created for Métis families with children birth to 8 years old. Métis families with children that require extra support may be eligible and can apply for services funded directly by MNBC. Families can access funds up to \$5000 per child. Any parent or guardian who cares for a Métis child, birth to eight years old, is an MNBC citizen or self-identifies as Métis can apply for the Miyoopimatishihk (Wellbeing) program.

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE:

Wellbeing program – Métis Nation British Columbia (mnbc.ca)

OR CONTACT US:

Email: metisearlyyears@mnbc.ca

Call: 1-800-940-1150

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.

Rainbow: l'ark aan syel | **Sunshine:** li salay nakooshiw | **Bird:** aen nwayzoo | **Egg:** zeuf



Métis Early Years

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