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November 2020

## A Monthly Insight into your Seven Oaks Métis Council



### *Greetings from your Chairperson*

Taanshi,

I want to start off by acknowledging our Metis Elders, volunteers, families, youth, and children. I pray that everyone is staying safe and healthy throughout the current global pandemic.

On behalf of our Local Executive, I want to thank all of you for doing your part in slowing the spread of this virus by wearing your mask when you leave your home, washing your hands and sanitizing regularly, and maintaining physical distance between yourself and others when outside of your household.

If you need anything, please contact us. We are here to help all our Citizens get through this pandemic. Our email address is

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

I look forward to seeing all of our Citizens at our next Local meeting on November 23, 2020 at 7:00pm.

Maarsi,

Janna Fowles-Joseph, Chairperson



## 9<sup>th</sup> Annual SOMC Christmas Hamper Drive

*Seven Oaks Métis Council is once again planning to give back to a family in our Local. Cash donations can also be made to purchase perishable items.*

*Please contact [seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com) to donate today!*

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
- Monetary donations



We will also need donations of;

- Donations of wrapping paper to wrap the donation boxes
- Boxes to package up the hamper
- Volunteers to help package and deliver

# Métis Boulettes



Serves 6

## INGREDIENTS

- 1 lb lean ground beef
- ½ cup small-diced onion
- ½ tsp ground black pepper
- 1½ tsp kosher salt, divided
- 1 tsp minced fresh rosemary (optional)
- 12 cups water, divided (or combination of water and Brown Stock; see recipe below)
- ¼ cup all-purpose flour
- 2 cups chopped peeled potatoes
- 1 dried bay leaf (optional)
- Salt and pepper for seasoning at end

Mix beef, onion, pepper, half the salt and the optional rosemary (if using) in a bowl. Add up to ¼ cup (60 mL) water—just enough to get the meat to hold together—and mix well. Divide mixture into thirds, then divide each third in two, and then divide those in two to get 12 evenly sized meatballs.

Boil 9 cups of the water/Brown Stock in a stockpot. Dust meatballs in flour, shaking off excess. Drop them into the pot of hot water. Simmer for 40 minutes over medium-low heat with a lid partially on. Add potatoes, the rest of the salt and water and the bay leaf (if using). Raise the temperature so that the soup returns to the boiling point, and then lower heat again and simmer the potatoes for 20 minutes or until they are soft.

Salt and pepper the soup to taste. Remove the bay leaf before serving.

Excerpted from *Cooking with the Wolfman: Indigenous Fusion* by David Wolfman and Marlene Finn. Copyright © 2017 David Wolfman and Marlene Finn

## Cultural Programming Available Through the Council

### Fiddle

Session 1 for fiddle is wrapping up in December.

Session 2 is scheduled to start in January. Registration will open in December.



### What would you like to see?

Email us to let us know what kind of programming you'd like to see.

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

### Beading

Session 1 for the beading group is wrapping up in December.

Session 2 is scheduled to start in January. There will be a beginners group and an advanced/intermediate group. Registration will open for Session 2 in December.

## Plants to Help Us

*American Ginseng (panax quinquefolius)*

*Miyomahcihowin-maskih: île-à-la-Crosse Michif*

“Valuable for treating colds and fevers”: E’kichiitêhitamik chi aatawiiyit li reum pi la fiyev (Michif-Cree); Miywâsin nanâtauihowin kôtakikomowin ikwa kîsisowin kici (*île-à-la-Crosse Michif*)

Aboriginal people have used ginseng for thousands of years. Some of the documented cases included records Penobscot women steeping the root in water as a means to increase fertility. Alabama Nehiyawewink drank tea made from the roots for coughs, fevers, colds, hoarseness, and shortness of breath.

Ginseng contains multiple vitamins, minerals, and saponins that can make the body resistant to stress. Ginseng also helps to stimulate healthy pepsin secretions in the stomach, which makes it excellent for digestion and for satiating appetites.



### 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're looking for volunteers to help us sell chocolate. There are 30 boxes per case and every box sold helps raise money for cultural programs and events!

To order, please email us at [seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com), or message us through our Facebook page. \$3 per box and they are peanut free and DELICIOUS!

We accept cash, cheque and email transfers!



## Message from the Interim Vice-Chair

*Greetings to all of our citizens! I hope you are all keeping well during these uncertain times! We are working hard to stay active and connected to you all while remaining distanced. I personally am enjoying being a part of the beading program and look forward to chatting with the group once a week while we work on our projects! I hope you'll consider joining the next Session. Stay safe and healthy, I look forward to seeing your faces on our next meeting/call!*

We are running our delicious bacon fundraiser! \$60 for a 5kg box of fresh, NEVER frozen, top quality bacon! Seven Oaks Métis Council has partnered with an amazing company here in Winnipeg. The bacon is top quality and has been sampled by many who give it amazing reviews. It is fresh, thick-sliced centre cut, and delicious!

Delivery is available for only \$5.00 within the City of Winnipeg



We also have a few more masks available in grey or red! \$25 each. Each mask is made with love, using 100% cotton fabric, elastic cord and a metal nose strip. We will deliver to your door!

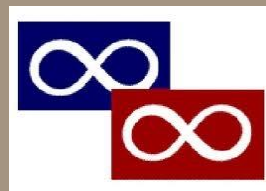
## Message from the Secretary/Treasurer

Hello,

My name is Santanna Tates. I'm the Secretary-Treasurer for Seven Oaks Metis Council. I graduated from the University of Winnipeg in 2016 and currently work for the Louis Riel Institute. I have a passion for history, specifically Metis history. I enjoy volunteering and giving back to my community. Myself and fellow Executives have been committed to providing programming for our Citizens despite the limitations we face. I hope our Local Citizens are staying safe and well during these times.

Santanna Tates, Secretary/Treasurer

## Did you know?



The Métis flag is the oldest flag that originated in Canada. The red flag represented the Hudson Bay Company and the blue represented the North West Company. The infinity sign on both flags represents the unity of the two distinct cultures.

<https://sites.google.com/site/allaboutthemetiscom/home/fun-facts>





# Upcoming Meeting

Our next local meeting will be held on November 23, 2020 at 7:00pm via ZOOM!

Please confirm your attendance and send regrets to [seven\\_oaks\\_local@outlook.com](mailto:seven_oaks_local@outlook.com)



## Looking for Local Métis Businesses?

Do you know of other Métis-owned businesses?

Send us their information so we can connect with them and promote them in our next newsletter!

Vinko and Linda Saric Cart Builders - [vsaric@shaw.ca](mailto:vsaric@shaw.ca) - 204-229-0031

Marriage Officiant - Linda St. Cyr - Saric - [linstcyr1227@yahoo.ca](mailto:linstcyr1227@yahoo.ca) 1-204-229-0031

Metis Branded - Cassandra Woolever - <https://metisbranded.ca/> - 204-588-8007

Prairie Métis Works - <https://www.etsy.com/shop/PrairieMetisWorks> - 204-996-5390

Etchiboy - [www.etchiboy.com](http://www.etchiboy.com) - (204) 392-5864

Pike & Pine Apparel Co - [pikeandpineapparelco@gmail.com](mailto:pikeandpineapparelco@gmail.com) -  
[www.pikeandpineapparelco.com](http://www.pikeandpineapparelco.com)

Nonsuch Brewing Company - <https://www.nonsuch.beer/> - (204) 666-7824

The BraBar & Panterie - <https://www.thebrabar.com/> - (204) 231-3487

Transcona Roofing - <https://transconaroofting.ca/> - (204) 233-3716

Voyageur Internet - <https://voyageurinternet.ca/> - (204) 233-5555

coming soon >>>

### In The Next Issue

Local Updates

More Local Metis Businesses

Métis song/poem

Colouring Contest



### Connect with us!



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



Seven Oaks Métis Council



@sevenoaksmetiscouncil