

Island Métis Family & Community Services Society Newsletter

Summer 2020

Mayshkoohtaashta (Change)



Taanishii! Happy Summer Everyone! Throughout our history, the Métis people have proven to be resilient and adaptable, and we are getting another opportunity to prove it during the COVID-19 pandemic. This pandemic has not stopped our staff at Island Métis Family and Community Services Society from ensuring that all of our families have support during this difficult time. Since the pandemic started, Island Métis has supported eligible youth and families through meal and grocery gift card deliveries. Island Métis has also adapted many of its programs and services online and is resuming the in-person family visitation program. Throughout the pandemic, we intend to be there supporting children, youth, and families of Island Métis.

Please contact the agency if you need other support services or would like to join one of our programs. Also check out our Facebook page for more information and current program updates.

Maarsii,

The Island Métis Management Team



Apray Mijii Trivia

On **Mikaarjii/Wednesdays** at **2:00pm**, Jessica, the Youth Support Worker runs a Drop-in Trivia session for **youth aged 12-30**. We have a fun mix of Métis cultural trivia and a diverse selection of pop trivia. Interested participants need only to contact **jessica@metis.ca** for a secure link to join the group. Participants are welcome to use audio and video in the group or type in their answers if preferred. This trivia session is a safe space for all youth to interact and hang-out. Youth who join are eligible for participation incentive.

Li Taan Poor Lii Nistwayr

Time for Stories/Lii Taan Poor lii Nistwayr is an online interactive reading circle experience for **Métis children ages 8-12**. The children are invited to listen to Métis stories and participate in exploring the characters and the cultural teachings. The children's mental wellbeing is supported by promoting formation of a positive cultural self-identity and sense of belonging. Michif language is introduced throughout the reading. The small group environment allows opportunities for meaningful interactions and shared learning. The reading circle is co-facilitated by the Cultural Roots Worker to provide culturally focused guidance. Currently offered on the **second** and **fourth Vaandarjii/Friday** of each month starting at **1:30 pm** by registration. Please e-mail **elena@metis.ca** to register.



Red River cart values wheel thoughtfully created by A., age 8, following *The Giving Tree* reading.



This is an Alberta Red Rose. Can you find one in your community?

FASD (Fetal Alcohol Spectrum Disorder) Support

If you are affected by or living with FASD, an intellectual disability, or other neuro-diverse circumstances and are in need of support, guidance, or strategy development, please contact our FASD Keyworker, Dale at **dale@metis.ca**.

Li Salay Nakooshiw: Sunshine Group

We met on Zoom every **Jhwiii/Thursday at 1:30 pm** for an informal craft session. It was a space for meeting new friends and catching up with old ones. This group was for **Métis girls and those that identify as girls aged 7 to 12**. We are looking to change the time and day of this program moving forward. If you are interested in events for this age group, please contact **dale@metis.ca**.

Métis Feature - Jo-Ina Young

Jo-Ina Young is a respected Métis Elder and Knowledge Keeper, educator, and artist. After finding out that she needed a transplant, Jo-Ina came to know her ancestry and discovered that she was Métis. She then began to learn the Métis culture and the unique language of Michif. Since then, Jo-Ina has worked hard to pass down this knowledge onto others, especially children. She does so in her many contributions to the community, such as serving as the Cultural Director for the Metis Nation of Greater Victoria, a Member of the Board for Island Métis Family and Community Services Society, and as a role model for local schools. Importantly, during the COVID-19 pandemic, Jo-Ina sewed more than 500 masks and made jams for countless community members and The Victoria Native Friendship Centre. As a storyteller, Jo-Ina aims to bring an awareness of Métis culture into classrooms, addressing topics such as Métis history and traditions, through engaging with hands-on activities like learning to jig and creating crafts. She is also involved in the greater community by participating in events such as the Royal Roads National Indigenous Peoples Day. As well, her artwork has been featured in many venues, including the Sooke Fine Arts Show



Jo-Ina Young, pictured above in her beautiful ribbon skirt. Photo credit to Christine Henry Arts.

Michif Words

Aen Paahypihk = Laughter
La Saantii = Health
Pishkayhta = Safety
Paahkaan = Different
Aansaamb = Together
Pishkayhta = Safety
Praentaan = Spring
Lii Nistwayr = Story

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

Teaching Garden

Research shows that gardening offers so much more than lowering grocery costs and access to fresh, delicious, organic, vegetables and fruits. Gardening is credited with improving physical health and well-being through moderate exercise and healthier food choices, lowering stress and even reducing the impact of mental health conditions such as anxiety and depression. Best of all, from the process of building your garden to putting the results on the table, it is a fun activity families can do together. With these benefits in mind, we are working to expand the teaching garden at Island Métis this summer. When the COVID-19 restrictions lift and we can get gardening together again you will see a few changes. A piece of playground equipment was removed to create more space for planters and trellis supports for climbing vegetables. The garden is currently planted with beans, peas, tomatoes, peppers, potatoes, strawberries and herbs as well as cucumbers, squash and pumpkins. We are even experimenting with cantaloupe this year! Happy Growing!



Papas Wiichitowak

Papas Wiichitowak (Fathers Joining Together) is a participant-led gathering of dads, step-dads, uncles, grandfathers and other men who have an important role in an Indigenous child's life. The purpose of Papas Wiichitowak is to provide a safe space for the participants to discuss aspects of fathering such as role modeling, notions of masculinity and healthy relationships. Referrals are welcome from participants or from sister agencies and MCFD. Contact John at 778-533-9924 (call or text) or email john@metis.ca. Meetings are **Mikaarjii/Wednesdays** at **7:00 pm** via Zoom.

Free Legal Clinic

If you are struggling with a legal issue, worried about an upcoming legal problem or even think you may need some advice we are here to help. At this time we are conducting virtual appointments and these can be arranged by contacting Sharon, Family Support Worker, at **778-350-8988**. Sharon will forward your information to one of the volunteer lawyers and they will arrange a time to discuss your issue.

Early Childhood Development

Taanshi miz amis!

Like all of you since the world went sideways, our Early Childhood Development Programs have had to adapt. Taking our family Circle Program, Ayishiinoo Faamii, online has been fun. With no driving required, a number of new families have joined us for singing and stories.

Please join us **Morjii/Tuesday** and **Jhwiiiii/Thursday mornings** at **10:00 am** for circle time on Zoom. For more information on ECD Programs for **Indigenous children 0-8 years old** contact kate@metis.ca.

Aansaamb: Women's Connections

We meet on Zoom every **Jhwiiiii/Thursday at 3:00 pm** for an informal connections circle. It is a space for people to share stories, make connections, and learn from one another. This group is for Métis **women** and those that identify as women, whom are **18 years and older**.

Participants are encouraged to join us with a cup of tea and a craft. Shay will provide crafting supplies if needed. If you want to be involved in this group email shay@metis.ca to receive the Zoom details.



Life Skills Program

The LifeSkills Program offers individualized, strength-based one-to-one support, group learning, and certificate opportunities. Clients are supported and encouraged to seek, learn, and develop strategies around barriers. The LifeSkills Program works with partners, other community organizations and service providers to help clients find and access complimentary programs and educational services. These include First Aid, RentSmart, Food Safe, Adulting 101, etc. The LifeSkills Program continues to provide support during the COVID-19 pandemic while following government directed advisories to best protect employees, clients and their families, through alternate measures such as video, phone, text, and driveway visits.

Please e-mail shay@metis.ca if you would like to be involved.

Word Scramble

Unscramble the letters below to spell a word.

MCONASIC

Clues

GNGJGII

Footwear

ENAOOC

A type of dance

SIéTM

A type of boat

SSHA

A people

Traditional type of clothing

Attention Métis youth ages 13-20 years! If you answer these scrambles and email your answers to jessica@metis.ca you will be entered to win a \$10 Tim Horton's gift card!



Joke Corner:

Q: Why do we tell actors to break a leg?

A: Because every play has a cast!



Métis Family Fun

Blackberry Muffins

It's almost blackberry season!

Preparation time: 15 minutes

Bake time: 18-22 minutes

Total Time: 33-35 minutes

Ingredients

1-1/4 cups sugar
 2 cups all-purpose flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1/2 cup milk
 2 large eggs
 1/2 cup butter, softened
 2 cups fresh or frozen blackberries

Directions

Pre heat the oven to 375 degrees.

Combine baking powder, flour and salt into a bowl.

Cream butter and 1-1/4 cups sugar together using a mixer. Slowly add eggs in one at a time and beat.

Stirring slowly, combine: dry ingredients into the creamed mixture, alternating with milk. Mix well after each new ingredient is added.

Gently fold in blackberries. Be extra gentle if the berries are fresh.

Grease a muffin pan and fill each cups with the mixture about two-thirds full.

Bake at 375° for 18-22 minutes, or the muffins begin to turn slightly golden in color.

Insert a toothpick in the center and if it comes out clean, they are ready.

Allow muffins to cool for at least 5 minutes before removing them from the pans.

Enjoy!





Island Métis
family & community
services society

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Phone: 250-391-9924

Facebook: Island Metis

E-mail: reception@metis.ca

www.metis.ca



We are still here to help, but just in a different way.
Check out our video on Facebook!

UPCOMING EVENTS AT ISLAND METIS

Currently all programs are happening via Zoom. Please visit our Facebook page for updates.

COMMUNITY CULTURAL ACTIVITIES

Back to Batoche Métis Virtual Gathering - July 23rd - 26th

Visit: <https://backtobatochedays.ca/>

Métis Pride Celebration - August 1st, 2:00 pm - 4:00 pm

Visit: <https://www.eventbrite.ca/e/metis-pride-celebration-tickets-112537655156>

Jigging Camps for ages 8-12. E-mail shay@metis.ca for details.

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.