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Seven Oaks Metis Council Programs

Recipe of the Month

Christmas Hampers

Elder Connect Program



December 2020

A Monthly Insight into your Seven Oaks Métis Council

9th Annual Christmas Hamper Drive

The Seven Oaks Métis Council is still collecting donations for the Christmas Hamper until December 23rd. We are in need of non-perishable food items as well as hygiene products and household good.

Cash donations are also being accepted to purchase perishable items. Please contact Janna Fowles-Joseph by email at seven_oaks_local@outlook.com



Donation requests:

- Non-perishable food items such as canned goods, pasta
- Hygiene products including shampoo, conditioner, body wash, clothes, towels, and soap.
- Household goods such as dish and laundry soap

Congratulations Métis citizens on the new, OFFICIAL Seven Oaks Métis Council Sash!

This beautiful sash holds a deep meaning within its threads. We know those that wear it, will do so proudly and with honor as they represent all Métis!

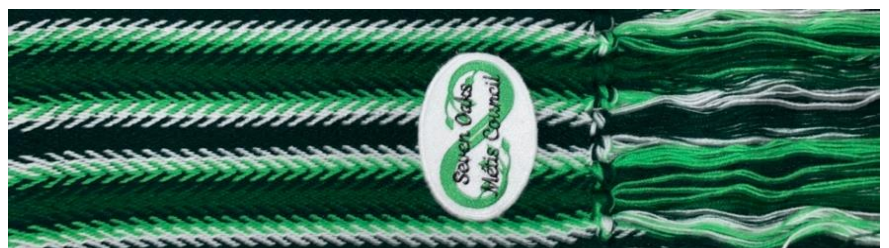
What do the colors in our sash represent?

White represents the infinity on our blue and red Métis flags. The blue Métis flag was flown on June 19, 1816 at the Battle of Seven Oaks. White also represents our connection to earth and creator.

Black represents the dark period of dispossession and suppression our people endured after 1870. We never want to forget how hard it was for our ancestors and what they endured to protect and keep our culture, traditions, and language alive.

As you can see, we have many shades of **green** which represent fertility, growth, and prosperity for of our great Métis Nation. Green also represents our need to keep moving forward and reclaiming our rightful place in Canadian history and Canada today. Seven Oaks Métis Council strives to make a difference in the lives of all Métis Citizens.

Together, the Métis Nation will do amazing things and keep our culture, traditions, and language thriving!



A Holiday Tourtière, made Métis Style!

Yields 1x9" pie

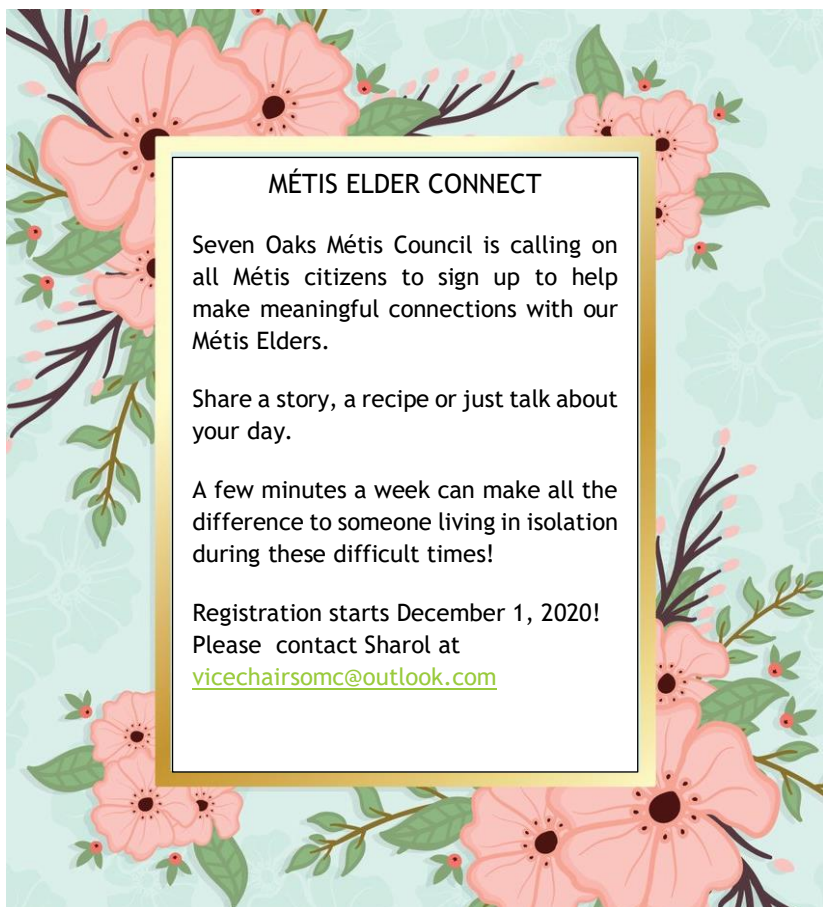
INGREDIENTS

1 lb ground beef
1 lb ground pork
1 c chopped onions
1 tsp dried sage
1 tsp cinnamon
1 / 8 tsp clove
1 tsp salt
1 / 3c white wine
1 c mashed potatoes
1 tbsp canola oil
2x 9" pie crusts

1. In a large saucepan, soften onions with oil
2. Add the meat and continue cooking until meat is done, making sure to stir frequently to crumble meat.
3. Add white wine and the spices, cook for another 5 minutes stirring frequently
4. Lastly add the mashed potatoes and mix until combined. Adjust the seasoning and allow to cool. Cover and refrigerate for four hours or until completely chilled.

Add cooled mixture to pie crust, then cover with second crust. Brush with egg wash. Make an incision in the center. Press the edge to seal with a fork or your fingers. Bake 50 minutes to one hour or until golden brown.

<https://www.pressreader.com/canada/times-colonist/20191218/281835760597117>



MÉTIS ELDER CONNECT

Seven Oaks Métis Council is calling on all Métis citizens to sign up to help make meaningful connections with our Métis Elders.

Share a story, a recipe or just talk about your day.

A few minutes a week can make all the difference to someone living in isolation during these difficult times!

Registration starts December 1, 2020!
Please contact Sharol at
vicechairsomc@outlook.com

Plants to Help Us

Bitterroot (Lewisia rediviva)

Wisakipakos: île-à-la-Crosse Michif

Wiisakibut: Michif-Cree

“To increase milk flow after childbirth and purify the blood”



For many Aboriginal Peoples in and around the Rocky Mountains, this plant is revered and deeply respected. It's annual harvest included stories and ceremony.

Bitterroot tea has been used for heart trouble, relieving heart pain and the pain of pleurisy. The dried root is reportedly pounded and chewed for sore throats, and is used as a treatment for diabetes. It also counteracts the effects of poison ivy rash. A poultice of the raw root is used in external applications on sores.

It is sometimes soaked overnight, cooked in soups, fried with fish or meat, and used in combination with other food.

Want to know more?

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

Fundraisers!



World's Finest Chocolate Covered Almonds!

We have a few boxes of chocolate almonds available. Please contact us if you would like to purchase some. These would make for great stocking stuffers!!!

To order, please email us at seven_oaks_local@outlook.com, or message us through our Facebook page. Each box is \$3.00 each.

*Peanut Free

We accept cash, cheque and EMT!

We also have a limited amount of Metis floral beadwork fabric facemasks available in grey and red. Each facemask is \$25.00 each with all proceeds going toward our Metis Education Program. Each mask is made with love, using 100% cotton fabric, elastic cord and a metal nose strip.

We will deliver to your door!



Want to win a Louis Riel sash? Enter our colouring/poem writing contest!

Submit your coloured picture with your own holiday-themed poem or song for your chance to win.

Submissions must be received by December 20, 2020. The winner will be announced December 21, 2020.

For more information or to receive the picture, email Sharol at vicechairsomc@outlook.com

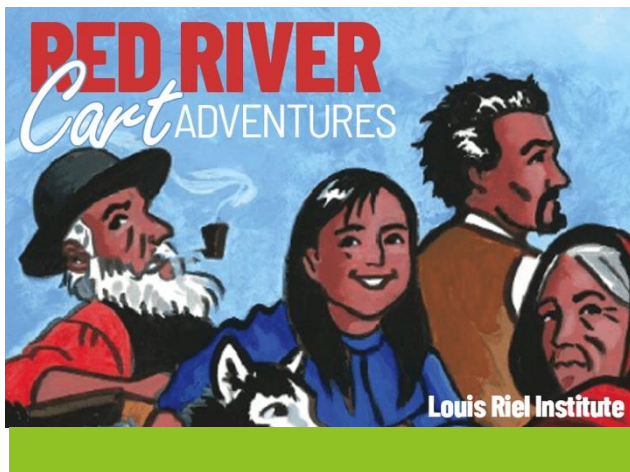
Did you know?

Metis women were integral to all endeavours. They played important roles in commercial and domestic production and in the political life of what was to become the Canadian and American Northwest. Metis women were the clothing designers, doctors, pharmacists, midwives, peacekeepers, artists and agriculturalists. Metis women were the children's teachers and keepers of the Metis languages. Metis women taught the newly arrived Euro-Canadian and European women to prepare and preserve wild game and other foods which were needed to survive the harsh winters. Similarly, they provided the clothing technology and taught the newcomers the techniques and materials necessary to make warm and comfortable clothing.

Source: <http://www.mmf.mb.ca/docs/contri.pdf>



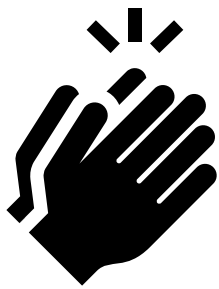
FUN FOR EVERYONE



Upcoming Meeting

Our next local meeting will be held on January 29, 2021 at 7:00 pm!

Due to COVID, our meetings will continue to be held via ZOOM. Please confirm your attendance and send regrets to Santanna Tates by emailing treasurer.somc@outlook.com



A HUGE thank you goes out to our citizens who have donated to our Christmas Hampers so far:

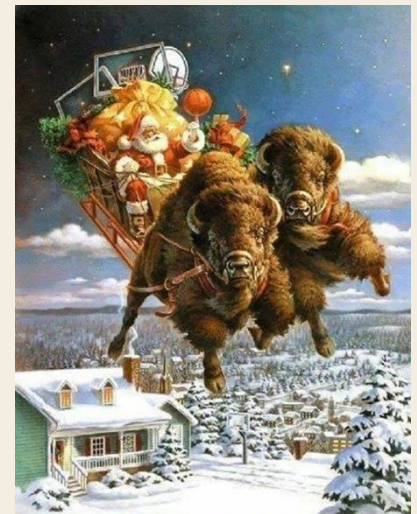
- Donna A.
- Melanie M.
- Shannon K.
- David B.
- Samuel M.
- Joe & Bev C.
- Vic & Janice F.
- Shawn A.
- Flora V.
- Anonymous
- In-Sink Plumbing
- Gaylene H. of Keewatin Truck Service



Jwéyeu Nouwèl!
Jouwéyeu Nouwèl!
Merry Christmas!

May your holidays be filled with joy and laughter.

We wish you and yours a peaceful Winter Solstice, a very Merry Christmas, and a Happy New Year!



Connect with us!



seven_oaks_local@outlook.com



Seven Oaks Métis Council



@sevenoaksmetiscouncil