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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.

BANNOCK!

It is believed that bannock as we know it was brought to Turtle Island by Scottish fur traders as far back as the 18th century. Scottish bannock was often made with barley or oatmeal. Our Indigenous populations made something similar with Camas bulb (which could be dried, flattened and made into 'cakes') and then made adaptations using corn flour or other plants. As Indigenous people become disconnected from their land along with their food sources, bannock quickly made an appearance as a diet staple. Fast forward a few years - the introduction to flour, sugar and salt into Indigenous diets helped with the way bannock was prepared; and thus the birth of what is called 'modern bannock'.



"Bannock is a traditional food for Métis. When many of our people still lived off the land, bannock provided the essential energy our bodies needed, especially during times of hunting and gathering, or during the months when the food supply was limited."

— **Métis Cookbook** (linked below)

These days, bannock can be baked, pan fried or deep fried and is often a welcoming comfort for all generations of people. How do you like to eat your bannock? With soup on a chilly fall day? With jam and warm cup of tea? Before bed with a glass of milk? Or maybe it is at a family gathering surrounded by the ones you love.

SOURCES: Métis Cookbook https://www.mnbc.ca/wp-content/uploads/2020/06/Metis_Cookbook_SecondEdition.pdf
<https://www.thecanadianencyclopedia.ca/en/article/bannock#:~:text=is%20deep%2Dfried,-,A%20Brief%20History%20of%20Bannock,the%20floor%20before%20a%20fire.>
<https://www.cbc.ca/radio/unreserved/bannock-wild-meat-and-indigenous-food-sovereignty-1.3424436/bannock-a-brief-history-1.3425549>

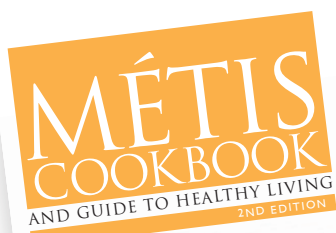
Buffalo Bulletin

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.

Traditionally, Fall was a time for Métis families to harvest and gather from the land. Families preserved and put food by to sustain themselves for the winter months. Many Métis families continue to gather berries, plants, and firewood, harvest wild game, fish, and enjoy the bounty of their gardens. Homemade soup is a versatile and nourishing way to use vegetables, meat, and grains. Making soup is a wonderful family activity. Cooking is an opportunity to share stories and knowledge of harvesting and gathering and to teach children how to prepare and measure ingredients.



HAMBURGER SOUP is popular and easy to make. You can adapt the recipe by substituting or adding ingredients that you have available. It is great served with Red River Bannock. These recipes can be found in the Métis Cookbook and Guide to Healthy Living 2nd Edition.



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

The following was written by Métis author Maria Campbell in the Métis Cookbook foreword (6,7):

"My earliest memories are of sitting at the kitchen table watching my mom and aunts prepare feasts for family gatherings. Their laughter, their chattering voices and the wonderful smell of li bullet soup simmering on the big wood stove heralded that

all was well in my world. Soup was a staple in every Métis home. As soon as winter came, Mom would begin making pots of soup. The soups were made from just about everything: wild meats, fish and birds, vegetables, beans, barley and rice."

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.

Métis people have always had a strong connection to the land and animals. Their relationship to the natural world is often reflected in their art. Métis artists such as Derek Thomas and Jen Ann Brown have been drawn to the mystery and magic of owls and often depict them in their paintings and prints. The Fall months are known for being "The Hooting Season" - as owls begin to set up territories and call for mates. Listen closely in the evenings to see if you can hear the magical call of the owls in your neighborhood!

You can create your own owl-inspired art by foraging for pinecones and creating ornaments to decorate your home. All you need is a pinecone, scissors, a string, felt cloth and glue!

STEP 1

Go for a nature walk and search for cones to turn into your owl ornaments.

STEP 2

Using the template provided, cut the felt into shapes to create feet, wings, and eyes for your owl. You can also use googly eyes or buttons for the eyes!

STEP 3

Glue the felt pieces and string onto the cone to create your own owl ornament. Either a hot glue gun or liquid glue work for this craft!

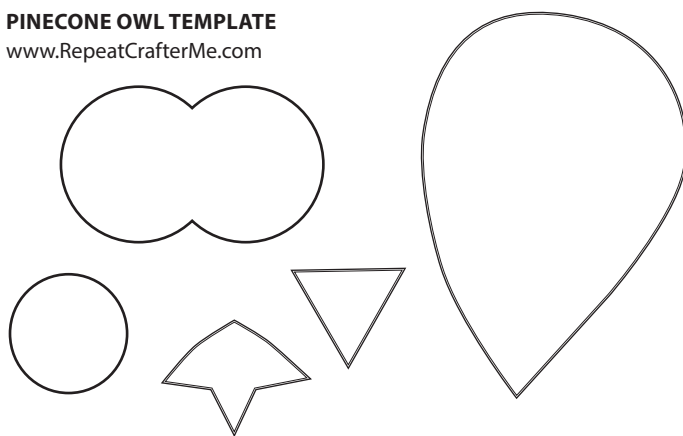
STEP 4

Use your owl ornament to decorate your home or gift your craft to a loved one for the holiday season!

For more info visit [Pinecone Owl Ornament - Repeat Crafter Me](#)

PINECONE OWL TEMPLATE

www.RepeatCrafterMe.com



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.

Do you and your children like to exercise? Does it sometimes seem like a chore? Or maybe this word is not even mentioned in your house as physical activity just happens naturally. Wherever your family falls in the “exercise” department, fun ideas to make physical activities part of life are always welcome. Perhaps your family loves to go for hikes and walks. Have you ever tried to do animal walks...? Not looking for animals but being animals!

How many local animals can you think of? Maybe you live near the ocean among crabs, whales, seals, and otters. Although they do not walk, can you move your body like these creatures can?

Maybe you live in the north or interior alongside deer, bears, moose, mountain lions, woodpeckers, squirrels, rabbits, beavers, coyotes, snakes, Canadian geese or marmots. How could your body move like these? How do you think a buffalo moves? Or how about animals that live far away such as polar bears, tigers, monkeys, or kangaroos? So many possibilities!

Try to see how many animal-like-ways you can move your body. This could be done on a family walk, in the back yard or right in your own kitchen. Try to come up with new animals on your own; but be careful, you may end up with a jungle, zoo, forest, or ocean in your own home!



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 MENZEL FAMILY

We are a happy family of three humans with an ever-fluctuating number of animals coming in and out of the mix! We call Smithers home, though work takes us to Prince George often. We are part of Metis Nation BC and the Tri-River Metis. As owners of two Metis-owned businesses (Aberdeen Helicopters and North Coast Cremation Services) we are so grateful and humbled by the support of the Metis community. We strive to continue learning and appreciating culture and incorporating cultural sensitivity into our business practices. Our daughter, Aria, is a firecracker of a girl

who has always been most at peace out in nature and our family accommodates that as much as possible by staying active biking, hiking, skiing and snowmobiling. We are always on the lookout for another fun family to adventure with. Together, we are also proud advocates for inclusiveness and creating meaningful ways to connect with people with autism and other neurological differences. We believe everyone has something special to offer and opening your heart and mind to learning about and accepting others as they are improves life for everybody! Hope to see you on the trails!

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.

INSTILLING A LOVE OF LEARNING IN YOUR CHILDREN

In this learning journey that we call life, it is far more valuable to instill a love of learning and the knowledge of how to learn, how to discover and how to find answers than it is to be able to regurgitate facts without a genuine understanding of those facts.

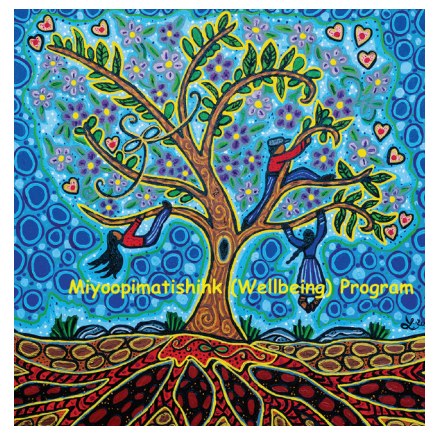
Your children are never too young to learn to love learning. Families can help children explore and learn by allowing them to experiment and by allowing them to fail. Children can learn as much from fallen attempts as from success... perhaps even more! It is the process, not the final product, that really matters.

Follow your child's interests – they will be much more engaged and interested in learning if it is a topic that has captured their attention. Learning can take place in so many ways; through books and documentaries, through art and creating, through story and song, and perhaps most importantly, especially for young children, through play.

Engage your child's natural curiosity by asking questions: "Why do you think that happened?" "What do you think would happen if we add this to that?" "What is another way that can be done?" Be sure to share exciting learnings that you have encountered during the day. Children don't need to understand what you've learned, just your enthusiasm about it.

Allow plenty of free, unstructured play time. Provide a variety of toys and items that can be used in a multitude of ways, such as wooden blocks, cardboard boxes, a Métis sash, or art supplies. Be sure to have books available... everywhere! Books should not be relegated to the bookshelf. Have some at the kitchen table, in the car, in the bedroom, outside. Read with your child and model reading as an enjoyable pursuit yourself.

Visit [Education – Métis Nation British Columbia \(mnbc.ca\)](http://Education – Métis Nation British Columbia (mnbc.ca)) for some free, downloadable Métis Educational Resources.



Wellbeing Program

WHAT IS THE MIYOOPIMATISHIKH (WELLBEING) PROGRAM?

The Miyoopimatisihk (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. To apply for the Miyoopimatisihk Program children must first be enrolled in the Métis Families Connections Program.

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE:

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

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.

Forest: Li graan bwa | **Leaf:** Fy | **Mountain:** Enn moontayng

Enn Sitrooy
(Pumpkin)



Métis Early Years

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