

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 Family Story by Kim Hodgson

One day in laatoon (autumn) I was visiting my Noohkoom (Grandmother) at her house by the river and we went for a walk. We dressed in our wool sweaters and gumboots, Noohkoom got her walking stick, and we set out on the trail to the river. The morning was sunny and crispy cold, la zhlii (frost) covered everything and sparkled in the sunlight. I had fun jumping in the icy puddles with my gumboots and making puffy clouds in the chilly air with my breath. A large flock of lii zway (geese) flew over us in the shape of a V and I asked Noohkoom where the geese were going. She said they were flying far away to the south where they would have a warm place to live for the winter and then return in the spring. We walked along the gravel bar of the river admiring the beautiful yellow, gold, and red leaves of the trees. Then in the breeze I smelled something bad and asked Noohkoom what the stinky smell was, she said it was li saamoon (salmon) that had died. I asked her why the salmon had died, and she told me they had spawned, laying their eggs in the riverbeds, and that the eggs would then hatch in the spring. But after the salmon spawned, they could not return to the ocean, so they died. Now the dead salmon were food for fish, birds, and animals to eat so they could survive the long winter. Then as we went around

a bend in the river, we suddenly came upon an aen noor (bear) eating a salmon carcass. Noohkoom took my hand and whispered to me to be quiet, we slowly backed up out of sight and started home. As we walked Noohkoom explained that the bear was eating a lot of salmon to fatten up for hibernation. She said that autumn is the time of gathering, harvesting, and preparing for the winter season. Noohkoom was wise and she taught me to always listen, smell, watch and feel for signs from Mother Earth and to always be grateful for her many gifts.

Questions to discuss with your early learner.

Do you like to go for walks in autumn with your family and friends?

What is your favourite thing about the autumn season?

Do you know what hibernation means?

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. 🌟

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.

In the fall, our Métis ancestors would roam the land to gather fruit and berries to nourish themselves and their community. Berries were an important source of nutrients and vitamins for Métis people and helped keep them healthy and strong. Families would go out together to pick wild berries like saskatoons, blueberries, and blackberries using baskets made from birch bark to collect their harvest. These berries were very important because they could be eaten fresh or dried to save for the winter months. Gathering berries in the fall was not just about getting food, but also spending time in nature and working together as a community.

Our ancestors would prepare the berries using traditional methods, like cooking a pudding over an open fire or turning them into pemmican to preserve them for a long and cold winter. While we still enjoy the same fruits of the season today, thanks to modern farming and agriculture we also have some new varieties of fruit to enjoy in the fall; especially apples! Living in British Columbia allows us to have access to locally grown and harvested apples that we can pick from an orchard or buy from the store. Both then and now, fall is a special time for harvesting food and sharing tasty treats with family and one of the best things about apples is all the delicious desserts you can make with them, like an easy and affordable apple crumble! Whether you go on the land to pick your apples or purchase them from a store or fruit stand, this apple crumble recipe is a fun, family activity with delicious results! Enjoy!

Grandma's Old Fashioned Apple Crisp

INGREDIENTS

Filling:

- 6 medium Granny Smith apples - peeled, cored and sliced
- ½ cup white sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

Topping:

- 1 cup brown sugar
- 1 cup all-purpose flour
- 1 cup quick-cooking oats
- ½ cup unsalted butter, diced
- 1 teaspoon ground cinnamon

DIRECTIONS

- Preheat the oven to 300 degrees F (150 degrees C). Grease a 9x13-inch baking dish.
- Combine apples, sugar, cinnamon, and nutmeg for filling in a bowl; transfer to the prepared baking dish.
- Combine brown sugar, flour, oats, butter, and cinnamon for topping in a large bowl. Sprinkle on top of filling.
- Bake in the preheated oven until golden and bubbly, about 1 hour.

(Recipe credit to www.allrecipes.com) 🌸



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

Autumn Adventures: Explore Métis Culture Through Nature Stamping

Hey there, young explorers! Fall is here, and it's the perfect time to jump into an adventure with nature stamping and learn about Métis culture along the way. Imagine crisp air, the crunch of leaves under your feet, and trees showing off their bright reds, oranges, and yellows. There are so many treasures waiting to be found!

Grab a little basket or bag, and let's go on a fall nature hunt! Look for leaves in all sorts of shapes and colors, acorns, pinecones, or even twigs with neat textures. Remember, Métis people always take care of nature, so we only collect things that have fallen or are growing in big bunches.

Now it's time to make some art! Dip your leaves, pinecones, or twigs in paint and

press them onto paper. Look at the patterns they make—wow, so cool! Ask yourself, "Do these patterns remind you of the beautiful beadwork Métis people create?" or "Can you imagine your stamped art being a part of a Métis sash?"

As Métis people, we use sashes with colorful patterns. You might wonder, "If your stamped patterns were on a Métis sash, what story would they tell?" or "What fun colours could you use to make your stamped art look like beadwork?"

With every stamp, you're not just making pretty art—you're playing with nature and connecting with Métis culture. So go ahead, let's dive into fall, get stamping, and make some autumn magic together! 🌸



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 MÉTISEARLYYEARS@MNBC.CA.



Back to School

Besides crisp air, fresh apples and fallen leaves, Autumn is also the time that many of my friends go back to school!

New teachers, friends new and old, backpacks with lunch treats and library books – what is your favourite part about back to school?

If you're not yet old enough for school, do you go to daycare, preschool or a family drop in program? Autumn means a new start for many different activities.

My friend Charlee has taken her buddy, Riel, to visit her new school. I see she is wearing her Métis sash! And look, she is waving the Métis flag! ✨

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

Who was Louis Riel?

Louis Riel was a Métis leader and a very important figure in Canadian history. He was born in 1844, in the Red River Settlement (what is now Manitoba). In the 1800s, as Canada began expanding westward, Métis land and rights were under threat, Riel spent his life fighting for the rights of the Métis people, leading two major resistance movements

In 1869, Riel led the Red River Resistance. He helped create a government for the Métis and negotiated with the Canadian government to protect their rights. This eventually led to the creation of Manitoba, a province where the Métis people could have their voices heard. He fought to make sure that Métis culture, language, and land were respected.

But Riel's fight for Métis rights wasn't over. In 1885, he led another resistance called the North-West Rebellion because the Métis were once again losing their land and rights. When the Métis were defeated at the Battle of Batoche, Riel was captured and put on trial. The government didn't agree with his fight for Métis justice, and he was sentenced to death. He died in 1885.

Today, Louis Riel is remembered as a hero by the Métis people. He stood up for his community when no one else would. He fought to protect their land, culture, and way of life. Riel's bravery and leadership helped shape Canada, and his legacy lives on in Métis communities across the country. On Nov. 16th we celebrate Louis Riel Day in his honour.

Reflection Activity

- What did you learn about Louis Riel?
- Why do you feel standing up for fairness is important ?
- When was a time you stood up for what you felt was right?

LOUIS RIEL

1844	Born October 22, in Saint-Boniface, Red River Settlement
1869-1870	Creation of the Provisional Government, Riel elected President, negotiates Manitoba's entry into Canada
1873-1875	Elected to House of Commons, later expelled, and won re-election again
1875-1884	Life in exile in the United States
1884	Return to Canada
1885	Formation of provisional government in Saskatchewan and North-West Resistance
1885	Executed for defending Métis rights

"We must cherish our inheritance. We must preserve our nationality for the youth of our future. The story should be written down to pass on."

MÉTIS NATION
BRITISH COLUMBIA

Caring for our Children

"By wearing an orange shirt on September 30th, you commit to the enduring truth that EVERY CHILD MATTERS, every day and everywhere." -ORANGE SHIRT SOCIETY

As adults we tend to shy away from difficult conversations. Some adults may believe that discussing differences will bring children's attention to something that would otherwise go unnoticed, and so they choose not to touch on these subjects at a young age. However, being courageous and talking openly and honestly about race and cultural identity will create a greater awareness among young children and prepare them to thrive in a diverse world.

We wear orange to honor and respect the memory of those who attended residential schools. Although this topic can be emotional and triggering for many, it is important to never forget. Wearing orange on September 30th is a symbol of respect and so is continuing the conversation when children have questions throughout the year. Embrace the Métis core values of kindness, courage and respect.

"The simple act of wearing an orange shirt tells survivors that we care. Don't shy away from the truth, it's possible to talk about

injustice and discrimination with kids of all ages. Younger children can understand foundational concepts like kindness, fairness, and the difference between right and wrong. Older children may be ready for deeper, more nuanced conversations. Follow their lead." Orange Shirt Society

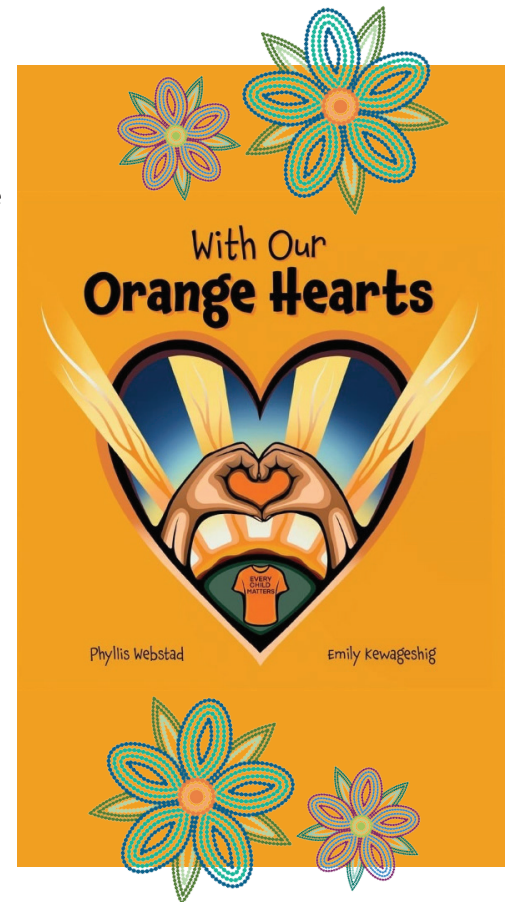
We can support our children by:

- Encouraging your children to ask questions
- Create a safe environment and learn new concepts together
- Acknowledge their feelings, it's ok to be sad or mad
- Research books at your local library
- Get involved with community events

Resources:

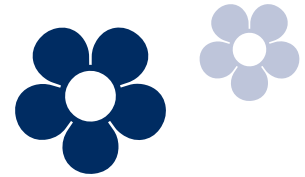
[Phyllis' Story - Orange Shirt Society \(orangeshirtday.org\)](https://www.youtube.com/watch?v=ebOJIMCVvk&t=6s)

<https://www.youtube.com/watch?v=ebOJIMCVvk&t=6s> ✨



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 PHRASES

How are you?
Taanishi kiiya?

I feel great!
Mitooni ni miyaayaan!



L'itii
(Autumn)



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 \(metismuseum.ca\)](https://www.metismuseum.ca/virtual-museum-of-metis-history-and-culture) 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 <https://www.metismuseum.ca/michif-dictionary.php> or download the App "Heritage Michif to Go" on iTunes or google play. 🌸

MICHIF FALL WORDS Matching Game

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



enn sitrooy

migrate



Latonn

geese



la zhlii

hay



Fy

leaf



paraplwii

pumpkin



Kimoowaashin

farm



Takoohawuk

umbrella



lii zway

Autumn



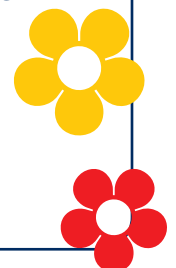
enn farm

rain shower



li fwaen

frost



Service Provider Highlight

LII MICHIF OTIPEMISIWAK FAMILY & COMMUNITY SERVICES, KAMLOOPS, BC

Since incorporation in 1998, Lii Michif Otipemisiwak Family & Community Services (LMO) has been providing a variety of Métis specific support services to the Métis population in Kamloops and surrounding area. In 2017, LMO became the second delegated Métis child and family services agency in the province of BC. As such, LMO offers wrap around child protection, family support, child youth mental health & wellness, youth support including youth and elder housing as well as early years.

Our Métis specific Early Years Team presently consists of exceptional and dedicated Métis Early Years Consultants who offer a wide range of services from prenatal care, infant and supported childhood development to children ages 0-18, direct support services to children in childcare facilities and/or community or school settings, as well as a wide array of culturally safe and trauma informed attachment and child development groups and programs for children and families.

LMO is now in the development planning stage of developing and operating a culturally safe, supported and affordable Métis family housing project including Métis Child Care for 112 children in partnership with MNBC.

For more information about our support and services please visit our website at www.lmofcs.ca





Past Events

MNBC's Community Outreach Van Visits the Vancouver Island Métis Rendezvous

The Vancouver Island Métis Rendezvous was on Saturday, August 17th. It was a day filled with cultural activities, food and Métis vendors. The Ministry of Education was there with MNBC's brand new Community Outreach Van. This is one of three provincial vans that you may see out in community as Ministry of Education staff visit community events and programs. 🌸



Where's Louis? Find Louis the Buffalo

