

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.

The Michif dialect shared is Southern/Heritage and was originally translated by Norman Fleury.

Gabriel Dumont Institute The Virtual Museum of Métis History and Culture (Metismuseum.ca)

A Métis Story of **L'itii** (Summer)

Métis people love to share stories, and one of my favourite things is being a Métis **aen koonteur** (storyteller). This story I am sharing is one of my fondest memories of childhood, full of adventure and learning Métis ways of connecting to the land. One day in **Jooyet** (July) my father chartered a De Havilland Beaver floatplane with pontoons for landing on water and our family flew to a remote lake in the wilderness. We left early in the morning at first light, and it was amazing to fly over the land and see the mountains, rivers, and lakes below. After we landed on the lake the plane took us to the shore and we unloaded our gear. We watched the airplane take off and we laughed when the pilot waved his wings goodbye as he flew over us.

We were excited to begin our day of adventure and my parents reminded us that it was important to stay within calling distance, watch out for bears, and to stay together. Then we were free to go exploring, swimming, fishing for trout in the lake and **mooshahkinikew** (picking) berries. We picked my favourite berry which is the **lii grenn bleu** (huckleberry)! After we ate our fill, we stored the rest of the berries in buckets to take home for making pies and jam. Fishing was so much fun, and we caught enough to feed



everyone. Later in the day we had our picnic supper and father taught us how to cook the fish by putting them on hot rocks close to the fire, and mother made **la gaalet** (bannock) which she cooked in a skillet over the glowing coals. As we ate our delicious meal my parents told us stories of their childhood adventures out on the land. They reminded us that when we harvest and gather, we only take what we need and never waste anything. We gave thanks to **la tayr** (the earth) for providing us food from the land and promised to **rispay** (respect) all life.

Questions to discuss with your early learner.

What is your favourite story of summer?

Have you flown in an airplane?

Do you pick berries or go fishing with your family?

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@mnbc.ca to have your story included in the next issue of Learn with Louis.✿

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 special connection to the land that goes back many generations. They see the land as a living part of their history and culture, providing food, shelter, and a place to gather. The Métis have unique traditions, like hunting, fishing, and berry picking, which they pass down through stories and teachings. They respect and care for the land, believing that it is their responsibility to protect it for future generations. This bond with nature helps the Métis community stay strong and united, celebrating their rich heritage and deep roots in the land they love.

A fun and active way to get the whole family out on the land is with a Summer Scavenger Hunt! First, gather your friends or family members and make a list of things to find. It could be anything from a shiny rock to a feather to a local wildflower! Get creative and make your list as long or as short as you like!

Once you have your list ready, it's time to set out on your scavenger hunt. Grab a basket or a bag to collect your treasures and start exploring your neighborhood, a nearby park, or even your own backyard.

As you search, keep your eyes wide open for anything that matches the items on your list. Look high and low, under bushes, on trees, and along paths. You never know what exciting discoveries await!

Don't forget to take breaks along the way to admire the beauty of nature around you. Listen to the rustle of leaves, feel the soft grass beneath your feet, and breathe in the sweet scent of summer flowers.

Summer scavenger hunts are a delightful way to make memories, explore the great outdoors, and spark your curiosity. So, grab your list, put on your adventure hat, and let the summer fun begin!

1. **A smooth, round pebble**
2. **A feather from a bird**
3. **A pinecone**
4. **A dandelion puff**
5. **A seashell (if near the beach)**
6. **A wildflower**
7. **A blade of grass longer than your thumb**
8. **A snail shell**
9. **A beetle**
10. **A twig shaped like the letter "Y"**
11. **A small rock with an interesting pattern**
12. **A piece of moss**
13. **A flower petal**
14. **A piece of bark**
15. **An animal track**
16. **A wild berry (only if you're certain it's safe to touch)**

Feel free to add your own local items to the list and have fun exploring and adventuring out on the land! 🌿

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

Summer Plant Adventure in Beautiful British Columbia: A Métis Journey

Hey there explorers! Summer is here, and it's time to go on a fun adventure to discover plants in beautiful British Columbia.

Imagine this: the warm sun, a gentle breeze, and lots of colorful plants all around you, while we learn cool things about Métis culture!

British Columbia has so many amazing plants to find. You might spot pretty wildflowers like purple lupines and yellow daisies, or big trees like tall cedars and spruces. Each plant is special and important, just like us!

Let's start our plant adventure!

Go to a park, a forest, or even your own backyard. Look closely at the plants. Do you see flowers, leaves, or berries? Touch them gently to feel how they're different. You can use a book or ask a grown-up to help you learn the names of the plants you find. What colours are the flowers? How do the leaves feel?



Photo: Lindley Johnson

As we explore, draw pictures or take photos of the plants you see. Maybe you'll find a flower that smells really nice or a tree

with funny-shaped leaves. Pay attention to the details—it's like being a plant detective!

Make this plant adventure a family game. See who can find the most plants or discover something new. Share your drawings and stories when you're done exploring. Who found the coolest plant?

Remember, finding plants isn't just about seeing them. It's also about learning cool things about nature and the Métis way of life.

The Métis have special stories and uses for different plants. Can you make a story about plants?

So, get ready with your family, step outside, and let's have a blast exploring plants! It's a fantastic way to enjoy summer, learn about Métis culture, and create awesome memories. Happy plant exploring, adventurers! 🌿

A Walk in Nature

Summer is here! A wonderful time to go outside and embrace Mother Earth. Being outside is beneficial for our spiritual, mental, physical, and emotional well-being. At this time of year there is much to see while soaking in the benefits of sunlight; a natural source of vitamin D that is important for our growing bones and our body's ability to fight off things like colds and flus. In early July we see Saskatoon berries in many parts of British Columbia. These berries have been used for generations by the Métis people. They are delicious fresh, but can also be used in Bannock, pies, and jams. Of course, these berries also kept our ancestors' bellies full when it was combined with dried meat and fat in pemmican. Going out in nature is unpredictable and imperfect. It grows how it wants, and you never know what you might come across. While being outside we improve our well-being and foster a deeper connection with the environment and the natural world. 🌿



Louis' Journey

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.

I was so excited to see the sun shining in Richmond BC this week! When I landed in Vancouver, I headed to the Early Childhood Educators of BC (ECEBC) Conference at the Raddison Hotel.

"Wow! So many teachers, and so many toys!"

Can you say teacher in Michif? Metr d'ikol.

I even saw my preschool teacher. He said, "Louis is a good leader - Louis niikaaniw."

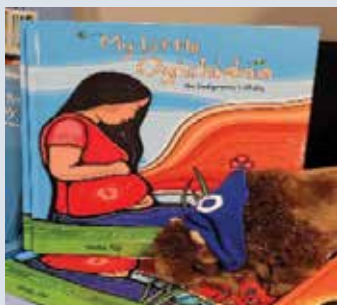
This conference was 3 days of learning on how to take care of our children, families, and teachers.

I even met some Métis kin at the market. She showed me a book called "My Little Ogichidaa". This is an Indigenous Lullaby written by Métis author Willie Poll.

Next, I visited my friend Luisa at the Métis Nation Early Years table. Together we read "The Bannock Book." Thank you Luisa, for spending time with me.

I also got to play with Tree Fort toys, Métis Core Value lacing cards, spoons, wooden toys and even got to take a photo in a fort!

Maybe one day you would like to become an Early Childhood Educator! If you do, make sure you come to this conference.



Caring for our Children

THROUGH PLAY, CHILDREN LEARN ABOUT THE WORLD AND THEMSELVES.

As warm weather approaches and days are longer our young children may have late nights and early mornings. While having a routine for your children is important, it is good to note that summer routines will shift and may disappear altogether. Below are some suggestions to make your summer plans less stressful and more fun-filled.

To keep your children engaged and avoid summer burnout:

- Prioritize activities and family goals.
- Spend time in nature for example: picnics, bike rides, beach days, exploring a local farm or fruit stand, water parks, and playgrounds.
- Check out your [chartered community events](#), local festivals, library events, community centers and parks and recreation for free and affordable activities.

Have a fun and safe summer and please remember to take care of yourself and each other, remember Kaa-wiichihiitoyaahk (we take care of each other). 🌸



All translations in this issue of Learn with Louis are in Southern/Heritage Michif and were translated by Elder Norman Fleury.

What is your name? Where are 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

Auntie Marie Bercier resides in Chilliwack, BC with her dog Benji. She is 82 years young and the loving wife to her late husband of 44 years. Auntie Marie was a founding member of Fraser Valley Métis Association, and a mentor with the Métis community support worker program with the University of Fraser Valley. She is also a volunteer with the Abbotsford School district and an integral part of the Ministry of Education's Early Childhood Educator Community of Practice. Through her incredible volunteer hours, she was able to support Métis families through her Chartered Community.

Auntie Marie is a registered pastor who provides culturally sensitive life celebrations for all of life's important days. She performs blessings for homes, pets, baptisms, weddings, hospice and hospital pastoral care.

Auntie Marie was adopted at 18 months old and went into residential school. From the residential school, Marie went to live with Auntie Mary. Auntie Mary was the person who taught her to care about everything around her, about the dream catcher, and how to cook without a recipe book. She says, "From the time I came to live with Aunty Mary, after the residential school, it was a good life."

At age 56, Marie attended College, finished the program of Native Artisans, and graduated with distinction. She

observed Métis ways of knowing and being such as hide tanning. Some of Mary's best memories are of her Auntie Mary, having Tea and Bannock as well as braiding her hair.



"My heart sings when I'm in contact or in touch with our people and all those who work at MNBC (Métis Nation British Columbia), even those who are not Métis, this is beautiful! Katawashishiw" (beautiful is Southern Heritage Michif-Gabriel Dumont Institute.)

Having Aunty Marie be a part of our MNBC ECE Community of Practice has been culturally motivating and powerful. She shares ***"It has been the most exhilarating few months to see such dedication from so many women and to be a part of this community is very special. I am a champion for you all."***

Auntie Marie would like to remind all of us to take care gently and shares this quote,

"I expect to pass through this world but once, any good therefore that I can do,

or any kindness I can show to any fellow being or creature let me do it now.

Let me not defer or neglect it for I shall not pass their way again.

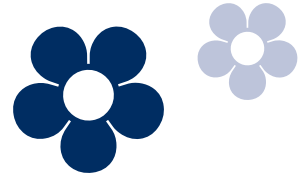
Thank you for letting me spend a little time in your company."

By Stephen Gelette.✿



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.

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

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. 🌸

MICHIF SUMMER WORDS

Matching Game

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

enn plem



swimming

mooshahkinikew



storyteller

lii grenn dipinet



plant

lii fleur kaaya kaa kishtikayhk



berry

la moos



bird

l'itii



summer

pimaatakaak



feather

enn grenn



wildflowers

enn fleur



pinecone

aen nwayzoo



moss

aen koonteur



picking

Service Provider Highlight

MÉTIS COMMUNITY SERVICES SOCIETY OF BC (MCSBC)

Métis Community Services Society of BC (MCSBC) is a non-profit Society that is recognized and empowered by Métis citizens in BC to provide holistic services that ensure the health and well-being of the Métis community.

MCSBC promotes the health and well-being of the Métis community as they:

- Increase cultural awareness to BC communities which reflects our unique heritage
- Honour and support the importance of a healthy family environment in the delivery of holistic programs and services
- Encourage stronger relationships among our Métis Elders, youth, families, and our community



MCSBC has a variety of Programs & Services offered in 3 locations in Kelowna:

Mamawapowin Early Years Centre 1580 Bernard Ave, Kelowna

- Aboriginal Infant Development Program
- Aboriginal Supported Child Development
- Aboriginal Dads Program
- Métis Family & Early Childhood Outreach
- Peetigway Faamii Program
- Michif Li Dizhanii
- Maataway Drop-In Group
- Métis Elders Circle
- Youth/Young Adult Program
- Indigenous Dietitian and Nutrition Support

Park Road

147 Park Road, Kelowna, BC Canada

- Child Trauma Play Therapy
- Family Preservation
- Family Support
- Housing Resources
- Roots Program
- Trauma Therapy
- Métis Health and Wellness
- Mental Health & Substance Use Counselling

Awasisak Achakos

200 B Mallach Road, Kelowna, BC Canada

- Awasisak Achakos Aboriginal Headstart

Recently MCSBC has brought on an Indigenous Dietitian and Nutritionist. This program provides opportunities for 1:1 guidance for health and nutrition, diabetes support and teachings, and advice for physical activities.

They have also started a program called "Rise of the Artist" which is a bi-weekly drop-in class where they do cultural art workshops including mini sash weaving, dot painting, beading, ribbon skirts and more!

Whichever location, MCSBC tries to ensure they have support and programs for everyone in the Métis community. Please drop by and enjoy some fun and laughter with your child at one of the Métis Elders Circles and connect with other Métis children and families...there might even be some music and jiggling!

For more information, visit the links below:

[Métis Community Services Society of BC \(mcsbc.org\)](https://mcsbc.org)

<https://mcsbc.org/event-calendar/>

I'm a Little Métis

(TO THE TUNE OF *I'M A LITTLE TEAPOT*)

I'm a Little Métis from head (tet) to toe (lii zaartay),
Here is my fiddle (aen vyayloon) and here is my bow (aen naarshet).
When I play for people, I shout out loud,
HOORAY for the Métis, strong (maashkowishiiw) and proud (kishchiitayimoohk)!

I'm a Little Métis from head (tet) to toe (lii zaartay),
Here is my fiddle (aen vyayloon) and here is my bow (aen naarshet).
When I get my sash (sayncheur flayshii) on, here I go,
Lift my canoe (aen kanoo) and watch me row!
Row, row, row, row, row, row!!!

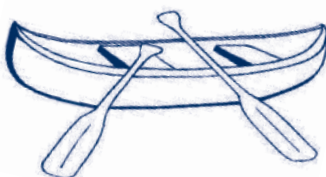




Photo by Gina

Upcoming Events

Vancouver Island Métis Rendezvous

Date: August 17th, 2024
Time: 9am-10pm
Cost: By donation
Location: 7380 Trans Canada Hwy,
Duncan BC V9L 6B1

Come celebrate Métis culture and heritage with a day full of educational and cultural workshops, presentations, vendors, food, and a whole day of entertainment! This celebration is open to all communities and encourage those that aren't of Métis heritage to join us! 🌸



Past Events

North Island Métis Association Family Camp at Taku Resort, Quadra Island

North Island Métis Association hosted a family camp at Taku Resort on Quadra Island from June 14th-17th. Families were invited to participate in cultural, family and physical activities at this weekend event. One of these activities included kayaking!

Royal Roads University National Indigenous People's Day

A warm invitation for a day of fun and community relations on the traditional Lands of the Lekwungen Peoples, the Songhees and Esquimalt Nations.

MIKI'SIW and Mid Island Métis Nation National Indigenous People's Day

This Year MIKI'SIW Métis Association will be partnering with the K'ómoks First Nation to present and celebrate National Indigenous Peoples Day. On Friday June 21st National Indigenous People's Day event will provide an opportunity to celebrate and honour all Indigenous communities, recognizing our strength, sharing cultural knowledge and diversity, and celebrating our resilience. We are excited to be hosting this year's celebration at the Exhibition Grounds and welcoming the community for workshops and knowledge sharing, food and craft vendors, environmental walks at the

Tsolum River, cultural presentations and live music from local and visiting indigenous performers.

Surrey's National Indigenous Peoples Day Celebration & Wellness Event

Hosted by Semiahmoo, Kwantlen and Katzie First Nations, this event is an opportunity to acknowledge and show respect and admiration for Indigenous Peoples past, present and future; to share cultural history; and to share spirit, experiences, stories, song, art and dance with each other and the community. 🌸

