

# Learn With LOUIS



## INSIDE

**MÉTIS CULTURAL CONNECTIONS**

**BUFFALO BULLETIN**

**LOUIS' KIDS CLUB**

**DAILY PHYSICAL ACTIVITY**

**WHAT'S YOUR NAME, WHERE YOU FROM?**

**MÉTIS CHILD CARE BENEFIT**

**THE LEARNING JOURNEY**

**MICHIF WITH MADDY THE MAGPIE**

## 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 SPOONS

Song and dance have always been a large part of the social and festive Métis culture! Gatherings with family and friends almost always included musical instruments. Métis instruments were usually portable and easy to tune and play by ear. When you think of Métis music, the fiddle will probably come to mind. What about spoons? Often, Métis fiddle music is accompanied by the sounds of spoons! Métis used wooden (and later, metal) spoons to provide that extra beat and bounce that is suitable for jigging and dancing. By holding the spoons in reverse (back-to-back), between your fingers and using your thigh and other hand to bounce the spoons off, you can start creating fun rhythms! Grab some spoons, pick your favourite song, and play along! Does anyone in your family play the spoons?



Check out this YouTube video for a spoons demonstration:  
<https://bit.ly/metisspoons>

Source: <https://www.thecanadianencyclopedia.ca/en/article/Métis-emc>



# 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 always been very resourceful and have developed valuable ways to harvest and store food. Late spring was a time for Métis people to begin foraging and harvesting edible plants from the land, to prepare them to last through the long, cold winters. Traditionally, berries and edible plants were stored in animal skins to prevent them from going bad, but eventually Métis people adopted the water-bath canning system to safely store food.

Water-bath canning—also called “boiling water bath”—is a simple method of canning that lets you store homemade high-acid foods, such as fruits, vegetables, and sauces, for extended periods of time. By processing jars in boiling water after filling them with your favourite recipe, you lock in the fresh flavor for a full year. Métis people use water-bath canning to store traditional foods such as rose hip jam, red currant jelly, pickled eggs, and dandelion syrup. Foraging and canning is a fun activity that involves the whole family and strengthens ties to traditional Métis culture. Take your little ones out for a walk on the land (or down to your local farmer’s market!) and spend a day water-bath canning nature’s gifts!

## Basic Equipment that you will need:

1. Boiling water bath canner or a large, deep saucepot with a lid, and a rack
2. Glass preserving jars, lids, and bands (always start with new lids)
3. Common kitchen utensils, such as a wooden spoon, ladle, and paring knife
4. Quality ingredients (fresh fruits and vegetables)
5. Jar lifter
6. Home canning funnel
7. Bubble freer and headspace tool



## The Water Bath Canning Process

1. Fill the water bath canner at least half-full of water. Cover and maintain a simmer (180°F) until jars are filled and placed in canner.
2. Check jars, lids, and bands for proper functioning. Jars with nicks, cracks, uneven rims, or sharp edges may prevent sealing or cause jar breakage. The underside of lids should not have scratches or uneven or incomplete sealing compound as this may prevent sealing. Bands should fit on jars. Wash all in hot, soapy water and dry well.
3. Pre-heat your canning jars in hot (180°F) water. Keeping jars hot prevents them from breaking when filled with hot food. Leave lids and bands at room temperature for easy handling.
4. Prepare the desired tested high acid preserving recipe. The MNBC website has a beautiful Métis Cookbook with recipes for canning and jarring, such as dandelion syrup and pickled mushrooms.
5. Use a jar lifter to remove the pre-heated jar. Fill jar one at a time with prepared food using a jar funnel, leaving headspace recommended in recipe. Remove air bubbles, if stated in the recipe, by sliding the bubble remover & headspace tool or rubber spatula between the jar and food to release trapped air. Repeat around jar 2-3 times. For successful sealing, you need to leave the correct amount of space between the food and the rim of the jar.

6. Wipe the rim and threads of the jar using a clean, damp cloth to remove any food residue. Center lid on the jar, allowing sealing compound to contact the jar rim. Apply band and adjust until it is fingertip tight. Place jar in canner. Repeat steps 4 and 5 until all jars are filled. Ensure water covers jars by 1-2 inches.
7. Place lid on water bath canner and bring water to a rolling boil. Begin processing time.
8. Process in the boiling water for the time indicated in tested preserving recipe. When complete, shut off heat and remove the lid. Allow jars to rest in canner for 5 minutes to acclimatize to the outside temperature.
9. Move jars from canner and set upright on a towel. This will prevent jar breakage that can occur from temperature differences. Leave jars undisturbed for 12 to 24 hours. DO NOT retighten bands as this may interfere with the sealing process.
10. Inspect lids for seals. There should be no flex when the center is pressed. Remove the bands and attempt to lift lids off with your fingertips. Properly sealed lids will remain attached. If a lid fails to seal within 24 hours, immediately refrigerate the product. Clean canning jars and lids, then label and store them in a cool, dry, dark place for up to 18 months.

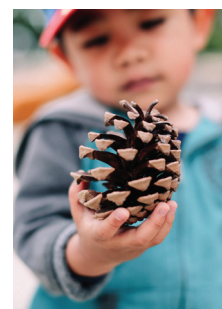
# Louis’ Kids Club

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.

## BIRD FEEDERS

Spring is the time of year when nature begins to wake up all around us. With the sun rising earlier, you may have noticed that you can hear more bird calls in the morning and perhaps have even seen a robin hopping around hunting for worms!

If getting to know your local birds interests you, these bird feeders are a great way to invite them over! This is such a fun craft for kids of all ages. Kids, teens, adults, seniors – Who doesn’t love watching a little bit of wildlife in their backyard? If you don’t have a yard to hang your bird feeder in, take a little walk on the land and find a tree in a nearby park to hang your masterpiece!



## You will need:

- Medium/Large Pinecones - if you can’t find pinecones, a hollowed-out piece of fruit like an apple or orange could replace it, or a toilet paper roll tube
- Peanut Butter
- Twine or string
- Birdseed

1. Cut out a piece of twine or string about 24 cm long and tie it to the top of your pinecone. Then tie the ends of the twine together to make a loop to hang the pinecone from.
2. Place a scoop of peanut butter on a plate or in a bowl and then carefully spread the peanut butter onto the pinecone, making sure you get a little bit on each one of the pinecone scales.
3. Once you’re happy with the amount of peanut butter, grip the pinecone at both the top and bottom and dip it into a bowl of birdseed. Dip and roll all sides of the pinecone until the peanut butter is completely covered with birdseed.
4. Voila! Go outside and find the perfect branch to hang your bird feeder!

Source: <https://onelittleproject.com/pinecone-bird-feeders/>

# 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.

Daily physical activity contributes significantly to our mental health and wellbeing. It is critically important that we ensure our children engage in regular physical activity to establish lifelong healthy habits. The benefits of daily physical activity include improved physical, mental, social, emotional health, and overall wellbeing. There are recommended amounts of physical activity for children starting from birth, included in the links below, and most activities can involve the whole family. Physical activity is so much more than organized sports and can be incorporated into everyday life. There is significant evidence that outdoor activity contributes even further

to improved mental health by connecting us to our natural environment. Activities on the land can provide opportunities for land-based Métis practices such as hunting, fishing, gathering food and medicine, and crafts. Physical activity and connecting to the land are also a way for families to engage with the Métis Core Values which “guide us to live a meaningful and balanced life”. Métis Core Values: Mother Earth, Patience, Strength, Kindness, Tolerance, Honesty, Respect, Love, Sharing, Caring, Courage and Creator.

For further information, and guidelines for physical activity and Métis Core Values:

[Children and physical activity - Canada.ca](https://www.canada.ca/en/children-and-youth/section/physical-activity/physical-activity-children.html)



[Physical activity for children and youth Caring for kids \(cps.ca\)](https://www.cps.ca/physical-activity-for-children)

*The Giving Tree: A Retelling of a Traditional Métis Story* by Leah Dorion, Michif translation by Norman Fleury ([YouTube Video](https://www.youtube.com/watch?v=...) in English and Michif).

## 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](mailto:METISEARLYYEARS@MNBC.CA)

### WE ARE A FAMILY OF SIX!

My name is Amanda Rossiter, I was born in Nanaimo on the unceded traditional territory of the Snuneymuxw First Nation. My partner, Ash Lawson, was born in Port Coquitlam. I am a mother to 4 beautiful children, Linden(11), Piper(8), Adalynn(4.5) and Oakley(1.5). Growing up I never truly knew I was Métis; it wasn't until my 30's when I began my journey to figure out who I am and where I come from.

As I began to work in Indigenous communities, I felt like I was home, that I had been missing something in my whole life.



whose parents were Francis Tranchemontgne and Mary Metwaikemekenang. Mary was born 1803 in Tahgaiwenene's Band, (Wahnapiatae First Nation) Ontario.

My children and I enjoy learning more and more everyday about our Métis culture. We are connected to our local Chartered Community, Mid-Island Métis Nation Association, where we are lucky to learn to bead, grow our own food, and try many traditional foods as well. I recently began working for Métis Nation BC and I am

I recently found 7 generations up on my maternal side. 6 generations up are the Pilon Name, Pierre Pilon was my great grandmother's great grandfather. He was born in the Red River Settlement, and married Mary Tranchemontgne,

delighted to be here, in a place where I can learn and share knowledge with others. I am excited to continue on this journey with my children so they can pass on their knowledge to the generations to follow!



## Métis Child Care Benefit

The Métis Child Care Benefit was developed by Métis Nation British Columbia (MNBC) for families with Métis children birth to 8 years. Through the Métis Child Care Benefit Program, families can access additional funding to bridge the connection to the [Affordable Child Care Benefit](https://www.mnbc.ca/child-care-benefit/).

The Métis Child Care Benefit (MCCB) is a monthly benefit to help Métis families with the cost of child care.

The Métis Child Care Benefit will supplement child care costs up to a maximum of \$500.00 per child, per month. The funding for the MCCB is paid directly to the child care program/provider.

To apply for the MCCB, children must first be enrolled in the Métis Family Connections Program.

**FOR INFO VISIT OUR WEBSITE:** Métis Child Care Benefit – Métis Nation British Columbia ([mnbc.ca/child-care-benefit/](https://www.mnbc.ca/child-care-benefit/))

**OR CONTACT US:** [metisearlyyears@mnbc.ca](mailto:metisearlyyears@mnbc.ca)  
1-800-940-1150



# 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 THE LOVE OF MUSIC EARLY IN THEIR LIFE IS INCREDIBLY BENEFICIAL TO YOUR CHILD'S BRAIN DEVELOPMENT.

The first three years are when your child is forming the neuro paths they'll need for skills they will use for years to come. It has been proven in many studies that whether they're learning to play an instrument, singing, dancing, and even just listening, music can positively affect speech/language

development, motor, and cognitive skills in young children. Besides that, music provides so many fun activities to do together!

(MÉTIS CORE VALUE: Love (Shaakihwayhk))

Your child possibly already loves music and has a favorite song. Do you sing a song together at bedtime? Is the radio playing when you're driving somewhere together? These little musical moments are all it takes to strengthen your child's love of music.



Here are some ways to incorporate music into each day with your child:

- Listen to different kinds of music
- Dance to music together (learn to jig!)
- Join the jam – attend music classes together
- Go to concerts
- Sing a song
- Make instruments at home – create your own family jam band
- Have child-friendly musical instruments at home (like the spoons!)
- Watch child-friendly music videos together
- Add songs to boring parts of your day
- Incorporate song and music into your daily lives

Source: [Top 10 Ways to Incorporate Music into your Daily Life](#) | [Rainbow Songs](#)



## 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 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](http://www.metismuseum.ca/michif_dictionary.php) or download the App "Heritage Michif to Go" on iTunes or google play.

**earth:** la tayr | **sun:** li salay | **flower:** enn fleur



Praentaaan  
(Spring)



### Métis Early Years

[metisearlyyears@mnbc.ca](mailto:metisearlyyears@mnbc.ca)

[www.mnbc.ca](http://www.mnbc.ca)

Phone: 604-557-5851

Toll Free: 1-800-940-1150