

# The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER

OCTOBER 2023

## *Looking* Ahead

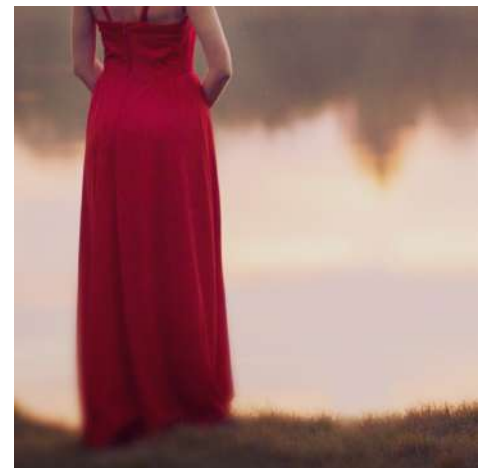
UPCOMING EVENTS & SERVICES

### **NO MORE STOLEN SISTERS WALK & CANDLELIGHT VIGIL**

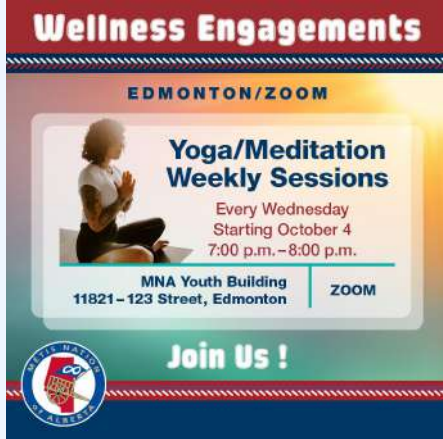
October 04, 2023 at 6:00 pm

Join us to honor our MMIWGS2 on Wednesday, October 04, 2023. We will join together for the 'In Spirit Walk' at the Town of Slave Lake office and walk to Renee Hall Plaza (on Main Street).

We will follow our walk with a moment of silence and a candlelight vigil. The evening will end with dainties and coffee.



[LEARN MORE](#)



## WELLNESS ENGAGEMENTS 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, led by Nicole Oort.

Wednesday sessions start October 4, 7 p.m. – 8 p.m. and are available both in-person and online.

For more information, contact Lisa at [lvaughn@metis.org](mailto:lvaughn@metis.org)

[REGISTER HERE](#)



## WELLNESS ENGAGEMENTS LAND- BASED MEN'S RETREAT

October 20-22, 2023

Discover spiritual growth at the Métis Nation of Alberta's Land Based Healing Men's Retreat.

Join us October 20-22 at the newly renovated Nekinan "Our Home" residence in Smoky Lake for a transformative experience like no other.

Create lasting community bonds while learning about traditional Métis cooking and culture. Take part in guided woodworking and legacy-building projects at our growing facility. **Limited spots are available.**

[SIGN UP TODAY](#)

## SAVE THE DATE FOR MÉTIS WEEK & AGM

November 13 to 19, 2023

Save the Dates! Métis Week is just around the corner, running from November 13 to 19, 2023.

Our Annual General Meeting (AGM) will take place on the Saturday. Stay tuned for more details and join us in celebrating the vibrant Métis culture during this special week!





## INTERNET SAFETY CONNECT NIGHTS

Oct 17, 2023 6pm to 7pm on Zoom

Are you unsure about what constitutes too much screen time?

Do you worry about your child spending too much time gaming or online? Our seminar, presented by Charife Elkadri, will provide valuable insight into online safety and guidelines for healthy screen time.

[REGISTER TODAY](#)



## CHANGE CORE TOBACCO PEER SUPPORT

Every Monday, 7-8 pm on Zoom

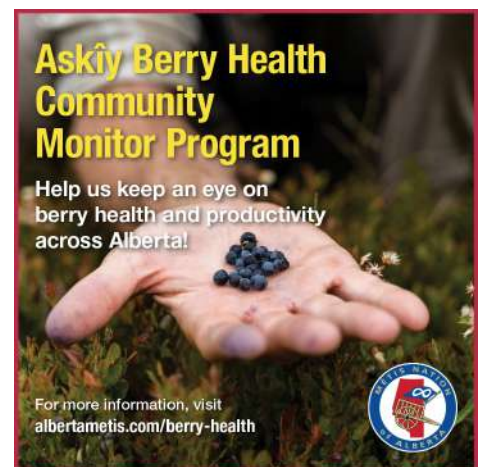
Do you smoke, vape, or use smokeless tobacco and wish you had group support to help you reduce, quit, or continue your quitting journey? ChangeCore may be the right fit for you.

[LEARN MORE](#)

## ASKÏY INITIATIVE COMMUNITY MONITOR PROGRAMS

Ongoing

Through this initiative, our team engages with citizens, hears their climate and environment-related concerns, and in turn designs and implements projects to monitor or address the concerns. A series of monitoring projects have been launched since March 2020, primarily focused on monitoring plants, fish, and wildlife across Alberta.



[LEARN MORE](#)

# RUPERTSLAND IS COMING TO OUR REGION 5 OFFICE

Coming Soon

Rupertsland is coming to the heart of our region as they are setting up at our very own Slave Lake Region 5 Métis Office! Soon, our amazing Region 5 citizens will have direct access to not just one, but TWO Rupertsland representatives right here in our neighborhood. We will be sure to introduce you to our new Rupertsland Job Coach and Employment Counsellor once they arrive. They will be your dedicated allies in charting your path to success!

As soon as they settle in, we're gearing up for an exciting Open House to give you the chance to meet these incredible individuals who are ready to empower and guide our Region 5 community.



**EXCITING NEWS**

**Rupertsland Institute**  
Métis Centre of Excellence

OUR OFFICE IS GROWING!

Region 5  
Métis Centre of Alberta

[LEARN MORE](#)

## Métis Youth

MÉTIS AGES 0 TO 29 

### RE-OPENING OF SPORTS & RECREATION GRANT

Applications are First Come, First-Served

We are pleased to announce the re-opening of our sports and recreation grant! This program is designed to provide financial support for registration, equipment, and travel costs to Métis youth aged 5-17 participating in sports and recreational activities.

MNA citizens are eligible for up to \$500.00 with proof of enrollment and receipts. Be prepared with your Government-issued identification, children's birth certificate(s), and receipts!

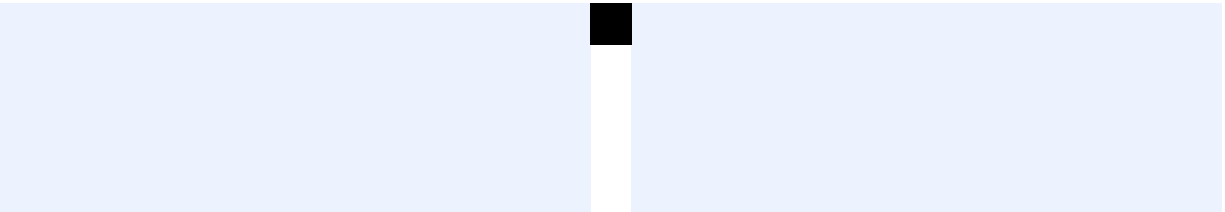


**SPORTS & RECREATION GRANT**

**Now Open**

Please apply through the Google form.  
For eligibility and requirements please visit  
[AlbertaMetis.com](http://AlbertaMetis.com)

[APPLY NOW](#)





## MÉTIS DOT ART

October 3rd, 2023

Metis Dot will be held October 3rd at 6 pm at the Region 5 office (353 Main St. Slave Lake). Join us for dinner and an evening of painting traditional Metis art.

Facilitated by Region 5's Youth Coordinator Kelsey. All supplies included. Open to Metis youth ages 12 – 29, Youth under 18 feel free to bring a friend or family member!

To register sign up via Google Forms. For more information, please contact [khordal@metis.org](mailto:khordal@metis.org).

**REGISTER  
NOW**



## WEEKLY YOUTH GROUP

Starts on October 05, 2023 at 6:00 pm

Metis Youth Group will be starting back up on Thursday, October 05, 2023. It will be held every Thursday at 6:00p.m. at the Region 5 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. These bi-weekly lessons start on October 4th, 2023, and take place at our Region 5 Office (#353 Main Street in Slave Lake). Dinner will be served at 5:30 pm and class begins at 6:00 pm sharp. The lessons will end at 8:00 pm. This will be an ongoing class comprising of multiple sessions, and registered participants will be expected to attend. These lessons are open to our Region 5 Métis Youth ages 12 to 22. To register, please email Kelsey at [khordal@metis.org](mailto:khordal@metis.org)



**LEARN MORE**

## YOUTH JIGGING CLUB

Stay tuned for more information for Youth Jigging Club in the future!

If interested please email [khordal@metis.org](mailto:khordal@metis.org)



# Looking Back

LAST MONTH AT A GLANCE

## FAREWELL ELMER & HILDA

September, 2023

We bid a fond farewell to our Region 5 President and Vice President, Elmer Gullion & Hilda Lambert. □

Their unwavering dedication to our Region spans many years, even before they took on their official roles. They've been strong voices, tirelessly advocating for our Otipemisiwak government alongside fellow Métis leaders. □

Join us in expressing our heartfelt gratitude for their years of dedicated service and wishing them a well-deserved and peaceful retirement. □□□



[SEE THE POST](#)

## CANNING & PRESERVATION

Sept 26, 2023

We had an incredible day of canning at the Christian Church. ☐☐

Grateful for the wisdom and teachings that continue to connect us with our heritage.

[SEE MORE PHOTOS](#)



## LEARNING TO HARVEST RAT ROOT

Sept 27, 2023

Elder Chilly 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](#)

## KAIROS BLANKET EXERCISE

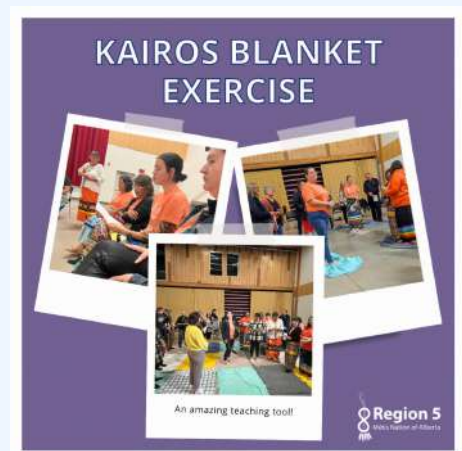
September 28, 2023

The KAIROS Blanket Exercise: A Journey of Truth and Reconciliation ☐

We recently had the privilege of participating in the KAIROS Blanket Exercise with the Town of Slave Lake. ☐

This profound exercise is dedicated to truth, healing, and reconciliation for the past, and justice for the present. It's a powerful step towards decolonization, fostering respect and understanding among Indigenous and non-Indigenous communities. ☐☐

Together, we are contributing to the acknowledgment



[SEE THE POST](#)

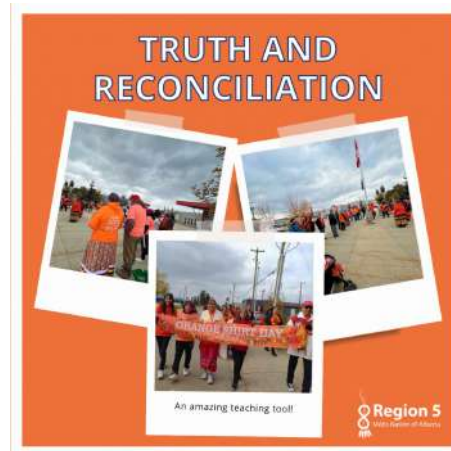
of Indigenous peoples as distinct nations with rights to land and self-determination.

## TRUTH AND RECONCILIATION WALK

Sept 29-30, 2023

**Gratitude to our friends at the**  **Slave Lake Friendship Center for**  **organizing this event**, providing an opportunity to contemplate the painful legacy of Canada's Indigenous residential schools. Together, we seek healing, understanding, and unity.

May this weekend touch the hearts of Canadians nationwide, inspiring reflection on the movement dedicated to advocating for Indigenous children's rights, driving change, and honoring those affected by the residential school system.



[SEE MORE PHOTOS](#)

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## OUR FAVORITE PHOTOS FROM SEPTEMBER

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



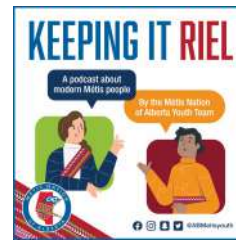
Adult Dental



Readers



Scholarships



Podcast



Activities



Free Courses



Metis Youth



Hunters



[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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