

The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER

SEPTEMBER 2023

Looking Ahead

UPCOMING EVENTS & SERVICES

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 Excellence

LEARN MORE



FASD CAREGIVER CONNECT NIGHTS

Sept 13, 2023 6pm to 7pm on Zoom

Are you raising a child/youth with FASD? Are you looking to connect with other parents and caregivers who understand?

We will be discussing FASD Strategies for School Success. We would love to connect with you.

[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](#)

VOTING NOTICE: USE YOUR VOICE

September 13 to 19, 2023

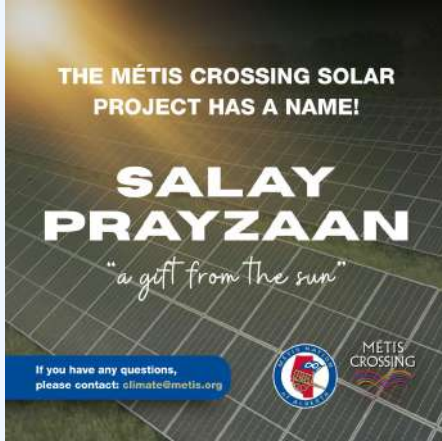
Citizens of the Métis Nation of Alberta will have the opportunity to elect the first-ever Otipemisiwak Métis Government. This is a historic step toward the true self-determination for which our ancestors fought. Don't miss this chance to make your voice heard, and help shape the future of our Nation.

Eligible MNA Citizens will have the opportunity to vote by one of the following methods:

- In-Person Voting
- Mail-In Voting
- Electronic Voting



[LEARN MORE](#)



SALAY PRAYZAAN: SOLAR PROJECT

Coming Soon!

The solar farm project is a collaboration with the Métis Nation of Alberta (MNA), the Town of Smoky Lake, and Smoky Lake County. The solar farm is under construction at Métis Crossing and upon completion will provide enough electricity to offset all MNA and affiliate buildings, roughly equivalent to 1,200 Alberta homes!

If you have any questions, please contact climate@metis.org

[LEARN MORE](#)



ONLINE COMMUNITY INFO SESSIONS

Sept 19, 2023 6pm to 7pm on Zoom

Curious about the connection between the land and health?

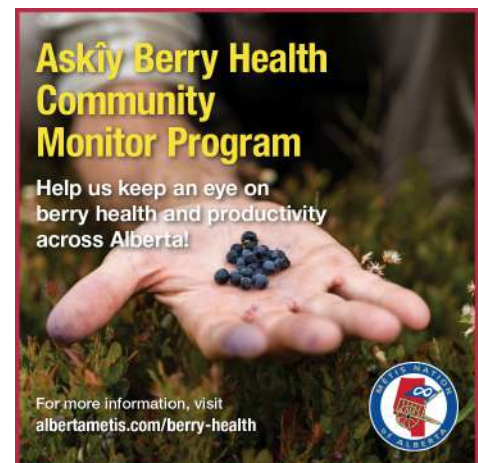
Together we will explore deeper grounding techniques that focus on the connection between the land and health, wellness and our relationships with self and others.

[REGISTER HERE](#)

ASKÎY 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](#)

TRUTH & RECONCILIATION DAY & ORANGE SHIRT DAY

September 28, 2023 at 6:00 pm

Join us in memory of our lost children, and to raise awareness of our ongoing work towards Truth and Reconciliation. Our event will start at the Town of Slave Lake Office on Wednesday, September 28, 2023, at 6:00 p.m. We will then walk together to Renee Hall Plaza (on Main Street) where we will hold a Candlelit Vigil and a short Indigenous Youth Presentation. After which, we will relocate to the Region 5 Office to enjoy delicious soup and bannock. We will be gifting Orange Shirts to participants. Please note the t-shirts are in various sizes and a limited quantity. As such the t-shirts will be distributed on a first come, first serve basis. This event is open to the public.

Truth & Reconciliation



Candlelight Vigil, Indigenous Youth Presentation, Walk and Soup & Bannock

September 28, 2023

When: 6 pm - 8 pm

Where: Meet at Town Hall

Who: Open to the public



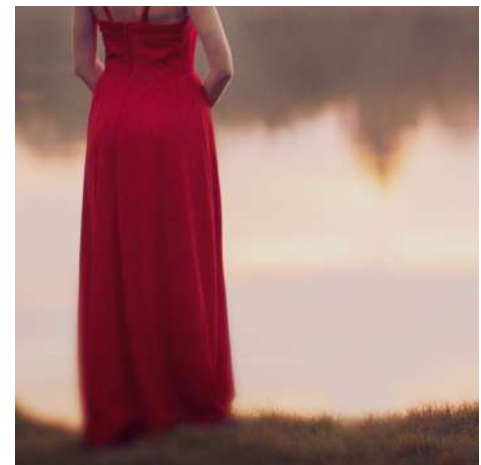
[LEARN MORE](#)

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](#)

Metis 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!



APPLY NOW



MAILOUT BEADED LANYARD KITS

Registration Closes on October 01, 2023

Learn how to make your own beaded lanyard from the comfort of your own home! Register to receive supplies and instructions mailed directly to you to create your own beaded lanyard! The cut-off for registration is October 1, 2023. This project is open to all MNA Citizens and families.

For more information or if you have any questions, please contact our Youth Coordinator Kelsey at 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.

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

Bi-Weekly Youth Michif Language Classes

Date: Starting Wednesday, October 4th, 2023
Time: Dinner served at 5:30 pm
Class starts at 6:00 pm - ends at 8:00 pm
Place: Region 5 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 to Register
For Métis Youth Ages 12 - 22

Weekly Métis Youth Group



[LEARN MORE](#)

YOUTH JIGGING CLUB

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

If interested please email khordal@metis.org

JIGGING CLUB



REGION 5 MÉTIS YOUTH



REGION 5 MÉTIS WELLNESS PROGRAM

Métis Dot Art Painting

with Kelsey Hordal

Limited Attendance | Apply Today

Eligible: Region 5 Métis Youth
Date: Tuesday, October 3rd, 2023
Time: Starts at 6:00 pm until 9:00 pm
Place: Region 5 Office (353 Main St Slave Lake)

Youth under 18 feel free to bring a friend or family member!



MÉTIS DOT ART

October 3rd, 2023

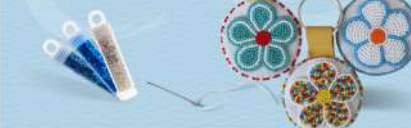
Metis Dot will be held October 3rd at 6 pm at the Region 5 office (353 Main

BEADED FLOWER KEYCHAINS

with Kelsey Hordal

Limited Attendance | Apply Today

Date: Saturday, September 30th, 2023
Time: 10:00 am until 4:00 pm
Place: Region 5 Office



REGION 5 MÉTIS YOUTH



BEADED FLOWER

KEYCHAINS

September 30th, 2023

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.

[REGISTER HERE](#)

On September 30 at 10 am join us to make a beaded flower keychain. Lunch and all supplies are provided. Facilitated by Region 5 Youth Coordinator Kelsey. Open to Metis youth ages 12 - 29, youth under 15 need to be accompanied by an adult.

All youth feel free to bring a friend or family member!

[REGISTER HERE](#)

Digital Community

CONNECTION

FOLLOW OUR [NEW INSTAGRAM](#)



Our team has created an all-new Facebook account

[OUR FACEBOOK](#)

that will always showcase our current programs, services, contests, giveaways, and events. Be sure to **follow** our new page by clicking **here**.

[OUR INSTAGRAM](#)

Be sure to invite your friends and family too!

Looking Back

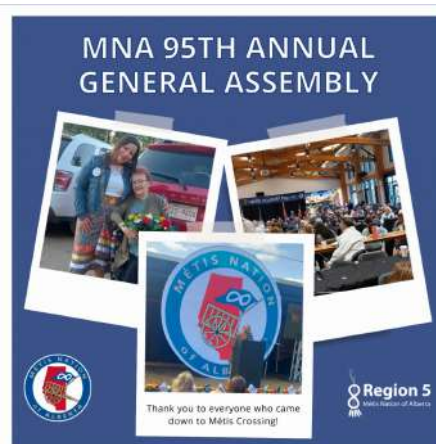
LAST MONTH AT A GLANCE

95TH ANNUAL GENERAL ASSEMBLY

August 10 to 13, 2023

The Region 5 staff and citizens came together to participate in this momentous occasion. The general meeting served as a powerful testament to the strength of our Métis Nation, showcasing the unwavering commitment we hold to our shared goals and values. □□

Amidst the engaging discussions and deliberations of the general meeting, attendees also enjoyed a rich tapestry of Métis cultural experiences.



[SEE MORE PHOTOS](#)

The atmosphere was alive with the sounds of laughter and camaraderie as participants tried their hand at gold panning, canoeing down the North Saskatchewan River, filleting a Walleye, and other captivating activities. The walk through the vibrant trade show and engaging programs at Métis Crossing added an extra layer of charm and excitement to the event.



PEARL SANDOR ANNUAL RECOGNITION AWARD

August 10-13, 2023

Congratulations to our very own Region 5 Citizen, Pearl Sandor, for receiving the Annual Recognition Award at the 95th Annual Award Assembly! Pearl's dedicated volunteer work with the New Dawn Society and more has earned her this well-deserved honor.

[SEE MORE PHOTOS](#)

ANNUAL RECOGNITION AWARD



For our local Métis Elder, Pearl

SUMMER STUDENT FAREWELL LUNCHEON: KRISSY

August 21, 2023

We're thrilled to share heartwarming snapshots from the Farewell Luncheon we organized in honor of Krissy Dana. ☐☐ As her summer journey with us comes to an end, we couldn't help but reflect on the incredible moments we've shared.

While we bid her goodbye, our hearts are tinged with a hint of sadness.☐ However, we're excited to see her embark on the next chapter of her educational journey, and we're confident she'll shine brightly in the upcoming school year!



[SEE THE POST](#)

SUMMER STUDENT FAREWELL LUNCHEON: DANIKA

September 1, 2023

It's with mixed emotions that we bid farewell to Danika, a cherished member of our Zone 5 Economic Development Council, under the guidance of her Supervisor and Project Manager, Walter, and the entire Region 5 team. ☹️

We celebrated her dedication and hard work this summer with a heartfelt Farewell Luncheon on Friday, September 1, 2023. Danika played a pivotal role in reorganizing our office and made significant contributions to the success of the Community Garden



[SEE THE POST](#)

Project. □□

As she embarks on new educational adventures, attending One Beauty Academy in Grande Prairie, we want to extend our warmest wishes for a fantastic year of training and growth.

SOAPMAKING WORKSHOP

August 23, 2023

We embarked on an enchanting journey of soapmaking guided by the expertise of our talented facilitator, Métis Herbalist, Melaina Patenaude. The workshop was a hands-on exploration of the world of herbal crafts, offering each participant the chance to create their very own personalized soaps.

The art of soapmaking not only introduced us to the intricate process of crafting beautiful bars but also connected us with the rich heritage of herbal remedies.



[SEE MORE PHOTOS](#)

OUR FAVORITE PHOTOS FROM AUGUST

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

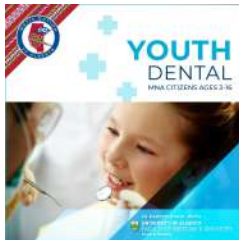


Culture



Financial

PROGRAMS & SERVICES FOR YOUTH ONLY



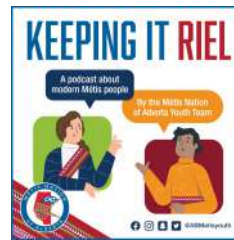
Adult Dental



Readers



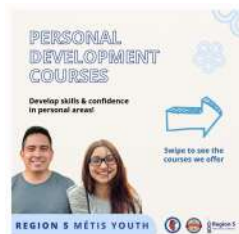
Scholarships



Podcast



Activities



Free Courses



Metis Youth



Hunters



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

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