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Seven Oaks Programs

MMF Programs and Initiatives

Recipe of the Month

Plant of the Month

Upcoming Meeting



April 2021

A Monthly Insight into your Seven Oaks Métis Council

Saskatoon Jelly

Ingredients:

- 3 cups berry juice
- ½ cup lemon juice
- 7 ½ cups sugar
- 1 bottle liquid pectin (certo)

Instructions:

- Clean and prepare berries. Place about 4lbs in kettle and crush. Heat gently until juice starts to flow and then simmer covered for 15 mins
- Place in jelly cloth and squeeze out juice
- Squeeze and strain juice from 4 lemons and put aside
- To make jelly, measure sugar and juice into a large saucepan and mix.
- Add lemon juice and combine well.
- Bring to a boil over high heat and all at once, add pectin, stirring constantly, then bring to a full rolling boil and boil hard for 1 minute.
- Remove from heat
- Skim and pour quickly into sterilized jars and seal.

<http://www.louisrielinstitute.ca/food.php>



Plants to Help Us

Burdock (*Arctium minus bernh*)

Akwâminakisîmin: île-à-la-Crosse Michif

Machi'kwanaas: Michif-Cree

Medicinal Uses: Alerative, depurative, diaphoretic, diuretic, and tonic.



Burdock is an introduced species, naturalized in North America from Asia and Europe. Vitamin and iron rich, Burdock was originally brought here for food. It can be found along roadsides, fields and vacant lots.

The roots are used in tonics and serve as a strong blood “cleanser”, cleansing the body of toxins, while promoting the health of the liver and skin. It is also said to help reduce swelling and deposits in arthritic joints. It is also used for treating gout, high blood pressure, kidney and liver problems and stomach pains. The powdered roots, mixed with grease, are said to help in healing burns and skin irritations, as are poultices made of its leaves. The leaf tea is used following a hard dry cough or after a coughing spell.

All parts of the plant are edible. Both its leaves and roots are used. The leaves can be added to soups and stews. The roots, if dug in the first year, can be used in stir-fries, soups or mashed and fried in patties.

*caution: pregnant women or people with diabetes should not use this plant. Its leaves resemble rhubarb leaves, which are toxic.

Want to know more?

Contact us to borrow “Medicines to Help Us: Traditional Métis Plant Use” by Christi Belcourt from our knowledge library!



MANITOBA METIS FEDERATION

300 - 150 Henry Ave., Winnipeg, Manitoba R3B 0J7
Phone: (204) 586-8474 Fax: (204) 947-1816 Website: www.mmf.mb.ca

NEWS RELEASE

March 29, 2021

MMF closes successful 52nd Annual, and first virtual, General Assembly

Winnipeg, MB in the Homeland of the Métis Nation – The Manitoba Métis Federation (MMF) has successfully concluded its 52nd Annual – and first virtual – General Assembly.

"COVID-19 has robbed us all of so much over the past year," said David Chartrand, President of the MMF. "Our assemblies are dynamic events with music, dancing, friends and family, all coming together to affirm our Manitoba Métis democracy."

This was the first year that we were not able to gather together in one place, but through today's video conferencing technology, we had a very successful assembly.

Highlights of the event include:

- **Signing of a Negotiators' Statement of Understanding with the Government of Canada** – The Statement is a major milestone in the negotiation of a Manitoba Métis Self-Government Recognition and Implementation Agreement, which recognizes the MMF as the Manitoba Métis Government, not a club or an organization. The recognition of our inherent rights of self-determination and self-government – as differentiated from contingent rights – we have fought hard for over the generations since the time of Louis Riel.

In 2013, the Supreme Court of Canada declared Canada had failed to implement the lands promise of the Manitoba Act, 1870, and that this was a historic wrong that needed to be rectified. The Statement, along with Prime Minister Justin Trudeau's video, renewed Canada's commitment to continue to negotiate with the MMF and resolve this outstanding land claim.

- **\$1 million to support the location of missing and murdered loved ones** – The program, called Pey Key Way Ta Hin in Michif and Bring Me Home in English, will provide individual rewards for information that leads to locating missing individuals. We are currently offering \$10,000 for tips that lead to locating Jennifer Catcheway and Marcus McKay.

- **\$1 million to Youth Professional Development** – Along with skill-building conferences, the MMF will support Métis Youth as they pursue their athletic goals in hockey, baseball, curling, golf and more. "It's time to start filling the empty baseball diamonds in our Métis villages," said President Chartrand. "With this fund, we can build Youth camps that will be the best in the province and give our hockey players and other athletes a strong system to help them develop their skills."

- Citizens took to the Internet to watch the weekend's proceedings in record numbers, with Facebook page views up 225%, well over 55,000 hits on our AGA website and an additional 7,500 plus hits to our www.mmf.mb.ca website. Social media engagement reached its peak with over 7,000 reactions to our evening of music and entertainment.

Out of respect for our Citizens and our democratic process, this virtual assembly passed essential motions, but saw resolutions not deliberated or voted on, but rather tabled to the next assembly, where we expect approximately 3,000 delegates. Once COVID-19 vaccinations are complete in Manitoba, later this autumn, the MMF plans to host an in-person assembly where the tabled resolutions will be voted on.

"We're very proud of our delegates who attended the event, along with the many Métis Citizens and allies who livestreamed the event to watch our democratic process in action. The Local Executives stayed online throughout the entire proceedings and even worked through their lunch," said President Chartrand. "I can't wait until we can fully assemble – hopefully in October 2021 – and get down to the business of governance for the Métis in Manitoba. I know that will be an event to remember."

This virtual annual assembly will be followed by a mini-Annual General Assembly on Monday and Tuesday, where 90 Youth ages 5-12 have registered to learn about Métis democracy and governance matters.

-30-

Believe in Yourself. Believe in Métis.

SOMC Programming

The fiddle and beading circles wrapped up at the end of March. The next session dates will be announced soon!

Stay tuned for UPIP Programs. There are no tentative start dates yet.

Please follow and like Seven Oaks Métis Council on Facebook to be notified when dates are set!

Volunteers Needed

SOMC is looking for volunteers to join our Youth and Volunteer Committees.

For more information, or to sign up, please contact seven_oaks_local@outlook.com



The COVID-19 pandemic has increased the challenges people are facing in everyday life as a result of hardships such as financial uncertainty and social isolation. The MMF has launched a Mental Health Wellness Support Line for Métis Citizens to provide support.

MENTAL WELLNESS SUPPORT LINE

The Manitoba Métis Federation (MMF) is pleased to announce the launch of a toll-free Mental Health Wellness Support Line that will operate from 7 am to 11 pm daily.

1-833-390-1041
7AM to 11PM Daily



Metis Employment & Training Opportunities

Metis Employment & Training in partnership with Aecon is actively recruiting for the following employment opportunity:

Job Title: Utility Labourer/General Labourer Telecom

Reports to: Site supervisor, the Utility Labourer/General Labourer will be responsible to ensure the achievement of general and specific project requirements.

Position Overview

Faster. Smarter. Safer. This is how Aecon Utilities is committed to delivering projects. Aecon Utilities is ready to become Canada's #1 utility construction provider and we are looking for Utility Labourers/General Labourers to help us get there!

Key Responsibilities

- Prepare and clean up construction sites.
- Work in a safe and responsible manner daily.
- Move materials and equipment to perform safe excavation, compaction, and restoration activities.
- Handle and distribute construction materials (e.g., load and unload vehicles with supplies, equipment, etc.)
- Excavate, backfill, and compact subgrade (e.g., move and level earth using shovels and rakes, operate pneumatic tampers).
- Assemble shoring, traffic safety and barricades at construction sites.
- Performs other duties and responsibilities as required.
- Able to perform in a fast-paced environment.
- Continuously changing work tasks.

Required Knowledge and Experience

- Experience working in a similar role within the industry.
- Physical strength and stamina, manual dexterity.
- A safety-conscious attitude.
- The ability to work with others in a team.
- Ability to use stairs, ladders, and climb over rough terrain.
- Ability to work long hours per day sometimes in rough weather conditions and environments.
- A valid class 5 driver's license with a clean abstract. (abstracts must be provided with their referral on the first day)
- Ability to lift and work with materials weighing up to 25kg.

Job Type: Seasonal

Salary: \$18.00 per hour to start

Closing Date: April 30/2021

For more information and to apply, contact: call (204)586-8474 or email metresumes@mmf.mb.ca

AECON



**Metis
Employment
& Training**

Metis Employment & Training and the Winnipeg Regional Youth Advisory Committee are pleased to host the following event:

Youth Paint Night via Zoom

**Saturday, April 10th, 2021
6:00 to 7:30 p.m.**

- **Winnipeg Metis Youth** between the ages of 8-29 are encouraged to participate.
- Art Kits provided by Art City. There are a limited number available so register early!
- **Registration deadline is April 1st;** Youth will be required to fill out a registration form prior to event.
- Youth will be entered into a participation draw for a \$100 Visa



For more information about this workshop & to register please contact:

Riley Douglas, Regional Youth Coordinator
MMF Winnipeg Regional Office
Phone: (204) 589-4327
email: wpgmmfyouth@mmf.mb.ca



**Metis
Employment
& Training**



**LOUIS RIEL
VOCATIONAL COLLEGE**
Knowledge - Culture - Heritage

ONLINE

HEALTH CARE AIDE CHALLENGE CERTIFICATION

Attention, Uncertified Workers with 1200 Hours of Service or those with a nursing degree from another country

The Louis Riel Vocational College is now recruiting students for its on-line Challenge Program! Get certified online! Work from home and have feedback given to you in real time. Call us today! Continuous Intake is available.

(Students **must** attend one full skills day)

Program begins April 26 2021, ending July 30 2021

Please download an employer form at:

<https://www.lrvoc.ca/assets/hcac-employer-form-revised-feb-19-2019-wrha-changes-11.pdf>

Please download an application at:

<https://www.lrvoc.ca/assets/lrvoc-student-data-sheet.pdf>

If you would like more information about this or any other program, please contact:

Karla Ristock – Student Services
LRVC Home Office - 204 984 9480 ext. 389
LRVC Cell – 431-275-4400
Email at karla.ristock@mmf.mb.ca

Margaret Flett – Facilitator/Administrative Assistant
LRVC Home Office - 204 984-9480 ext. 301
LRVC Cell – 431-275-4200
Email at margaret.flett@mmf.mb.ca

- A return to "on campus" learning may take place during this program



The LRVC is a proud sister company of both the Manitoba Metis Federation and the Louis Riel Institute



LEARNING to lead™

MINERVA

THE PROGRAM

Learning to Lead™ is a **five-day** leadership program open to **Grade 11 girls, transgender, and non-binary youth**. Participants attend Zoom sessions every day from Monday – Friday for 2.5 hours and gain confidence through interactive workshops and activities within a safe and supportive community.

WHAT YOU'LL LEARN

Learning to Lead™ focuses on:

- Self-knowledge
- Being a leader
- Increasing confidence
- Being authentic
- Creating connections

2021 DATES

Week 1: May 3 – May 7
Week 2: May 10 – May 14
Week 3: May 17 – May 21
Week 4: May 31 – June 4

“
 I recommend it to every passionate girl who wishes to feel the true essence of being a leader!
 ”



JOIN US!

We are looking for youth who demonstrate independent thought, a desire to create a better world, and have taken on and overcome challenges.

50 participants will be selected to attend each one-week program (200 in total). Indigenous youth are encouraged to apply.

To nominate a student, contact Ashley Milbury (Youth Programs Manager) at ashleym@minervabc.ca

To learn more and apply, visit minervabc.com/learningtolead

Thanks to our generous sponsors, Learning to Lead™ is offered at no cost to participants.

Lead Sponsor:
Shaw)

2021 Virtual Skills Manitoba Young Women's Conference

Skills Manitoba is pleased to host an exciting virtual one day conference on the V Fairs platform! This conference is for young women in Grades 6 – 12 to learn about the trade and technology careers available in today's employment market. The conference will highlight different vocations in trades and technology, introduce young women to women mentors working in the trades and technology field and provide employment and career planning information!

This event will feature an engaging and informative keynote speaker, an insightful panel discussion with tradeswomen to learn more about all day to day aspects of their current occupations. There will be an opportunity for students to ask lots of questions during the panel discussion! The conference will feature live industry tours and hands on demonstrations led by women industry professionals. There will also be 30 Exhibitor booths for students to explore through a fun Scavenger Hunt with the chance to win some awesome prizes! Students are encouraged to spend time in the virtual space to interact with Exhibitor attendees through a question and answer area.

To register for the event, please **CLICK HERE**
<https://skillsmanitoba.vfairs.ca/>



Skills Canada Manitoba is a not-for-profit, charitable organization that works with youth, parents, communities, industry and government to increase awareness of the rewarding careers available in skilled trades and technology.

For any questions please contact Skills Manitoba at 204-927-0250 or go to www.skillsmanitoba.ca

Wednesday, April 7, 2021

- 8:30 – 10:00 am** Exhibitor booth exploration and scavenger hunt
- 10:00 – 11:30 am** Young Women's Conference – Keynote Speaker, Panel Discussion and live industry tours and hands on demonstrations
- 11:30 – 1:00 pm** Exhibitor booth exploration and scavenger hunt

Skills Manitoba's Young Women's Virtual Conference!

Enjoy a fun filled day with us and bring home lots of information on exciting careers in the trade and technology sectors. Take part in our Scavenger Hunt to win some great prizes!

To register please use this link:
<https://skillsmanitoba.vfairs.ca/>

Here's how it works:
 Find hidden Scavenger Hunt images throughout the venue to earn additional points
 Every time you earn points for yourself on the Leaderboard, you are also earning points for your school, increasing their chance to bring home the School Prize Package.
 Please do not log off until you are ready to submit your Leaderboard score!

Other ways to earn points while you are gaining knowledge of all the fun careers

| CHECKPOINTS | |
|---|-------------------------|
| Booths | |
| Booth Visits | 5 pts for select booths |
| View a Document | 2 pts |
| View Booth Video | 2 pts |
| Chat with Exhibitors | 25 pts |
| Add documents to your swag bag | 10 pts |
| Scavenger Hunt | |
| Find Hidden Items | 5 pts per item |
| Auditorium | |
| Watch – Kate Campbell | 20 pts |
| Watch – Women in Trades – Andrea Capper | 20 pts |
| Watch – Birchwood Automotive Group | 20 pts |

* Must be a resident of Manitoba in Grade 9-12 to qualify for the Skills Manitoba event prizes.



PRIZES

Enjoy a fun filled day with us and bring home lots of information on exciting careers in the trade and technology sectors. Take part in our Scavenger Hunt to win some great prizes!

Three Individual Prizes To Be Won!

1st

Samsung Galaxy A7 Tablet
64 GB 30.4 screen

2nd

Beats Solo 3 headphones

3rd

\$200.00 Best Buy Gift Card

Three School Prizes Packages!

1st

PRINCESS AUTO
Make it Work
\$100 Princess Auto gift card sponsored by Princess Auto

2nd

Milwaukee 6-1/2" Two-Tool Combo Kit sponsored by Milwaukee Tools

3rd

Milwaukee 6-1/2" Two-Tool Combo Kit sponsored by Milwaukee Tools

Prize packages awarded to the top three students with the most points



METIS HOUR X2
WITH **RAY ST. GERMAIN**
SATURDAYS AT 11AM



METIS HOUR X2
WITH **RAY ST. GERMAIN**
FEAT **PRESIDENT CHARTRAND**
SATURDAYS AT 12PM



Little Moccasins

An online group for pregnant individuals + new parents

Every Thursday from 2 p.m. to 2:30 p.m. on Zoom

To register, please contact:
Illeana Fawcett
illeana.fawcett@mmf.mb.ca
(204) 586-8474 ext. 409



We're hiring!
Visit our website to browse a full list of current opportunities.
manitobametis.com/job-postings



FUN FOR EVERYONE

The
BEAT
Goes On

EVERY TUESDAY @ 7PM
WATCH LIVE @ MMF.MB.CA



Red River **Cart** *Adventures*



**DID YOU
KNOW...?**

SUNDAYS AT 10AM – MMF.MB.CA

SOMC Sashes Are Back in Stock!



Official SOMC sashes are back in stock and available for \$50 each via cash or etransfer, please contact

seven_oaks_local@outlook.com

Get Your SOMC Swag!



Tote Bag \$20



Mug \$15



T-Shirt \$20
Available in S-2XL

Upcoming Meeting



Local Meeting

(This meeting is for Seven Oaks Métis Council Citizens and Invited Guests only)

Thursday, April 8, 2021

7:00pm – 8:30pm
(Meeting will open at 6:55pm)

Virtual on ZOOM
(You'll need to sign-up/login and will need a mobile device, computer, or laptop. A link to the meeting will be emailed)

Please confirm **attendance** and **regrets** to:
Santanna Tate, Secretary/Treasurer
Email: treasurer.somc@outlook.com



Connect with us!



seven_oaks_local@outlook.com



Seven Oaks Métis Council



@sevenoaksmetiscouncil