

# WINNIPEG REGION SUMMER NEWSLETTER

JUNE, 2026

ISSUE #9

TAWNShi L'ETEE! HELLO SUMMER!



Items from the Red River Métis Marketplace showcase Métis-made products while celebrating the creativity, talent, and entrepreneurship of the artisans and businesses behind them.



**Winnipeg Region**

# ***AROUND THE REGION***

## ***- IMPORTANT DATES***



JUNE - INDIGENOUS HISTORY MONTH



JUNE 21 - NATIONAL INDIGENOUS  
PEOPLES DAY



JUNE 23 - MANITOBA MÉTIS FEDERATION  
NATIONAL ELECTION



JULY 1 - CANADA DAY



JULY 15 - THE CREATION OF MANITOBA  
(1870)



AUGUST 3 - TERRY FOX DAY

## REGIONAL HIGHLIGHTS



# **WINNIPEG REGION**

## **TABLE TALK SERIES**

The Winnipeg Region hosted a series of TableTalk events at the Métis Club, creating a welcoming space for Citizens to gather, learn, and take part in meaningful conversations. Each session focused on topics that supported knowledge-sharing, community connection, and reflection.

Through the series, Citizens had the opportunity to learn more about Red River Métis history and culture, hear lived experiences from within the community, and explore practical planning topics such as health care directives, power of attorney, wills, and estates.

### **PRESENTER HIGHLIGHTS**



The Winnipeg Region extends sincere thanks to the presenters who shared their time, knowledge, and experience throughout the TableTalk Series. Minister Will Goodon delivered a presentation on the History of the Red River Métis, while Elder Linda St. Cyr-Saric shared her knowledge of Métis history, culture, and lived experiences as a Red River Métis woman.

We also thank Connie Newman, who presented on behalf of the Manitoba Association of Senior Communities during two informative sessions focused on important planning topics for Elders, seniors, and families.

# ***SNOW REMOVAL PROGRAM***

The Winnipeg Region would like to extend a heartfelt thank-you to the youth who participated in this year's Snow Removal Program. Their hard work, dedication, and willingness to help throughout the winter season made a meaningful difference for Elders, seniors, and Citizens who needed support keeping their walkways and driveways clear.

We also want to thank the Elders and seniors who shared their kind words and appreciation for the program. Their gratitude is a reminder of how important this service is and how much it means when our community comes together to care for one another.



# BISON MEAT PROGRAM

The MMF Winnipeg Region was proud to partner with the Energy, Infrastructure, and Resource Management Department to bring bison meat packages to Red River Métis seniors, Elders, and their families. From February 11 to May 13, 2026, this program helped provide traditional food support to Citizens across the Winnipeg Region.

In total, 93 Citizens from the Winnipeg Region and their families received bison meat packages, supporting 192 adults and 14 children. We are grateful to the EIRM team for helping make this meaningful initiative possible and for continuing to support the wellbeing of Red River Métis families in our Region. All bison meat available for this program has now been distributed.



# NOTICE OF ELECTION

## MANITOBA MÉTIS FEDERATION NATIONAL ELECTION

### TO ALL RED RIVER MÉTIS CITIZENS

WHEREAS the Cabinet of the Manitoba Métis Federation has, on the 11<sup>th</sup> day of May 2026 issued a resolution directing me, as Chief Electoral Officer of the Manitoba Métis Federation, to issue a Notice of Election and conduct an election for the position of President, and conduct an election for the position of Vice-President and for two positions of Regional Executive Officers in each of the Winnipeg, Southeast, Southwest, Interlake, Northwest Métis Council, The Pas, and Thompson Regions;

#### I THEREFORE DECLARE AND ISSUE NOTICE THAT:

(a) an election will be held according to the Constitution of the Manitoba Métis Federation to serve in the Cabinet of the Government of the Red River Métis being the Manitoba Métis Federation for the following positions:

- i. President;
- ii. In each Region the position of Vice-President of that Region;
- iii. In each Region two positions of Regional Executive Officer of that Region;

(b) the nomination of candidates for election to be filed with me on or before May 25 2026, at 5:00 pm;

(c) the voting by citizens to be held, if required, on Tuesday the 23<sup>rd</sup> day of June 2026;

(d) if voting by citizens is required, advance polls at one location in each Region will be held on the following days the during the hours mentioned:

Friday the 19<sup>th</sup> of June 2026, from 8:00 am to 8:00 pm;

Saturday the 20<sup>th</sup> of June 2026, from 9:00 am to 8:00 pm; and

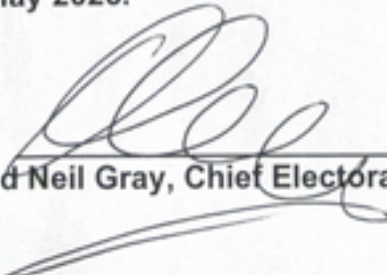
if additional days or locations are deemed necessary on such other days and times or at such other locations as I may by notice direct;

(e) the deadline to apply for mail-in ballots will be June 1, 2026.

(f) the number of votes cast for the several candidates to be added up on Monday the 29<sup>th</sup> of June 2026;

(g) a return and certification of the vote to be made on Tuesday the 30<sup>th</sup> of June 2026.

Issued by my hand this 11<sup>th</sup> day of May 2026.

  
David Neil Gray, Chief Electoral Officer

# AVIS D'ÉLECTION

## ÉLECTIONS NATIONALES DE LA FÉDÉRATION DES MÉTIS DU MANITOBA

À TOUS LES CITOYENS DE LA NATION MÉTISSE DE LA RIVIÈRE-ROUGE  
ATTENDU QUE le Cabinet de la Fédération Métisse du Manitoba a, le 11 jour de mai 2026, adopté une résolution m'ordonnant, à titre de directeur général des élections de la Fédération Métisse du Manitoba, d'émettre un avis d'élection et de tenir une élection pour le poste de Président(e), ainsi qu'une élection pour le poste de Vice-Président(e) et pour deux postes de Directeur(trice) Exécutif(ve) Régional(e) dans chacune des régions de Winnipeg, du Sud-Est, du Sud-Ouest, du Interlake, du Conseil Métis du Nord-Ouest, de The Pas et de Thompson;

### JE DÉCLARE DONC ET DONNE AVIS PAR LES PRÉSENTES QUE:

a) une élection sera tenue conformément à la Constitution de la Fédération Métisse du Manitoba afin d'élire les membres du Cabinet du Gouvernement de la Nation Métisse de la Rivière-Rouge, soit la Fédération Métisse du Manitoba, pour les postes suivants :

- i. Président(e);
- ii. Dans chaque région, le poste de Vice-Président(e) Régional(e);
- iii. Dans chaque région, deux postes de Directeur(trice) Exécutif(ve) Régional(e);

b) les mises en candidature devront m'être remises au plus tard le 25 mai 2026, à 17 h;

c) le vote des citoyens aura lieu, si nécessaire, le mardi 23 de juin 2026;

d) si un vote des citoyens est requis, des bureaux de vote par anticipation seront ouverts à un endroit dans chaque région aux dates et heures suivantes :

Le vendredi 19 de juin 2026, de 8 h à 20 h;

Le samedi 20 de juin 2026, de 9 h à 20 h;

et, si des journées ou des lieux supplémentaires sont jugés nécessaires, à d'autres dates, heures ou endroits déterminés par avis;

e) la date limite pour faire une demande de bulletin de vote postal sera le 1 de juin 2026;

f) le dépouillement des votes exprimés pour les différents candidats aura lieu le lundi 29 de juin 2026;

g) le relevé officiel et la certification du vote seront effectués le mardi 30 de juin 2026.

Donné sous ma signature 11 jour de mai 2026.

David Neil Gray, Directeur Général des Élections

***DO YOU KNOW  
YOUR LOCAL?***

**PLEASE  
VISIT**



**mmfelections.com**  
and verify your MMF  
Local to participate in  
voting for the MMF  
National election.

**2026**   
**NATIONAL  
ELECTION**



# MMF NATIONAL ELECTION POLLING OFFICERS

**FOR MORE INFORMATION, QUESTIONS, INQUIRIES:**



## NOTICE OF MMF NATIONAL ELECTION

**FOR MORE INFORMATION PLEASE  
CONTACT:**

**[mmfelections.com](http://mmfelections.com)**

**DAVID N. GRAY**

Chief Electoral Officer  
200 Main Street, Winnipeg  
Manitoba, R3C 1A8  
CELL PHONE: 204-281-7257  
EMAIL: [dgray@mmf.mb.ca](mailto:dgray@mmf.mb.ca)

OFFICE PHONE: 204-927-8345  
FAX: 1-204-318-8890  
GENERAL EMAIL: [elections@mmf.mb.ca](mailto:elections@mmf.mb.ca)  
WEBPAGE: [mmfelections.com](http://mmfelections.com)

**AMBER STEVENS**

Elections Manager  
[amber.stevens@mmf.mb.ca](mailto:amber.stevens@mmf.mb.ca)

**OR YOUR REGIONAL RETURNING OFFICERS**

Winnipeg: Sheila (Kim) Chipman  
Thompson: Agnes Bonnefoy  
Southeast: Rachelle Froese  
The Pas: Carole Reimer  
Southwest: Sheila (Kim) Chipman  
Northwest: Vicki Campbell  
Interlake: Barb Lavallee



# **WINNIPEG REGION:**

## **NOMINATED CANDIDATES**

### **VICE-PRESIDENT FOR THE WINNIPEG REGION:**

| Name           | Local                 | Resides in:      |           |
|----------------|-----------------------|------------------|-----------|
| Andrew Carrier | Conseil Elzéar Goulet | City of Winnipeg | Incumbent |

### **REGIONAL EXECUTIVE OFFICER FOR THE WINNIPEG REGION:**

| Name             | Local                                           | Resides in:      |           |
|------------------|-------------------------------------------------|------------------|-----------|
| Season Kirkwood  | Lii Michif<br>Otipemisiwak<br>2SLGBTQ+ & Allies | City of Winnipeg |           |
| JoAnne Remillard | Infinity                                        | City of Winnipeg | Incumbent |
| David Beaudin    | Heritage Proud                                  | City of Winnipeg | Incumbent |
| Tayler LeClaire  | Liberty                                         | City of Winnipeg |           |

**Congratulations** to Vice-President Andrew Carrier on his uncontested re-election. His continued leadership, dedication, and commitment to the Winnipeg Region are sincerely appreciated, and we wish him continued success in his upcoming term.

We would also like to extend our best wishes to the Winnipeg Regional Executive Officer candidates: JoAnne Remillard, David Beaudin, Tayler LeClaire, and Season Kirkwood.

Thank you to all candidates for your commitment to serving Citizens and supporting our communities. We wish each of you the very best throughout the election process.

# LOCAL ELECTIONS

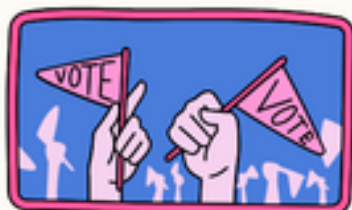
## CONGRATULATIONS TO OUR NEW AND RETURNING LOCAL EXECUTIVE TEAMS!

The Winnipeg Region is pleased to recognize and congratulate all newly elected Local Executive teams. These leaders play an important role in supporting Citizens, strengthening community connection, and helping guide the work of their Locals across the Region.

**TO VIEW THE CERTIFICATE OF RESULTS,  
VISIT OUR WEBSITE:**



<https://mmfwinnipegregion.ca/local-elections>



# LOCAL UPDATES



## Winnipeg Region

BEACH



# CONSEIL ELZÉAR-GOULET (FR)

Le Conseil Elzéar-Goulet est fier de présenter son nouveau conseil d'administration, élu le 10 février dernier.



**Christiane Carrier Kennedy** - présidente  
**Christian Dandeneau** – vice-président  
**Serge Carrière** - trésorier  
**Jonelle Donnelly** - secrétaire

Nous sommes ravis de pouvoir représenter nos membres au cours des quatre prochaines années.

Nous avons commencé notre nouveau mandat avec l'ouverture du Festival du Voyageur à l'Auberge du Violon, le samedi 14 février, lors d'une soirée hommage à Paulette Duguay, une de nos anciennes membres. Un discours chaleureux a été préparé et lu par notre présidente, Christiane Carrier Kennedy, en son honneur.



Auberge du Violon 2026 au CCFM

Pendant la semaine, l'Auberge du Violon a ouvert ses portes à cinq reprises durant le Festival. L'événement est organisé en partenariat avec le Conseil Elzéar-Goulet, la section locale francophone de la Fédération métisse du Manitoba pour la région de Winnipeg, ainsi qu'avec l'Union nationale métisse Saint-Joseph du Manitoba.

# CONSEIL ELZÉAR-GOULET (FR)

## CONT'D...

Grâce à un partenariat avec Envol 91 FM, les cinq soirées de l'Auberge ont été radiodiffusées en direct. Cette année, 1 080 billets d'entrée ont été vendus et 120 bénévoles ont contribué au bon déroulement des activités, ce qui représente une moyenne d'environ 240 participants par soirée. Merci à toutes et tous qui ont fait du bénévolat pour rendre cet évènement un succès!

Nous sommes également heureux d'annoncer que le Conseil est maintenant présent sur Facebook et découvrir nos activités et nos projets!



Christiane Carrier Kennedy,  
présidente du Conseil Elzéar-Goulet



Vice-président de la Région de Winnipeg, Andrew Carrier,  
la ministre JoAnne Rémillard, le ministre David Beaudin

Enfin, de la part du Conseil Elzéar-Goulet, nous tenons à offrir nos plus sincères félicitations à nos membres ainsi qu'à tous les diplômés et diplômées autochtones célébrés lors du pow-wow de Université du Manitoba le 2 mai. Cette étape importante reflète leur persévérance, leur engagement, ainsi que la richesse de leurs cultures et traditions. C'est avec beaucoup de respect et d'admiration que nous soulignons cette réussite et partageons leur fierté en cette occasion spéciale. Félicitations à toutes et tous!

# CONSEIL ELZÉAR-GOULET (EN)

The Conseil Elzéar-Goulet is proud to present its new executive, elected on February 10.

**Christiane Carrier Kennedy** - Chair

**Christian Dandeneau** – Vice-Chair

**Serge Carrière** - Treasurer

**Jonelle Donnelly** - Secretary



We are delighted to represent our members over the next four years.



We began our new term with the opening of the Festival du Voyageur at the Auberge du Violon on Saturday, February 14, during a tribute evening honoring Paulette Duguay, one of our former members. A heartfelt speech was prepared and delivered by our president, Christiane Carrier Kennedy, in her honor.

During the week, the Auberge du Violon opened its doors five times throughout the Festival. The event is organized in partnership with the Elzéar-Goulet Council, the local Francophone section of the Manitoba Métis Federation for the Winnipeg region, and the Union nationale métisse Saint-Joseph du Manitoba. Thanks to a partnership with Envol 91 FM, all five evenings at the Auberge were broadcast live on the radio. This year, 1,080 admission tickets were sold, and 120 volunteers helped ensure the smooth running of the activities, representing an average of approximately 240 participants per evening.

Thank you to all those who volunteered making this event a success!

# CONSEIL ELZÉAR-GOULET (EN)

## CONT'D...



Conseil Elzéar-Goulet

We are also pleased to announce that the Conseil is now present on Facebook and Instagram. We invite you to follow us to learn more about our activities and projects!



*Volunteers : L to R – Debra Radi, MLA of Saint-Boniface, Robert Loiselle, MLA Billie Cross and MLA Shannon Corbett*

Finally, on behalf of the Conseil Elzéar-Goulet, we would like to extend our sincerest congratulations to our members and to all Indigenous graduates celebrated during the University of Manitoba pow-wow on May 2. This important milestone reflects their perseverance, commitment, and the richness of their cultures and traditions.

It is with great respect and admiration that we recognize this achievement and share in their pride on this special occasion.

Congratulations to each and every one of you!





# PRAIRIE BUFFALO



On February 28<sup>th</sup> we hosted an ice fishing event which was a great success! We had tons of members come out and brave the cold with a few fish caught! (see photos)

On March 28<sup>th</sup> and 29<sup>th</sup> we hosted a sash making workshop where members were able to make their own Prairie Buffalo Sashes! (see photo)

This year we plan to host a ribbon skirt making workshop, a Metis food making workshop, a Christmas party and another ice fishing event!



# SEVEN OAKS MÉTIS COUNCIL

## Fundraiser

We're excited to bring a unique and meaningful fundraiser to our community! This initiative supports our cultural programs while also creating space to learn, connect, and celebrate tradition. As part of this fundraiser, we're offering two ways to participate: You can purchase a Ribbon Skirt Kit for \$50 and create your skirt at your own pace, or choose the full experience for \$70, which includes both the kit and a guided in-person class. The class option not only gives you hands-on support in creating your ribbon skirt, but also directly supports a local artisan who will be leading the session. This is more than just a fundraiser, it's an opportunity to engage with culture, learn a new skill, and contribute to the growth of our community. Every purchase helps fund our cultural programs and ensures these traditions continue to thrive. Join us in celebrating culture, creativity, and community, while making something truly your own.

\*We have a limited amount of kits and classes. Classes are available on a first pay, first served basis. We expect them to fill up quickly.

For more information: Please visit this [link](https://sevenoaksmetiscouncil.com/fundraising-1) or scan the QR Code below.



Quantities are limited.  
First paid will be first  
served. Please note  
the kit number when  
ordering.

## CHOCOLATE ALMOND FUNDRAISER!

DO YOU LOVE CHOCOLATE ALMONDS OR KNOW  
SOMEONE WHO DOES?  
YES?! THEN YOU'RE IN THE RIGHT PLACE!

WE ARE SELLING GOUTIERRE  
CHOCOLATE ALMONDS FOR JUST  
\$3.00 PER BOX!

YOUR PURCHASE HELPS SUPPORT  
SEVEN OAKS MÉTIS COUNCIL'S  
CULTURAL PROGRAMMING!



TO PLACE YOUR ORDER OR TO HELP US SELL PLEASE  
EMAIL: [executives@sevenoaksmetiscouncil.com](mailto:executives@sevenoaksmetiscouncil.com)  
CASH AND ETRANSFER ARE ACCEPTED!



## Fundraisers

<https://sevenoaksmetiscouncil.com/fundraising-1>

- Ribbon Skirts
- Chocolate Almonds

# SEVEN OAKS MÉTIS COUNCIL CONT'D...



## Programs:

<https://sevenoaksmetiscouncil.com/programs-%26-opportunities>

**Sash Weaving:** We held our first session beginning Wednesday, May 13, 2026..

**Capote Workshop:** We will be hosting our Capote class on June 14th and 21st.

To register, visit:

<https://forms.cloud.microsoft/r/DJq9hq8VPp>



We are excited to announce our upcoming,  
**Métis Capote Workshop**  
with Artisan Nancy Goulquier

This workshop consists of two classes held on  
Sundays, June 14<sup>th</sup> and June 21<sup>st</sup>, 2026.  
Time: 12:00pm to 6:30pm  
Cost: \$100.00 per person

"All supplies will be provided"  
Each participant will create a full-sized adult Capote  
from a Hudson's Bay Company wool blanket"

"Registration is open **ONLY** to registered Seven Oaks  
Métis Council members over the age of 16 and who have  
little to no experience."

REGISTRATIONS & PAYMENTS ARE DUE:  
June 5, 2026, BY 4:00PM  
"Seats are very limited and priority will be given to  
active members of the Local"

**To register,  
click here!**



## Upcoming Local Meeting:

Our next Local meeting is scheduled for June 18<sup>th</sup>  
which is for Seven Oaks Métis Council Citizens  
only.

Email [paige@sevenoaksmetiscouncil.com](mailto:paige@sevenoaksmetiscouncil.com) to  
confirm attendance.

[https://sevenoaksmetiscouncil.com/  
meeting-notices](https://sevenoaksmetiscouncil.com/meeting-notices)



## **Local Meeting**

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

Thursday, June 18, 2026

6:30pm – 8:30pm  
(Meeting will open at 6:25pm)

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

Please confirm **attendance** and send **secrets**  
to Paige Gray, Secretary  
Email: [Paige@sevenoaksmetiscouncil.com](mailto:Paige@sevenoaksmetiscouncil.com)



# SEVEN OAKS MÉTIS COUNCIL CONT'D...

WE WOULD LIKE TO INTRODUCE OUR LOCAL  
EXECUTIVES AND YOUTH AND ELDER REPRESENTATIVES!

## Chairperson - Janna Fowler



Janna Fowler is a proud Red River Métis woman and Chairperson of Seven Oaks Métis Council, a role she has held since 2018. Under her leadership, the Local has grown from inactive to one of the most active in Winnipeg, with a strong focus on Métis cultural programming, education, and community engagement.

She holds a Bachelor of Arts and Bachelor of Education from the University of Winnipeg and is currently completing a Management course at Red River College. In her spare time, Janna enjoys travelling, beading, singing, and reading.

## Vice-Chairperson - Hannah Keenes



Hannah Keenes has been proudly serving Seven Oaks Métis Council Citizens since 2022.

Hannah works as a Policy Analyst for the MMF's Energy, Infrastructure, and Resource Management Department.

In her spare time, Hannah enjoys beading and spending time with her dogs.

## Secretary - Paige Gray



Paige Gray has been serving Seven Oaks Métis Council Citizens since 2024.

In addition to being our Secretary, Paige volunteers her time with MS Walk Winnipeg and the Manitoba Down Syndrome Society.

In her spare time, Paige enjoys spending time with her loved ones, crocheting, and playing sports!

## Treasurer - Melanie Lalonde



Melanie Lalonde has been serving Seven Oaks Métis Council Citizens since 2022.

Melanie works as the Wawatay Program Development Specialist in the Faculty of Science at the University of Manitoba.

In addition to being our Treasurer, Melanie is also the Infinity Women Secretariat Board of Director for Winnipeg!

In her spare time, Melanie enjoys beading, fishing, being in nature, spending time with family and friends, being in the community and attending community events, and cuddling her dogs.

## Youth Representative - Landon Lalonde



Landon has been volunteering with Seven Oaks Métis Council for over five years. He enjoys reading, chemistry, and spending time running in nature. This year, he is graduating from high school and will begin his undergraduate studies in Chemistry at the University of Manitoba in the fall. As the new youth representative for the Seven Oaks Métis Council, Landon looks forward to becoming even more involved in his community.



# SEVEN OAKS MÉTIS COUNCIL CONT'D...



*Elder Linda St. Cyr-Savie*

*Linda St. Cyr-Savie is a proud Red River Métis woman and citizen of the Manitoba Métis Federation. A retired educator, she taught for many years with the Interlake and Winnipeg School Divisions, including 18 years at R.B. Russell Vocational High School. Linda is an active member and Elder with Seven Oaks Métis Council and the Manitoba Métis Federation, where she promotes Métis culture, language, and community engagement. A fluent Michif-Français speaker, she is passionate about sharing and preserving the language while supporting Elders, youth, and community initiatives.*



*Elder Shirley Langen*

*Shirley Langen is a respected Red River Métis Elder, citizen of the Manitoba Métis Federation, and member of Seven Oaks Métis Council, raised in a traditional Métis lifestyle. A retired health care professional, she worked for 40 years at the Health Sciences Centre, retiring in 2017. She is a recipient of the 2025 King Charles III Coronation Medal and has dedicated over 37 years to volunteering in community leadership and service roles. As an Elder, Shirley offers prayers at community events and supports initiatives such as fire evacuee assistance and MMI<sup>®</sup> Rapid-Response (Transitional Housing), where she helps ensure the wellbeing of residents. She also serves as Elder, Councilor, and Advisor for the film *Ancestral Beauty*, contributing cultural guidance to its storytelling.*

## What Does a Local Executive Team Do?

A Local is a community-level association of Citizens established under the Constitution of the Manitoba Métis Federation. Local Executive teams help keep their communities connected by sharing information, organizing activities, encouraging participation, and bringing forward local priorities.

Through their leadership, Locals continue to support Citizens and play an important role in the Winnipeg Region.

**Chairperson:** Provides leadership, chairs meetings, acts as spokesperson for the Local, calls meetings, follows up on motions, and supports Local committees.

**Vice-Chairperson:** Supports the Chairperson, assists with Local priorities, and carries out Chairperson responsibilities when needed.

**Treasurer:** Maintains financial records, presents financial updates at meetings, supports banking responsibilities, and acts as a signing authority.

**Secretary:** Records meeting minutes, maintains files and correspondence, and supports communication through meeting notices, advertisements, and other Local updates.



# ***ST. NORBERT PARISH—LA BARRIÈRE MÉTIS COUNCIL***

## ***HONOURING CULTURE THROUGH BEADING NIGHTS***

The St. Norbert Parish—La Barrière Métis Council recently hosted two Beading Nights at the St. Norbert Community Centre, led by Shannon Kalić. With 20 spots available, participants came together to learn and practice Métis beading while creating their own keychains.

The evenings provided a welcoming space for all skill levels to connect, share knowledge, and engage in Métis cultural traditions. The workshops were a great success, strengthening community connections and celebrating the importance of beading in Métis culture.



# RECIPE CORNER

We invited Citizens to share their favourite summer dishes, celebrating the family traditions and home-grown recipes that reflect the strength of our Métis community.

RECIPE SUBMITTED BY ELDER

LINDA ST. CYR-SARIC

## Boiled Eggless Cake

1 cup Flour  
2 tsp Baking Powder  
1/2 tsp salt  
2 Tbsp Shortening  
1 cup Raisins or Currants  
1/2 cup milk  
1/4 tsp vanilla  
1/4 tsp cinnamon

Combine these 8 ingredients and pour in a greased cake pan.

Sauce: Combine  
1 cup Brown Sugar  
1 Tbsp Butter  
1 3/4 C. boiling water

Pour sauce over the batter.  
Bake at 350°F for 1 1/2 hrs.



# CARRYING OUR STORIES FORWARD

This page is an invitation to pause and reflect.

Our stories, memories, and traditions live within us and are carried forward in many quiet ways. We encourage you to share your reflection with friends or family, or send it to [wpgregion@mmf.mb.ca](mailto:wpgregion@mmf.mb.ca) to be included in a Winnipeg Region reflection binder.

1. A tradition that reminds me of who I am is:

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2. A place that feels connected to my family or community is:

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3. When I think of Métis strength, I think of:

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4. Something I am proud to carry forward is:

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5. One thing I hope future generations remember is:

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# ***WISDOM AND REFLECTION***

*"WE MUST CHERISH OUR INHERITANCE. WE MUST PRESERVE OUR NATIONALITY FOR THE YOUTH OF OUR FUTURE. THE STORY SHOULD BE WRITTEN DOWN TO PASS ON."*

*-LOUIS RIEL*

## ***WE HAVE ALWAYS DEFINED OURSELVES***

The Red River Métis have never been defined by others. Our identity, governance, and nationhood come from our people, our history, and our shared responsibility to one another.

## ***STRENGTH ACROSS TIME AND PLACE***

Métis strength is carried across generations and beyond borders. No matter where our Citizens live, our Nation remains connected through shared roots, governance, and responsibility to one another.

## ***LIVING OUR VALUES***

Métis identity is expressed not only in remembrance, but in how we govern, lead, and care for our communities today.

***OUR STRENGTH HAS ALWAYS LIVED IN OUR PEOPLE, OUR MEMORIES, AND THE STORIES WE CARRY FORWARD.***

# MÉTIS SUMMER BINGO!

MARK OFF THE SQUARES YOU COMPLETED THIS SUMMER AND SEE THE MANY WAYS YOU SPENT TIME WITH FAMILY, COMMUNITY, AND CULTURE.

|                           |                            |                                                                                                                  |                          |                          |
|---------------------------|----------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| Visited Family            | Attended a community event | Had Bannock                                                                                                      | Watched a prairie sunset | Picked berries           |
| Listened to fiddle music  | Shared a family recipe     | Walked by the river                                                                                              | Spent time with an Elder | Went to a farmers market |
| Watched or joined jigging | Attended a Local event     | FREE SPACE<br>Métis Pride<br> | Helped in the garden     | Sat around a fire        |
| Learned something new     | Spent time on the land     | Shared tea or coffee                                                                                             | Helped a neighbour       | Wore Métis colours       |
| Celebrated community      | Spent time on the land     | Enjoyed fresh vegetables                                                                                         | Went to the lake         | Spent time with friends  |

# CONTACT US TODAY!

Winnipeg Métis Association Inc.

4th Floor - 200 Main Street

Winnipeg, MB R3C 1A8

[wpgregion@mmf.mb.ca](mailto:wpgregion@mmf.mb.ca)

204-586-5716

[www.mmfwinipegregion.ca](http://www.mmfwinipegregion.ca)

Facebook: [MMF Winnipeg Region - WMA](#)



← Website

Facebook →

