



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.

TRADITIONAL MÉTIS CLOTHING

"Today, we wear ribbon skirts to demonstrate our pride in our culture and to honour the women who came before us. We make our skirts in the colours that are pleasing to us, and we wear them when we feel the need to be connected and grounded in our culture." (Dorion, 2021)



Laverdure girls in ribbon skirts their mother made for them.

The Red River area in the 1800s brought us the distinct Métis clothing we know today. The clothing entailed a combination of fur traders' dress along with First Nations style. One of the most attributed features of this clothing was the copious decoration that included beadwork, quillwork, shells, buttons, feathers, ribbons, embroidery, and painting.

The traditional style for men's clothing included a long jacket tied around the waist with a sash. Numerous types of jackets were worn depending on the time of year, one being a capote. The capote is a long jacket with a hood and would

commonly be worn from Fall to Spring. Different colours of capotes would be worn depending on the region. The Métis tended to wear blue capotes, which was a significant colour of the North West Company. The North West Company was a fur trade company organized in the 1770's and was considered a rival of the Hudson's Bay Company.

Other everyday dress for men included the Red River coat and buckskin jacket. Women typically wore practical

clothing, such as shawls and dresses.

Traditionally, women and men wore moccasins made of animal hide, which helped keep feet warm and dry in all types of weather. Fur traders recognized moccasins as the best footwear for travelling through the backcountry.

Although contemporary materials can be utilized quite frequently today, moccasins, hide or velvet vests, shawls, buckskin jackets, and ribbon skirts and shirts – which are commonly decorated with beadwork and ribbons that are sewn onto them – are commonplace at Métis cultural gatherings.

Sources:

Kaa-wiichihitoyaahk (We take care of each other) – Métis Perspectives on Cultural Wellness

Author: Métis Nation British Columbia
Publisher: Métis Provincial Council of British Columbia (2021)

<https://bit.ly/KaaWii>

sínapan kiskasákàs: A Guide to Making Contemporary-Style Métis Ribbon Skirts

Authors: Bonny Johnson and Leah Marie Dorion
Publisher: Gabriel Dumont Institute Press (Jan. 1, 2021)

<https://bit.ly/sinapan>



Ivor and Thor Byrnes in ribbon shirts their mother made for them.



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.

HARVESTING BERRIES

This time of year is a time of preparation for the changes in season. Historically, the Métis people would be busy gathering and harvesting their crops and other gifts from Mother Earth in preparation to have enough food to last the winter. All generations would spend this time together, visiting and passing down knowledge about the land surrounding them, plants, (including berries), and their uses. Berries were an essential part



of making pemmican which helped sustain families through the winter months and during long periods away, such as buffalo hunts.



Depending on where you live, you too, could be harvesting berries at this time of year. Some common types include huckleberries, Saskatoon berries, haskap berries and cranberries. Today

we prepare berries in many ways, including drying, freezing, and making jam or pies. Many people preserve them to enjoy the taste and nutrition of berries throughout the year.

The bounty of autumn and picking berries is all around us, even in urban settings. Perhaps you know of a place nearby with bushes or trees where you can harvest berries. Local markets or farmers provide us with delicious options when we are not able to gather for ourselves. Here is a recipe to try for Saskatoon Berry Crumble! What is your favourite way to eat berries?



Saskatoon Crumble (Lii Krutoon di Pwer) from Métis Cookbook and Guide to Healthy Living

3 cups of Saskatoon berries (fresh or frozen)
¼ cup sugar
1 cup rolled oats
½ cup flour
¾ cup brown sugar
½ tsp. salt
½ cup cold butter or margarine

Instructions: Place berries in a greased 8" x 8" baking dish. Sprinkle with white sugar. Combine rolled oats, flour, brown sugar, salt and butter or margarine to make a crumbly mixture. Sprinkle over the berries. Bake at 350°F for about 30 minutes. Serve warm with ice cream, frozen yogurt, or Crème Fraîche

<https://bit.ly/metiscookbook>

Child Care Survey for Families

ARE YOU A PARENT OR GUARDIAN OF CHILDREN, BIRTH TO 12 YEARS, WHO IDENTIFIES AS MÉTIS OR ARE YOU RAISING MÉTIS CHILDREN?

If you answered YES and have not taken our **Child Care Survey for Families**, you are invited to take a 5 to 10-minute survey to share your experience with early learning and child care programs and services in BC.

YOUR INPUT will assist Métis Nation BC and the Ministry of Education and Child Care in determining future policy directives and actions for Métis children and families in BC.

- The survey is **voluntary** and can be anonymous; or
- You can enter your name into a draw for a chance to win one of four Métis cultural gifts!

Find the online survey here:
<https://bit.ly/familyccsurvey>

For more information, or to complete the survey in PDF format or by mail or phone, please contact Laranna Scott at:

Telephone: 1-604-557-5851 ext. 8814
Cell: 778-559-2198
Email: lscott@mnbc.ca

201 families took our Child Care Survey in June and over 50% of them reported accessing child care through family and friends...is this your reality? If you have yet to share your voice, we would love to hear from you.

Louis Kid's Club AUTUMN SCAVENGER HUNT

Autumn has arrived. Leaves are changing colour, animals are preparing for hibernation, and Mother Earth is showing off her many colours. A sensory scavenger hunt is a fun and easy way to get out on the land, enjoy the seasonal changes, and inspire little ones to be curious about the world around them! Print off or record this list of scavenger items; bring a pen or pencil and a good imagination. Whether you live in the city, the country or somewhere in between, the whole family can enjoy getting

creative with this hunt and learning about nature in your neighbourhood! Take time to discuss the items found and encourage questions and conversations about each discovery. Happy hunting!

FALL SENSORY SCAVENGER HUNT!

- | | | |
|--------------------|---------------------|--------------------|
| • Something orange | • Something green | • Something brown |
| • Something smooth | • Something rough | • Something heavy |
| • Something tiny | • Something crunchy | • Something bright |
| • Something cold | • Something spiky | |



Sharing the Message of Truth and Reconciliation with Your Children

HOW CAN WE CONTINUE THE CONVERSATION OF TRUTH AND RECONCILIATION AFTER SEPTEMBER 30TH (NATIONAL DAY FOR TRUTH AND RECONCILIATION) HAS PASSED?

And what can we do today to support early learning and a healthy dialogue about this critical topic in a child-friendly, sincere way? As a family, we must first acknowledge the truth and share those truths with our children to engage in meaningful reconciliation. By taking simple, age-appropriate, and consistent steps to learn about the injustices, we provide a safe space to ask questions.

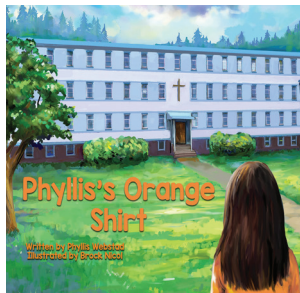
• Orange Shirt Day

September 30th has been declared National Day for Truth and Reconciliation, also referred to as Orange Shirt Day, in recognition of the Residential School System's harm to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters. Take the time as a family to discuss the meaning behind Orange Shirt Day. We wear our orange shirts to bring awareness not only on this important day of reflection, but throughout the year to keep the conversation going. You can read about the origin of Orange Shirt Day at

<https://www.orangeshirtday.org/phyllis-story.html>.

Phyllis's Orange Shirt is an

adaptation of *The Orange Shirt Story* by Phyllis Webstad and Brock Nicol and was the best-selling children's book



in Canada for several weeks in September 2018. This true story also inspired the movement of Orange Shirt Day and the National Day for Truth and Reconciliation which has been declared a federal statutory holiday. When Phyllis was a little girl, she was excited to go to a Residential School for the first time. Her Granny bought her a bright orange shirt that she loved, and she wore it to school on her first day. When she arrived at school, her bright orange shirt was taken away. This is Phyllis Webstad's true story and the story behind Orange Shirt Day, a day to reflect upon the treatment of First Nations, Métis, and Inuit people, and the message that "Every Child Matters." Adapted for readers ages 4-6

• Additional literature by Métis authors and illustrators to approach truth and reconciliation

- o **These are my Words** – Drawing from her own experiences at Residential School, Ruby Slipperjack creates a brave yet heartbreaking heroine in Violet. She lets young readers glimpse into an all-too-important chapter in our nation's history. (*From Scholastic Canada*) *These Are My Words* is for readers ages 9-12
- o **Amik Loves School** – A book in The Seven Teachings Stories series. The Seven Teachings of the Anishinaabe — love, wisdom, humility, courage, respect, honesty, and truth — are revealed in seven stories for children. Set in urban landscapes, Indigenous children tell familiar stories about home, school, and community. (*From Highwater Press*) *Amik Loves School* is for readers ages 3-6
- o **The Red Files** – Drawing from family photographs and archival records, Lisa Bird-Wilson writes poetry to commemorate the generations of children traumatized by the

Residential School System.

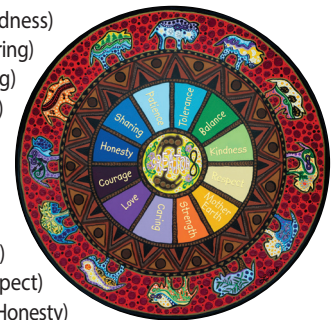
The Red Files is for readers of all ages

• Have conversations with your early learner...

Discuss truth and reconciliation concepts with your children, such as friendship, justice, love, and gratitude. Take time to relate truth and reconciliation to the Métis Core Values.

12 CORE MÉTIS VALUES :

Kitimakaymiwek (Kindness)
Tannshkinikayen (Sharing)
Pishkaymitook (Caring)
Shaakihiwayhk (Love)
Kooraaazh (Courage)
Balaans (Balance)
Pa iksitii (Patience)
La fors (Strength)
Aanjeaurii (Tolerance)
Kishchiitaytamik (Respect)
Kwayesk chi totamik (Honesty)
Ni maamaa la tayr (Mother Earth)



- **Engage in Truth and Reconciliation events in your community**
- **Support Métis, First Nations, and Inuit local businesses**
- **Support Métis, First Nations, and Inuit Artists and Musicians**
- **Donate to Métis, First Nations, and Inuit-focused organizations**
- **Spend time with a Métis Elder**

Whatever way you engage in this critical conversation, make it year-round, and celebrate who you are and where you come from by honouring yourself, your culture, and every child across British Columbia because **EVERY CHILD MATTERS.**



How did Louis the Buffalo get his name?

It all started many years ago when a baby was born on October 22nd, 1844, and his loving parents named him Louis Riel.

Louis Riel grew up in the Métis homeland and became a hero and a leader of the Métis people. The Métis people trusted Louis to be their voice; however, the government did not trust him. He moved away but later returned to Canada to help the Métis people as the government wanted to take away their land.

Louis became involved in an armed resistance against the Canadian government to protect the rights of the Métis people, but the government troops were too strong, and Louis, along with the Métis people, had to surrender. Louis has always been remembered as a hero to our Nation because he fought so hard for our rights.

Louis the Buffalo is honoured to be named after a Métis hero. Louis will try his best to be a buffalo who does good by sharing with his Métis friends and families all about the beautiful land he calls home.

On November 16th we recognize Louis Riel for the sacrifices and accomplishments he made for the Nation.

"November 16, 1885, is a significant day for Métis peoples as it is the national public commemoration of Riel's life and the struggles he led."

Minister Patrick Harriot,
Minister of Culture
Heritage, and Language



Louis' Journey to Trethewey House Heritage Site

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.



THIS SUMMER LOUIS WENT TO SUMMER CAMP AT TRETHEWEY HOUSE HERITAGE SITE

in Abbotsford, where he met many new friends and camp leaders. Louis really enjoyed all the fun games and learning activities. In this photo you can see Louis playing Hide-and-

Seek. Louis found a great spot to hide in the tree, but he found it was hard to stay still while the leaves were tickling him.



After playing Hide-and-Seek, Louis went to story time in the forest. One of the educators taught Louis and all the children how to say his name and his furry friends' names in Heritage Michif.



Louis thought you would like to learn these words, so he wrote them down for you to practice.

• cow	enn vaash
• buffalo	lii bufloo
• frog	en goornouy
• bear	aen noor
• goat	shev
• horse	zhwaal
• deer	shoovreu
• fox	aen rinaar
• skunk	aen shikaak



After a busy morning, Louis decided to build a house with the help of two friends. After, Louis had a healthy lunch that he really enjoyed before he climbed into his comfortable bed for a long nap.

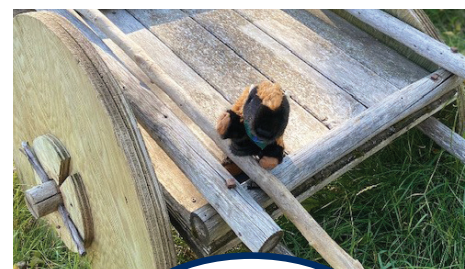
When he woke up it was time to learn safety survival tips in the woods. Louis learned several great tips on how to stay safe in the wilderness, from making a house, what to pack in his backpack, how to reserve energy and how to stay warm and hydrated out on the land. In the photo, you can see Louis learning how to make a fire with the camp leaders and friends. Don't worry he didn't light a real fire, as that is not safe. Instead, Louis and his friends used their imagination.



After a full day of fun, games, and laughter, saying goodbye to all of Louis' friends was the hardest.

Louis would like to say thank you for having him, he had so much fun and hopes he can come visit again. Louis loves the pictures his friend drew of him, he said he will hang them in his house. Maarsii/Thank you!

Did you see Louis out in your community?



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.

Autumn: Latonn | **school:** l'ikol | **harvest:** pawahikayhk

Latonn
(Autumn)



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