

The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER

JANUARY 2023

Looking Back

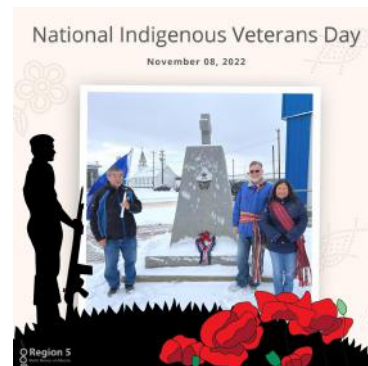
LAST MONTH AT A GLANCE

National Indigenous Veterans Day

November 08, 2022

We honored our brave Indigenous soldiers, past and present for their sacrifices and service. □

The Métis have a long and proud history as warriors. ∞ For generations, we have fought to maintain our freedoms and our rights, as well as the freedoms and rights of others. We are grateful to our veterans who confronted injustices and contributed to strengthening the Métis Nation.



[Click To View Larger](#)

OUR **MÉTIS WEEK 2022** CELEBRATIONS □

Our Open House & Luncheon

November 14, 2022

We kicked off Metis Week 2022 with a great Open House and Luncheon at the Region 5 office where we got to visit, and enjoy some delicious stew and fresh bannock! ☐

[Read More & View Photos](#)

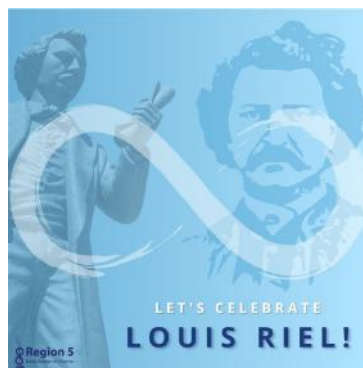


Métis Day Flag Raising

November 16, 2022

It was beautiful to watch the Metis flag rise up at the Town of Slave Lake! It carried so much meaning having it rise yesterday, on Métis Day, also known as Louis Riel Day, during the National Metis Week ☐■

[See The Event Photos](#)



Celebration & AGM

November 19, 2022

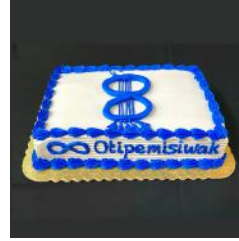
Thank you to our amazing Region 5 Métis Community for coming out to our Annual Métis Celebration and AGM! It warmed our hearts to have been able to gather together once again.

Throughout the day we stayed busy with lunch, dinner, live bands, two fiddlers, jigging, youth activities, face painting, a family dance, crafting, reiki, door prizes, the Elder Awards, and more!

[See The Event Photos](#)



Click on the photos above to view them larger on our **Facebook Page**.



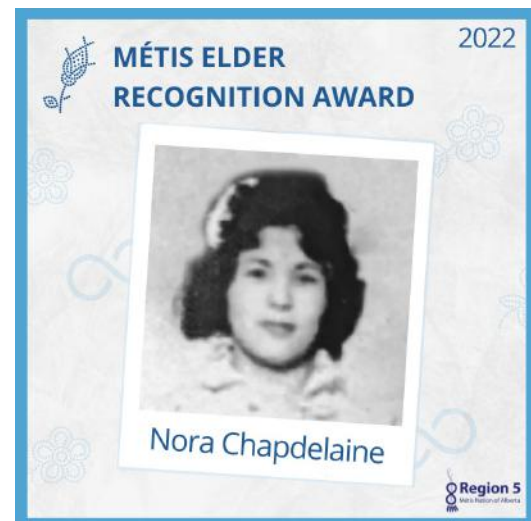
MÉTIS ELDER RECOGNITION AWARDS

November 19, 2022

Our Region 5 team was honored to be able to celebrate and give recognition to these four amazing Métis Elders in our Region for their life's work, dedication, and commitment to their community and culture. Thank you for everything you have done. Click on the photos or buttons below to read each of the award recipient's story.



[Read Pearl's Story](#)



[Read Nora's Story](#)



[Read Margaret's Story](#)



[Read Dwayne's Story](#)

EMAIL NEWSLETTER **CONTEST WINNER**

We're excited to announce the winner of our brand-new email newsletter, Jamie Chalifoux! The winning name submitted by Jamie is 'The Riel Scoop!'

Jamie won a \$200 Prepaid Mastercard for the winning submission. Thank you to the many local citizens that submitted some really great name ideas for our newsletter contest!

This monthly e-newsletter includes updates, upcoming events, programs, and services for the Métis citizens in our Region. You can also unsubscribe at any time should you wish to.



OUR REGION 5 MÉTIS **CHRISTMAS SUPPER**

The holiday spirit was in full force at our Métis Christmas Dinner! We had a delicious homemade turkey dinner, with all the fixings, and dessert! ☐ Santa and Mrs. Clause were at the Region 5 office for the whole day visiting with children, handing out candies, and a present for each child ☐☐☐ There was cookie decorating for the little ones too! ☐

Attendees also received a Sobeys gift card, and a Sobeys voucher towards the purchase of a turkey or a ham for their own holiday family dinners! It was a night full of smiles and laughter ☐ Thank you everyone for joining us and we hope you have a happy holiday season!



MÉTIS NATION OF ALBERTA CONSITUTION

December 01, 2022



Thank you to everyone who voted in the largest ratification vote in Canadian history for an Indigenous Nation. More than 15,000 Métis citizens voted in the historic, month-long, vote.

Your voices were heard! Over 96% voted 'YES' to ratify the Otipemisiwak Métis Government Constitution.

This incredible result provides a solid foundation to guide our self-government for generations to come.

Learn more about what the newly ratified Otipemisiwak Métis Constitution means for you by **clicking here**.

Looking Ahead

UPCOMING EVENTS & SERVICES

QUITCORE PROGRAM

Starts January 10, 2023

Are you looking to make a change in your tobacco use but aren't sure where to go for support? We might be able to help you.

The Métis Nation of Alberta (MNA) is hosting a virtual info session on the Nicotine Replacement Therapy Program (NRT). This two-hour session will walk you through the steps required to enroll in the MNA NRT program.

Attendees who complete the two meetings may qualify to have the chance to enroll in the MNA NRT Program and receive a \$500 Blue Cross Card for Nicotine Replacement Therapies.



Are you ready to make a change in your tobacco use?

Nicotine Replacement Therapy
Information Zoom Sessions

NRT INFO SESSION	MEETING 1	MEETING 2
Tue, January 10 6:00 – 8:00 p.m.	Thu, January 12 7:00 – 8:30 p.m.	Wed, January 18 7:00 – 8:30 p.m.

QuitCore
Tobacco, Vaping and Cannabis Program

Alberta Health Services

[Learn More Today](#)

ECONOMIC DEVELOPMENT MEETING

January 16, 2023

The Métis Nation of Alberta (MNA) Region 5 Economic Development Corporation will hold its Annual 1-hour meeting on Monday, January 16th, 2023, at 11:00 am at the Region 5 office. The meeting is open to all MNA Region 5 members.

Our office is located at #353 Main Street NW in Slave Lake. A lunch will be served at 12:00 pm for the attendees of the meeting. Please contact our Consultation Coordinator, Walter, at **780-380-1468** to pre-book their seat at the meeting. Please be advised that there will be no honorarium or travel costs provided for members.



**MEETING
NOTICE**

Region 5
Métis Nation of Alberta

CARIBOU MONITORING

January 12, 2023

The Slave Lake Metis Local #19 is hosting a Caribou Monitoring Meeting with supper to be held on Thursday, January 12, 2023, at the Slave Lake Inn and Conference Centre. The meeting will start at 6:00 pm and run until 8:00 pm. This meeting is for

hunting Métis citizens only who are willing to give their input and share their experiences on hunting habits and caribou encounters. Honorariums and travel may be supplied to those who are well-known as hunters in the community.

Hunters must pre-register to attend with Shane Combs at **780-849-4789** in order to attend. People are encouraged to view the **Slave Lake Métis Local Facebook** page to find out more.



[Learn More Today](#)



Métis Youth

MÉTIS AGES 0 TO 29



NEW CULTURE CARDS

Starts January 10, 2023

Explore Métis culture and learn more about our history! The Métis Nation of Alberta is excited to launch "**Natoona Michif Pimatisiwin**" (Exploring Métis Culture) Culture Cards!

The first series of eight culture card sets is titled "Who Are The Métis?" and is available while supplies last.

Follow the button below to apply for your own set of culture cards!

PROGRAM ELIGIBILITY:

- Family with children ages 0 to 11
- Current Alberta Resident
- The parent, guardian, or child must be an MNA citizen



[Request Your Set Today](#)

HUNTER'S EDUCATION

Hunting is essential to the Métis way of life and passing knowledge down from one generation to the next preserves our culture and traditions.

The MNA offers Hunter's Education Courses available to Métis youth in Alberta!

Contact Kristen at kacuna@metis.org, click the button or [click here](#) to register.

[Register Today](#)



**HUNTER'S
EDUCATION**

**Ethics.
Conservation.
Survival.**

Visit albertametis.com or email: kacuna@metis.org to register!

YOUNG READERS PROGRAM

Start your child's love of learning and reading.

Is your child aged four or under? We've

teamed up with Dolly Parton's **Imagination Library** to get a **FREE BOOK** delivered to your home every month for your young reader.

Email youngreaders@metis.org to get your child registered for the Oskaya Ayamichikewak Young Readers Program.

[Register Today](#)



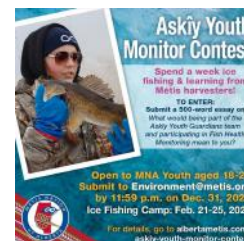
Digital Community

CONNECTION

CHECK OUT OUR [NEW INSTAGRAM](#)

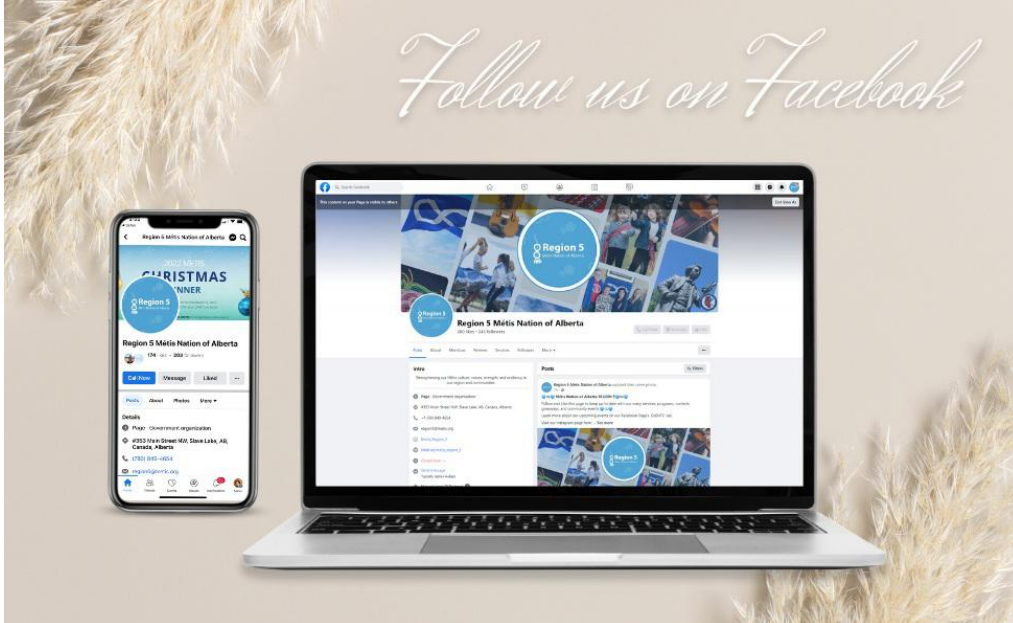
Go take a look at our brand NEW Instagram feed and give us a Follow to stay relevant with our events, services, giveaways, contests, and more!
Our Instagram Account Name is **@Metis_Region_5**

[OUR INST](#)



FOLLOW OUR [NEW FACEBOOK PAGE](#)

Follow us on Facebook



Our team has created a brand new Facebook page that is continually updated with our current programs, services, contests, giveaways, and events. Be sure to Like and Follow our new page by **clicking here**.

[OUR FACEBOOK](#)



[Citizen Application](#) | [MNA](#) | [Programs + Services](#) | [Upcoming Events](#) | [Contact Us](#)

Métis Region 5 | 353 Main Street NW, Slave Lake, T0G 2A1 Canada 780-849-4654

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