

Learn with Louis

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Métis Cultural Connections

OUR 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.

Oral tradition is an integral part of Métis culture, and storytelling is important to Métis people. Storytelling is a way to transfer knowledge, entertain family and friends, record historical events, and transmit core values and beliefs. Stories often contain humor, hero figures, animal characters, supernatural elements, connections to the land and the natural environment. Folklore, mythology, legends, retelling of traditional fables and modern storytelling are all forms of sharing stories.

Métis families shared stories while doing their chores and activities such as picking berries, cooking, processing food, sewing, beading and while out on the land harvesting, trapping, and traveling. Stories taught valuable lessons and skills for surviving everyday life and strengthened family and community connections. Some stories have been passed down through families for many generations. It is important to have permission to tell a traditional story and use protocol to acknowledge the original owner as well as the lineage of story tellers.

Modern storytelling consists of several mediums such as literature in novels, poetry and plays, as

well as musical production, films, visual art, and television. Stories can be shared in everyday life with family and friends at the dinner table, around the campfire or out on the trail. Our lived experiences become our stories and eventually our traditions, which is important to our cultural wellbeing. We need to realize how especially important stories are to us as individuals, as Métis people and as a Nation.

Did you know? The *Imagination Library* is a literacy program for children from birth to four years. Métis children can receive a free, age-appropriate book each month. Complete the enrollment form [here](#).

We are interested in hearing your stories!

Are you a storyteller? Do you have a favorite story, or a traditional story that you would like to share with others? Submit your short story to metisearlyyears@mnbcc.ca to have your story included in the next issue of Learn with Louis.

Sources:

- Lawrence Barkwell, Leah M. Dorion, Audreen Hourie (2006) Métis Legacy II
- Kaa-wiichihitoyaahk - We take care of each other- Métis Perspective on Cultural Wellness



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 a deep connection to the Mother Earth and the ecosystems within their homeland. When they harvest in fall, that make sure to only take what they need and honour Mother Earth every step of the way. Métis author Leah Dorion describes the Métis peoples connection to the land in her book [*"Poems to Honour Mother Earth"*](#). Leah's poetry reflects her deep connection to Mother Earth, which she has had since she was a child. Each poem gently recognizes all that is around us and the importance of being respectful.

What is one way that you show respect to Mother Earth?

Carving pumpkins is a fun, fall tradition but that's not all they're good for! After hollowing out your pumpkin for carving, you can clean and roast the seeds with your favourite seasonings for a healthy and festive snack. After you've displayed your pumpkin masterpiece on your doorstep or patio for all to see, you can use your pumpkin to give back to the land and feed local wildlife. Take your pumpkin out on a nature walk and smash it open to feed local birds, raccoons, and deer! Say a few good

words to thank Creator for your pumpkin and return it back to the land.

A Métis Prayer by Michif Elder Dave Barron

Great Spirit, we thank you for the food, shelter and clothing you have provided.

We thank you for all good things of life around us.

We thank you for the good friends and companionship we extend to each other.

To the creator, above all, we thank you for the wonders of nature, peace, health and tranquility.

Megwich Mersee (Thank you)

How to Roast Pumpkin Seeds

- Remove the seeds from the pumpkin.
- Wash and dry the seeds. Make sure they are very dry before roasting!
- Season the seeds with your favourite herbs and spices! You can use garlic salt, paprika, lemon pepper, black pepper, dried herbs or whatever flavour you like best!
- Preheat the oven to 350 degrees and roast the seeds for 12-15 minutes, tossing them every 5 minutes to make sure they don't burn.
- When they are golden brown they are ready to enjoy!

Sources:

- Métis Farmers – Todd Paquin, Patrick Young and Darren R. Préfontaine

As the weather cools down and the days get shorter, fall activities come to mind including... pumpkins! Pumpkins are symbolic of fall in North America and can be grown in most areas of BC. Métis people were skilled farmers and harvesters and cultivated the land to provide fresh vegetables for their community, including pumpkins! Nowadays, pumpkins provide entertainment, food and tradition for many families including their most popular modern use, jack-o-lanterns! Pumpkin patches are a fun, accessible activity for families and a great way to get out onto the land! Several communities across BC will have pumpkin patches that you and your family can visit and hunt for the perfect pumpkin. If your community doesn't have a pumpkin patch, you can always check out your local grocery store.

Louis' Kids Club

Hey there, nature explorers!

Autumn has arrived, and it's the perfect time to go outside and collect some amazing treasures from Mother Nature. Just like the Métis people have been doing for generations, we can gather leaves, twigs, and other natural goodies to celebrate this colourful season.

What Can You Collect?

Leaves: Find leaves of different shapes and colours. Look for bright red, yellow, and orange ones! Which one is your favorite?

Twigs and Sticks: Search for unique sticks and twigs. Are they long or short? Smooth or bumpy?

Pinecones: These make great additions to your collection. Can you count how many layers they have?

Acorns: Gather acorns and learn about the trees they come from. How many acorns can you find in one spot?

Rocks: Search for some that look the same and for some that look different. What makes these rocks different from each other?

Create a Nature Treasure Box

Once you've gathered your treasures, it's time to create something special to keep them safe. You can create a treasure box by decorating an old shoebox. Place your leaves, twigs, and other treasures inside. Can you use your shoebox, rocks, and pinecones to create an imaginary world? – Who lives there and what are they doing during this fall season?



Learning from the Métis

The Métis people have a long history of harvesting in the fall. They collect nature's gifts to sustain them through the winter. Just like them, we can learn from nature and be grateful for what it provides.

- What colors of leaves did you find, and which one do you like the most?
- Can you tell a story about the twigs and sticks you collected?
- How do you think our Métis ancestors felt when they collected for their fall harvest?

So, put on your cozy sweater and head outdoors to explore the wonders of fall! Remember, just like our Métis relatives, we can learn valuable lessons from nature and enjoy its beauty. Happy collecting, little adventurers!

Louis' Journey in Surrey

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.

Taanishi (Hello), my Métis friends and families across BC! I hope you all had a fantastic summer and are preparing for the fall season ahead. Due to the smoke in the sky this summer, I decided to venture indoors, to the MNBC headquarters in Surrey, BC. I enjoyed visiting with old friends and making some new ones.



Amelia Douglas

While there, I couldn't help but notice the new Amelia Douglas Institute for Métis Culture and Language, which will be opening very soon! Do you know who Amelia Douglas is? She was a famous Métis woman in BC who married James Douglas, the first Governor of British Columbia. After she married the Governor of BC, she began to rise in social standing and was given the name 'Lady Douglas,' yet Amelia always remained proud and true to her Métis roots! I hope you stay true to who you are and always be proud of your Métis culture and roots too!

During my visit I made a new friend, Brandi, the Middle Years Navigator for the Métis Family Connections Program. Did you know Métis Family Connections has



Brandi, Middle Years Navigator,
Métis Family Connections Program

a Middle Years Program for 9-12-year-olds? Not only that but also ran into my old friend Lauren, the K-12 Manager, who told me about the new Secondary Years Program! That's right, Métis Family Connections now has an Early, Middle and Secondary Years Program. Now families and children of all ages can be in the program together! Isn't that awesome? Do you know the Michif word for 'together'? It's AANSAAMB, pronounced Ahh-sum (Heritage/Southern Michif, translated by Elder Norman Fleury).

Remember whether you are indoors, or outdoors, it's relationships and being together with friends, family and animals that are most important!

As the fall season is now here, the new school year is upon us, it's time for this little buffalo to make his journey back home! I've got my MNBC backpack on and I'm ready to go! I hope you all have a great fall season!



What is your name? Where are you from?

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.

Nicole Lodge

I am a Métis author and animal enthusiast from the beautiful community of Fort St. James, British Columbia. I graduated with Honours with an Early Childhood Education Certificate, a Social Service Worker Diploma and a Bachelor of Social Work Degree with a First Nations specialization. My family never discussed our Indigenous ancestry. Therefore, specializing in Indigenous studies throughout my degrees has remained very important to me. Last year, I enrolled in the Bachelor of Education Degree program through the University of Prince Edward Island; I loaded up my vehicle and drove across Canada in order to bring my dog with me. I currently work as a high school teacher in Prince George, B.C.

Throughout my educational journey, I held volunteer positions such as a Vision Mate for the Canadian National Institute For The Blind and an Indigenous Youth Mentor with Big Brother Big Sisters. I have held many leadership roles, including being a Probation Officer with the British Columbia Ministry of Public Safety Solicitor General and an Indigenous Social Worker for the Indigenous Department of School District # 57.

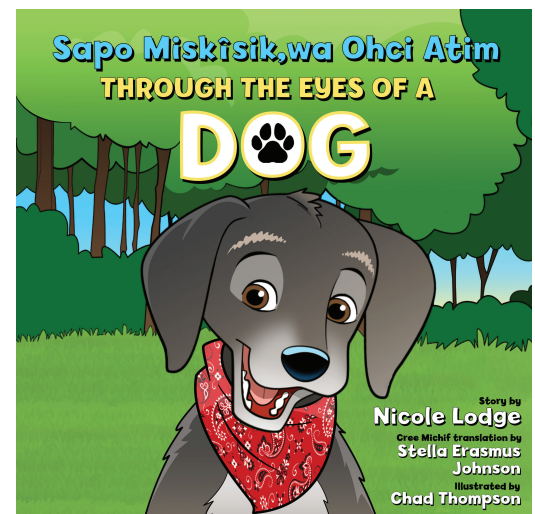
My passion for leadership and impacting change led me to graduate with Honours from a Master of Education in Multidisciplinary Leadership Degree in 2022. My goal is to advance into an administrative position within a School District and continue my passionate work around Indigeneity, equity, inclusion and identity with the younger generations.

This spring I published a series of bi-lingual Indigenous children's books. They offer teachings of equity and feature different Indigenous dialects (Cree-Michif, Mi'kmaq, Dakhel) as well as French. The main character is a mixed-breed dog. My hope is that this character is relatable to readers, promotes discussions around identity and creates a more inclusive environment by showcasing that everyone should be viewed and treated equally regardless of physical characteristics or ethnicity.

Today, I proudly identify as a strong, educated Métis female who is only at the beginning of my ancestral journey. I believe my ambitions and interests stem from this self-identity—I am driven to be a leader and impact change!

Hiy Hiy
Nicole

throughtheeyesofadog.com



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

Caring for our Children

BALANCE—CREATING A HEALTHY ROUTINE



routine, establishing a consistent morning schedule helps children develop important life skills and creates a sense of safety and balance for the whole family. A good morning routine helps create social, emotional, and cultural wellness and promotes a positive start to the day.



How to set a routine:

- Talk with your children so they understand the morning schedule and the importance of having a good routine.
- Create a family calendar or whiteboard, use visuals such as stickers, drawings, or symbols.

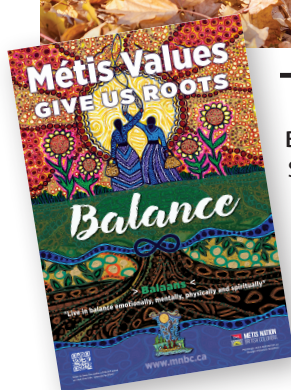
- Plan the night before to help with time management.
- Create and assign tasks that are age appropriate.
- Be kind to yourself; not every morning will look the same.
- Ask for help from a partner, family member, or neighbor.
- Go slow, make gradual changes one at a time.
- Knowing what to expect lowers anxiety and helps children gain confidence in their decision making. If there are changes to the routine, discuss them with your child.
- Follow the children's lead, allowing them the opportunity to explore based on their individual needs.



Creating balance and developing healthy habits is an important component of self-care and family wellness. Some words from Métis artist and parent Leah Marie Dorion:

"The Métis Core Values continue to guide me as a parent. Our Métis Core Values and cultural teachings keep me grounded and rooted when I am challenged in my own parenting"

—Leah Marie Dorion



The Michif word for Balance is **Balaans** (Heritage/ Southern Michif, translated by Norman Fleury) – *"Live in Balance emotionally, physically, mentally, and spiritually."*

The Métis Core Values are the guiding principles to cultural wellness and are a key factor in promoting health and wellbeing in our Métis communities. As children and families head back to their fall

Service Provider Highlight

MÉTIS FAMILY SERVICES, SURREY BC

Métis Family Services is the service delivery agency of the Métis Community Organization called "La Société des Enfants Michif." Métis Family Services is a non-profit society whose vision is to advocate for a world in which Métis children (all children) and families have the right to family ties, security, culture, love, acceptance and opportunities for success.

Métis Family Service's Early Years department provides a safe and non-judgmental space to celebrate and honor Métis culture and traditions through programs that foster connections between children and their families. Join our Family Drop-In sessions held every Tuesday and Thursday from 9:00 am to 11:30 am, and experience our open, warm, and inviting space. Experience the grounding



of Métis culture through engaging activities like sage and white yarrow gardening, berry canning, and beading. To nurture positive relationships, we provide not just refreshments, but an opportunity for families to connect, learn, and grow together to foster a deeper understanding of the "Métis way".



[Métis Family Services | Surrey](https://metisfamilyservices.ca)
(metisfamilyservices.ca)

Please connect with your Métis Family Connections Navigator if you would like support in connecting with the Métis service provider in your region.

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 upheld as the national Métis language. It is a unique language that developed in the Red River valley in the early 1800s. Michif is a mixed language that contains Plains Cree verbs and French nouns and noun structure, as well as some vocabulary and structures from Saulteau and English.

There are three types of Michif:

- Métis French (also called Michif-French)
- Métis Cree (also called Northern Michif or Île-à-la-Crosse Michif)
- Southern Michif (also called Turtle Mountain Michif, Chippewa-Cree, or Heritage Michif)

The words shared by Maddy the Magpie listed below are from the Gabriel Dumont Institute [The Virtual Museum of Métis History and Culture \(metismuseum.ca\)](https://www.metismuseum.ca). The dialect shared is heritage Michif which was originally translated by Elder Norman Fleury.

MICHIF	ENGLISH
kipochihkaan	scarecrow
li glaand	acorns
pawahikayhk	harvest
Latonn	Autumn



Michif Autumn Words Matching Game

Connect the English word to the Michif word by drawing a line.

The words below are from Gabriel Dumont Institute [The Virtual Museum of Métis History and Culture \(metismuseum.ca\)](https://www.metismuseum.ca). The dialect shared is heritage Michif which was originally translated by Elder Norman Fleury.

ENGLISH	MICHIF
Autumn	kipochihkaan
apples	raatoo
scarecrow	pawahikayhk
pumpkin	lii paabinaan
harvest	li glaand
rake	kimoowun
cranberries	Latonn
acorns	enn sitrooy
rain	Septaambr
September	lii pomm

Family Gatherings

Location: Mamawapowin Early Years Centre 1580 Bernard Ave Kelowna
Date: October 21, 2023
Time: 3 p.m. - 7:30 p.m.
Cost: FREE

Kelowna Métis Association in partnership with Kelowna Métis Services is hosting a family gathering event on October 21, 2023 that will feature live music, jigging, dinner and Métis games and activities. Parking is available around the back of the facility on Elm Road.

Truth and Reconciliation Day

Each year, September 30th marks the National Day for Truth and Reconciliation. The day honors the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Louis Riel Day Acknowledgment

Louis Riel Day is held every year on November 16th across the Métis homeland. November 16th is the anniversary of Riel's execution in 1885. The legacy of Louis Riel teaches us the value of reconciliation, and the promise a new day can bring. Riel taught us not to look at what makes our people different, but rather what unites us. This Louis Riel Day let's remember the sacrifices made, and the ancestral roots that unite us. Let's celebrate this Louis Riel Day united and working towards the vision Riel himself sought for his people. Building a proud, self-governing, sustainable nation.

Métis Family Connections Secondary Years



MNBC's Ministry of Education is excited to announce the expansion of Métis Family Connections to Secondary Years.

Métis Family Connections – Secondary Years is for families with Métis children ages 13-18. Métis Family Connections – Secondary Years is focused on connecting families to community and culture, and the opportunity to access relevant programs and services that support healthy transitions to post-secondary education, skills training, and the workforce.

Learn more [here](#).

Training for Family Child Care Providers



Are you currently providing child care for children or interested in providing family child care in your home?

Did you know you could take a 30-hour course to become a Registered License-Not-Required caregiver in your home?

The *Good Beginnings* Course is beneficial to our Métis community as we move forward with the recruitment and retention of Métis Early Learning and Child Care professionals, and supporting our Métis families with the creation of culturally appropriate child care

programming, provided by Métis people from their home.

Due to the overwhelming response to the Good Beginnings training, MNBC's Ministry of Education is excited to share that the Good Beginnings - Growing Our Children course will be offered again starting October 24, 2023, until November 30, 2023, on Tuesdays and Thursdays from 10 a.m. to 12:30 p.m. Register today for the upcoming course!

For further information and to apply please contact metisearlyyears@mnbcc.ca

Celebrating 2,000 Métis Family Connection Enrollments

MNBC's Ministry of Education is excited to share that as of September 2023, we now have over 2,000 children enrolled in the Métis Family Connections program!

The Métis Family Connections has grown tremendously over the last few years with

the recent additions of Middle Years and Secondary Years, now supporting children birth to 18 years.

We would like to give special thanks to all who have trusted in us and have joined our Métis Family Connections community!



Where's Louis? Find Louis the Buffalo

HINT: LOUIS IS GETTING READY TO TAKE A RIDE

