



Region 5

Métis Nation of Alberta

R5 Newsletter

**Métis Nation 5 Recap
2021-2022**



Tanshi apihtaw' kisikaw

(In Northern Michif this is 'Good Afternoon'. Tanshi on its own is a friendly greeting.)

Métis Region 5 Recap

We recently submitted our annual report for 2021-2022. You can read the entire report on our website.

Below is a summary of what we shared in the report. We are so grateful to every one of our Citizens and our team members who made this year so special!

Tansi from Elmer and Hilda!



Region 5 President: Elmer Gullion

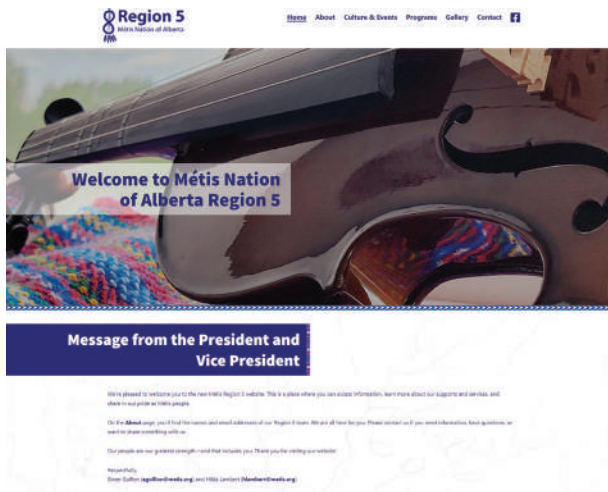


Vice President: Hilda Lambert

**It's been a busy year, and it is an honour to serve our
Region 5 Métis Citizens.**



New Website and Facebook Page



Métis Region 5 Website



Métis Region 5 Facebook Page

Our new website (<https://www.mnaregion5.org/>) is on the internet. Take a few minutes to look it over! There's lots of great information. You can also find recent updates on our Facebook page (<https://www.facebook.com/MétisRegion5/>). Be sure to Like and Follow our Facebook page to see all the updates.

Growing Our Region 5 Economy

We have a Region 5 Economic Development Council, and the S-11 logging partnership is doing well. This includes working with Wabasca Métis Local #90 to assist them in mobilizing their Fire Smart & Fire Attack Crew, creating jobs for 15 Citizens.

The S-11 Trust Account (the account that holds funds from the S-11 logging partnership) is helping with repairs and renovations in an adjacent office in our building. This will become an Education Centre, and an Employment Centre (run by Rupertsland Institute). Look for announcements about a Grand Opening later in 2022!

The Trust sponsored children playing in Native Hockey Provincials, and adults in the Provincial Hockey League. We also sponsored 29 Region 5 Citizens to attend medical appointments out of town, and we assisted 9 Citizens with family funeral costs.





We look forward to adding regional student awards and bursaries and other worthy initiatives.

Community Activities

We've been busy! Maybe you've joined us at some of these events/activities over the past year? They are:

- National Indigenous Peoples Day (June 21st , 2021)
- Flag Raising Ceremony with the Town of Slave Lake (Nov 2021)
- Christmas event and giveaway (Dec 2021)
- Pink t-shirt and Métis Wellness Kit Distribution (Feb 23, 2022)
- Cultural Sharing Event (w/ New Dawn Métis Society)
- Presentation and dinner from the FASD Network



Youth Programs & Support



This past August was our first Annual Culture Camp for Métis youth with 7 Elders. 9 youth completed all the activities and learning sessions (Covid restrictions kept us to a small group).

The Land-Based Learning at Culture Camp taught resourcefulness, self-reliance, camping in tipis, going medicine and food harvesting, and learning about hunting and how to process moose meat. We even got to build and use meat drying racks.

We are grateful to our Elders who are central in passing down these sacred gifts to our youth, and sponsors (including the Métis Nation of Alberta, Apeetogosan, TC Energy, and MNA Regions 5 and 6). Also to Darrell Anderson of Osaw Maskwa for the amazing site and services. We learned a lot about running the camp that we'll apply to future years.

Our Regional Youth Coordinator Dani really contributed to our youth programs, and she is missed since moving on to another location. Youth virtual hangouts included Métis Dot Art, Fish Scale Art with Pearl Sandor, and Medicine Hearts.



We Went Virtual

As we adapted to the pandemic, we offered virtual programs including art, poetry, yoga, emotional freedom techniques, and more. We also provided care kits and crafting kits.



Did We See You At Any Of These Virtual Activities?

- Moccasin Workshop with Jennifer Flett
- Beading with Bonnie Lamouche
- Métis Dot Art
- Watercolour Traditional Plants Paint Night

Thank you,

**Hilda Lambert
Region 5 Vice President**



Tansi from Brenda! (Your Region 5 Director)

Region 5 has been busy this past fiscal year assisting the Métis Citizens in our area. Through funding from the Métis Nation of Alberta, we continued to support Region 5 Métis Citizens through our Covid-19 Food Support and Utility Relief Programs.

There were three Utility Relief payments made to Citizens who met the eligibility requirements. These payments totalled \$126,100.00.

In March 2021, Region 5 prepared a proposal for submission to the Métis Nation Head Office for a Mental Health Program. This program operated out of the Region 5 Office and offered supports to the Métis Citizens of Region 5.

In November 2021, Region 5 hosted a Métis Week event with the Town of Slave Lake. The Métis Nation Flag was proudly flown at the Town Office.



Executive Director: Brenda Genaille

Your Region 5 office has been involved in hosting and helping various other programs. These programs included a Youth & Elder Culture Camp in August 2021, Métis Week in November, the Christmas Giveaway in December, the Covid-19 Supports Program from January 2021 to March 31, 2022, and various Cultural and Educational workshops.

Come Use the Resources at the Office!
We invite you to come down to the office and visit us!

While you're here, you can use our Chromebooks (these are easy-to-use laptops that are connected to the internet). They're available if you need to get your safety certifications, take online training, and find job opportunities.

In closing, I would like to thank and congratulate the Region 5 MNA Office for all their hard work and dedication to the Métis Citizens, and for giving me the opportunity to work together in providing these needed services.

Sincerely,

Brenda Genaille
Executive Director



Update from Walter Andreeff

Your MNA Region 5 Consultation office, with the support of the Regional Consultation Committee (RCC), has been very busy. We've reviewed many industrial oil and gas projects and forestry projects over the 2021-2022 reporting year. Region 5 has placed some of our qualified Métis people on the job of undertaking caribou monitoring and Indigenous pipeline construction monitoring over the year.

Over the last year, we held several virtual meetings with our citizens in cooperation with the MNA Head Office. We covered Terrestrial Cumulative Effects workshops, Indigenous Knowledge Policy Framework workshops, Indigenous Impact Assessments, Métis Rights and Consultation engagements, and grizzly bear and caribou information workshops.



Regional Consultation Coordinator: Walter Andreeff

Our Economic development Corporation has worked with TC Energy to provide some of our contractor service partners opportunities to work on TC Energy's NCC HDD Remediation Project, and the NCC Red Earth Loop 3 Pipeline Project north of Wabasca and north of Red Earth.

Davis Keay, a local Métis citizen, worked for the economic development corporation with support from RLI as a Consultation Assistant for Region 5 during the period of July through to September 2021. During that period, he undertook some hands-on training on gathering scientific data in the bush and he attended some online training on Federal Environmental Impact Assessments. Davis effectively learned the basics of what he needed to know in undertaking a small scientific/traditional land use gathering project and writing a 13-page report on Snipe Lake and MacGowan Creek.

The Credible Assertion Process and Criteria Application (CAPCA)

We need to make sure that we are consulted by the Alberta government on things that have an impact on our land and our activities. To do this, we are required to be recognized by the Alberta government in a specific way called the Credible Assertion Process.

MNA Region 5 presented our Credible Assertion Process and Criteria Application (CAPCA) to the Alberta Government Ministry of Indigenous Relations in February 2021. It included several maps and a report showing large areas in and around Region 5 where our citizens hunt and fish and where we practice our harvesting and cultural activities.



Together with MNA, the Region 5 Consultation Committee (RCC) believes that an Alberta Métis Credible Assertion Decision by the Government of Alberta would ensure that our Lesser Slave Lake Métis Community is properly and justly consulted on projects which could impact our Indigenous Rights to hunt and fish.

I believe the Government of Alberta (GoA) is delaying a decision on our Credible Assertion Process Application. It's been over 2 years since the MNA Region 5 application has been filed.

According to a June 2022 report filed by the provincial Auditor General, the Indigenous Relations Ministry is currently managing 17 active Credible Assertion files. Only one file is moving to the Credible Assertion round table for completion in 2022.

It's my view that our Region 5 application—and every other MNA Region's application—is delayed within the Indigenous Relations Ministry. It's not good that they are so slow. This is not how an Indigenous people with over 50,000 Métis Citizens in the province of Alberta should be treated.

Every Métis person in Alberta should be alarmed at this situation.

I have also submitted statements of concern to specific Alberta Energy Regulator (AER) projects in Region 5 over the past year. Unfortunately, the AER will not undertake proper Métis Consultation with your Métis Nation Region 5 representative.

On a positive note, our President Audrey Poitras, with provincial council and the MNA Consultation Department, continues to be very supportive of our Métis Rights work in Region 5. And we appreciate the legal support of the staff from Pape Salter Teillet LLP. Thank you all!

Working Together for Better Opportunities and Métis Rights

The RCC (Regional Consultation Committee) have met many times over the past 12 months to discuss Métis Rights, court documents involving consultation, regional industrial projects, oil company site visits, and economic development. We work together as a team to bring better opportunities and Métis Rights to the citizens of Region 5. Members of the MNA RCC are Region 5 President Elmer Gullion, Region 5 Vice-President Hilda Lambert, Wabasca Métis Local #90 acting President Diane Peredery, Board Member Geraldine Decoine, and Slave Lake President Métis Local #2019 Shane Combs.

We love to meet and speak with our people, so in the spring of 2022, the Region 5 consultation office undertook a series of Métis Rights and Consultation engagement sessions throughout Region 5. We brought the Elder's and Knowledge Holder's storyboard displays to each location.

We travelled to Wabasca, Slave Lake, High Prairie, and McLennan to listen to our citizens and answer their questions. In total, we met and heard from over 50 people who attended the engagements in May 2022.



Looking Back to the 2020

Pre-consultation meetings, Region 5 Métis citizens completed a 10-question survey. In the survey results, they told us the most important issue to them was hunting, trapping, and fishing (52). The second was Métis Rights (47) and the third was Health and Welfare (44).

During the of Métis Rights and Consultation engagement sessions we held in May 2022, we presented a revised, 11-question survey. In the results, the community told us the most important issue was hunting, trapping, and fishing (37). The second was Health and Wellness benefits (29) and the third was Métis Housing programs (28). It's distinctly clear in this informal survey and the stories over the past 2 years that Métis Citizens of this region value the lands, the water, the animals, and the fish. Our people continue to live a traditional Métis lifestyle as much as their ancestors had done.



Figure 1: MNA Region 5 Métis Rights and Consultation Engagement Wabasca Local

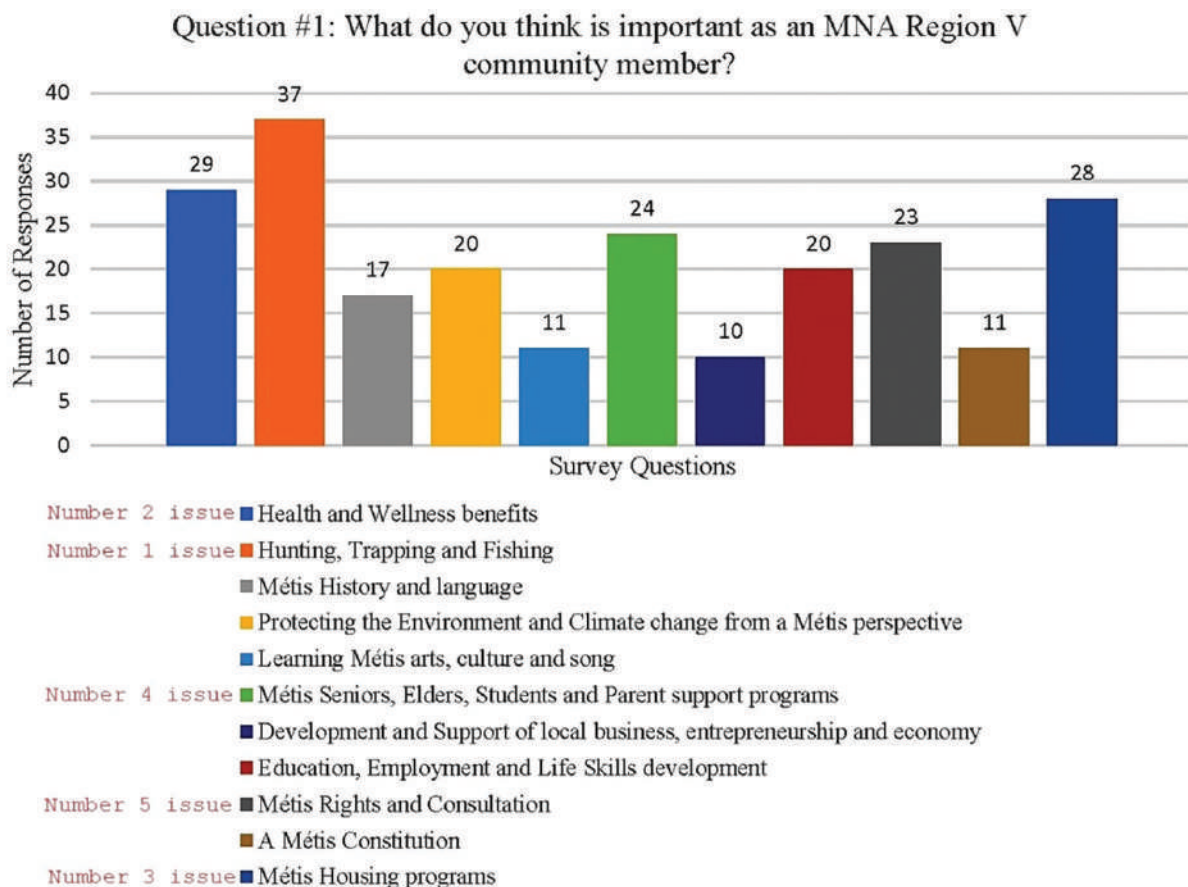


Figure 2: MNA Region 5 Survey results for 2022

TC Energy has formed an Indigenous Working Group (IWG) for the Red Earth Caribou Range, and Region 5 is part of this group. Our representatives on the committee are Jamie Chalifoux and myself.

I also sit on the National Boreal Caribou Knowledge Consortium as the MNA and Region 5 representative, and I've been recently appointed to the Indigenous Circle of Experts with the Impact Assessment Agency of Canada to assist the department in drafting a discussion paper on Indigenous Cooperation Agreements.

MNA Zone 5 Economic Development Corporation has worked with 7 contractor partners this past year. On two occasions we've provided a contractors list to TC Energy's designated General Contractor on projects such as the HDD project near the Wabasca River and the Red Earth Loop 3 Pipeline Project.



Figure 3: MNA Region 5 Citizen Jamie Chalifoux installing Caribou Cameras

Our active working contractors to date have been Medsource, who worked on the Buffalo Creek and Goodfish Creek compressor stations, Little Fox Services, who worked on the HDD Wabasca River project. And Wrangler Line locating worked with us on both projects.

We're waiting to hear how we'll do on the upcoming restart of construction work on the Red Earth Loop 3 Pipeline project this fall. An interesting thing to note is that we are working cooperatively with the Region 3 Economic Development Corporation, Apeiron Resources, in Calgary.

The current officers of MNA Zone 5 Economic Development Corporation are President Elmer Gullion, Secretary Hilda Lambert, and Treasurer Shane Combs.

If you have any questions, please call Walter at (780) 380-1468 or email wandreeff@Métis.org

Ki-Miyo Mâchion Métis Mental Health & Wellness Program

We created this program to assist Métis Citizens in Region 5 during Covid. The intent was to help ease the stress of the pandemic by providing social, emotional, and financial supports to our Citizens.

We held virtual mental health workshops delivered by the Crisis and Trauma Resource Institute. Professional and cultural facilitators also delivered in-person workshops. We addressed financial basics and cultural teachings, such as beaded earrings, moccasin making, dreamcatchers, fish scale art, and dot painting. We worked to promote positive mental health while following Alberta Health guidelines.

Métis Citizens could speak to a mental health professional through counselling sessions with a therapist. This confidential service was provided by Northern Alberta Psychological Services. Some of our Citizens took this opportunity for counselling support.

The grocery cards and gas cards were also a big boost to the Citizens in our area.

Finally, we provided “Wellness Gift Baskets” for both men and women. They provided some healthy alternatives to help de-stress. Included were teas, candles, books and bath supplies, gardening items, fishing lures, and cultural items like Sage, Sweetgrass, Cedar, and Chaga. We received a lot of positive feedback from the recipients.

This Mental Health & Wellness program has received many positive verbal reviews from our Region 5 members. Clients are asking what we will offer in the future. Pending funding, we would like to continue, as it helps with positive mental wellness and builds cultural pride and ownership of self.



Update on Covid-19 Funding and Programs



All Covid funding was completed on March 31, 2022. We know how hard this pandemic has been on some of our Citizens. We also know that these programs and supports made a big difference. You can read the full Covid report on our website.

REGION 5 MÉTIS

KI-MIYO-MÂCHION MÉTIS MENTAL HEALTH & WELLNESS PROGRAM

SERVICES

- Sponsored Weekly Scheduled Counselling/Therapy with Doctor's Referral Letter; Provided by Northern Alberta Psychological Services
- Monthly Virtual Training Sessions: Topics including Suicide Awareness, Grief & Loss, Anxiety & Depression
- Wellness & Self Care Activities with Elders & Knowledge Holders; Small groups in new year
- Pre-Registration for Métis Wellness Kits

For Application Please Email bemmrch@metis.org or region5@metis.org
Telephone Inquiries 780-849-4654

Region 5
Métis Nation of Alberta

NORTHERN ALBERTA PSYCHOLOGICAL SERVICES

Thanks to TC Energy, Second Harvest Food Rescue, the Food Support Program, and the Métis Nation of Alberta, we had access to funds from these organizations, the federal government, and Rupertsland Institute.

We gifted 10 students with Chromebooks so they could continue their schooling at home online. (These were kids who missed out on the Rupertsland program.)

WINTER/SPRING 2022
Virtual and In-Person Training
MENTAL HEALTH & WELLNESS TRAINING

NORTHERN ALBERTA Psychological Services
Individual, Couple, Family, Children, Adolescent, Group and First Responders.
Cynthia Brown, M.Ed., M.P.S.
CITY OF CALGARY

Region 5
Helping you soar above the concerns of today!

We Were Able To Help Our Citizens In Many Ways:

- Hiring a Covid-19 support worker
- Assisting with costs for out-of-town medical, specialist, and procedure appointments
- Christmas giveaways: \$75 gift cards, PPE (Personal Protective Equipment like masks and sanitizer), chocolate and candy bags for the children
- Supporting 703 Métis Elders, students, and families with grocery gift cards
- Ongoing pick-up appointments for free PPE from the office
- Beginning a new Métis Health & Wellness program
- Region 5 Support Fund of \$300/month in April, May, and June 2020, and \$200 in July
- Emergency Elder Care Packages including PPE, cultural kits, and \$50 grocery cards
- Health Food Box Program with food and gift cards
- Utility relief payments of \$200/household for 290 qualified applicants (up to 2/household)
- Virtual and small group programming and referrals for other supports



Thank You's

We are so grateful to everyone who works together to serve our Métis Citizens! Special thanks to the following:

- to our Elders for contributing to our programs, especially our youth programs
- to all our new staff who are bringing their time and energy to supporting our Citizens
- to Saltmedia for our website and Facebook page and our revamped logo
- to Buffalo Tribune for help with wonderful videos and posters for various events and workshops
- to the Métis Nation of Alberta, Apeetogosan, TC Energy, and MNA Regions 5 and 6 for their contributions to our youth Culture Camp

We are here to support you, our Region 5 Métis Citizens! Please call, email, or message us on Facebook, and share this recap with others in our community.





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