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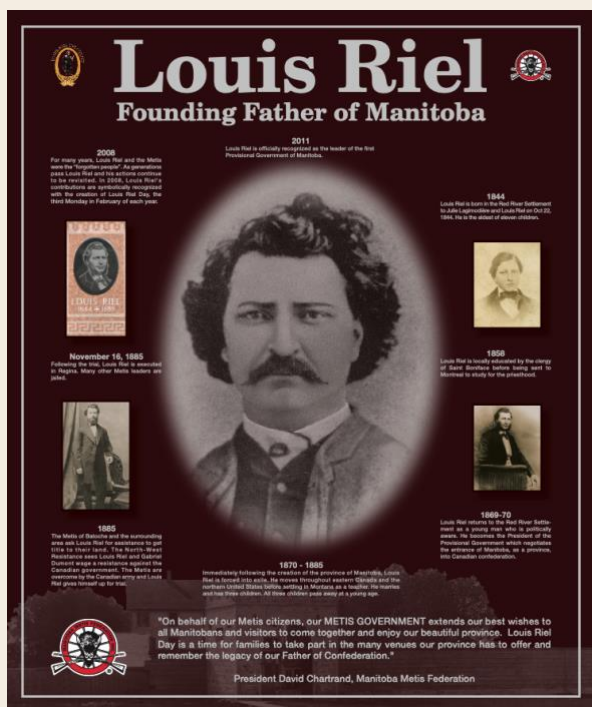
Plant of the Month



February 2021

## A Monthly Insight into your Seven Oaks Métis Council

Monday, February 15



Every third Monday in February, we celebrate Louis Riel Day in Manitoba. Thanks to him, Manitoba was the first western province to join confederation. He was once considered a traitor for his resistance against the government, but is more often seen as a hero for standing up for the rights of Métis and Francophone people. The story of Louis Riel can be found across the province, with many statues, museums and tours exploring his legacy.

Dear Métis Citizen:

The Métis Nation has a long and proud history of meeting the needs of Métis people in a way that is both sustainable and conservation minded. The Manitoba Métis Federation (MMF) – our



Government – is pleased to announce the start of a new initiative aimed at making sure our citizens have the opportunity to benefit from the fishery, which is one of the last remaining traditional economies. We are offering mixed portions of frozen whitefish and pickerel to our Citizens at no cost. We are currently working out the details of how and when the fish will be available, but we ask that interested families contact the Home Office or their Regional Office and provide the following information: **Name, Local and Region, # of people (adults and children) in your household.**

As is our custom, please share this information with others in the Manitoba Métis Community so they can also participate in this fish distribution. The COVID-19 pandemic has had an enormous impact on our Nation, and while we will continue to be the economic engine of the province that we established in 1870, we are also mindful that our citizens need supports that go beyond the economy. As your Métis government, the MMF is committed to protecting your harvesting rights, the environment and wildlife as we ensure our Elders' teachings are passed down through the generations. The sharing of nature's bounty is one of our most important teachings. If you have any questions or concerns, you can contact Jenny Ruml, Fish and Fish Habitat Specialist at 204 586 8474 or toll free to 1 800 665 8474 or via email to [jenny.ruml@mmf.mb.ca](mailto:jenny.ruml@mmf.mb.ca)

And remember, the MMF always has your back!

## Bannock Apple Pie

By Alcide Punko

Preheat oven at 375 degrees.

### Apple Pie Filling

- 10 apples peeled and sliced
- 1 cup brown sugar
- 2 tsp cinnamon

Cook in a pot over medium heat until apples are soft. Add 1 tsp of flour to thicken.

Take off stove. Sit aside.

Any canned pie filling will work great as well. If you don't want to make the apple filling!

### Bannock

- 4 cups flour
- 1/2 cup white sugar
- 2 tsp baking powder
- 1/2 tsp salt

Mix together

Add;

- 1/3 cup of lard

Mix lard into dry ingredients. Mix together with hands.

Add;

- 2 approximately cups of water-one cup at a time to form a dough.

Generously powder table with flour to roll dough on. Roll thin.

(Add extra flour to the dough if sticky)

Place in a pie plate

add apple mixture and top with dough. Cook 25-30 minutes or until golden brown.

Drizzle cream cheese icing over pie

<https://www.cbc.ca/news/canada/north/bannock-apple-pie-arctic-kitchen-1.5873246>

## Plants to Help Us

### Blueberry (*Vaccinium* spp.)

Minsa, Iyimin(a): ile-à-la-Crosse Michif

Li blôwân, Iii Belwê: Michif-Cree

Medical Uses: Antioxidant, antiseptic, antiviral, astringent, and depurative.

The delicious fruit is a nutritiously rich food providing countless benefits to both animals and humans. Wild blueberries are known to have the highest number of antioxidants of any fruit, and they contain both Vitamins A and C and anthocyanosides.

Aboriginal peoples have used blueberries as food and medicine for thousands of years.

Blueberries were traditionally dried for year-round use, and were pounded into a powder that was mixed with other foods.

A blueberry leaf decoction is said to be a powerful blood purifier. It is also used for treating urinary tract infections when combined with cranberry. Dried blueberries and blueberry root tea can be used to treat diarrhea. The tea is also gargled for sore throats. A tea made from its leaves can also relieve colic and childbirth pains. Blueberries have also been reportedly successful in stabilizing or reducing blood sugar levels in



those suffering from hypoglycemia and diabetes.

### Want to know more?

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

Open to all  
Citizens,  
Regardless of  
age!



TECHMB FREE COURSE:

### Emails, Social Media and Privacy



#### WHEN:

February 22, 23, 24 & 25

From 7pm to 9pm

#### Where:

Online - via Zoom

A link to the virtual classroom will be emailed upon registration.

### REGISTER TODAY!



(204) 586 8474 ext 223



youth.coordinator@mmf.mb.ca

**NOTE** - In accordance with public health guidelines, classes will be taught online.

If you do not have a Zoom account or if you need assistance, please request help when registering.

We will provide support over the phone the day before the class starts.

### Tech Training For Everyone!

This training is open to Metis Youth age 16-29

Learn the basics of sending and receiving emails, popular social media platforms like Facebook & Instagram, and how to protect yourself Online.

#### Participants will learn:

- Create a new email account, write proper emails, attach images and documents.
- Differentiate between social media and social networking.
- Identify popular platforms used today and distinguish the differences
- Identify scams and navigate safely Online.
- Proper use of etiquette Online.

**100% FREE | Register before February 17<sup>th</sup> to secure your spot! Limited spots available!**

**REQUIREMENTS** - Participants must have access to a computer to use Zoom.



TECHMB

With funding from  
Canada





# FUNDRAISERS!



Bothwell has been crafting premium, all-natural, artisanal cheeses since 1936 in the village of New Bothwell, Manitoba. The Bothwell Cheese fundraiser will offer a variety of different cheese options at a competitive price for our Citizens to purchase. The fundraiser will begin **February 1, 2021**.

Central Plains Bison Inc. has been farming bison since 2000 on their ranch in St. Claude, Manitoba. Central Plains Bison Inc will provide meat that is government inspected and vacuum packed. They do not use any antibiotics, growth hormones or steroids on their animals so we are proud to say that it is 100% natural. We look forward to serving you quality, locally grown in Manitoba bison meat. The fundraiser will begin **February 1, 2021**. Only through our fundraiser will you receive a 5% discount on orders!!!!



## SOMC Programming

Our beading circles and fiddling groups are well under way! Here are some of the beautiful completed projects from our level 1 and level 2 beading students! Keep up the good work everyone!



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 Metis 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 is pleased to  
provide the following opportunity

## Winter 2020-2021 Cookbook

**Deadline: March 21<sup>st</sup> 2021**

**Time: 6:00pm**

- Share your favorite recipes.
- Send in your recipes and instructions from your all time favourite recipes to [SEMMFYOUTH@mmf.mb.ca](mailto:SEMMFYOUTH@mmf.mb.ca) to be featured in our Winter 2020-2021 Edition Cookbook.

For more information and to register for this opportunity, please contact:  
[SEMMFYOUTH@MMF.MB.CA](mailto:SEMMFYOUTH@MMF.MB.CA)

56 Park View Ave Grand Marais MB  
Phone: 1(204) 754-2721  
YOUTH COORDINATOR



**Metis  
Employment  
& Training**



## Festival du Voyageur

For this year, the Fiddling and Jigging Competitions will be virtual. As a result, you are invited to submit videos for both competitions. They will be judged by two qualified judges, and the results will be announced immediately following the airing of the competition.

### FIDDLING

- All videos must be submitted **no later than February 10, 2021.**
- Each contestant must play in the following order: Waltz, Jig, and Reel.
- Participants in the 9 and under class (fiddling) will play 2 pieces (Waltz AND Jig or Reel).
- Classes are: 9 & Under; 12 & Under; 17 & Under; 60 & Over; Intermediate; Open.
- Each contestant can only register in one class.
- Videos must be unedited and continuous with no fades between tunes.
- There must be a minimum of three (3) contestants in each class, and a maximum of twenty (20).
- Judges' decisions will be final.

9 & UNDER	12 & UNDER	17 & UNDER	60 & OVER	INTERMEDIATE	OPEN
1 <sup>st</sup> - \$40	1 <sup>st</sup> - \$80	1 <sup>st</sup> - \$125	1 <sup>st</sup> - \$150	1 <sup>st</sup> - \$150	1 <sup>st</sup> - \$300
2 <sup>nd</sup> - \$30	2 <sup>nd</sup> - \$60	2 <sup>nd</sup> - \$100	2 <sup>nd</sup> - \$125	2 <sup>nd</sup> - \$100	2 <sup>nd</sup> - \$250
3 <sup>rd</sup> - \$20	3 <sup>rd</sup> - \$40	3 <sup>rd</sup> - \$75	3 <sup>rd</sup> - \$100	3 <sup>rd</sup> - \$50	3 <sup>rd</sup> - \$150

### JIGGING

- All videos must be submitted **no later than February 10, 2021.**
- Each contestant is expected to demonstrate the basic step three (3) times along with three distinct changes to either a live fiddler or a recording of their choice.
- Classes are: 9 & Under; 14 & Under; 60 & Over; Open
- Each contestant can only register in one class.

Metis Employment & Training is pleased to  
provide the following opportunity

## Metis Youth Book Club via Zoom

**Registration: January 25 to February 5, 2021**

Read, engage, and share insights...

**Book: From the Ashes, by Jesse Thistle**

- Opportunity is open to Metis Youth ages 15 to 29
- Registered Youth will be provided a copy of each book
- First meeting date is Tuesday, March 9, 2021 @ 7 p.m.
- Zoom meeting schedule will be sent out to all registered Youth, prior to the first meeting
- A youth technician will host the meetings to facilitate the conversation

For more information and to register for this opportunity, please contact:  
[youth.coordinator@mmf.mb.ca](mailto:youth.coordinator@mmf.mb.ca)



**Metis  
Employment  
& Training**

- Videos must be unedited and continuous with no fades between steps.
- There must be a minimum of three (3) contestants in each class, and a maximum of twenty (20).
- Participants are not permitted to use taps.
- Judges' decisions will be final.

9 & UNDER	14 & UNDER	60 & OVER	OPEN
1 <sup>st</sup> - \$40	1 <sup>st</sup> - \$80	1 <sup>st</sup> - \$125	1 <sup>st</sup> - \$200
2 <sup>nd</sup> - \$30	2 <sup>nd</sup> - \$60	2 <sup>nd</sup> - \$75	2 <sup>nd</sup> - \$150
3 <sup>rd</sup> - \$20	3 <sup>rd</sup> - \$40	3 <sup>rd</sup> - \$50	3 <sup>rd</sup> - \$100

### TO SUBMIT YOUR VIDEO:


1. Share Dropbox link with [pattilamoureux@gmail.com](mailto:pattilamoureux@gmail.com).
2. Send via WeTransfer to [pattikusturok@gmail.com](mailto:pattikusturok@gmail.com).
3. Send via WhatsApp to 204-890-3435.
4. Share via Google Drive with [pattikusturok@gmail.com](mailto:pattikusturok@gmail.com)

For more information, please contact the event coordinator, Patti Kusturok at  
[pattikusturok@gmail.com](mailto:pattikusturok@gmail.com) or by phone/text at 204.890.3435.






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



**MMF Metis Employment & Training**  
**MET Recruitment**  
**We're here for you!**

Do you need assistance with job search or career exploration?

Although our office is closed to the public,  
 our team is available to connect with you virtually!



We can provide services by phone/email/Zoom/Google Meet or MS Teams, these services include:

- Assisting you with resume development, cover letters and interview preparation
- Connecting you with employers through our partnerships and networks
- Provide job search resources and information on Manitoba's labour market
- Not sure where you want to work? We can assist you in developing a career plan, explore career options and training opportunities

Metis Employment Training Recruitment - Contact us!

Email— [metr@mmf.mb.ca](mailto:metr@mmf.mb.ca)

Call—(204)586-8474 ext 357



Metis  
Employment  
& Training

**TECHMB FREE COURSE:**

## **Presenting Digitally -** **An Introduction to Presentation Tools**



### **Tech Training For Everyone!**

This training is open to  
 Metis Youth age 16-29

#### **Where:**

Online - via Zoom

A link to the virtual classroom will be  
 emailed upon registration.

### **REGISTER TODAY!**



(204) 586 8474 ext 223



[youth.coordinator@mmf.mb.ca](mailto:youth.coordinator@mmf.mb.ca)

**100% FREE | Limited spots available!**

**NOTE** - In accordance with public health  
 guidelines, classes will be taught Online.

**REQUIREMENTS** - Participants must  
 have access to a computer to use Zoom.  
 If you do not have a Zoom account or if you  
 need assistance, please request help when  
 registering.

We will provide support over the phone the day  
 before the class starts.

### **An overview of SWAY, CAVA & PREZI**

Learn the basics of several power tools for  
 incredible digital presentations!

DATE: February 10<sup>th</sup> TIME: 1:00 - 4:00pm

### **Canva**

Learn to create images and share information  
 through beautiful graphics with Canva.com

DATE: February 17<sup>th</sup> TIME: 1:00 - 4:00pm

### **Prezi**

Learn to create engaging visuals, and have them  
 appear alongside them as you present in video.

DATE: February 24<sup>th</sup> TIME: 1:00 - 4:00pm

### **Microsoft Sway**

Learn to create visually striking newsletters,  
 presentations, and documentation.

DATE: March 3<sup>rd</sup> TIME: 1:00 - 4:00pm

TECHMB

With funding from  
**Canada**



## **Métis Elder Connect!**

Seven Oaks Métis Council is starting a new initiative to connect our  
 Métis Elders and Métis citizens to help make meaningful  
 connections during these difficult times in isolation.

Taking just a few minutes a week to share a story, a recipe or just  
 talk about your day can make a big difference!

For more information, or sign up, please contact Sharol at  
[vicechairsomc@outlook.com](mailto:vicechairsomc@outlook.com)





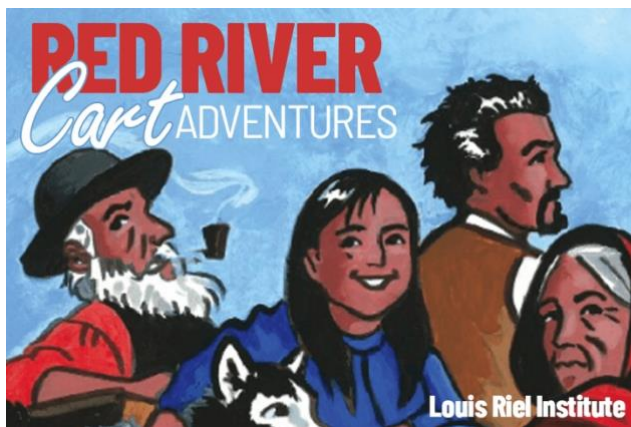
# FUN FOR EVERYONE



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*Thursdays @ 10AM – @MMF.MB.CA*

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**TUESDAYS @ 10AM – MMF.MB.CA**



**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](mailto:seven_oaks_local@outlook.com)

## *Get Your SOMC Swag!*



Tote Bag \$20



Mug \$15



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



# Upcoming Meeting

## Tentative Next Meeting:

**March 31, 2021  
7:00 pm via Zoom**



### Volunteer Committee

As we strive to continue to provide services for our Local Metis Community, answering questions, planning events, etc, we have become very busy, so much so, that we are working countless hours each week to ensure we can continue to see everything run smoothly.

We have found, more than ever, that we need your help. We need volunteers if we are going to be able to grow Seven Oaks Metis Council in the active local we wish to see.

We would like to start a Volunteer Committee to help with programs, events, and Local work as needed.

For more information, or to sign up, please contact  
[seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com)

### Youth/Child Engagement Committee

Ensuring that we are connecting to our youth, and getting youth involved in our Metis community and Local we started up the Youth/Child Engagement Committee last year. Unfortunately, there wasn't a great deal of interest in volunteering for this committee and it has been on the back burner.

We need volunteers that have an interest in Youth/Child engagement and who want to dedicate some time to this committee.

Our Executive cannot push our Local forward without the help of our Citizens, you!

This committee will be overseen by our Chairperson but will be ran by our Local citizens!

For more information, or to sign up, please contact  
[seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com)

### Connect with us!



[seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com)



Seven Oaks Métis Council



@sevenoaksmetiscouncil