

# Learn With LOUIS



## INSIDE

**MÉTIS CULTURAL CONNECTIONS**

**BUFFALO BULLETIN**

**LOUIS' KIDS CLUB**

**DAILY PHYSICAL ACTIVITY**

**WHAT'S YOUR NAME, WHERE YOU FROM?**

**THE LEARNING JOURNEY**

**CANADA LEARNING BOND**

**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.

**THE MÉTIS SASH** — The multi-colored Métis sash is one of the many symbols of Métis identity. The colours of the sash have traditional significance; each colour represents a part of our unique heritage. Red symbolizes the blood that was shed while fighting for our families, our heritage and our land. Blue symbolizes our inner strength as a people. Green symbolizes fertility of a great nation. White symbolizes our connection to Creator. Black symbolizes the suppression of our sovereignty and dispossession of our people and our land. Yellow symbolizes prosperity.

The sash serves many functions for Métis people: it could be used as a rope to pull canoes over portages, as a body harness for fur traders to carry heavy loads while trapping and to carry infants close to the body. The fringed edges of the sash were utilized as thread to patch holes while on a hunt, working on the land or on the trap line. The sash could be tied up and used like a bag where we might carry our sacred medicines or first aid kits. It could be used as a towel, wash cloth or to belt our jackets snug in the winter. Men traditionally wear the sash around their waist and women over their shoulder.

# 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.

Gathering food from the land continues to be an important aspect of Métis identity. Picking wild berries in the summer is an important part of the harvesting cycle and a source of healthy traditional food. Berry picking is a great activity for the whole family, but make sure to safely identify the berries and be bear aware.

A favourite found throughout the province is the wild blueberry. Blueberries can be eaten fresh, cooked or dried and stored. They are high in Vitamin C and antioxidants and can aid digestion. The leaves and berries can be used to treat diarrhea. The root of the plant is boiled into a tea to treat a sore mouth and throat and applied to wounds and bruises.



## 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.

Dot painting, or pointillism is a great way to represent Métis traditional beadwork. The painting technique is used to recreate Métis beading patterns, or create contemporary designs. The Métis people were known as the "Flower Beadwork People" and were inspired by European floral designs and the natural environment around them.

**ACTIVITY:** Depending on age or skill level, create your designs using the suggested materials. Paint the wooden spoons, and also create your works of art on paper, canvas, rocks or other mediums.

**MATERIALS:** paint (markers, sticker dots, pencil crayons), pencil, paint brush, cotton swabs, sticks, paper, and wooden spoons.

Draw your designs, practice painting on paper then outline your design on the wooden spoon or other medium with a pencil. Dot paint your design, spacing the dots evenly and using different size dots to create the effect that you want. You might need to let sections of your painting dry before adding to your design. Have fun creating!

**DOT PAINTING TUTORIAL:**

Virtually Junior - Métis Dot Art with Marissa Magneson  
<https://youtu.be/NdRdGp4-Xus>

### Blueberry Buckle

**CAKE BATTER**

- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter, softened
- ¾ cup granulated sugar
- 2 large eggs
- 1 ½ teaspoons vanilla extract
- ½ cup milk
- 2 cups fresh blueberries

**CRUMB TOPPING**

- 6 tablespoons brown sugar
- ½ cup flour
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 4 tablespoons cold butter



1. **Make crumb topping:** combine brown sugar, flour, cinnamon, and salt in a small bowl. Rub in the butter with your fingertips until crumbly. Refrigerate.
2. Preheat oven to 375 degrees F. Grease a 9-inch square baking pan with butter or spray.
3. In a bowl whisk together the flour, baking powder and salt. Set aside.
4. In a large bowl, beat the butter and sugar until creamy. Add eggs one at a time beating after each one, beat in vanilla extract.
5. Gradually add the flour mixture alternately with the milk, beating slowly to combine. Add the berries and fold gently with a spatula until evenly distributed. Do not over-mix.
6. Put the batter into the baking pan. Sprinkle with crumb topping. Bake for 40 to 45 minutes, until golden brown around the edges. Let cool 20 minutes, serve right from the pan.

*\* You can substitute the blueberries with Saskatoon berries, or huckleberries.*



# 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.

Daily activity is an important aspect of children's development. It also provides a great opportunity for them to socialize, which helps promote communication, leadership and teamwork skills. Active children have an outlet for stress, anxiety, and depression giving them important coping skills. Overall, the benefits of physical activity allow for better emotional, physical, and mental well being.

What better way to get active than to do the Red River Jig! The jig is an important aspect

of Métis identity and is proven to be an excellent aerobic and cardio work out. The jig is traditionally danced to up-tempo fiddle music. We have included a video link so you can practice your jigging at home and experience a form of exercise that has been used by the Métis for decades! Enjoy Jigging!

**JIGGING TUTORIAL:**

History of The Métis Jig Dance  
<https://youtu.be/LknTxKuH1k>



## 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](mailto:MÉTISEARLYYEARS@MNBC.CA)

**THE ROSS & WILHELMSON FAMILY**

We are a blended family of seven: three Métis, three Heshquiaht First Nation, and one French Canadian/Danish. I am Leanne Ross born in Edmonton, Alberta and mother to Juliet and Elizabeth, ages 11 and 7 who are proud Métis girls. I have been a member of Métis Nation BC for more than 20 years.

Our Métis names are Bellerose, Beaudry, and Breland. We are also descendants of Cuthbert Grant, the first leader of the Métis Nation. My ancestors travelled west with the fur trade and eventually settled in the Catholic settlement of St. Albert, Alberta in 1849. Family members spoke Cree, French, and English and were interpreters, guides, trappers, freighters, and hunters. The Bellerose Family erected the first one room school on their river lot in the St. Albert area in 1886. This school is now on display at Fort Edmonton Park. →



I grew up mainly on the Sunshine Coast where hunting, fishing, and gathering was part of our seasonal routine. We are bringing as much rural life as we can to our urban homestead in North Vancouver, with gardening and a plan for chickens. Our children are learning horse riding and the violin/fiddle. They are also learning how to work together – especially when we prepare for large and loud extended family gatherings – one treasured feature of our Métis culture.

## The Learning Journey

The ways that children can learn include: visual, auditory, experiential, reading and writing. We included some examples of how these distinct learning methods can be used during a trip to the grocery store. Choose a recipe out of the Métis cookbook and experience these learning methods as a family.

### MÉTIS COOKBOOK:

[https://www.mnbc.ca/wp-content/uploads/2020/06/Metis\\_Cookbook\\_SecondEdition.pdf](https://www.mnbc.ca/wp-content/uploads/2020/06/Metis_Cookbook_SecondEdition.pdf)

Make sure to create an ingredient list before you go.

**VISUAL** – Children learn by seeing information through pictures or everyday life. Before you go to the store cut out pictures from the weekly grocery flyer of the ingredients on your shopping list. Have the children name the items while looking at the picture or ask them to find the ingredient in the flyer.

**AUDITORY** – Children learn by listening. While you write out the ingredient list read the ingredients from the recipe out loud. If you have older children, you can have them write down the ingredients while you read the recipe out loud. While at the store you can ask younger children to find the ingredients.

**EXPERIENTIAL LEARNING** – Children learn by doing. Allow children to learn by pushing the cart, finding the ingredients, weighing the ingredients or asking the grocery store employees where the ingredients are in the store.

**READING/WRITING** – Children learn by reading and writing. Have older children read the recipe and the weekly flyer. Younger children can see written words, so when picking out ingredients in the store read the written label identifying the ingredient out loud to them.

Try using these different learning methods to help your children learn while visiting the grocery store. Remember it is a process, some children will learn quickly and some may take a little extra time. Be patient and make learning fun!

## The Canada Learning Bond

THE CANADA LEARNING BOND IS A FREE OPTION FOR MANY FAMILIES TO SAVE FOR THEIR CHILD'S POST-SECONDARY EDUCATION. LEARN ABOUT THE CLB AND OTHER WAYS TO SAVE FOR THE FUTURE.

### DID YOU KNOW?

- The Canada Learning Bond is retroactive. So this means if your child is not eligible based on your income now, they may be eligible based on your income from previous years.
- Registered Education Saving Plans grow tax free.
- Does not affect any government assistance you may be receiving.
- Anyone can open up an RESP for a child including parents, guardians, grandparents, other relatives or friends.
- RESP's can remain open for up to 36 years
- You can use this money to pay for post-secondary school expenses like tuition, books and transportation and residence.

<https://www.flipsnack.com/CLBSurrey/mnbc-the-canada-learning-bond-ue1s0funf/full-view.html>

### FOR MORE INFORMATION, CONTACT:

Donalda Greger, Métis Navigator  
Métis Nation British Columbia  
Cell: 604-202-7158  
Email: [dgreger@mnbc.ca](mailto:dgreger@mnbc.ca)

## 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 valley 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](http://www.metismuseum.ca/michif_dictionary.php) or download the App "Heritage Michif to Go" on iTunes or goggle play.

**Eat Berries:** mominay ('moh-min-ehh')

**Bannock:** la gaalet ('lah-gall-et')

**Laugh:** paahpiw (paawf-pew) or paahpit ('paah-pit')



maarsii  
(thank you)



### Métis Early Years

[metisearlyyears@mnbc.ca](mailto:metisearlyyears@mnbc.ca)

[www.mnbc.ca](http://www.mnbc.ca)

Phone: 604-557-5851

Toll Free: 1-800-940-1150