

NEWSLETTER

IN THIS ISSUE:

- SOMC Jig n' Jam
- Meet Your Local Executives
- Local Executives in the Community
- Featured Recipe
- Plants to Help Us
- MET
- Upcoming Dates

MÉTIS JIG N' JAM


On October 29th, Seven Oaks Métis Council hosted our first annual "Métis Jig n' Jam". Nearly 200 people turned out for the event held at the St. Louis Centre.



An excellent musical line-up performed throughout the night which included musicians Morgan Grace, Brandi Vezina, Jason Lepine, and the Métis Spirit Band as well as special guest Garry Lepine. Attendees filled the dance floor to show off their dance moves and were invited to participate in a variety of contests and activities offered at the event.

Thank you to all our volunteers, donors, Métis Citizens, families, and friends for coming out to the Métis Jig n' Jam!

A special thank you to Keith Ginther for providing sound and lighting equipment for the event!



Local Meeting
(This meeting is for Seven Oaks Métis Council Citizens and Invited Guests only)

Thursday, November 24, 2022

7:00pm – 9:00pm
(Meeting will open at 6:55pm)

Virtual on Microsoft Teams
(A link to the meeting will be emailed to those that confirm their attendance)

Please confirm [attendance](#) and send [regrets](#) to: Hannah Keenes, Secretary
Email: Hannah@sevenoaksmetiscouncil.com

MEET YOUR LOCAL EXECUTIVES



Chairperson - Janna Fowles-Joseph
janna@sevenoaksmetiscouncil.com



Vice Chairperson - Santanna Tates
santanna@sevenoaksmetiscouncil.com



Treasurer - Melanie Lalonde
melanie@sevenoaksmetiscouncil.com



Secretary - Hannah Keenes
hannah@sevenoaksmetiscouncil.com

Meet Seven Oaks Métis Council's Youth Representative

Hello! I'm Meghan Young. I was recently elected to be the Seven Oaks Métis Council youth representative! I thought I would introduce myself and share a little bit about myself. I am Red River Métis through my maternal side and I'm a descendent of Normand's. My family was from St. Norbert, Manitoba but moved to St. Boniface in the early 1900s. I am a student at the University of Manitoba studying Indigenous studies. My focus has largely been on the Métis experience both historically and contemporarily. I'm also a student program coordinator of a land-based education program for the University of Manitoba. This program has helped me understand my Métis identity, especially from an urban city. I have enjoyed navigating the intersections of land-based education with art. Recently I have learned how to loom weave a sash through Seven Oaks Métis council and create fish scale art. I want to help provide programming and events for other Métis youth to learn about their identity and foster a sense of belonging on urban land.



Feel free to reach out to me anytime at youth@sevenoaksmetiscouncil.com, or let me know your ideas through this survey: <https://forms.office.com/r/EZRAcFxfCa>.

EXECUTIVES IN THE COMMUNITY



MMF AGA 2022

The Manitoba Métis Federation (MMF) held its Annual General Meeting October 14-16th at the Assiniboia Downs.

Seven Oaks Métis Council Executives, Local Elder, and Youth Representative attended and participated in the event.

The MMF received an investment of \$33.1M from both the Federal and Provincial governments for the Métis Nation Heritage Centre.



WINNIPEG REGION ARM

The Winnipeg Annual Regional Meeting was held on October 2nd. Local Executives gathered to discuss regional business.

Seven Oaks Métis Council Executives reported on the local business activities for 2021-2022.

Seven Oaks Métis Council's Chairperson, Secretary, Treasurer, Elder, and Youth Representative were in attendance.



INFINITY WOMEN SECRETARIAT AGA

Local Executives attended the 10th Annual Infinity Women Secretariat (IWS) AGA September 25-26th at the Fort Garry Hotel.

Members of IWS attended workshops on Board Governance, UNDRIP, Gender-Based Violence, and Early Learning and Child Care.

This year's theme celebrated Métis Sisterhood.

To become a member, visit: infinitywomen.org

We're hiring!

Visit our website to browse a full list of current opportunities.

manitobametis.com/job-postings

Manitoba Metis Federation

METIS HOUR X2
WITH **RAY ST. GERMAIN**
FEAT PRESIDENT CHARTRAND
SATURDAYS @ 12PM

Manitoba Metis Federation logo

FEATURED RECIPE

MOOSE STEW WITH WINTER VEGETABLES

LI RABABOO DI NARIYAANL AVIK LII ZHAARDINAAZH D'IVER

INGREDIENTS:

2½ lb. lean boneless moose
1 tbsp. oil
3 tbsp. butter
¾ cup chopped onion
¼ cup flour
1 tsp. salt
½ tsp. pepper
1 bay leaf
1 tsp. crushed thyme
1 tsp. crushed marjoram
4 cups lightly salted beef stock or water
8 small potatoes
8 small onions
8 medium carrots
3 medium parsnips
3 canned tomatoes plus ½ cup liquid
1 cup frozen peas
½ cup chopped parsley



INSTRUCTIONS:

- Cut moose into 1½ inch pieces and pat dry with a paper towel.
- In a heavy saucepan, heat oil and butter, and brown the meat one layer at a time. When all meat is browned, set aside.
- Melt more butter in a saucepan if necessary and sauté onion until tender and golden.
- Stir in flour, cooking over medium heat until flour is golden.
- Return meat to the saucepan and add seasonings and stock.
- Using a wooden spoon, scrape up all browned bits from the bottom of the pan.
- Simmer, partially covered, until the moose meat is tender, about 1½ hours.
- Peel potatoes, onions, carrots, turnips, and parsnips. Leave potatoes whole; cut a shallow “x” in the root end of each onion. Cut carrots, turnips, and parsnips into finger-sized sticks. Chop tomatoes coarsely.
- Add vegetables to stew and cook, covered, at moderate heat. Simmer until all ingredients are tender, about 30 to 40 minutes. Add peas and simmer for 5 more minutes.
- Taste and add more seasoning or liquid if necessary.
- Sprinkle with parsley and serve.

DO YOU HAVE A RECIPE YOU WOULD LIKE TO SHARE IN OUR UPCOMING ISSUE?

We are looking for new recipes for our newsletter. Do you have a favourite recipe you would like to share? Send us your favourite recipe to santanna@sevenoaksmetiscouncil.com and it may be featured in one of our upcoming issues.



PLANTS TO HELP US

LABRADOR TEA

LEDUM GROENLANDICUM

Labrador tea, Muskeg tea, or swamp tea is a plant native to North America and is historically used by many Métis and First Nations groups.

The plant is found in cold boggy areas and grows to about 1 metre (3 feet) high. Labrador tea is a flowering shrub with many long branches, white flowers, and evergreen leaves.

The fragrant leaves are used as a soothing tea. Labrador tea has long been used as a traditional herbal medicine for cough, chest and kidney conditions, headache, rheumatism, diarrhea, sore throat, female disorders, and malignancies.



Want to know more?

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



STE. MADELEINE DAYS

Chairperson Janna Fowles-Joseph and Vice-Chairperson Santanna Tate visited the Métis community of Ste. Madeleine over the summer. The event featured music, dance and stories of Ste. Madeleine and the people who lived there.



Métis Employment & Training

ENERGY ADVISOR RECRUITMENT


Métis Employment & Training (MET) is currently recruiting Citizens to join their EnerGuide Energy Advisor Expansion Training Program which trains individuals in the natural resources industry.

To register, contact: metresumes@mmf.mb.ca



Are you Interested in Language?

Sign up for the Louis Riel Institute's Métis Languages monthly newsletter — Enn Parol Kema Deu Aan Michif (A Word or Two in Michif):
<https://conta.cc/3Af7uap>



Metis Employment & Training

IS RECRUITING PEOPLE INTERESTED IN BECOMING
ENERGY ADVISORS

FOR EMPLOYMENT IN THE NATURAL RESOURCES INDUSTRY THROUGH OUR

ENERGUIDE ENERGY ADVISOR EXPANSION TRAINING PROGRAM

WHO CAN PARTICIPATE?

- GOOD MATH SKILLS ARE ESSENTIAL
- UNEMPLOYED OR UNDEREMPLOYED METIS
- MUST BE 18 YEARS OF AGE OR OLDER
- A VALID CLASS 5 DRIVER'S LICENSE OR HIGHER IS AN ASSET
- PHYSICALLY FIT AND ABLE TO PASS A MEDICAL SCREENING

IF YOU HAVE A SINCERE INTEREST IN PURSUING A CAREER AS AN ENERGY ADVISOR AND WOULD LIKE TO REGISTER FOR AN INFORMATION SESSION,
PLEASE CONTACT:
METRESUMES@MMF.MB.CA
WITH THE SUBJECT LINE ENERGY ADVISOR TRAINING



UPCOMING DATES

NOVEMBER 11:

- Remembrance Day

NOVEMBER 15:

- SOMC Christmas Hamper Nominations Open

NOVEMBER 16:

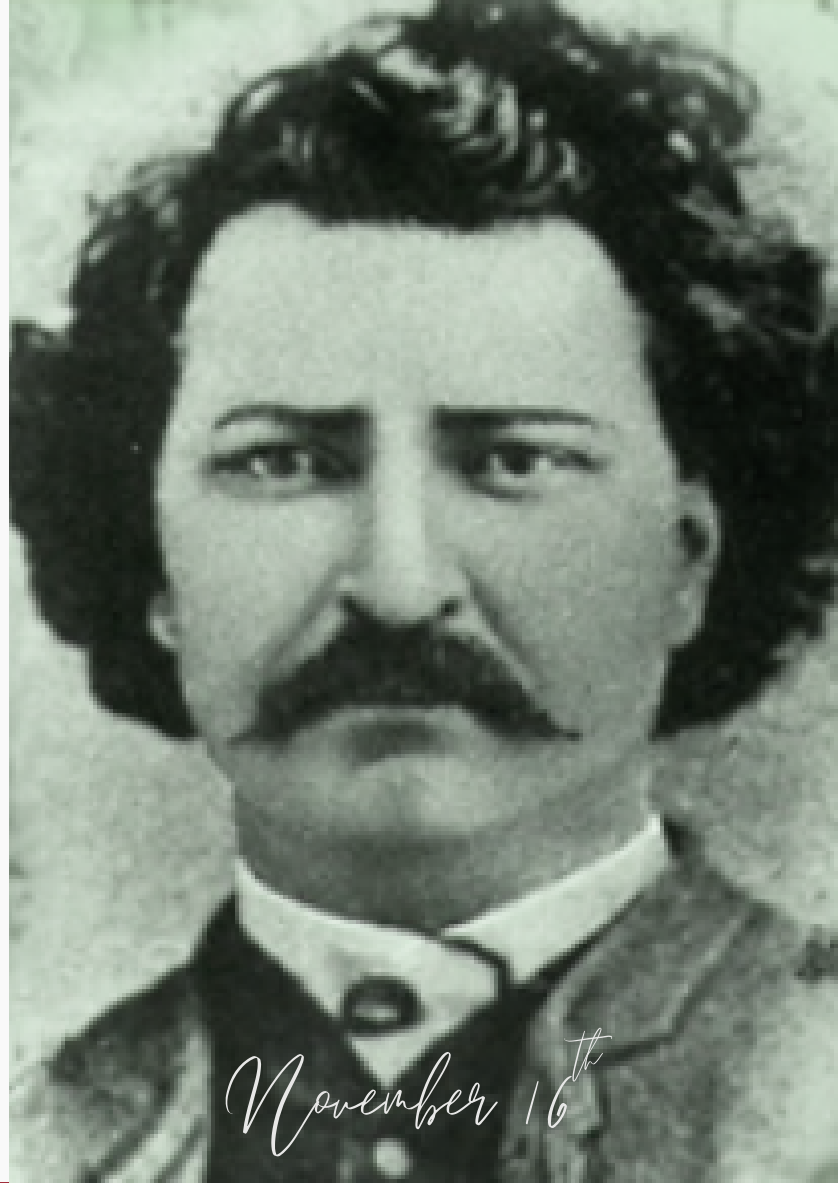
- In honour of Louis Riel

NOVEMBER 24:

- SOMC Local Meeting

DECEMBER 1:

- SOMC Donations Open
- SOMC Youth & Volunteer Committee Meeting



Métis Veterans Beaded Poppy Workshop

Free to all Métis Citizens age 14+

The first Wednesday of each month
December 7, 2022 - November 1, 2023

Time: 5:00PM-8:00PM
Location: R.B. Russell Vocational School
364 Dufferin Ave

Register:
E-mail Iriculture@lrilearn.ca
Or visit louisrielinstitute.ca

"I HAVE
NOTHING
BUT MY
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LONG AGO
TO MY
COUNTRY"

Louis Riel