



Newsletter

Tawnshi l'ivayr! Hello Winter!

Winter is here at the Winnipeg Métis Association! We are excited to bring you the latest edition of our newsletter.

Here, you'll find upcoming events, Local updates and will be able to take a look back at what we accomplished over the last 3 months!

Thank you for joining us as we take a look back on our accomplishments!

Important Dates

New Years Day
January 1st, 2025

Jigging Lessons Start
January 15th, 2025

Fiddle Lessons Start
January 25th, 2025

Louis Riel Day
February 17th, 2025

International Women's Day
March 8th, 2025



Photo Gallery





***Past Events
and
Programs***

***Keeping up with
the Winnipeg
Region!***

***Youth
Programming***

Louis Riel Commemoration Ceremony

Every year, on November 16th the Manitoba Métis Federation holds a commemoration ceremony to honour the life and legacy of Red River Métis leader and the first Premier of Manitoba, Louis Riel.

November 16th, 2024 marked the 139th anniversary of his execution.



Holiday Family Fun Night at Lasertopia

**On Monday, December 16th, 2024 the Winnipeg
Region Youth Department held a Family Fun
Night at Lasertopia!**



Snow Shoveling!

**Our Winnipeg Region Youth have been hard at work shoveling snow for our Elders this winter!
Thank you to our youth!**





Winnipeg Region Locals



All Locals were invited to send in a submission for the winter newsletter, only those that wished to submit, did.

Local Activity:

Bison Local

**Bison Local Youth Group
Arcade Night at the Rec Room!**

**Bison Local Youth gathered at the Rec
Room for a night of fun!**



**First Aid, CPR Level C and AED
training with St. Johns Ambulance!**

**Several Bison Local members
completed their basic First Aid,
CPR Level C & AED course at St.
John's Ambulance!**



Local Activity:

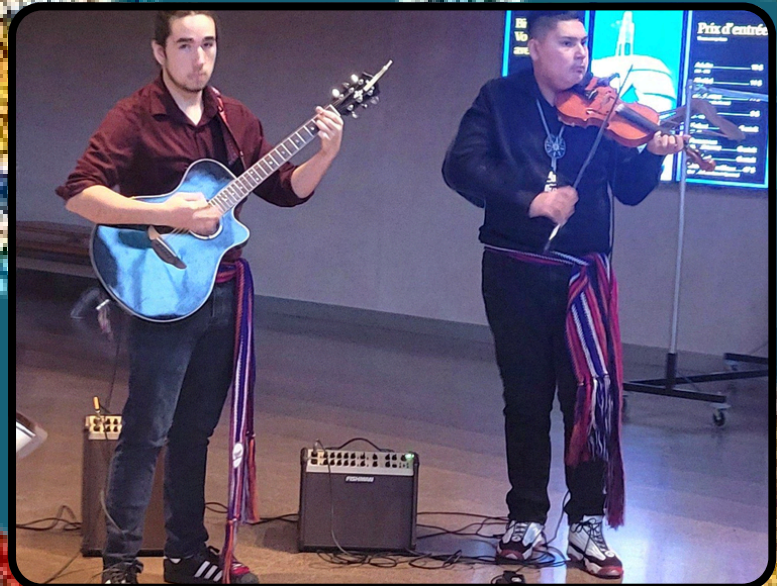
Kinew Métis Council

Indspire Awards at the Canadian Museum for Human Rights!

Kinew Métis Council Youth dancers, Fiddle player Kieran and guitar player Andy performed at the Indspire Awards at the Canadian Museum for Human rights in November!

Kinew Métis Council Christmas Choir!

The Kinew Métis Council Christmas Choir performed for a seniors group event and at Luther Home!



Local Activity: Liberty Local

Liberty Local Charity Donations 2024

Liberty Local members voted to donate funds to two worthy causes! Members voted to donate \$10,000.00 to St. Boniface Street Links Foundation in aid of homeless individuals in the St. Boniface / St. Vital area.

In addition, the members also voted to donate \$3000.00 to the Singing Red Bear Foundation to support it's battle against Fentanyl and Fentanyl laced drugs. The Foundation is running a campaign named "No Thanks, I'm Good" to bring awareness to all the youth and citizens of Manitoba about the dangers of all drugs tainted with fentanyl.

Liberty Local Executives encourage citizens to look into these charities to help, donate and share their initiatives and missions.



Local Activity: Seven Oaks Métis Council

Elves Paint Night Extravaganza

Seven Oaks Métis Council held an Elves Paint Night Extravaganza to paint boxes for their 13th Annual Christmas Hamper Drive!



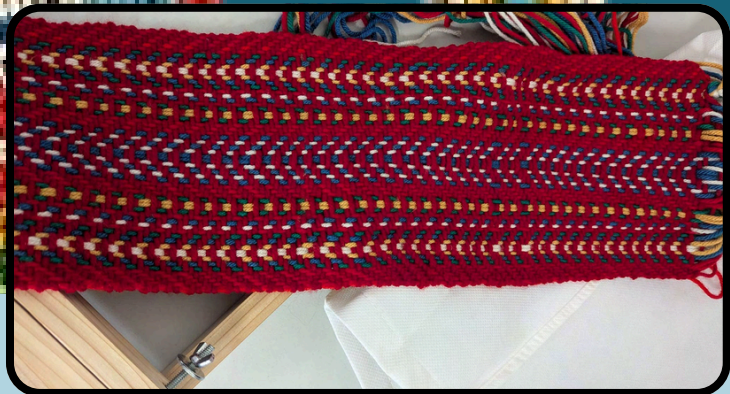
Beading Circle

Citizens learnt how to bead wrist lanyards throughout November and December!



Sash Weaving

Citizens have been learning how to weave their very own sashes throughout the last month and will continue with classes in January!



Santanna Tate

The Winnipeg Region would like to share our condolences with the family of Seven Oaks Métis Council Vice-Chairperson, Santanna Tate.

Sadly, on November 20th, 2024, Santanna passed away peacefully after a short and aggressive battle with cancer.

Our thoughts and prayers are with her family and friends.

A Go Fund Me was created to help her children and family cover funeral and living expenses while they navigate this new path in their lives without their mother. If you are able, please consider contributing to this cause. Every dollar counts, big or small.



Recipes!

Don't miss our recipe located on the next page!

Want to see your favourite Métis recipe published in our next newsletter? Send it with photos to wpgregion@mmf.mb.ca

Gingerbread Cookies!

Ingredients:

- 3/4 cup unsalted butter (softened)
- 1 cup granulated sugar
- 1 large egg
- 1/4 cup molasses (unsulphured)
- 2 1/2 cups all-purpose flour
- 2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon (if you like a strong cinnamon flavour, increase to 2 tsp total)
- 1/2 tsp dried ground ginger (if you like a strong ginger flavour, increase to 1-2 tsp total)
- Optional : granulated sugar to roll cookie dough balls in



Directions:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Mix together the butter and sugar until it's light and fluffy, approximately 2-3 minutes with an electric mixer.
3. Next, add in egg and molasses and mix well.
4. In a separate bowl, combine flour, baking soda, salt, cinnamon and ginger, stirring to combine.
5. Add dry ingredients to wet ingredients and mix until well combined.
6. Form or scoop balls of dough that are slightly smaller than a golf ball. Place them on a baking sheet approximately 2" to 3" apart to allow room for cookies to spread.
7. Finally, bake for 10-12 minutes, remove from oven and allow cookies to cool on baking sheet for approximately 10 minutes, then transfer to a wire rack to finish cooling.



Upcoming Events and Programs



Métis Fiddle Lessons

The Manitoba Métis Federation - Winnipeg Region Youth Department is happy to announce that Winnipeg Region Youth will have the opportunity to learn how to play the fiddle!

Please contact the Youth Programs Officer Mingan Nabess for more information at 204-586-5716 or by email to wpgregion@mmf.mb.ca.

To register please visit
<https://forms.office.com/r/1y6gnfWE8M>
or scan the QR code on the poster.



Youth Department



WE ARE PLEASED TO PROVIDE
MÉTIS YOUTH THE FOLLOWING
CULTURAL TRAINING
OPPORTUNITY

MÉTIS FIDDLE LESSONS

WHO:

- RED RIVER MÉTIS YOUTH LIVING IN WINNIPEG REGION
- AGES 9-29 WITH A VALID MÉTIS CITIZENSHIP CARD

WHERE:

- THE MÉTIS CLUB LOCATED AT 406 MCGREGOR STREET IN WINNIPEG

WHEN:

- WEEKLY ON SATURDAYS
- JANUARY 25, 2024 TO MARCH 29, 2025
- FROM 2:00PM TO 4:00PM
- (STUDENTS WILL BE ASSIGNED A COHORT ON THE FIRST CLASS)

INSTRUCTOR: PATTI KUSTUROK

SUPPLIES AND REFRESHMENTS WILL BE SUPPLIED

FOR MORE INFORMATION: PLEASE CONTACT OUR YOUTH
PROGRAMS OFFICER, MINGAN NABESS AT 204-586-5716
OR BY EMAIL TO [WPGREGION@MMF.MB.CA](mailto:wpgregion@mmf.mb.ca)

TO REGISTER PLEASE VISIT:

[HTTPS://FORMS.OFFICE.COM/R/1Y6GNFWE8M](https://forms.office.com/r/1y6gnfWE8M) OR SCAN
THE QR CODE TO THE LEFT.

REGISTRATION CLOSING JANUARY 19, 2025



Métis Jigging Lessons

The Manitoba Métis Federation - Winnipeg Region Youth Department is happy to announce that Winnipeg Region Youth will have the opportunity to learn how to jig!

Please contact the Youth Programs Officer Mingan Nabess for more information at 204-586-5716 or by email to wpgregion@mmf.mb.ca.

To register please visit
<https://forms.office.com/r/dV8spsv0iV>
or scan the QR code on the poster.



Youth Department



WE ARE PLEASED TO PROVIDE MÉTIS YOUTH THE FOLLOWING
CULTURAL TRAINING OPPORTUNITY

Métis Jigging Lessons

WHO:

Red River Métis youth living in the Winnipeg Region
Ages 5-29 with a valid Métis Citizenship Card

WHERE:

The Métis Club located at 406 McGregor Street in Winnipeg

WHEN:

Weekly on Wednesdays
January 15, 2025 TO March 26, 2025
From 5:30PM TO 8:30PM

(STUDENTS WILL BE ASSIGNED A COHORT ON THE FIRST CLASS)

INSTRUCTOR: Dean Davis

SUPPLIES AND REFRESHMENTS WILL BE SUPPLIED

FOR MORE INFORMATION:

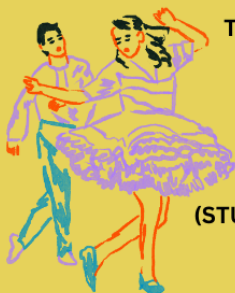
Please contact our Youth Programs Officer, Mingan Nabess, at 204-586-5716 or by email to wpgregion@mmf.mb.ca

TO REGISTER:

Please complete this registration form: <https://forms.office.com/r/dV8spsv0iV>
or scan the QR Code to the right.



REGISTRATION CLOSES JANUARY 9, 2025



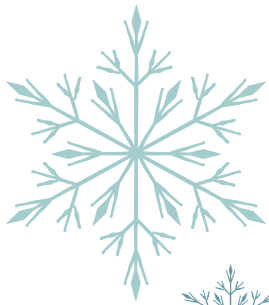
Activities!

Build your own Snowman!

or

Customize your own toque!

Name / Surname: _____ Date: _____

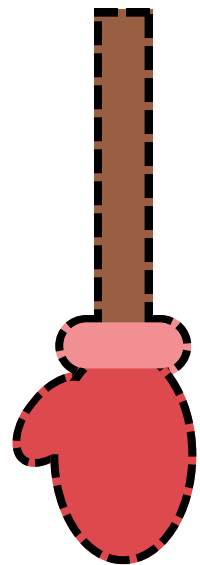
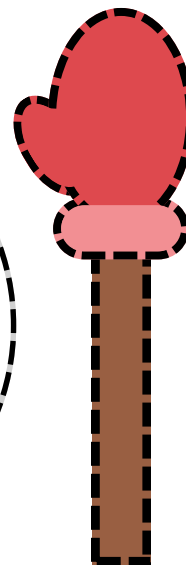
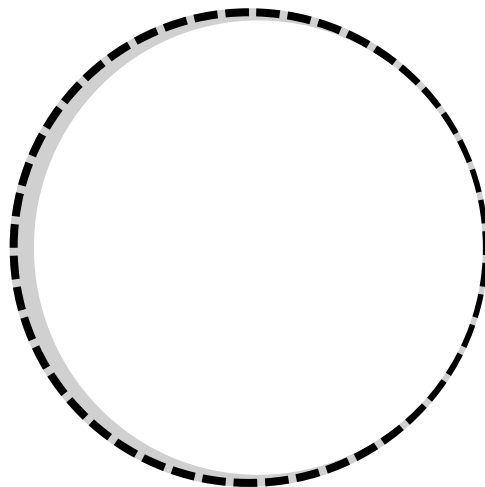
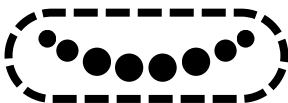
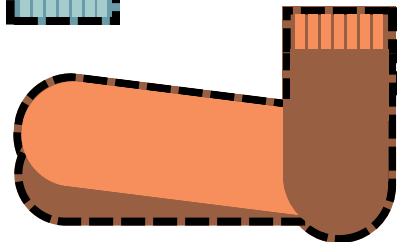
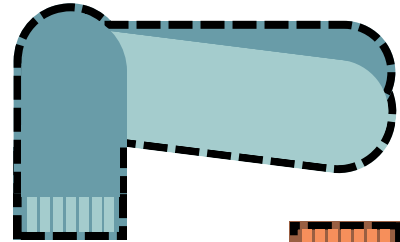
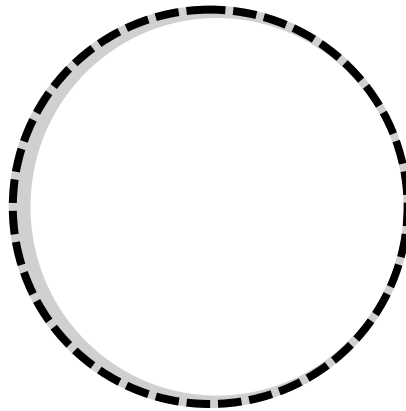
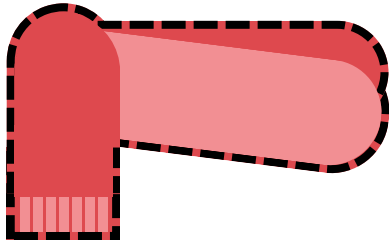
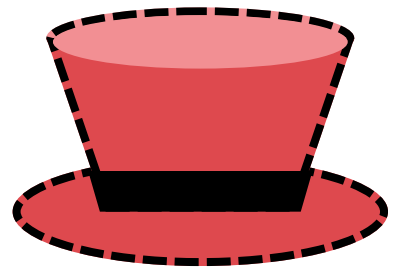
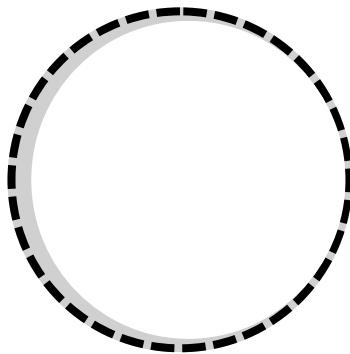
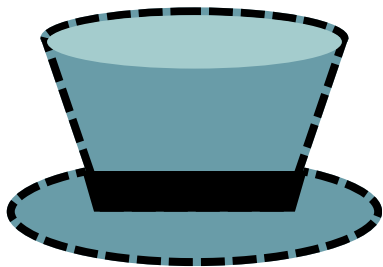


WINTER

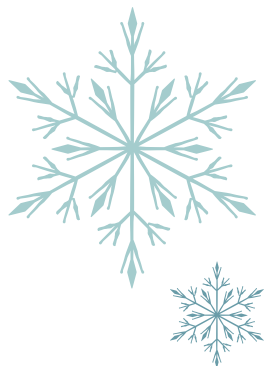
BUILD A SNOWMAN



Cut out the outlines below.
Glue them together to build your snowman.



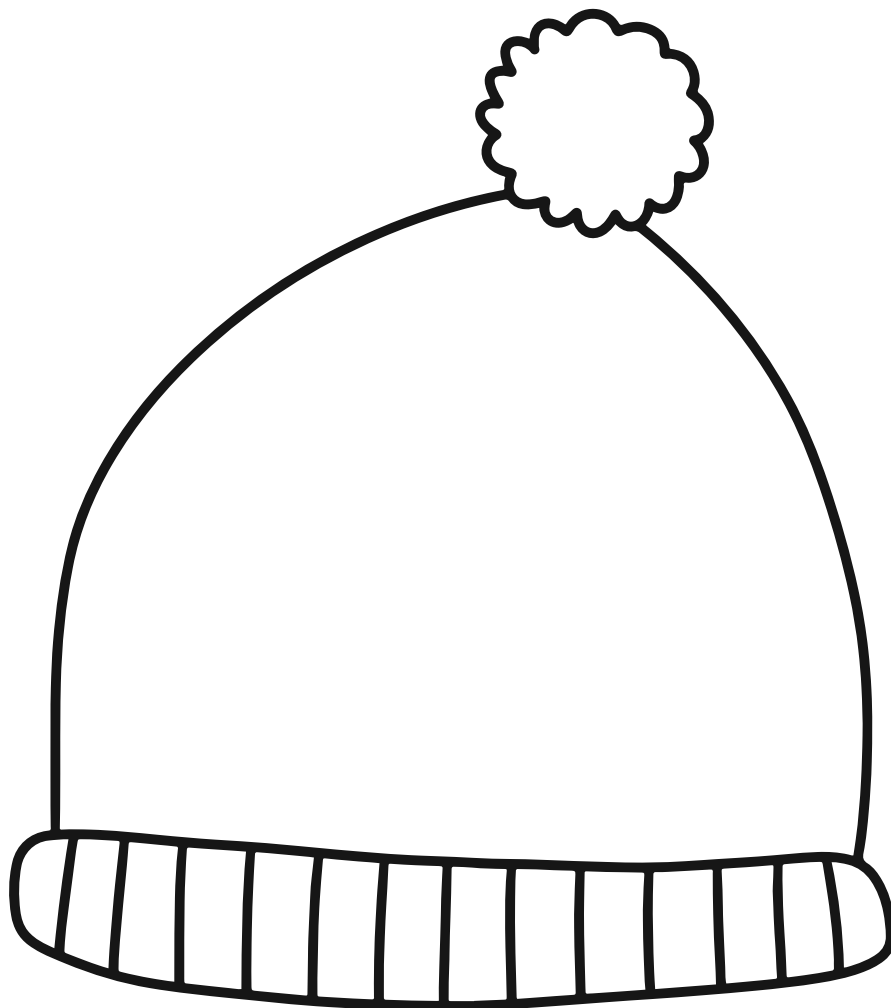
Name / Surname: _____ Date: _____



WINTER

TOQUE DESIGNING

Imagine a toque for your bestie.
Draw and describe it below.



Contact Us Today!

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