

# Issue Ten

August 2022

## Upcoming Programming

### Sash Weaving Lessons

7 Classes held weekly on Wednesdays starting August 31, 2022, and ending October 12, 2022.

Register online at:  
[sevenoaksmetiscouncil.com](http://sevenoaksmetiscouncil.com)

REGISTRATIONS DUE

August 24, 2022

## Save the Date



### SAVE THE DATE

IWS will be hosting their  
*10th Annual General Assembly*

September 24th & 25th 2022  
in Winnipeg, MB

More details to follow, watch your emails and the IWS website to register for this momentous event!



## Quarterly Newsletter

### 1<sup>st</sup> Annual Métis Picnic in the Park

Seven Oaks Métis Council citizens gathered for the first time since the start of the pandemic with our 1st Annual Métis Picnic in the Park. It was a fun-filled afternoon with great food and entertainment for all.

Vice-President Anderson of Interlake Region came out with the Métis Music Van to provide us with some wonderful fiddle music for the event and donated tons of goodies for the kids.

A special thanks to, Vice President Carrier, Minister Beaudin, and Minister Remillard for their wooden duck door prize donation.

We look forward to seeing everyone again next year at our 2<sup>nd</sup> Annual Métis Picnic in the Park.



## Featured Recipe

### Saskatoon Jelly



#### Ingredients:

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

#### Instructions:

1. 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.
2. Place in jelly cloth and squeeze out the juice.
3. Squeeze and strain the juice from 4 lemons and put aside
4. To make jelly, measure sugar and juice into a large saucepan and mix.
5. Add lemon juice and combine well.
6. 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.
7. Remove from heat.
8. Skim and pour quickly into sterilized jars and seal.

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

## Plants to Help Us



Photo: Saskatoon Berry | The Canadian Encyclopedia

### Saskatoon Berry (*Amelanchier alnifolia*)

*Lii Pwayr: Heritage Michif*

Saskatoon is a low-growing deciduous shrub or small tree that is native to prairie hillsides and woodland edges. Saskatoons are very hardy plants that can survive winter temperatures of -50 to -60° Celsius with a lifespan of 30 to 50 years. The fruits have long been used by indigenous peoples. Several parts of the plant are used medicinally. Saskatoons have similar nutritional properties to other dark-coloured berries and are a good source of antioxidants. High antioxidant fruits like the saskatoon help fight cancers and heart disease. The inner bark was used to treat diarrhea, dysentery, menstruation cramping, and bleeding during pregnancy. The inner bark was also used as a treatment for snow-blindness. The leaves and twigs were also dried to make tea which aided in the treatment of diabetes.

<https://www.scribd.com/document/165410549/Saskatoon-Metis-Medicine>

### Want to know more about traditional plant use?

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

Generations: The Red River Métis coin was recently unveiled. For more information on how to purchase, as well as the history behind the coin, visit: [www.mint.ca](http://www.mint.ca)

