

# The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER

NOVEMBER 2023

## *Looking* Ahead

UPCOMING EVENTS & SERVICES

### **CLOSED FOR REMEMBRANCE DAY**

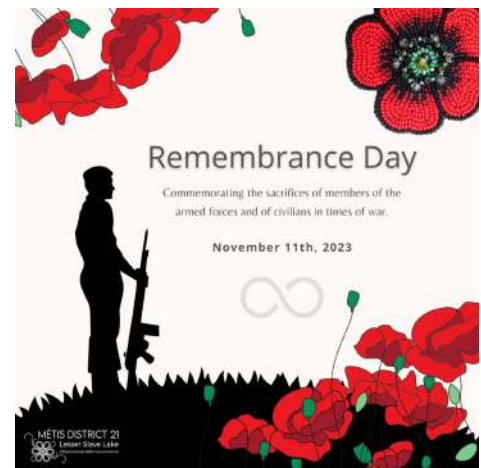
November 11, 2023

As we mark Remembrance Day, we invite all citizens to share in a moment of silence as we honour those who have served so bravely in war and in peace.

Defending Canada before there was a Canada, our veterans risked their own lives to protect the freedom of our nation and ensure the safety of our people. Our democracy today is built on their sacrifices. □

This Remembrance Day, please take the time to thank our friends, neighbors, and all of our relations who have served – and who continue to serve. Lest we forget.

**Our office will be closed on Monday, November 13, 2023,** in lieu of Remembrance Day and we will reopen on Tuesday.



## NEW PERINATAL HEALTH & BIRTHING WORKSHOP

November 14, 2023

We invite you to a special workshop focused on perinatal health and the birthing process, with a strong emphasis on Métis and Indigenous cultural practices and teachings. Facilitated by Kihew Awasis Wakamik, we aim to provide you with a deeper understanding of the birthing journey. Whether you're a Métis or Indigenous individual, this workshop will empower you to explore your options and perhaps even inspire you to become an Indigenous birth worker, passing on this invaluable knowledge to your own community.

**District 21 Office - November 14 & 15, 2023**



DISTRICT 21 MÉTIS WELLNESS PROGRAM

### BIRTHING WORKSHOP

Facilitated by Kihew Awasis Wakamik

**LIMITED ATTENDANCE | APPLY TODAY**

**Eligible:** Preference is given to Métis Citizens  
**Date:** Tuesday, November 14, 2023  
Wednesday, November 15, 2023  
**Time:** 4:00 pm to 8:00 pm  
**Place:** District 21/Region 5 Office, Slave Lake

**MÉTIS DISTRICT 21**  
Lesser Slave Lake  
Diplošaniak Métis Government

Please Call 780-849-4654 or Email [bemmrch@metis.org](mailto:bemmrch@metis.org)

**APPLY NOW**

## JOIN US FOR MÉTIS WEEK!

November 13 to 18, 2023

Mark your calendars and stay tuned for more exciting details on our social media pages! Join us as we celebrate Métis Week 2023 in District 21! We have a week packed with some great events and we hope to see you. Let's gather my friends ■

**LEARN MORE**



**SAVE THE DATE**

NOVEMBER 13-19 2023

**MÉTIS WEEK**

MÉTIS DISTRICT 21  
Lesser Slave Lake  
Diplošaniak Métis Government



MÉTIS DISTRICT 21  
Lesser Slave Lake  
Diplošaniak Métis Government

### FLAG RAISING

NOVEMBER 14, 2023

STARTS AT 10:30 AM AT THE  
SLAVE LAKE TOWN OFFICE

## FLAG RAISING

November 14, 2023

Join us in raising the Métis Flag to kick off Métis Week with community pride. We will raise the flag starting at 10:30 a.m., on Tuesday, November 14, 2023, at the Town of Slave Lake Office. Mayor Ward and Grant, our Citizen's Representative will be in attendance. There will be cake & refreshments for everyone. □■□

**LEARN**

[MORE](#)

## OPEN HOUSE & LUNCHEON

November 16, 2023

Come meet our team, and enjoy a delicious home-cooked meal at our District 21 Office during our annual Open House & Luncheon on Thursday, November 16, 2023, between 11:00 am and 2:00 pm.

Come and meet our team, explore the many free services we offer in our communities, and learn about the fantastic Métis programs available. All while enjoying a delicious piece of fresh bannock with some hearty soup. ☐ We will also have Métis Housing at the office to answer any questions about their programs. Of course, you will also have the opportunity to meet and get to know our team. Let's come together to celebrate and enjoy a memorable day with our Métis community.



[LEARN MORE](#)



[LEARN MORE](#)

## DISTRICT 21 MÉTIS CITIZENS' GATHERING & CELEBRATION

November 18, 2023

You're invited to bring the whole family to attend our District 21 Métis Citizens Gathering & Celebration ☐ This year will be a grand celebration and we are so excited to be gathering as District 21! ☐ Come join the free festivities including lunch, a Family Dance with Live Music from the Rocky Walker Band ☐☐ Craft Vendors ☐ There will be some great youth activities throughout the day ☐ Door Prizes☐ Lunch, snacks, and Dinner will be served ☐ It's going to be a day full of fun, laughter, and community!

Let's gather my friends ☐☐ It's going to be a day to remember ☐ The day opens at 11:00 am Lunch starts at 12:00 pm. Taking place at the Peavine Inn in High Prairie, on Saturday, November 18, 2023. It's a day of community, culture, food, fun, and entertainment.

# GOODBYE REGION 5, HELLO DISTRICT 21

Exciting changes are on the horizon as we transition into our new Otipemisiwak Métis Government. We are thrilled to share this significant update with you!

As many of you know, the previous six Métis of Alberta Regions have been developed into twenty-two Districts to allow for more effective and localized representation. What does that mean for us? Our service area will now be known as **Métis District 21**, Lesser Slave Lake.

Our list of communities that we serve has changed a bit. We no longer serve the area of Wabasca and Red Earth as they are now their own District to have better citizen representation. The communities that we now serve within our new District 21 borders are as follows in alphabetical order:

*Canyon Creek, Donnelly, Driftpile, Enilda, Faust, Fox Creek, Gift Lake, Grouard, High Prairie, Jousard, Kathleen, Kinuso, McLennan, Slave Lake, Sunset House, Swan Hills, and Widewater.*

## PREVIOUS BRANDING:



## NEW BRANDING:



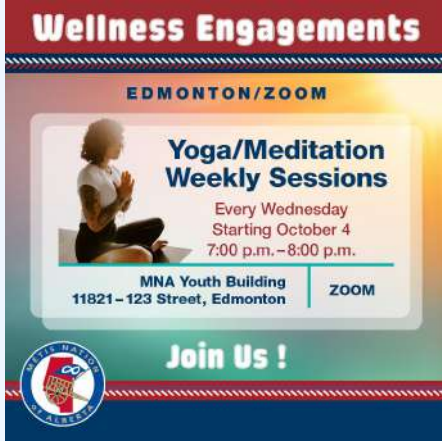
Join us as we embark on this exciting journey and embrace our new name, Métis District 21, Lesser Slave Lake. We look forward to connecting with you on our revamped social platforms and sharing all the fantastic things to come. Let's make this transition unforgettable!

\*Our new branding was designed by [Truly Creative Marketing](#), a Métis owned and operated marketing agency in Slave Lake, Alberta.

Make sure you're following us on Facebook and Instagram to stay in the loop. We've got a lot of engaging content and updates planned, and we don't want you to miss any of it!

[OUR  
FACEBOOK](#)

[OUR  
INSTAGRAM](#)



## YOGA/MEDITATION WEEKLY SESSIONS

Every Wednesday 6pm to 7pm on Zoom

Centre yourself with breathwork, relaxation, and movement at our Weekly Yoga and Meditation classes. Wednesday sessions, 7 pm to 8:00 pm. Available both in-person and online. For more information, contact Lisa at lvaughn@metis.org

[REGISTER TODAY](#)



## TOBACCO PEER SUPPORT

Every Monday, 7-8 pm on Zoom

Do you smoke, vape, or use smokeless tobacco and wish you had group support to help you reduce, quit, or continue your quitting journey? ChangeCore may be the right fit for you.

[LEARN MORE](#)

## MÉTIS CHRISTMAS DINNER

December 10, 2023

A scrumptious feast for our bellies, an evening to come together as a community, and you can register to have Santa leave a gift for your little ones that day!

Applicants **MUST** be District 21 Citizens with a valid MNA Card Number.

### Application Form:

Download the registration form linked below on our website, then drop off the completed form in person, or by email to region5@metis.org



[LEARN MORE](#)

Completed applications **MUST** be submitted by 4:00 pm on Nov. 17, 2023. Please note that no late applications will be accepted.

# VISITS TO SWAN HILLS & SUNSET HOUSE

November 8 to November 9, 2023

Come on out and meet our dedicated team, including Brenda, Barbara, Walter, Shane, and Susan who will be joining these sessions.

**Sunset House** at the School Gym

Wednesday, November 08, 2023, 6:00 to 8:00 pm

**Swan Hills** at the Keyano Centre

Thursday, November 09, 2023, 6:00 to 8:00 pm



We've got refreshments covered! Expect snacks and beverages, from coffee and tea to water and juice. We'll have various program information on hand, including citizenship registration forms, harvesting registration, community garden applications, and Christmas Dinner application forms. While these forms are also available online, we want to ensure we make things as convenient as possible for you.

**SWAN HILLS VISIT**

**SUNSET HOUSE VISIT**

## Métis Youth

MÉTIS AGES 0 TO 29

### WEEKLY YOUTH GROUP

Meet every Thursday at 6:00 pm

Starts on November 02, 2023, at 6:00 pm. Our Métis Youth Group will be held every Thursday at 6:00 p.m. at the District 21 Office (#353 Main St in Slave Lake). These weekly nights are drop-in attendance with no registration required, for Métis and Métis identifying youth, ages 12 to 17. Join us on Thursdays for dinner and activities such as beading, painting, movies, and game nights! For a detailed weekly itinerary of meals and activities please email [khordal@metis.org](mailto:khordal@metis.org).



**LEARN MORE**

## BI-WEEKLY YOUTH MICHIF LANGUAGE CLASSES

Applications are First Come, First Served

Learn Michif from local Elder Esther Auger. Our Youth Coordinator Kelsey will be hosting bi-weekly youth classes that include dinner, and the language lesson from Esther. This will be an ongoing class comprising of multiple sessions, and registered participants will be expected to attend. These lessons are open to our District 21 Métis Youth ages 12 to 22. To register, please email Kelsey at [khordal@metis.org](mailto:khordal@metis.org)

### Bi-Weekly Youth Michif Language Classes

**Date:** Starting Wednesday, October 11th, 2023

**Time:** Dinner served at 5:30 pm  
Class starts at 6:00 pm - ends at 8:00 pm

**Place:** District 21 Office

Our Youth Coordinator Kelsey will be hosting bi-weekly youth classes that include dinner, and the language lesson from Esther!



Email [khordal@metis.org](mailto:khordal@metis.org) to Register  
For Métis Youth Ages 12 - 22

Weekly Métis Youth Group



MÉTIS DISTRICT 21  
Lesser Slave Lake

LEARN  
MORE

# Digital Community

## CONNECTION

## MEET OUR FIRST CITIZEN'S REPRESENTATIVE OF DISTRICT 21, GRANT LACOMBE



We are excited to introduce you to our first-ever Citizen's Representative of District 21, of the Otipemisiwak Métis Government of Alberta, Grant Lacombe ☐

Grant was elected as the Citizen's Representative and was sworn in this past month in October. The very first Otipemisiwak Métis Government Citizen's Council Meeting was held on October 16, 2023. During this meeting, Grant was appointed as the Cabinet Secretary of Harvesting and Culture.

The Métis Nation of Alberta Otipemisiwak Government has moved from six regions to 22 Districts to better serve our citizens on a more local level. With our new District now including Swan Hills, Sunset House, and Fox Creek, our team and Grant are excited to get to know our new citizens and their needs. Grant said "I am here to represent all Métis citizens in our wonderful District 21. I look forward to having citizens reach out to me with questions or concerns. The more people I can meet and engage with, the better I can advocate for your needs at Citizen Council."

While he has only been in his role as the Citizen's Representative for two short weeks, Grant is eager to be a strong advocate for our District 21. His favorite part of the role thus far is the opportunity to meet with our District's Métis citizens in person.

The position of the Cabinet Secretary of Harvesting and Culture is a fitting role for Grant as he loves to be outdoors, and even more so enjoys the teaching of our traditional ways. This includes harvesting, gathering, and gardening. When he is not working, Grant spends his time with his family. Noted as a family man at heart, Grant spends as much time with his wife Tammy, their three children, and their grandchildren.

Our entire team at the District 21 office happily welcomes you to the team and looks forward to working with you to best serve our citizens.

# Looking Back

LAST MONTH AT A GLANCE

## YOUTH EVENTS CULTURE & CREATIVITY

September - October 2023

Last month, our amazing Youth Coordinator, Kelsey, brought us a series of fantastic events that celebrated Métis culture, creativity, and community spirit. It was a month filled with joy, learning, and lots of fun! Here's a recap of our recent Youth events - each photo links to the full album.



From exploring the world of herbal teas and their medicinal uses, creating beautiful beaded floral keychains, having a blast designing their unique bleached T-shirts, and making intricate dot patterns to form vibrant pieces.





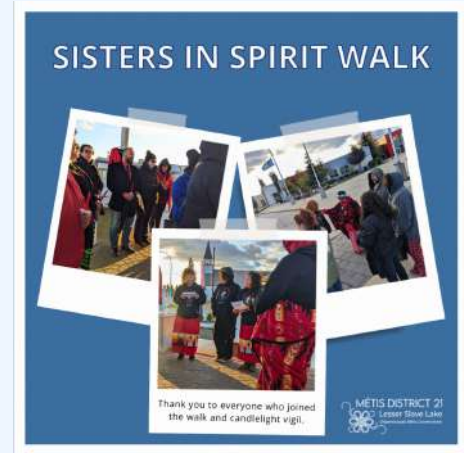
## NO MORE **STOLEN SISTERS**

October 04, 2023

**Thank you to everyone who joined us for our Sisters in Spirit Walk and**

**Candle Light Vigil.** Your presence and support are vital in honoring and remembering Missing and Murdered Indigenous Women, Girls, Two-Spirited, and Gender-Diverse individuals.

A heartfelt thanks to our dedicated staff and volunteers for making yesterday's event meaningful and successful. An extra thanks to Brenda and Barbara for warming our hearts with delicious chili after the cold and reflective walk. Together, we continue to raise awareness and seek justice.



[SEE MORE PHOTOS](#)

## LEARNING TO HARVEST **RAT ROOT**

Sept 27, 2023

Elder Chilly (Margaret Davies) led our team on a journey to explore the world of Rat Root – its teachings and its remarkable medicinal properties. □□

A heartfelt thank you to Elder Chilly for sharing this valuable knowledge with us!



[SEE THE POST](#)

# OUR FAVORITE PHOTOS FROM OCTOBER

Take a look at some of our favorite photos from this last month featured on our [Facebook](#) and [Instagram](#) accounts. Click on the images below to **View Larger and Read Captions** on our social media.



# Metis Programs

METIS NATION OF ALBERTA

The images below are each a different program, service, or support for all Métis citizens from the Métis Nation of Alberta (MNA). Click on the images below to **Learn More** about each one.



Adult Dental



Emergency Kits



Support Groups



Mental Health



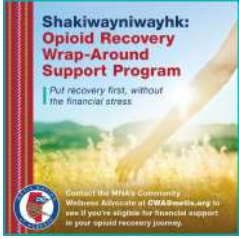
Medical Stay



Transportation



Quit Smoking



Recovery



Therapy



Training



Mental Health



Harvesting



Reconciliation



FASD



Environment



Housing



Climate



Apply Today



Apply Today



Education



Business



MNA Store



Culture



Financial

## PROGRAMS & SERVICES FOR YOUTH ONLY



Adult Dental



Readers



Scholarships



Podcast



Activities



Free Courses



Metis Youth



Hunters



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

Métis District 21 Lesser Slave Lake | 353 Main Street NW, Slave Lake, T0G 2A1 Canada 780-849-4654

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