

Island Métis Family & Community Services Society Newsletter

Fall 2019

Meet Our Island Métis Family



From Left to right (Back): **John M.**, Family Support Worker; **Melanie H.**, Executive Director; **Jack S.**, Family Support Worker; **Kelly L.** Office Manager; **Shay C.**, Cultural Roots Worker; **Elena V.**, Family Support Worker; **Dale B.**, FASD Key Worker; **Kate F.**, Indigenous Early Childhood Development Worker

(Front): **Shannon C.**, Life Skills/Program Coach/Manager; **Virginia T.**, Team Leader; **Jennifer C.**, Reception/Program Support; **Sharon F.**, Family Support Worker



Youth Programs

Dream Catcher Workshop

In September Alicia Chalifour came to our agency to share her knowledge of dream catchers with our youth. The youth learned about the teachings of the dream catcher and then they were taught how to create their own.



Medicine Making Workshop

On October 29th our youth learned about natural medicines during a presentation by Melaina Patenaude. The first half of the workshop Melaina taught the youth how to prepare plants for making herbals teas and infused oils. In the second half, participants worked together to create their own special salve.

Orange Shirt Day

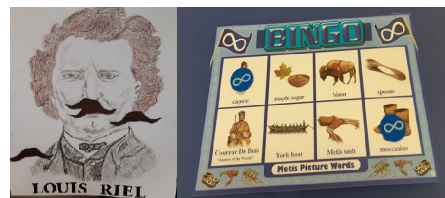
Orange Shirt Day is an opportunity for individuals and communities across Canada to come together in the spirit of reconciliation. On September 30th we wore orange to honour and support the individuals, families and communities that have been affected and continue to be impacted by the residential school system.

Staff members from various agencies in the West Shore Child, Youth and Family Centre worked together to create a reconciliation art project. Participants wrote words or messages of support on orange hearts, while others chose to trace their hand and write down their commitments to reconciliation.



Métis Monday Meal: Louis Riel

On the third Monday of each month Shannon Campbell cooks an amazing meal. Métis Monday Meal provides an opportunity for our community to come together to share food, exchange stories, and make new friends. In November, to honor Louis Riel, we hosted a special event. Families enjoyed bison stew, and played Métis bingo and a Louis Riel inspired game. We had an excellent turn out and we look forward to seeing more of you join us when we start up again in January 2020. A special thanks to Darlene for all her help! Maarsii!



Did you know that October 22, 2019 marked Louis Riel's 175th Birthday?

Open House

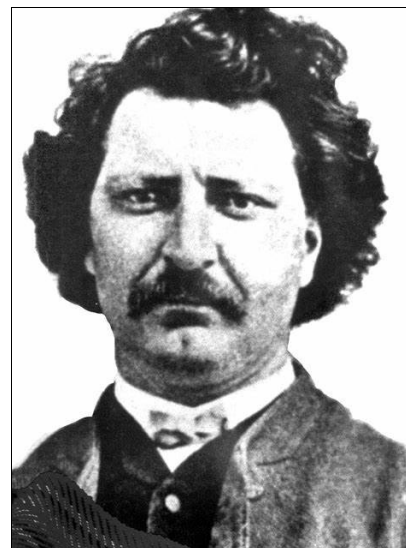
An Open House was held on October 17th, Culture Keeper, Jo-Ina Young opened the event with a blessing and a smudge. Simone Blais showcased her wonderful jigging talents and taught attendees how to jig. We also had a Buffalo Hunt, Saskatoon berry cider and tarts, and various Métis crafts and activities for our visitors to enjoy. It was a great opportunity for everyone to build community relationships and display the services that Island Métis has to offer.



Métis Feature- Louis Riel

Louis Riel was born in 1844 in Saint Boniface, Manitoba in the Red River Settlement. He was a leader and founder of Manitoba. Riel stood up for the rights of his Métis people. He led two resistance movements against the Canadian government known as the Red River Rebellion (1869-1870) and the Northwest Rebellion (1885). On November 16th we honor Riel and the work that he did fighting for Métis people and their rights.

**"We must cherish our inheritance. We must preserve our nationality for the youth of our future."
-Louis Riel.**



Did you know that the Michif language is now considered endangered because there are fewer than 1,000 people who speak it?

Michif Words

- Maarsii: Thank you
- Taanishi: Hello
- Si vous plai: Please
- Latonn: Fall
- Michif: Métis
- Faamii: Family
- Mochikihtow: Fun

Michif

Michif is the language of the Métis peoples, which is mainly a combination of Cree and French. Each newsletter will have Michif words for you to learn and practice at home. If you want to learn more Michif:

1. Visit the website <http://www.learnmichif.com/>
2. Download the free app called **Michif to Go** on your phone
3. Connect with shay@metis.ca for more support

Michif Faamii Mochikihtow

Métis Word Search

J	I	Q	R	G	S	A	U	D	T
B	A	N	N	O	C	K	T	O	N
B	E	A	D	I	N	G	L	J	Y
F	I	D	D	L	E	A	P	Y	I
W	J	E	U	R	F	D	T	A	E
A	I	L	L	F	I	N	M	V	I
T	P	B	U	D	O	E	O	L	J
R	B	B	Y	M	E	L	L	O	C
Y	U	T	U	I	Y	R	G	D	D
G	N	D	S	A	S	H	S	I	G

BUFFALO	LOVE	FIDDLE
BEADING	ELDERS	BANNOCK
RIEL	SASH	DUMONT

Try to find the words listed above in the word search. The words may be spelled forwards, up & down, and diagonally.

Each of the words in the word search have meaning for the Métis people and community. Once you have completed the word search try to see if you can determine the significance of each of the words. If you need help, talk to Elders or other community members, read books, research online, or come visit us at Island Métis Family and Community Services Society.

Metis Family Fun

Try making Saskatoon Berry Crumble together!

Saskatoon Berry Crumble

Ingredients

FILLING

- 4 cups saskatoon berries (frozen or fresh)
 - 1/2 cup sugar
 - 2 tsp corn starch
- 1 tbsp lemon juice (optional)



TOPPING

- 3/4 cup quick oats
 - 1/2 cup flour
- 3/4 cup brown sugar
 - 1/2 tsp salt
- 1/2 cup butter or margarine (chilled)
 - 1/2 tsp cinnamon (optional)

Did you know that berries were an important food for Métis people? Often they were eaten alone, or dried and mixed with dried meat to make pemmican.

Prep Time: 10 minutes Cook time: 35 minutes Total time: 45 minutes

Instructions

1. Preheat the oven to 350 F.
2. Prepare the filling by adding the Saskatoon berries, lemon juice and corn starch into a 9' square baking dish. Gently stir them together and then spread evenly to make a uniform layer.
3. In a separate bowl, prepare the topping by combining oats, flour, brown sugar, salt, butter and cinnamon. Mix until combined then sprinkle the topping evenly over the Saskatoon berries.
4. Place the Saskatoon Berry Crumble into the oven and bake for 35 minutes, or until golden brown and bubbling.
5. Remove from the oven and let cool for approximately 15 minutes. Consider adding a scoop of vanilla ice cream or whip cream on top.



Batoche National Historic Site Credit: Tourism Saskatchewan/Greg Huszar Photography



Island Métis
family & community
services society

345 Wale Road

Phone: 250-391-9924

Fax: 250-391-0038

E-mail: reception@metis.ca

www.métis.ca



October was Foster Family Month in B.C.

We want to thank all our amazing foster families for helping raise our children and keeping them connected to their Métis culture and community. Maarsii!

Visit <https://www.vicnews.com/community/our-goal-is-to-heal-families-colwood-woman-shares-why-shes-been-a-foster-parent-for-25-years/> to read an article about one of our incredible foster parents

UPCOMING EVENTS AT ISLAND MÉTIS

Ayishiinoo Faamii (0-8) Every Thursday at 10:00 am-11:30 am

Quilted Photo Frame (Life Skills) December 10th & 12th at
11:00 am-2:00 pm

Kindergym (Reindeer Dance Party) Tuesday December 17th at
10:00 am-11:30 am

COMMUNITY CULTURAL ACTIVITIES

Métis Nation of Greater Victoria's Community Potluck Sunday,
December 15th at 12:00 pm Please bring a dish to share.

Contact shay@metis.ca for more details regarding cultural activities and to be added to our Island Métis Family & Community Services Society newsletter e-mail list.

We are looking for a name for our newsletter! Please send your suggestions to shay@metis.ca. The winner will have their name used in our newsletter and will receive a small prize.