



# Happy Easter!

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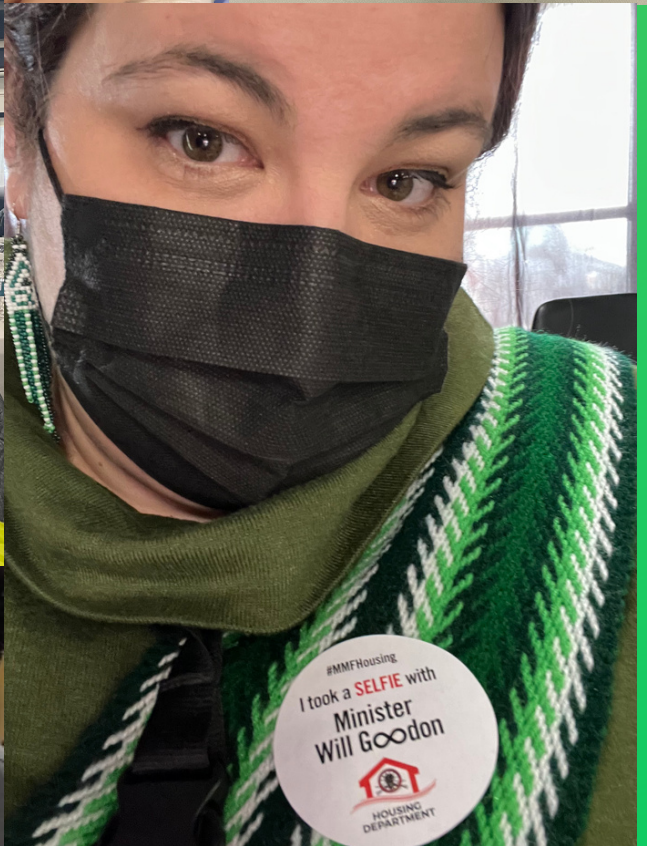
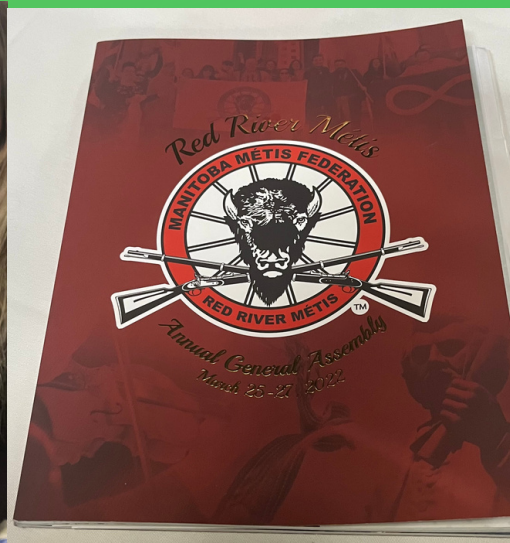
Thank you to everyone who participated virtually and in person during this year's Annual General Assembly!

Here are some quick facts the MMF presented during the event:

1. In July 2021, the Manitoba Métis Federation signed the Manitoba Métis Self-Government Recognition and Implementation Agreement that immediately recognizes the MMF as the existing government of the Red River Métis. The MMF's agreement with Canada also commits Canada to complete a constitutionally protected modern-day treaty.
2. Indigenous women are 12 times more likely to go missing. The MMF offers a Pey Key Way Ta Hin (Bring Me Home) initiative that allows Citizens to provide \$10,000 rewards for information that leads to the location of these missing individuals and financial support to put billboards up near their last known area.
3. From beadwork to clothing design, leatherwork, and jewelry design, the MMF has seen a growing trend of microbusinesses that suits the entrepreneurial spirit of the Red River Métis.
4. In 2021, Canada created the Office of the Commissioner for Indigenous Languages Canada, and Red River Métis Georgina Liberty was appointed the first Director for Michif languages. The Office of the Commissioner of Indigenous Languages supports Indigenous language practitioners and helps ensure that the federal government lives up to its commitments under the 2019 Indigenous Languages Act.
5. In 2020, 388 people visited the Riel House National Historic Site.

# SOMC at the MMF AGA

MARCH 25-27, 2022



The First Lady in her beautiful Seven Oaks Métis Council Sash!





# Dandelion Syrup

Li Siiroo di Pisaandlii

### Ingredients:

- 50 dandelion flower heads (untreated with chemical sprays)
- 1 lemon
- 8 cups water
- 5 cups white sugar

- Put dandelion flower heads in a large sauce pan
- Squeeze in the juice from the lemon and add water. Bring to boil. Cover and simmer for 1 hour.
- Remove from heat and let stand overnight, covered.
- Strain, return the liquid to clean saucepan, and add white sugar. Stir well and bring to a boil.
- Reduce heat and simmer for 1.5 hours, or until it reaches the consistency of maple syrup.
- Serve in sealed, sterile jars in the refrigerator. Serve over waffles or pancakes.

makes 4 cups

# Plants to Help Us

## Horsetail (scouring rush)

(*Equisetum spp.*)

La krayaen: Michif-Cree

Miscanikwacas osos (literal translation): Ile-a-la-Crosse Michif

Medicinal uses: Anodyne, antiseptic, astringent, carminative, diaphoretic, diuretic, and vulnerary.

Horsetail, a prehistoric plant, can trace its origins back to the time of dinosaurs. Horsetail has been used throughout the world in the treatment of kidney and bladder ailments. It is said to be beneficial for treating kidney and bladder stones and urinary tract infections. Its mild diuretic properties are useful for those with suppressed urine or prostate problems. It is useful in treating edema and lumbago, and it stems heavy menstrual bleeding.

Its ashes, when applied externally, serve as a disinfectant, while poultices made of its plants have been used to help heal wounds. Horsetail stems contain as much as 10% silica. Sometimes called "pot scrubbers" or "scouring rush", the stems have reportedly been used to clean metal pots, and can also be used as fine grit sandpaper.

Horsetail can be used as a foot bath to relieve aching feet. In order to do this, steep two handfuls of fresh or dried plant to hot water and place feet in bath to soak.

\*Medicines should not be taken without first consulting a doctor



### Want to know more?

Contact us to borrow "Medicines to Help Us: Traditional Metis Plant Use" by Christi Belcourt from our Knowledge Library.

# VIRTUAL INDIGENOUS FOCUSED EARLY CHILDHOOD EDUCATION PROGRAM **POSTPONED until: April 25, 2022**

This comprehensive 18-month training program will prepare participants in developing the knowledge, skills and abilities required to achieve Early Childhood Education Level II certification.

Eligible participants include Unemployed or Underemployed Metis individuals who are:

- 18 years of age or older
- Fully vaccinated and able to provide proof of vaccination prior to start of program, this is a provincial mandate to enter the daycare environment
- Able to provide recent & acceptable criminal record, adult abuse, child abuse and vulnerable person registry checks prior to program start
- Motivated to pursue career in Early Learning & Child Care and determined to move forward with an employment action plan

For more information and to apply for this opportunity, please contact:

**MET Recruitment: 204-586-8474 ext. 2731**

**Email: metresumes@mmf.mb.ca (using subject line: ECEII)**



**Metis  
Employment  
& Training**



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



## THE MÉTIS ENVIRONMENTAL LEADERS OF TOMORROW (MELT) PROGRAM

PROVIDES LAND-BASED LEARNING OPPORTUNITIES  
FOR SCHOOL-AGED #REDRIVERMÉTIS YOUTH.

Youth participants have the opportunity to learn about environmental impacts, climate change on different Manitoba eco-regions, traditional Métis Culture and Heritage, and how to interact with the lands and waters of the **#MétisNationHomeland** as their ancestors did.

### AVAILABLE PROGRAMS INCLUDE:

Regional Canoeing and Aquatic Education, Fishing Workshops, Snowshoeing, Trapping workshops, Culture & Environment Camps, Environmental Cleanup events and Youth Climate Symposium.

### STAY TUNED FOR MORE INFORMATION

CONTACT: [AMBER.CHAMBERS@MMF.MB.CA](mailto:AMBER.CHAMBERS@MMF.MB.CA)  
FOR MORE DETAILS



## SCIENTISTS NEEDED

### COMMUNITY-BASED MONITORING NETWORK

seeks Citizen Scientist volunteers to collect samples in various locations in Southern Manitoba.

### TRAINING & EQUIPMENT PROVIDED

All training and equipment will be provided to Citizen Scientists before the snow melts.  
\*Please see the map provided with sites of interest\*

### INTERESTED IN JOINING US?

CONTACT: [JENNY.PETRYNKO@MMF.MB.CA](mailto:JENNY.PETRYNKO@MMF.MB.CA),  
THE MANITOBA MÉTIS FEDERATION'S  
FISH AND FISH HABITAT COORDINATOR, TO LEARN MORE.





## Little Métis Literacy Program

8 Week Parenting Program  
Starts April 19th 2022

This 8-week program will explore and celebrate the Métis culture through play based learning that fosters the development of literacy habits needed for life. We will also be working on developing beneficial family literacy habits through role-modeling and repetition.

- Free Program
- Métis Stories
- All Materials Included
- Educational
- Métis Crafts
- Socialize & Have Fun!

Runs: Every Tuesday  
10:00AM-11:30AM

Location: Cartier Hall, 10 Allarie  
St, St. Eustache

For Moms & Caregivers with  
children ages 3-5

email: [cerickson@mmf.mb.ca](mailto:cerickson@mmf.mb.ca)



Proof of Vaccination  
will be required



## Maa-Maan Pi Soon Biibii Program

8 Week Parenting Program  
Starts April 20th 2022

This 8-week program will cultivate and strengthen the parent/child bond to create a support system, and we hope that Mom's will develop friendships with other Moms. The program allows for infant socialization, exposure to language and literacy development. We focus on health, nutrition, and exercise as well as celebrates Métis culture.

- Free Program
- Métis Stories
- All Materials Included
- Free Play Time
- Socialize & Have Fun!  
Moms & Caregivers with  
Children ages 1-2

Runs: Every Wednesday  
10:00 - 11:30AM

Location: The Cartier  
Community Hall  
St. Eustache, MB

email: [cerickson@mmf.mb.ca](mailto:cerickson@mmf.mb.ca)



PROOF OF  
VACCINATION  
REQUIRED



# Youth Indigenous Artwork Contest

Enter for a chance to have your artwork featured on one of 4 (giveaway) journal covers & bookmarks along with a cash prize. Your name, photo and brief bio will be featured on the back cover!



- 1st prize \$300 plus journal cover & bookmark,
- 2nd prize \$200 plus journal cover & bookmark,
- 3rd prize \$100 plus journal cover & bookmark,
- 4th prize \$50 plus journal cover & bookmark.



Must be under 29 years of age to enter.

Themes to consider:  
self-love, confidence,  
strength, empowerment,  
identity, love.



Submissions can be sent in digitally to: [hello@jillfeatherstone.com](mailto:hello@jillfeatherstone.com)  
or by mail to: PO Box 92 Grand Rapids MB R0C 1E0

The only information required at this time is name & age.

\*Please note: Artwork will not be sent back. If you do not wish to send original artwork please scan your image and send via email.

Deadline: April 14, 2022. Only those selected will be notified.

Thank you in advance for your participation!





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



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



# We're hiring!

Visit our website to  
browse a full list of  
current opportunities.

[manitobametis.com/job-postings](http://manitobametis.com/job-postings)



# 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



SOMC  
**Swag**



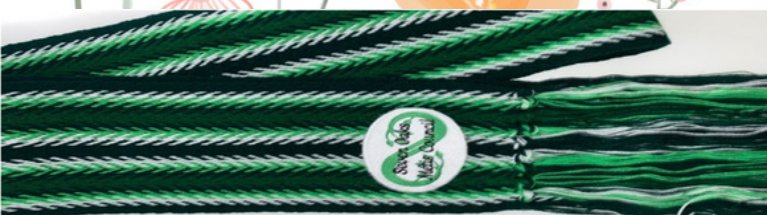
T-shirt \$20  
Available in S-2XL



Hoodie \$60



Tote bag \$20



Official SOMC Sash \$50

# Upcoming Meeting

Connect with Us!



seven\_oaks\_local@outlook.com



Seven Oaks Metis Council



@sevenoaksmetiscouncil



## Local Meeting

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

Thursday, April 28, 2022

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 Tates, Secretary/Treasurer  
Email: treasurer.somc@outlook.com

