

The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER



FEBRUARY 2024

Looking Ahead

UPCOMING EVENTS & SERVICES



ASKÎY WINTER GUARDIANS GATHERING

February 10, 2024 10 am to 3 pm

Join us for an exciting day of winter fishing activities at Widewater Community Complex! Our skilled Métis harvesters will guide you through using a rod and reel, and demonstrate the art of setting a gill net under the ice. Warm up indoors with hot chocolate and games at the Community Complex.

To join us and experience a Métis way of life that has been passed down for generations, register today!

Have questions? Email Environment@metis.org


ENVIRONMENT & CLIMATE CHANGE DEPARTMENT

Askîy Winter Guardians Gathering

SATURDAY | FEBRUARY 10

**WIDEWATER COMMUNITY COMPLEX,
LESSER SLAVE LAKE**

Drop in between 10 am - 3 pm with your family for ice fishing lessons, harvesting demonstrations, hot chocolate, and cultural activities!



SIGN UP

VALENTINE'S DAY

February 14, 2024

Our love is RIEL! ☐☐ On this day of love and appreciation, we want to express our heartfelt gratitude to each and every one of you. Your support, dedication, and vibrant spirits make our community a truly special place.

Let's celebrate the bonds that connect us, the friendships we've formed, and the love that unites us as a Métis family. Whether you're spending today with a special someone, friends, or taking some time for yourself, may your day be filled with warmth and joy!



FROST FEST: INDIGENOUS BEADING WORKSHOP

February 16, 2024, 5:30 pm to 9 pm

We'll be at Frost Fest! Our knowledgeable guide, Kelsey, will lead you through the art of beading, sharing insights into its historical significance. This is a fantastic opportunity to connect with Indigenous culture and express your creativity.

Date: Friday, February 16th

Time: 5:30 pm - 9:00 pm

Location: Multi-Purpose Room, Multi-Rec Centre, Slave Lake

Cost: FREE

RSVP: Call 780-849-8028 to secure your spot!

Don't miss out on this enriching experience!



FROST FEST SCHEDULE

CLOSED FOR FAMILY DAY

February 19, 2024

Our office will be closed to allow our dedicated team to make cherished memories with their loved ones and get some well-deserved rest.

We apologize for any inconvenience this may cause and appreciate your understanding. We wish you all a fantastic Family Day filled with joy, laughter, and quality time with those who matter most!



MNA ZONE 5 ECONOMIC DEVELOPMENT MEETING

February 19, 2024

Join us for an insightful evening as we review the Economic Development Year-End Report of 2023.

Date: Monday, February 19, 2024

Time: 5:00 pm to 8:00 pm, Supper Included

Location: Medallion Room, Slave Lake Inn & Conference Centre

RSVP to Walter at 780-380-1468 to confirm your attendance. Let's gather, share, and plan for a wonderful year!

MEETING NOTICE

ECONOMIC DEVELOPMENT

Date: Monday, February 19th, 2024

Time: 5 pm to 8 pm

Location: Medallion Room,
Slave Lake Inn & Conference Centre

RSVP: 780-380-1468

**LEARN
MORE**

MNA MEDICAL TRAVEL PROGRAM

February 19, 2024

Need to travel a great distance to attend medical appointments? Let us help you on your journey!

Our newly expanded Medical Travel Program can provide both mileage reimbursement and accommodations for Métis Citizens across the province. If you are an Otipemisiwak Métis Government Citizen travelling over 100 km to your next medical appointment, you may be eligible to apply.

<https://vist.ly/yt6c>

For more information, contact the Health Program Coordinator at 780-455-2200 or health@metis.org

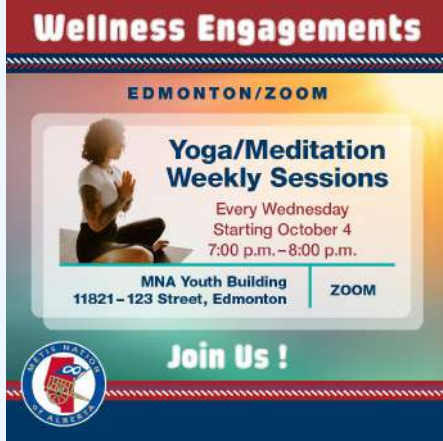
MEDICAL TRAVEL PROGRAM

Need to travel more than 100 km to attend your medical appointment?
Let us help you on your journey.

albertametis.com/medical-travel-program



**LEARN
MORE**



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 Youth

MÉTIS AGES 0 TO 29 

WEEKLY YOUTH NIGHT

Meet every Thursday at 6:00 pm

Youth night starts up again on February 1st - it's bingo - with supper! These weekly nights are drop-in attendance with no registration required, for Métis and Métis identifying youth, ages 12 to 17.

Note: There will be no Youth Group on February 22nd!

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



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2 DAY MÉTIS MITTENS YOUTH WORKSHOP

Saturday, February 10, 2024, at 11 a.m. to 4 p.m.
Sunday, February 11, 2024, at 11 a.m. to 4 p.m.

Join us for a special 2-day workshop where you'll learn the art of crafting your very own Métis Mittens, guided by the skilled hands of traditional Métis artist Ann Hardy! ☐☐

Attendance is mandatory for both days, and spaces are limited, so secure your spot now! Lunch and all necessary supplies will be provided.

For more information and to reserve your spot, please contact Kelsey at (780) 455-2200 ext 215 or email khordal@metis.org



SIGN UP

ARCHERY LESSONS

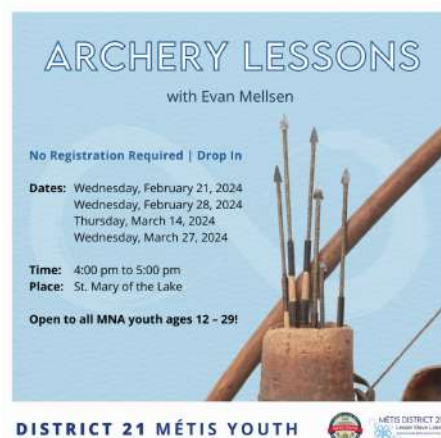
Wednesday, February 21, 2024, at 4 p.m. to 5 p.m.
Wednesday, February 28, 2024, at 4 p.m. to 5 p.m.

Join us for an exciting opportunity to learn archery safety and develop your skills with a bow and arrow. Facilitated by the knowledgeable Evan Mellsen at **St. Mary of the Lake School**.

This event is open to Métis youth aged 12 to 29. Whether you're a novice or have some archery experience, this is a fantastic chance to enhance your abilities while having a great time.

No Registration Required

For more information, feel free to contact Kelsey at: khordal@metis.org



LEARN MORE



MEET SUSAN CUNNINGHAM

We are pleased to introduce Susan Cunningham, our Vice President for Métis Local #19, and a Board Member of the District Council for Métis District 21 Lesser Slave Lake.

In August 2019, Susan started her volunteer role with Métis Local #19 alongside Shane Combs, our local President. Susan's role with Métis Local #19 is to assist the President in carrying out projects, events, and preparing for meetings, attending District Council and Local Board of Directors meetings.

Most recently, Susan has been a crucial member of the Community Garden Project and the Net Fishing Project in 2023, contributing to the capacity to provide educational opportunities for our citizens, promoting self-sufficiency and culturally-based learning.

Susan was raised on a farm outside of Kinuso within our District. When she is not working for the local, she can be found outdoors gardening, fishing, and more with her rescue dog, Izzy. She also spends her time volunteering with other organizations in our community. Susan's goals for Métis Local #19 are to provide more opportunities to learn self-sufficiency in terms of food security, affordable and sustainable housing, job security, and to foster more partnerships with Métis businesses for our community.



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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



Business



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



MNA Store



Culture



Financial

PROGRAMS & SERVICES FOR YOUTH ONLY



Adult Dental



Readers



Scholarships



Podcast



Activities



Free Courses



Metis Youth



Hunters



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