



latonn

Autumn Reflections

Stories told by Elder Bettye Poitras

Garden

When I was a little girl, I loved visiting my Grandma Sinclair in Lebret during the fall. She had a huge garden, and she let me help pick the carrots, dig up potatoes, and collect beans. It was quiet and peaceful out there. Even though she wasn't always a kind woman, in the garden she was gentle with me. She showed me how to work with the earth and harvest food. I still remember how happy I felt working in the sunshine with her.

Root Cellar

After we harvested everything, we brought it into the house and cleaned it all. My grandma had a root cellar that was so clean, you could eat off the floor. She kept all the canned jars and big containers of carrots, potatoes, and turnips down there. I learned that this was how we kept food for the winter. It was a big part of how our family survived the cold months.

Fruitcake

When I was young, my dad moved us to Regina because he didn't want me to go to the residential school in Lebret. My mom and aunts went there, and they told me how hard it was. They were made to clean huge floors by hand and were often punished. They didn't learn much, and it was a very sad and strict place.

The One Who Worked

From the time I was four years old, I was expected to work hard as I was the eldest sibling. I babysat, cleaned, and even cooked when I was just a little girl. I didn't get paid much, and when I did, I had to give the money to my mom. My younger siblings didn't have to do the same work I did. It was hard, but it taught me how to take care of myself.

Music & Me

I didn't learn guitar until I was older. I bought a book and taught myself. It was tough on my fingers at first, but I kept practicing. Later, I even wrote my own songs. Music became something really special to me.

A Song for Rose

One time, I was in the hospital and shared a room with an elderly woman named Rose. She seemed very sad and quiet. One night, I felt inspired and wrote her a song. I played it for her and later recorded it for her funeral. Her family told me the song captured her life perfectly. I didn't know her long, but I felt very connected to her.

Sleigh Ride

At New Year's, Grandpa Sinclair would hitch the horses to a sleigh and we'd visit friends and family. The horses wore bells and we were bundled up in blankets. Every house had a big meal with bannock, beans, potatoes, and cake. It was a Métis tradition to go house to house to celebrate together. Even after we moved to the city, we kept that tradition going in smaller ways.

What are your fall rituals?

How do they differ from Elder Betty's or your grandparents/Elders?

Colour By Number

aen: red
deu: yellow
trwaa: blue
kaat: green
saenk: purple
sis: orange



aen: one | **trwaa:** three | **sis:** six | **deu:** two | **saenk:** five | **kaat:** four

Fill the written Michif number in the blank

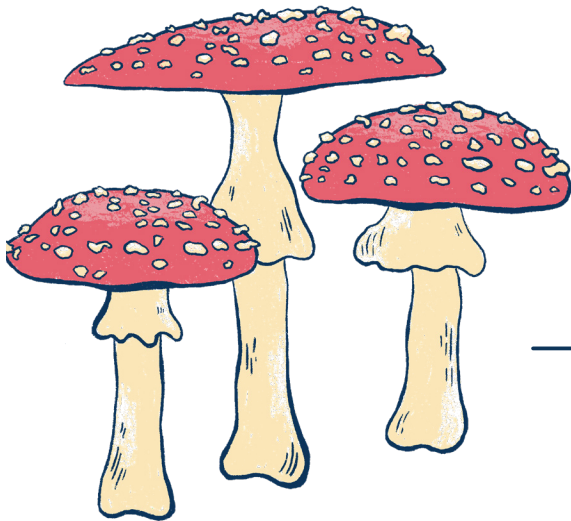


_____ **swiss**

One chipmunk

_____ **sitrooyl**

Two pumpkins



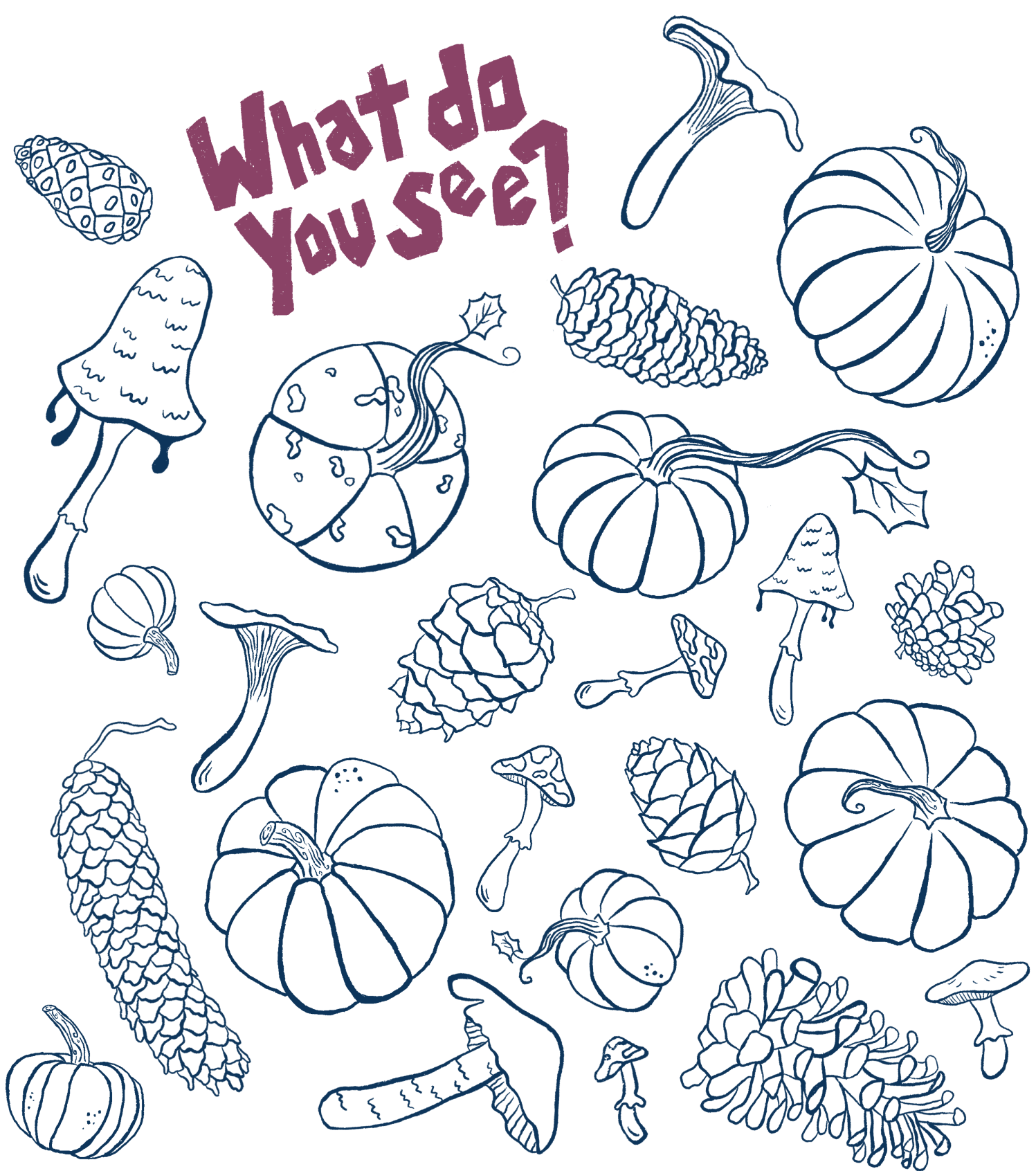
_____ **shampionn**

Three mushrooms

_____ **feuay**

Four leaves





Colour and count the objects. Write the number of each in Michif below:

Pumpkins
sitrooyl

Fungi
shampionn

Pine cones
lii grenn dipinet

set: seven | whit: eight | sis: six | nauf: nine | saenk: five

Match the Numbers



Draw a line to match the numeral to the word

met aansaamb

Find the matching translations

taan koovaac

viyalet

aen sitrooyl

lii moosh

le vaan

frimii

feuay

aen nishel

trwaa

il fayshoo

kaat

rouzh

leaf

overcast

red

wind

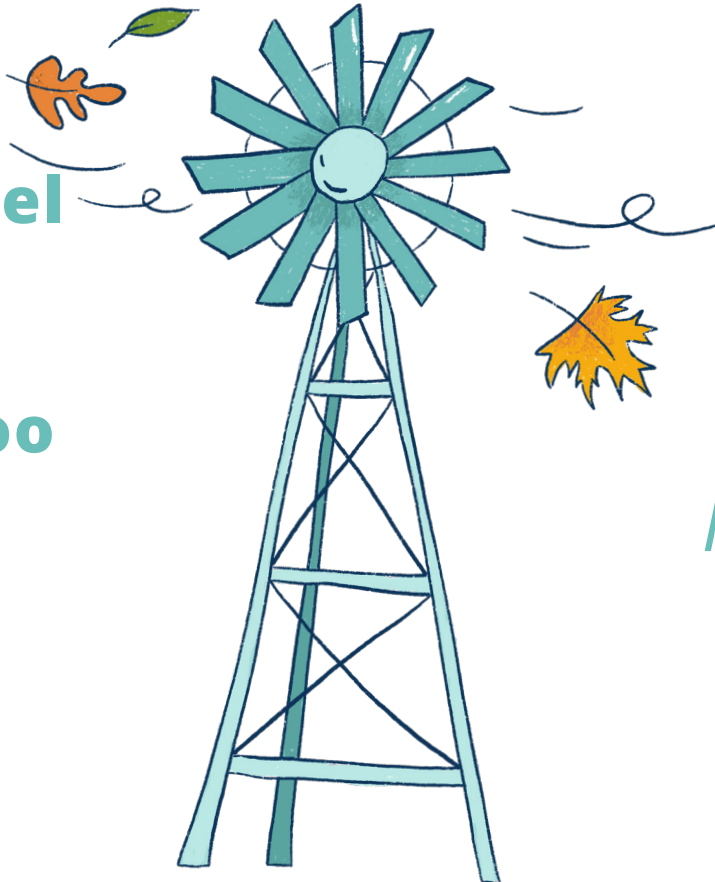
flies

three

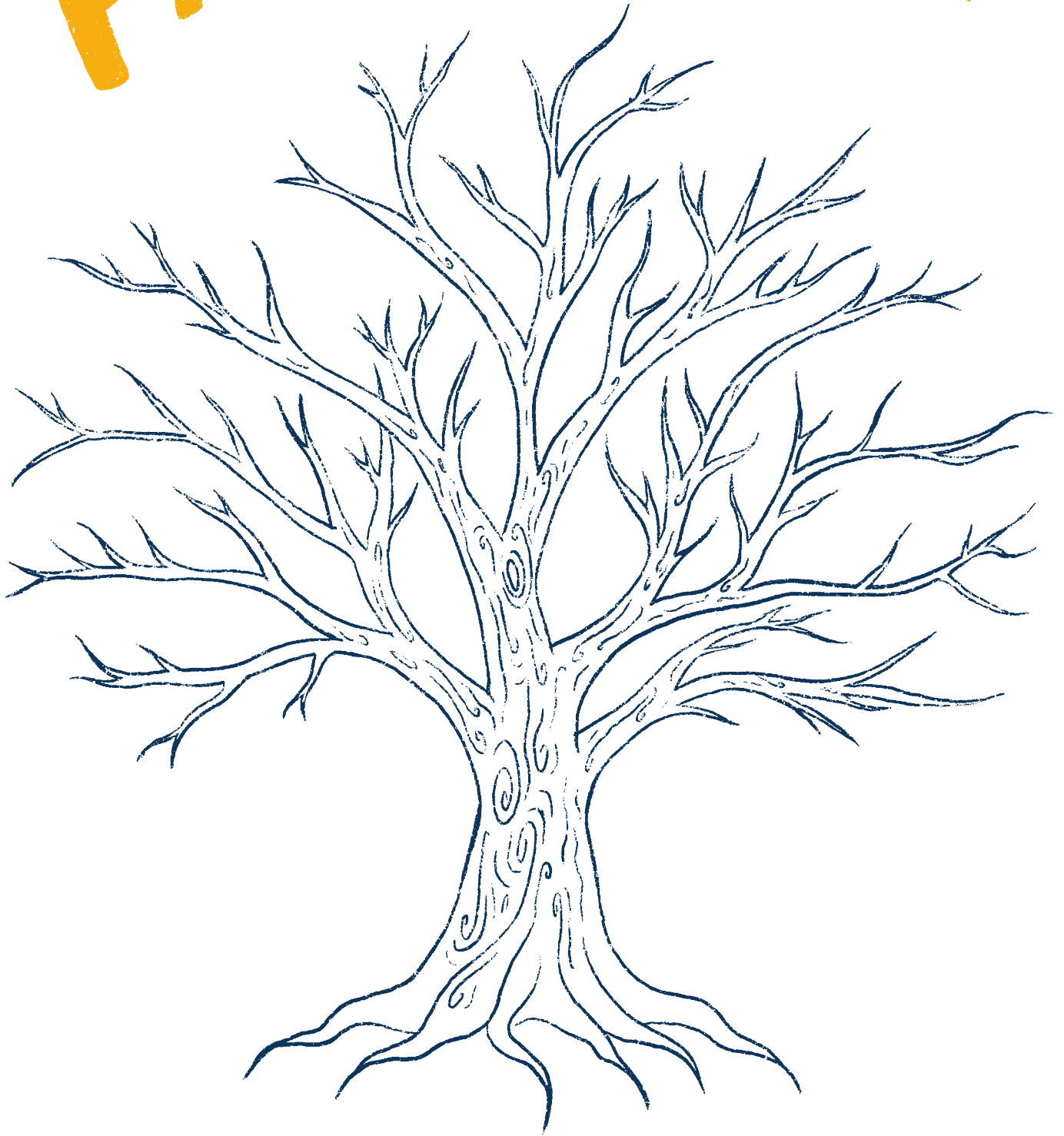
ants

purple

pumpkin



FILL the TREE



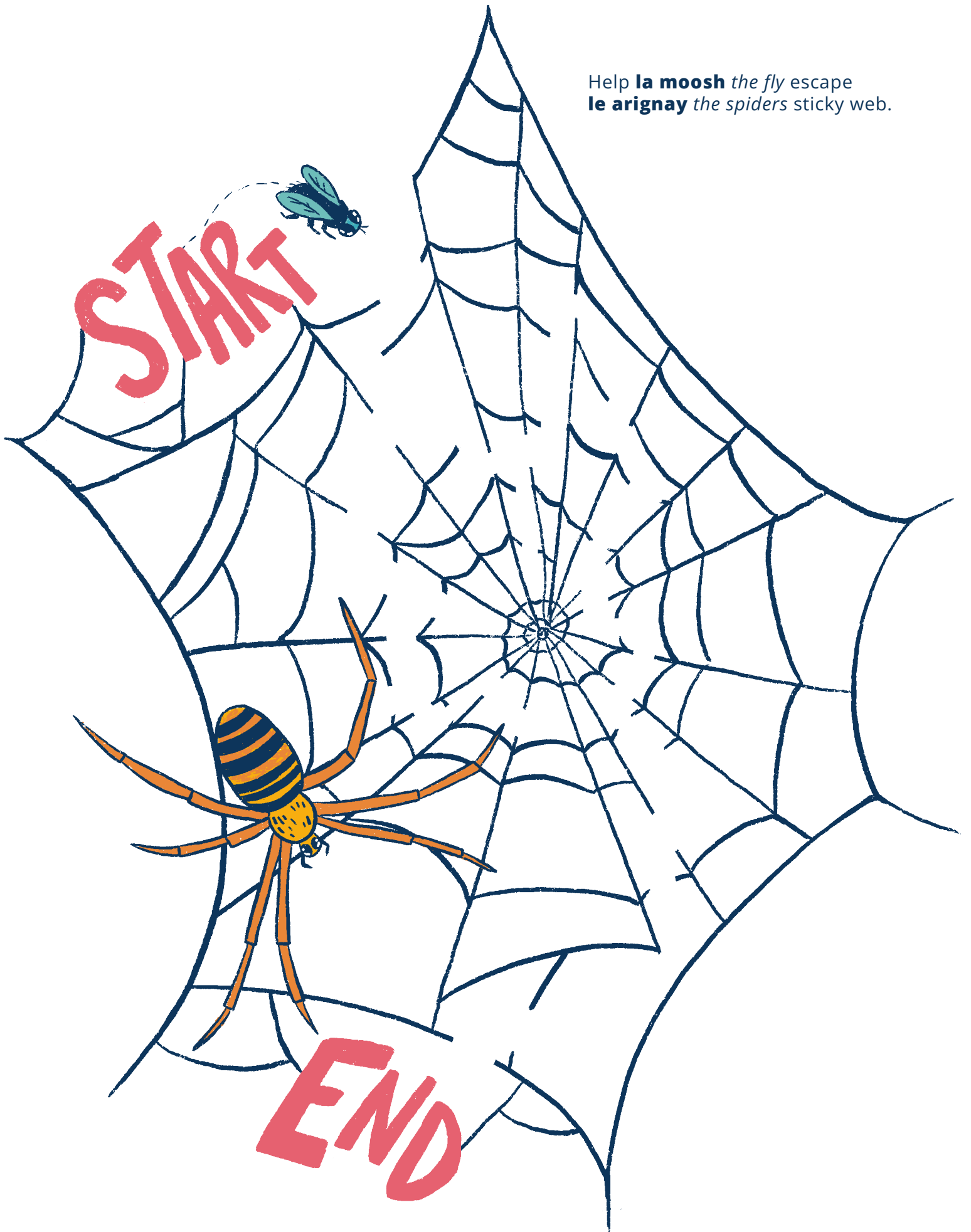
Fill in the tree, add in **lii feuay** the leaves
and other creatures who live in it.

Colour By Number



- 1:** rouzh
- 2:** zhown
- 3:** blu
- 4:** ver
- 5:** viyalet
- 6:** zoraanzh

Help **la moosh** the fly escape
le arignay the spiders sticky web.

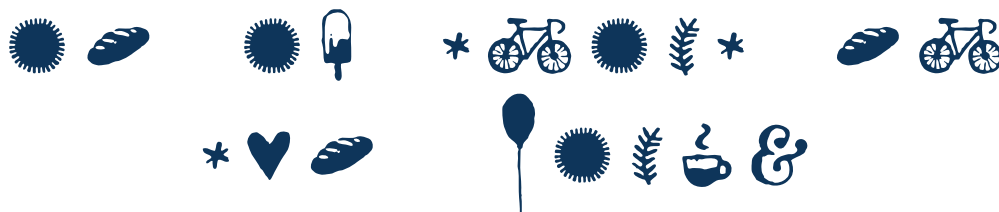


Decode the translations



il fay fret

English translation



il va fer groovaaan

English translation



met ton capoo

English translation



allon zhoay dahor

English translation



allon praand aen maarsh

English translation