

Learn With LOUIS



INSIDE

MÉTIS CULTURAL CONNECTIONS

BUFFALO BULLETIN

DAILY PHYSICAL ACTIVITY

WHAT'S YOUR NAME, WHERE YOU FROM?

MÉTIS CHILD CARE BENEFIT

LOUIS' JOURNEY TO...BATOCHÉ!

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 JIGGING

Music and dance are an important part of traditional Métis culture. Métis are known for their fiddle music and the traditional dances that accompany it, such as Métis Jigging.



Jigging is a lively, upbeat dance comprised of fancy footwork, and dancers try to outpace each other with their quick and precise steps.

Jigging is a dance that has its roots in Irish, Scottish, and First Nations dances, yet has become uniquely Métis. The Red River Jig is the most famous Métis dance.

If you want an amazing cardio workout, be sure to try jigging! Madelaine McCallum is a well-known Métis dancer who often offers on-line "Jig-Fit" classes.

Watch for them at www.madelainemccallum.com

Learn more about the Métis Jig at: <https://bit.ly/metisjig>

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.

COMMUNITY & CONTAINER GARDENING

Vegetables and edible plants have long been part of a traditional Métis diet. These foods are excellent sources of antioxidants and vitamins C and A, which keep our skin and eyes healthy, our bones strong, and help to fight infection. Historically, Métis people were skilled gardeners that worked with the land and the seasons to grow nutrient-rich foods for their families.



Though many Métis now live in urban areas, it is still possible to garden through community gardens and container gardening. Community gardens are found in many cities across Canada, they can be on the land, in containers on balconies, or even on the rooftops of apartment buildings. Community gardens are sometimes communal, where everyone shares the work and the benefits of the garden. Sometimes they are divided into individual sections of land, and each is maintained by one person or family. A community garden probably already exists in your neighbourhood!

If you don't have access to a community garden, you can try Container Gardening! Container gardening means growing plants in pots, tubs, baskets, or other containers. This can be done in a small yard, on an

indoor windowsill or an apartment balcony. You and your family can choose some of your favourite herbs and vegetables and create your own personalized garden!

Tips for Container Gardening:

- Choose the right container and make sure it is big enough. Vegetables need a pot with a diameter of 30–45cm and a depth of 40cm; for herbs smaller containers will work.
- Put holes in the bottom of the container for drainage.
- Make sure vegetables have at least six hours of direct sunlight a day (except for spinach and lettuce, which both like some shade).
- Water daily or more frequently. Don't let the soil dry out more than three to five cm from the surface.
- Try to choose vegetables and herbs that are naturally smaller in size and therefore easier to grow in containers, such as beets, carrots, corn, cucumbers, eggplant, lettuce, green onion, peppers, radish, spinach, tomatoes, and herbs

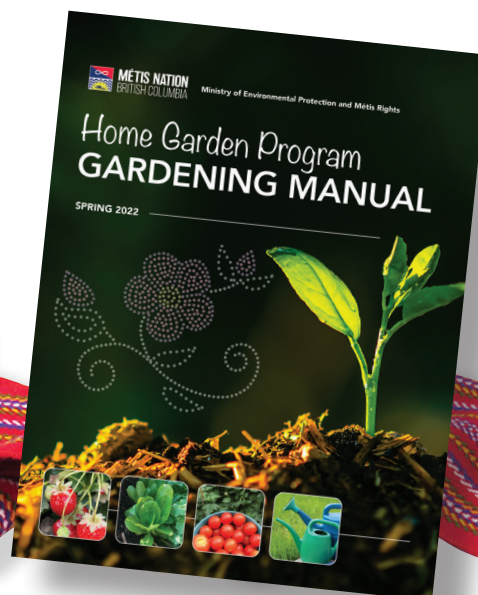
Happy Gardening!

Métis Core Value: *Pa iksitii (Patience)*

"Enjoy the process of life. Take time to do things carefully"

MNBC's Gardening Manual:

<https://bit.ly/mnbcgarden>



Métis Child Care Benefit

The Métis Child Care Benefit Program is a service offered by the Métis Child Care and Navigation and Support Program, for families with Métis children birth to 12 years. Through the Métis Child Care Benefit Program, families can access additional funding, bridging the connection to the [Affordable Child Care Benefit](#).

The Métis Child Care Benefit (MCCB) is a monthly benefit to support parents with their Licensed or Registered License-Not-Required childcare and Licensed Preschool fees.

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
[\(mnbc.ca/child-care-benefit/\)](http://mnbc.ca/child-care-benefit/)

OR CONTACT US:

metisearlyyears@mnbc.ca
1-800-940-1150

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.

CREATE A NATURAL PLAYGROUND AND OBSTACLE COURSE

"Métis culture has always been a land-based culture. Métis people were often guides for settler explorers because they knew the land so



well. As trappers and traders, they made their living off the land and survived in the wilderness for days on end."

Pretend you and your children are guides for settler explorers! What would you need to survive in the wilderness for days on end? Head into the woods to create a "fur-trade" trail or an obstacle course from rocks, stumps, and logs; build a bridge over a small, shallow creek or puddle, and construct your own fort or shelter out of sticks and fallen branches.

"Learning to balance, jump and walk a jagged, bumpy path is good for a child's body and brain. According to the Children & Nature Network, spending time playing outdoors while engaging in the open-ended activities:

- Helps children focus
- Inspires creativity and cooperative play
- Improves intelligence, happiness, and health



Like conventional playgrounds, natural play spaces inspire and support unstructured play. Unlike conventional set-ups, they also help imaginations run wild and fully engage the senses."

Métis Core Value: Ni maamaa la tayr (*Mother Earth*)
"Honour the earth and its gifts"

Sources:

- <https://learn.eartheasy.com/guides/how-to-create-a-natural-playground-at-home/>
- <https://www.childrenandnature.org/>
- <https://metistradingpost.shop/products/kaawichihitoyaahk>

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

SVEDBERG FAMILY

Taanish! My name is Kathleen Svedberg and I live in beautiful Kamloops, BC with my husband, Trevor, and our four children: Noah (5), Benjamin (3), Emerance and Lily (1). We are a young family who enjoy being out on the land, connecting with nature. Thankfully, the interior has many lakes and meadows, clearings, and creeks for us to explore. We are grateful guests on the unceded and traditional territory of the Secwepemc Peoples.

I've always identified as Métis on my mother's side, but our ancestry was seldom talked about growing up. As a child, I heard my grandmother speak broken 'French', watched her cook Bannock on special occasions, and loved being part of our large, musical family gatherings. But it wasn't until recently that I've been able to connect these traditions to being Métis. As one of eight children, my grandmother grew up in St. Rose, MB where much of our family still resides today, and in neighbouring farm communities. I come from a hardworking, blue-collared family

who enjoy living off the land, celebrating family and making the most of what we have.

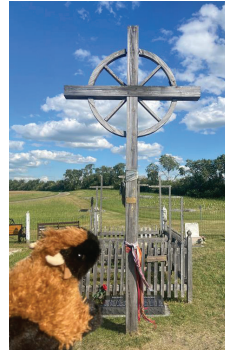
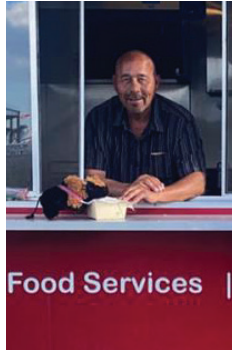
It wasn't until the birth of my twins in 2020 that I knew it was time to delve deeper into my cultural and familial ties. I want my children to know that they come from a rich, distinct history and, going forward, belong to a flourishing, proud people. In doing the leg work, I've been able to trace our Zastre family name to 1800 and have uncovered a lot of history that, with time, may have otherwise been lost.

In working with our local Métis community centre, Lii Michif Otipemisiwak, I've been able to introduce and integrate so many cultural traditions to not only into my children's lives but also my own. We enjoy learning new Michif words and greetings, gathering for ceremony and, most recently, picking sage to be dried and later used for smudge bundles. Passing on our Métis values and teachings in everyday, small ways allows me to connect meaningfully with my children and ensure that our customs will be passed on for generations to come.



Louis' Journey to...Batoche!

FOLLOW ALONG AS LOUIS TRAVELS. FULL OF CURIOSITY AND A LOVE OF LEARNING, LOUIS WILL BRING JOY AND LAUGHTER TO CHILDREN AND ADULTS ALIKE. SHARE WITH US YOUR *LOUIS' JOURNEY* BY SUBMITTING PHOTOS AND A BRIEF DESCRIPTION TO METISEARLYYEARS@MNBC.CA.



ON MY TRAVELS I was excited to cross the provincial border into Jasper, a national park that used to be home to many Métis families. I waved my flag to let everyone know I was there. Travelling makes me so hungry. I loved the pierogi poutine from Métis owned Fat Belly food truck. I washed it down with blue raspberry lemonade.

I love to get exercise. I value the importance of keeping physically active and enjoying time on the land. I joined Region 1 Women's Representative, Fleurette Borsboom, Alberni Clayoquot President, June Graham, and Region 4 Director/Minister of Education, Debra Fisher for a morning stroll. Later, I paid a sombre visit to the cemetery at the Batoche historical site, where I gave thanks to the many Métis who gave their lives fighting for our rights as Indigenous peoples.

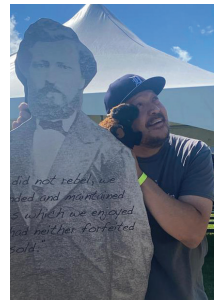
MNBC (Métis Nation British Columbia) President Lissa Smith, Elder Sid Pelletier, and Minister Fisher celebrated after Canada announced the repatriation of 690 hectares of land back to the Métis people at Batoche. This was a momentous day that will live in my heart forever. I caught up with the new South Okanagan Similkameen



Métis Association President, Jamie Lee Keith, and K-12 Education Manager, Lauren Petersen as they obsessed over the beautiful ribbon skirts, beaded earrings and traditional medicines sold by vendors.

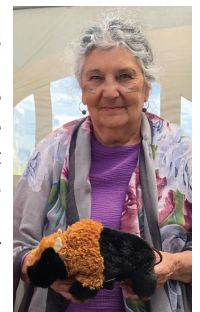


Alberni Clayoquot President, June Graham, Region 3 Director, Dean Gladue, and I portaged their canoe through the fields at the Batoche historic site. With me at the helm, they were in safe hands. I knew where to harvest the best sage.



I really enjoyed hanging out with Region 3 Director, Dean Gladue. We had important jobs to do like inspecting the rabbit stew! Couldn't resist a photo with my namesake and hero Louis Riel.

I was humbled to meet Métis author and matriarch, Maria Campbell. Maria's novel *Halfbreed* is often credited as the first Métis novel to be included in Canadian K-12 curriculum. I hope that someday you will get a chance to visit the beautiful land of Batoche and maybe you will get to see one of my relatives grazing in the fields. Special thank you to Lauren for driving me around, I am a buffalo after all!



Meena kawapimitin (See you soon)
Louis

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 or download the App "Heritage Michif to Go" on iTunes or google play.

summer: l'itii | **ocean:** la mayr | **camping:** aen kapayshihk | **tree:** aen aarbr



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