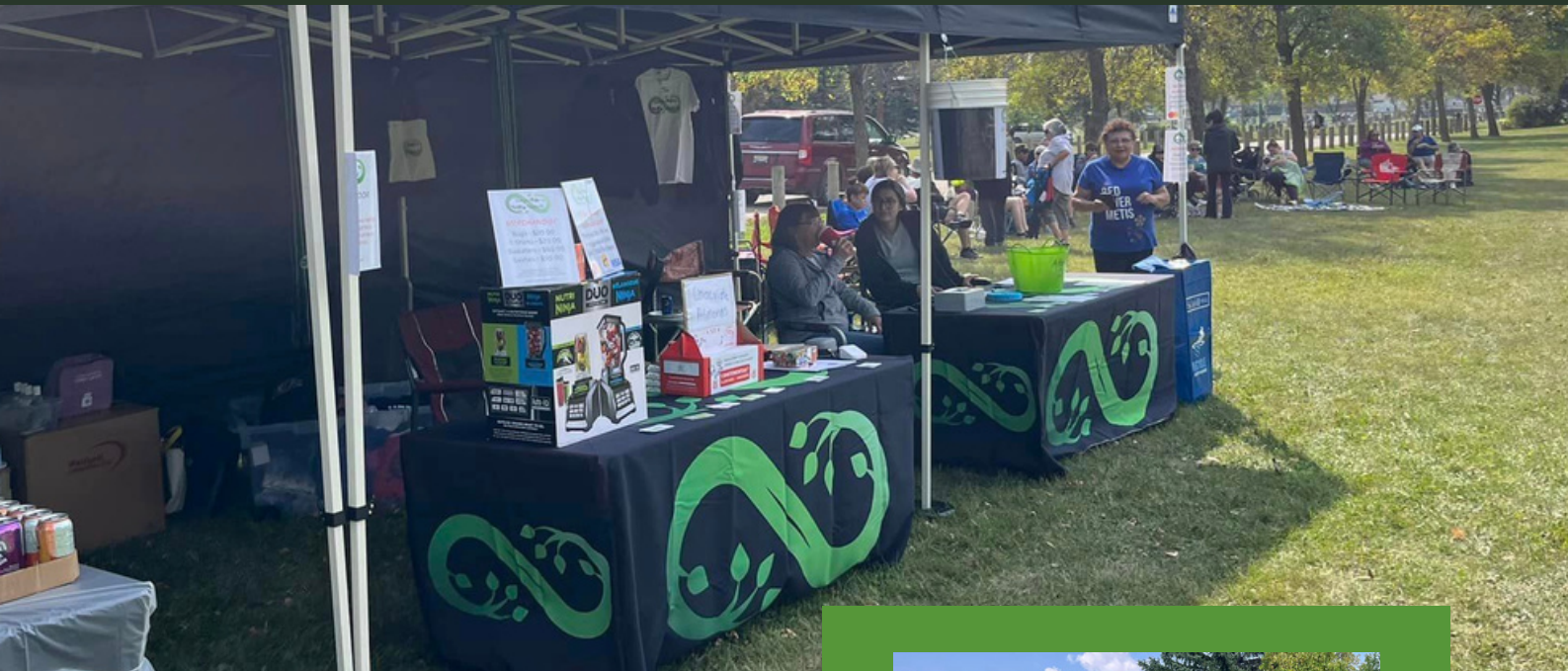


Newsletter



Picnic In the Park

The Seven Oaks Métis Council had their 2nd annual Picnic in the Park on September 9th at Bunn's Creek Centennial Park. Citizens and their families were invited for an afternoon of fun, friendship, food and activities! It was a beautiful day for a picnic, and we loved seeing everybody who joined. A highlight was our Muddy Waters Jigging Contest where everyone jigged in the park for a chance to win a prize.



ANNUAL GENERAL ASSEMBLY



The Manitoba Métis Federation's 2023 Annual General Assembly (AGA) was held on Oct. 14-16 at the Assiniboia Downs. The AGA is an important part of our MMF governance structure and is a space where citizens review and celebrate our government's accomplishments and hard work. A highlight of the weekend was the presentation of the new Every Red River Métis Child Matters sash to survivors.

Another special unveiling at the AGA was the new artwork by Jennine Krauchi that will go outside the Red River Métis National Heritage Centre.

In case you missed it, you can re-watch the livestream on the MMF YouTube.



»»» NEWSLETTER ««« TOP NEWS OF THE MONTH

INFINITY WOMEN SECRETARIAT ANNUAL GENERAL ASSEMBLY

»»» The Infinity Women Secretariat held their 11th Annual General Assembly on September 23-24. Métis women joined to show their continued support for all the work IWS does for our Red River Métis citizens.



REGIONAL YOUTH ADVISORY COMMITTEE

The Seven Oaks Métis Council youth representative Meghan Young has been elected as Vice-Chairperson of the Regional Youth Advisory Committee for the Winnipeg Region.



CULTURAL PROGRAMMING

➤➤➤ CAPOTE MAKING

We are excited to offer our second capote making workshop in collaboration with a local Métis business, Métis Branded.

Participants get a chance to learn how to make a mini capote. Be sure to follow Seven Oaks Métis Council on Facebook to find out when our next class will be.

➤➤➤ SASH WEAVING

We have continued to offer our sash weaving program to all Métis youth. These sessions are a combination of both online and in-person instruction. A previous student, Julie Allard, has been a great assistance helping teach and facilitate these sessions. Be sure to follow Seven Oaks Métis Council on Facebook to find out when our next class will be. Check out these awesome designs by some of our participants.



➤➤➤ BEADING WORKSHOP

We are happy to be offering our beading workshop in-person.

Participants get a chance to learn from a previous student about beading. This workshop is held in-person, and all supplies are provided. Be sure to follow Seven Oaks Métis Council on Facebook to find out when our next class will be.

HEARTY POTATO, VEGETABLE AND CHICKEN SOUP

LI BOÑ SUP DI PATAAK, ZHAARDINAAZH PI POULET

COURTESY OF HEATHER ANDERSEN, NORA ZILKIE, SIGRID
SCHAUS AND DIXIE PALMER, BRITISH COLUMBIA

INGREDIENTS:

6 CUPS CHICKEN BROTH
3 POTATOES, CUBED
2 CARROTS, SLICED
2 STALKS CELERY, SLICED
2 CUPS BROCCOLI, CUT INTO SMALL
FLORETS
2 TO 3 CUPS COOKED CHICKEN OR TURKEY,
CUT INTO PIECES 1½ CUP BUTTER
2 CUPS MILK
1½ CUP FLOUR
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

- IN A LARGE POT COMBINE BROTH AND POTATOES. COVER AND SIMMER FOR 10 MINUTES.
- ADD CARROTS AND CELERY, COOKING FOR 5 MINUTES. ADD BROCCOLI FLORETS AND SIMMER UNTIL ALL THE VEGETABLES ARE TENDER YET CRISP, ABOUT 5 MINUTES.
- ADD CHICKEN OR TURKEY.
- IN MEDIUM SAUCE PAN, MELT THE BUTTER AND STIR IN FLOUR. GRADUALLY ADD MILK, STIRRING CONSTANTLY. ADD 1 CUP OF BROTH FROM THE SOUP. COOK ON LOW HEAT UNTIL SLIGHTLY THICKENED. BLEND INTO REST OF BROTH.
- HEAT TO SERVING TEMPERATURE, BUT DO NOT BOIL. SEASON WITH SALT AND PEPPER IF DESIRED.

UPCOMING EVENTS:

- **NOVEMBER 8
INDIGENOUS
VETERANS DAY**
- **NOVEMBER 9
SOMC YOUTH AND
VOLUNTEER
MEETING.**
- **NOVEMBER 23
LOCAL MEETING 7-9**
- **NOVEMBER 1-15
ACCEPTING HAMPER
NOMINATIONS**
- **NOVEMBER 15 -
DECEMBER 10
ACCEPTING NON
PERISHABLE
DONATIONS**

FOR MORE INFORMATION EMAIL
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