

in this issue >>>

Seven Oaks Programs

MMF Programs and Initiatives

Recipe of the Month

Plant of the Month

Upcoming Meeting



Issue
EIGHT

January 2022

A Monthly Insight into your Seven Oaks Métis Council



Happy New Year Métis Citizens!

We hope that you had some well-deserved downtime to relax and recharge over the holiday, and we're wishing you all joy, health and happiness for the new year!



10th Annual Christmas Hamper Drive

Our Christmas Hamper Drive was another success! A BIG thank you to our citizens who generously donated money, food and gifts. Through your generosity we were able to provide hampers and gifts to **FIVE** families, delivered by SOMC Executives and citizens.

Vegetable Hamburger Soup

Ingredients:

1 lb ground beef
1 medium chopped onion
4 small red potatoes, unpeeled, cut into ½ inch cubes (2 cups)
4 cups water
1 (14.5oz) can diced tomatoes, undrained
2 tsp beef flavoured instant bouillon
½ tsp basil
¼ tsp thyme
¼ tsp pepper
2tbsp ketchup
1 (lb) pkg frozen mixed vegetables

Instructions:

Fry ground beef and onion together until beef is thoroughly browned. Drain well. Add all remaining ingredients except frozen vegetables. Stir well. Bring to a boil. Reduce heat; cover and Simmer 10 minutes, stirring occasionally. Add frozen vegetables; cover and simmer for 8-10 minutes more, or until vegetables are tender.



Plants to Help Us

Fritillaries (Yellow Bells)

(*Fritillaria pudica*)

Mashkodepinibag: *Anishinaabemowin*

Medicinal Uses: Not known

The bulbs are edible and can be eaten either raw or cooked. Often boiled for a long time to remove the bitterness, the bulbs are either eaten alone or with bitterroot. “The various fritillaria are sometimes referred to as ‘rice-roots’, because many tiny rice-like bulbets cluster around the plant’s root. Native Americans sought out fritillaries and used their roots as food.” These roots were cultivated by using controlled burns, selected replanting of small roots, and by scattering seeds, which leaves some areas un-harvested for three to four seasons. In Alaska, the Dena’ina use the bulbs of a related species, (*Fritillaria camschatcensis*), known as the “chocolate lily,” in soups and stews. It is also eaten raw with fish eggs. In winter, the bulbs are preserved in oil. The bulbs are mashed and used in salves for treating tuberculosis and lymphnodes in the neck. Poultices made of its root are used for boils and as a treatment for bad colds.

***Caution: Some species are poisonous**



Want to know more?


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

Website Updates!

Be sure to check out our local’s updated website www.sevenoaksmetiscouncil.com

You will find information about who we are, our mission statement and our objectives, as well as the latest information on fundraisers, training & opportunities, local news, citizenship applications, newsletter archives and meeting information.

SOMC Programming



We are pleased to provide our Citizens with the following
[ONLINE](#) cultural training opportunity;

Métis Sash Weaving



9 Classes - Weekly starting [Tuesday, January 25, 2022](#)

ONLINE (ZOOM)
Time:
7:00pm – 8:00pm

Registration is open and FREE to all Métis Youth ages 13-29
Supplies and lessons are provided.
(Must have a valid MMF citizenship card)

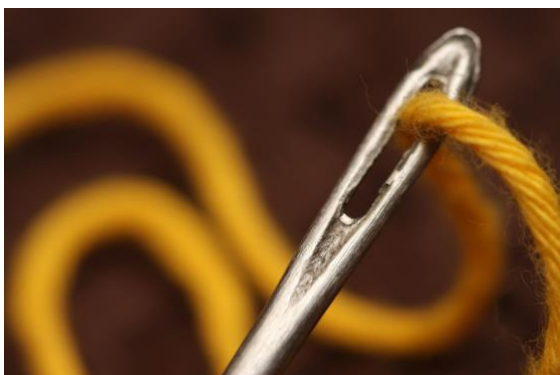
REGISTRATIONS DUE January 18th BY 4:00PM
[Youth](#) must have a valid MMF Citizenship Card.

For more information and to register for this opportunity,
Please contact: Janna Fowles-Joseph, Chairperson
Seven Oaks Métis Council
Email: seven_oaks_local@outlook.com



Beading Circle – Important Update!

Beading registration is now closed. We unfortunately have had to postpone the start date of our beading circle because confirmation of funding was not received until Christmas Eve. The new start date will be sometime at the end of January, registered participants will continue to receive updates. Thank you for your patience!



Fiddle Program

Registration for the fiddle program is now closed. The program is set to begin January 6 for beginners and returning students, both classes will run for 13 weeks. We are so pleased to be able to offer this program under the guidance of our wonderful instructor. We look forward to hearing the progress from participants!



Metis Employment & Training Opportunities



Little Métis Literacy Program

8 Week Parenting Program
Starts January 4th 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
9:30 - 11:30AM

Location: The Cartier
Community Hall

email: cerickson@mmf.mb.ca



PROOF OF
VACCINATION
REQUIRED



Super Dads Super Kids Program

8 Week Parenting Program
Starts January 6th 2022

Super Kids... they come from Super Dads, who put in a lot of sweat and effort in the hopes to help their children grow into mature adults who contribute to this world and who are nurtured by caring, involved, and responsible parents. For the 8 sessions of Super Dads Super Kids, the focus is on responsible fathers - men who make a conscious choice to be the solid role model's kid

- Cultivates and strengthen the dad/child bond
- Creates opportunities for Dads to have fun with their Children
- Opportunities for dads to discuss their roles in their child's life
- Creates a support system, we hope that Dad's will develop friendships with other Dad's
- Exposure to language/literacy and Child development
- Fosters the development understanding emotions and communication
- Celebrates Métis Culture

Runs: Every Thursday
6:00-7:30PM

Location: Li Chi
Shevru Child Care
Centre
12 Allarie Street

email: cerickson@mmf.mb.ca



PROOF OF
VACCINATION
REQUIRED



Maa-Maan Pi Soon Biibii Program

8 Week Parenting Program
Starts January 5th 2022

This 8-week program will cultivates 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!

Runs: Every Wednesday
9:30 - 11:30AM

Location: The Cartier
Community Hall

email: cerickson@mmf.mb.ca



PROOF OF
VACCINATION
REQUIRED



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



SOMC Sashes Are Back in Stock!



Official SOMC sashes are back in stock and available for \$50 each via cash or e-transfer, please contact

seven_oaks_local@outlook.com

Get Your SOMC Swag!



Tote Bag \$20



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

Upcoming Meeting

Local Meeting

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

Thursday, January 27, 2022
7:00-8:30pm
(Meeting will open at 6:55pm)

Vitural 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)

Connect with us!



seven_oaks_local@outlook.com



Seven Oaks Métis Council



@sevenoaksmetiscouncil