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March 2021

## A Monthly Insight into your Seven Oaks Métis Council

### Hamburger Soup

*La Sup di Burger*

#### Ingredients:

- 1 tbsp. butter
- 1 lb. ground beef (or bison!)
- 3 small onions, chopped
- 1 – 16 oz can diced tomatoes
- Salt & pepper to taste
- 6 cups water
- 3 large carrots, sliced
- 3 celery stalks, diced
- 3 medium potatoes, diced
- 1/3 cup macaroni

#### Instructions:

- Melt butter in a saucepan, adding ground beef and cooking slightly.
  - Add onions, tomatoes, salt, pepper and water.
- Bring to a boil, cover and simmer for 1 hour.
- Add vegetables and simmer for another hour.
  - Stir in the macaroni during the last 15 minutes.

[https://www.mnbc.ca/wp-content/uploads/2020/06/Metis\\_Cookbook\\_SecondEdition.pdf](https://www.mnbc.ca/wp-content/uploads/2020/06/Metis_Cookbook_SecondEdition.pdf)



## Plants to Help Us

### Blue Flag (*Iris Versicolour L.*)

*Sipihko-wipâhcikan: île-à-la-Crosse Michif*

*Pavyoñ bleu: Michif-Cree*

Medicinal Uses: Cathartic, diuretic, Emetic, resolvent, sialogogue, and Vermifuge.



Medicinally, Blue Flag is said to have an influence on the lymphatic glands and for thyroid imbalance, scrofula, and secondary syphilis. It is also used for the treatment of blood diseases and chronic hepatic, kidney, and spleen affections.

The rhizomes have been used as a cathartic and are used externally in poultices for sores, burns, swelling, wounds, and bruises. A decoction is used for earaches and eyewashes.

Stems are used for making thread, cords and strings for making fishing lines and nets, snowshoes, and some parts of mats and baskets.

\*caution: All native and introduced species of Iris are considered poisonous and can be toxic if used in large doses, causing inflammation to the mucous membrane of the stomach and intestine. Not to be confused with Sweet Flag, that source of Rat Root or Weecase, Wikhas, or Belle-Angé-lique (Michif-Cree), and Wiikenh (Anishinaabemowin).

### Want to know more?

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

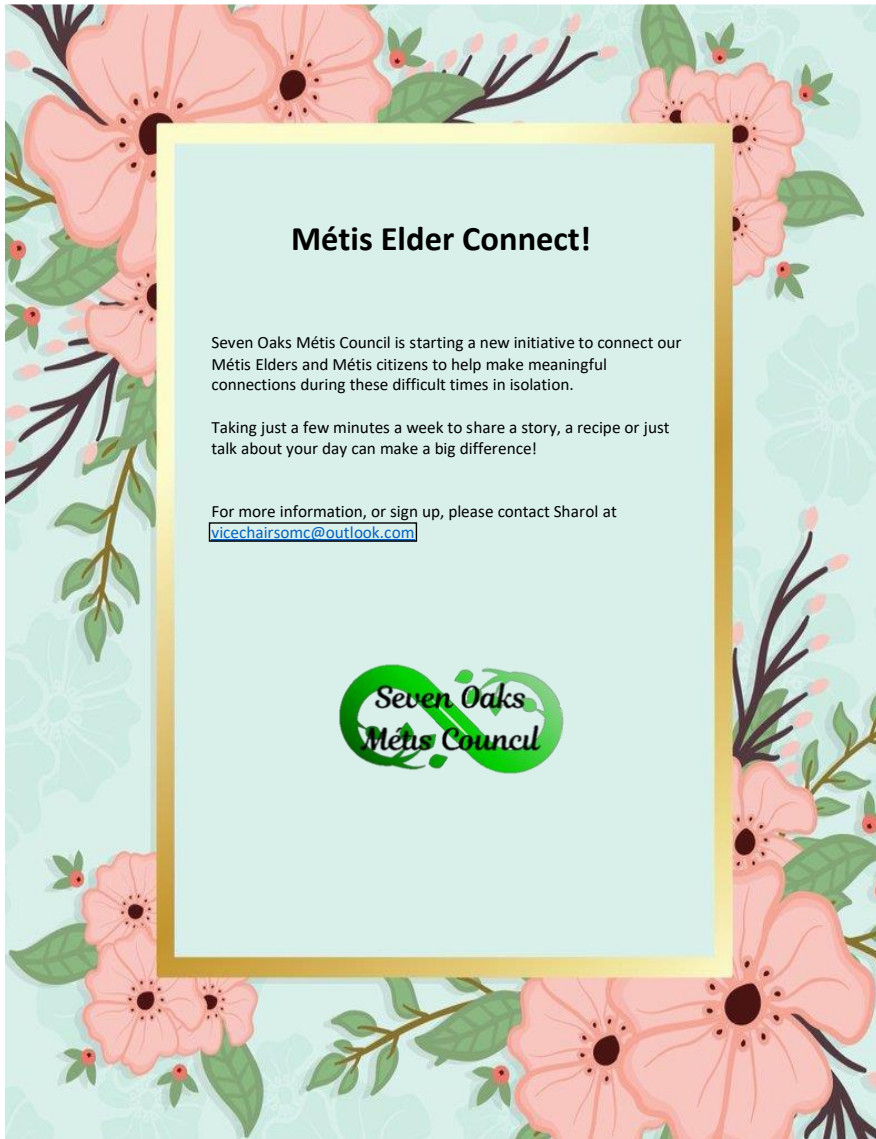
# Volunteers Needed

SOMC is looking for volunteers to join our Youth and Volunteer Committees.

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

# SOMC Programming

The Fiddle and Beading Circles are continuing this month. This is some of the beautiful beadwork coming from our Level 1 and 2 Beading Circles!




**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)



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 Métis 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

Metis Employment & Training and the Winnipeg Regional Youth Advisory Committee are pleased to host the following event

## Youth Resume Workshop via Zoom

**Monday, March 9th, 2021**

**9:30 a.m. to 3:30 p.m.** (workshop will break for lunch)

- Manitoba Metis Youth between the ages of 15-29 are encouraged to participate.
- Spots are limited so register early!
- **Registration deadline is March 3rd;** Youth will be required to complete a Client Registration Form.
- Youth must have access to a computer for the workshop and a basic understanding of computers and Microsoft Word.
- Youth will be entered into a participation draw for a \$100 Visa gift card.
- Following the workshop, Youth will be scheduled for individual appointments with our staff for job search assistance & support.

For more information about this workshop & to register please contact:

Riley Douglas, Regional Youth Coordinator  
MMF Winnipeg Regional Office  
Phone: (204) 589-4327  
email: [riley.douglas@mmf.mb.ca](mailto:riley.douglas@mmf.mb.ca)



Metis  
Employment  
& Training

### 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 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:**  
Ileana 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)



# LEARNING to lead™

MINERVA

## THE PROGRAM

Learning to Lead™ is a **five-day** leadership program open to **Grade 11 girls, transgender, and non-binary youth**.

Participants attend Zoom sessions every day from Monday - Friday for 2.5 hours and gain confidence through interactive workshops and activities within a safe and supportive community.

## WHAT YOU'LL LEARN

Learning to Lead™ focuses on:

- Self-knowledge
- Being a leader
- Increasing confidence
- Being authentic
- Creating connections

## 2021 DATES

**Week 1:** May 3 - May 7

**Week 2:** May 10 - May 14

**Week 3:** May 17 - May 21

**Week 4:** May 31 - June 4

“  
I recommend it to every passionate girl who wishes to feel the true essence of being a leader!”



## JOIN US!

We are looking for youth who demonstrate independent thought, a desire to create a better world, and have taken on and overcome challenges.

50 participants will be selected to attend each one-week program (200 in total). Indigenous youth are encouraged to apply.

To nominate a student, contact Ashley Milbury (Youth Programs Manager) at [ashleym@minervabc.ca](mailto:ashleym@minervabc.ca)

To learn more and apply, visit [minervabc.com/learningtolead](http://minervabc.com/learningtolead)

Thanks to our generous sponsors, Learning to Lead™ is offered at no cost to participants.

Lead Sponsor:  
**Shaw)**



# INFINITY WOMEN

SECRETARIAT ∞ INC

*Cordially invites you to attend their virtual*

## 8th Annual General Assembly

**Saturday, March 13th, 2021**

**1:30 pm to 4:30 pm**

*Due to COVID-19 restrictions, we will be hosting this year's Annual General Assembly via Zoom*

*To register, please fill out the AGA Registration Form and submit via email at [IWS@mmf.mb.ca](mailto:IWS@mmf.mb.ca) by March 8, 2021*

*Once registered, you will receive a confirmation email with attached required Annual General Assembly Meeting documents and the Zoom link*

*Thank you for your continued support and we welcome your participation!*

## NOTICE OF ANNUAL GENERAL ASSEMBLY OF THE MANITOBA METIS FEDERATION

1. An Annual General Assembly ("AGA") of the Manitoba Metis Federation Inc. ("MMF") will take place virtually on Saturday, March 27<sup>th</sup> and Sunday, March 28<sup>th</sup>, 2021.
2. The AGA will commence each day at 9:30a.m. and continue to 4:30p.m. unless adjourned by the Assembly at an earlier time.
3. The business to be conducted at this AGA will include:
  - Appointment of Chair and Co-Chair;
  - Remarks from Dignitaries;
  - Acceptance of Agenda;
  - President's Address: State of the Manitoba Métis;
  - Minutes of the previous Annual General Assembly (2019);
  - Report from various Cabinet Ministers;
  - Presentation and Review of Financial Statements and Audit;
  - Appointment of an Auditor;
  - COVID-19 and Economic Update;
  - Consultation and Presentation of the Proposed Resolutions for the Fall 2021 AGA; and
  - Such other business as may be required and is brought before the AGA.

### NOTE:

Due to the existing COVID-19 pandemic restrictions, this AGA will be held virtually by video conference. The MMF Cabinet has deliberated on the style of this meeting which limits the number of Manitoba Métis Citizens who can participate.

We typically have over 2,500 delegates attending our AGA. Unfortunately, a virtual meeting of this size cannot be held. However, it is very important to the MMF Cabinet that the voices of the Manitoba Métis Citizens be given an opportunity to be heard. All Active Local Executive members are eligible and are encouraged to participate. Additional attendees may attend by invitation only as may be required.

- 2 -

Recognizing this is a virtual AGA, the MMF Cabinet has decided to limit resolutions and constitutional matters to be only for information and consultation purposes at this time. This will allow for greater participation of Manitoba Métis Citizens when our traditional Assembly takes place.

A detailed Agenda will be sent out in the near future. MMF IT Support will be available to assist Local Executive members and other required attendees with any technology issues which need to be addressed to ensure full participation at the AGA.

We anticipate returning to host our in-person AGA's in the near future and the MMF Cabinet will continue to re-assess the COVID-19 risks in the coming months in preparation for an in-person Fall 2021 AGA.

The MMF Constitution, Article XII General Assemblies directs that notice from the Regional Offices must be postmarked to each Local at least 35 days before the date of the AGA. To this end, each Regional Office must send notice to the Locals no later than Saturday, February 20, 2021.

Me-qwetch,

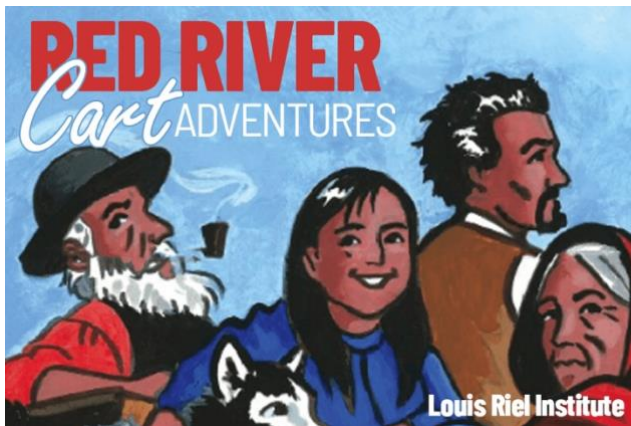
Don Roulette  
Executive Director  
Manitoba Metis Federation

February 11, 2021

# FUN FOR EVERYONE



Thursdays @ 10AM – @MMF.MB.CA



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**



Connect with us!



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



Seven Oaks Métis Council



@sevenoaksmetiscouncil