

ST. VITAL PARK WAS FIRST DEVELOPED IN MAY 1929.

ST. VITAL PARK IS STILL USED TODAY FOR OUR MÉTIS FAMILY TO GATHER AND PLAY.

I MOVED BACK TO ST. VITAL LAST YEAR SO MY 3 YEAR OLD CAN GROW UP AS I DID, AT THIS PARK AND ALONG THE RED AND SEINE RIVERS.

I HAVE CHOSEN THIS SPOT FOR OUR ITAC EXPERIENCE BASED ON MY PERSONAL CONNECTION TO THIS SPOT.



🌐 [SAYZOONS.CA](http://SAYZOONS.CA)  
✉ [INFO@SAYZOONS.CA](mailto:INFO@SAYZOONS.CA)



# HIVERNANT

A Winter Métis Stay and Play Experience

*"I AM PROUD  
TO SHARE MY LIFE  
AND PASSION WITH  
OTHERS. WELCOME  
TO MY HOMELAND!"*



## SAYZOONS MISSION

TO CONNECT OTHERS TO THE RICH HISTORY OF THE MÉTIS PEOPLE HERE ON THE HOMELAND THROUGH LAND BASED RECREATION AND SHARING OF KNOWLEDGE AND EXPERIENCE.

## SAYZOONS YEAR ROUND

### HIVERNANT - WINTER EXPERIENCE

TO CELEBRATE AND HONOR THE MÉTIS WHO STAYED THROUGH WINTER TO PROTECT THEIR LANDS

### SHAKAMOHTA - SUMMER EXPERIENCE

TO CELEBRATE AND HONOR THE MÉTIS WHO RENDEZVOUS ALONG THE LAKES AND RIVERS

### MATAWAY - SPRING AND FALL

TO CELEBRATE AND HONOR THE MÉTIS WHO LEARNED TO WORK IN HARMONY WITH MOTHER NATURE



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## RECREATION

BE ACTIVE ON THE LAND

## FIRESIDE

SHARE MORE ABOUT OURSELVES AND OUR CONNECTIONS

## TRADITIONAL WAYS WE PLAY

COMMUNITY, LAUGHTER, PARTICIPATION

## FEAST

HOSPITALITY, FOOD, CARING ARE THE FOUNDATIONS I WAS RAISED WITH

## WELCOMING

CREATING ACCESSIBLE SPACES

