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January 2021

A Monthly Insight into your Seven Oaks Métis Council

9th Annual Christmas Hamper Drive

Our Christmas Hamper Drive was a HUGE success thanks to all of the donations from our very generous citizens! We were able to provide food and gifts to **SEVEN** families in our community this year. Hampers were delivered by the SOMC executives on December 23.

A big, BIG thank you to our generous donors:

Donna A.

Melanie M.

Shannon K.

David B.

Samuel M.

Joe & Bev C.

Vic & Janice F.

Shawn A.

Anonymous

In-Sink Plumbing

Gaylene H. of Keewatin Truck Service

Shannon & Tyler K.

Donald & Paulette K.

Gail M.

Joe & Ryan K.

Amanda K. & Derek W.

Judy & Michael W.

Lou-Ann A.

Shannon

Tim S.

Nikki

Lori H.

Miguel R.

Jackie D.

Wayne & Charlotte S.

Ben C.

Jacque J.W.

Candice B.

Shannon P.

Happy New Year!

The Métis have long placed a great emphasis on maintaining strong relationships among families, extended families and communities, particularly when work was hard and the future uncertain. Nowhere were these bonds of kinship and friendship better renewed than during Christmas (Li Krissmiss/Li Zhoor di Nowel) and New Year's (Li Zhoor di Laan) celebrations. While Christmas was a religious event for the Métis, New Year's was a grand social celebration. It was not uncommon for several households in a community to hold a feast and dance on different nights so that people could visit and celebrate for many evenings in succession around New Year's Day. In the 1860s at Prairie-Ronde, in what is now the area around Dundurn, Sask., a New Year's celebration lasted 10 days! Manitoba Métis Elder Joe Venne had this to say about the Métis' festive spirit during the holiday season: "When it came to the holidays, Christmas and New Year's, we used to go for two, three weeks at a time, dancing every night, partying every night. Other people didn't have that style." Depending on the community, some households would take turns holding a feast and dancing, allowing people to visit a different house each night. Children were an integral part of New Year's celebrations. On New Year's Eve, children received presents from their parents, usually small gifts of food. One Elder related that "on New Year's Eve, children hung stockings at the foot of their bed and would wake up to find all sorts of treats." After receiving their presents on the morning of New Year's Day, children thanked and blessed their parents, and families hugged and kissed one another. Fathers also blessed their children on this day. New Year's Day was usually held at the grandparents' home and was a special time for families, as cousins, aunts and uncles attended. It was an occasion for social drinking, and the eating of all sorts of food, with people travelling from house to house, dining, dancing and visiting. While visiting house-to-house, everybody would shake hands and kiss. As a result, some Métis called New Year's Day "Ochetookeskaw" (kissing day) or "Shakishchenois" (shaking hands day).

<https://indigenouspeoplesatlasofcanada.ca/article/heritage-days/>

Beignes (doughnuts)

2 pks of fast rising yeast
½ cup lukewarm water
1 tsp sugar
½ cup oil
½ cup sugar
1 tbsp salt
2 eggs, beaten
5 cups water
9 cups flour

Mix together first 3 ingredients and let stand for 10 minutes.
Mix the next four ingredients and the yeast mixture.
Add the lukewarm water to the combined ingredients and mix until smooth.
Slowly add the flour, and with oiled hands knead the mixture until the dough is soft but not sticky (add flour until you have the proper consistency).
Let rise for one hour.
Then, cover with waxed paper and punch the dough down, letting it set for another half hour.
Knead the dough into a two centimetre thick mass, slicing the dough into pieces.
Make two cuts on the surface of each piece.
Deep fry the pieces of dough in melted shortening, about 1 minute per side.



Plants to Help Us

Blazing Star (*Mentzelia laevicaulis*)

Otâkosi-acâhkos: île-à-la-Crosse Michif

Li zitwel di Swêr: Michif-Cree

Medical Uses: Cardiac, depurative, and galactagogue

“Blazing Star was one of the oldest and most respected medicines of the Cheyenne. Its roots were gathered early in the year, before plants had flowered. Because they were considered such a powerful medicine, they were always mixed with other herbs and were never used alone”

The medicine was good for relieving earaches, and rheumatic and arthritic pain. Mixed teas and salves were used for treating contagious diseases such as mumps, measles and smallpox. Fully edible, its seeds are ground and used in soups, stews or mush. It's roots can be chewed to relieve thirst.

**Caution: not to be confused with other blazing star plants (liatris spp.) of the same name, which are characterized by their tall spikes of bright purple tufts and grass-like leaves.*



Want to know more?

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

Seven Oaks Metis Council Cultural Programming

Our online, Métis Beading Circle and Métis Fiddle Lessons are starting up again this month!

Fiddle Lessons start January 7, 2021, running weekly for 12 weeks.

Beading Lessons start January 13, 2021 running weekly for 12 weeks.



Official SOMC Sash!



"It's a beautiful sash that holds 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!

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.



Want to win a Louis Riel sash? Enter our colouring/poem writing contest 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. The winner will be announced December 21. For more information or to receive the picture, email Sharol at

vicechairsomc@outlook.com

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.

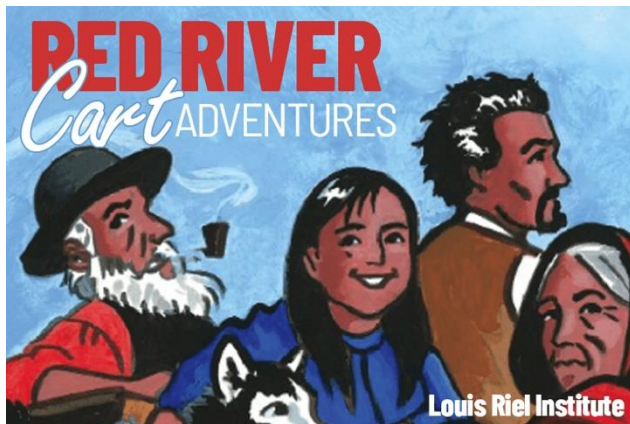
1-833-390-1041
7AM to 11PM Daily



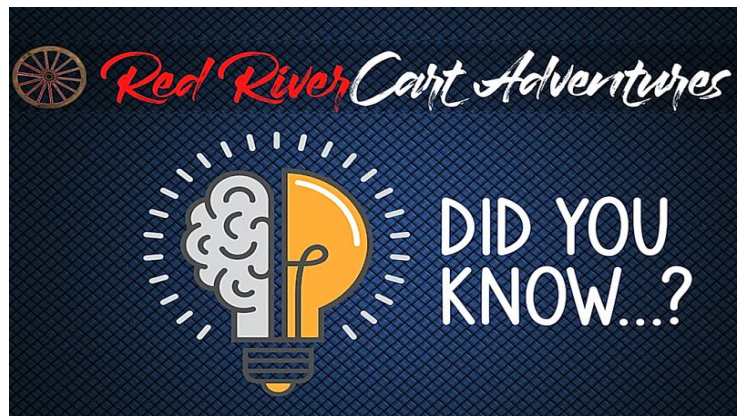
FUN FOR EVERYONE



Thursdays @ 10AM – @MMF.MB.CA



TUESDAYS @ 10AM – MMF.MB.CA



SUNDAYS AT 10AM – MMF.MB.CA

Upcoming Meeting



Local Meeting

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

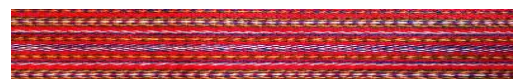
Thursday, January 28, 2021

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

ZOOM APP

(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



On behalf of Seven Oaks Métis Council's Executives, I would like to wish everyone a blessed and happy new year! May 2021 bring you and your families joyous memories and good health. Continue to stay safe by wearing a mask, washing and sanitizing your hands frequently, staying home when possible, and social distancing!

*Janna Fowles-Joseph
Chairperson SOMC*

Connect with us!



seven_oaks_local@outlook.com



Seven Oaks Métis Council



[@sevenoaksmetiscouncil](https://www.instagram.com/sevenoaksmetiscouncil)