

The *Riel* Scoop

MÉTIS MONTHLY NEWSLETTER



JANUARY 2024

Looking Ahead

UPCOMING EVENTS & SERVICES



HAPPY NEW YEAR, MÉTIS DISTRICT

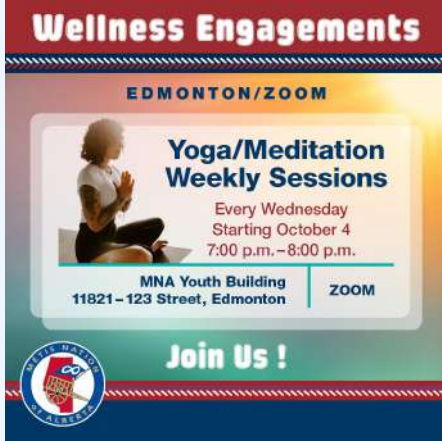
21! ☐

January 2024

As we step into 2024, reflecting on the incredible journey of the past year, we're grateful for all we've achieved together — establishing our Otipemisiwak Métis Government in our District, hosting inspiring workshops, working to bring our Métis culture into our community, and fostering community bonds. May this year bring you success in your resolutions! Remember your ancestors are proud of you.

Here's to a fantastic 2024!





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 GROUP

Meet every Thursday at 6:00 pm

Youth group will return in late January! Please get a well-deserved rest, everyone.

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



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Digital Community

CONNECTION



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Looking Back

LAST MONTH AT A GLANCE

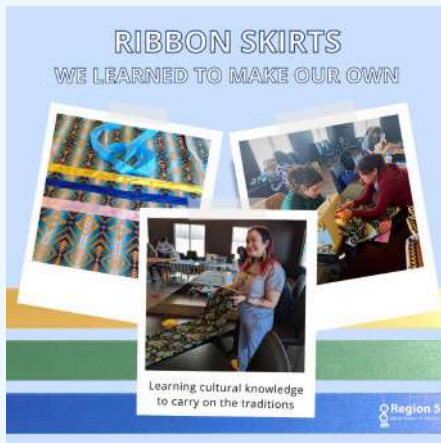


THE YEAR IN REVIEW 2023

From powerful MMIW workshops to engaging youth camps, embracing the birth of the Otipemisiwak Métis Government, transitioning from Region 5 to District 21, and

warmly welcoming new communities.

Amidst the changes, our team has kept our services running smoothly. Join us on this journey down memory lane as we celebrate the highlights of a transformative year.



RIBBON SKIRT MAKING WORKSHOPS

We had the pleasure of learning from the talented Rita Houle, and Jennifer Anderson who taught us the traditional art of making beautiful ribbon skirts.

The buttons below will bring you to the highlights of the specific workshops.

[Slave Lake Workshop](#)

[Wabasca Workshop](#)

[High Prairie Workshop](#)



WEEKLY YOUTH NIGHT 2023

We extend our heartfelt gratitude to Kelsey for not only curating but also hosting our vibrant Youth Nights.

From movie nights to bannock-making sessions, game nights, bingo, t-shirt art, dot art, pumpkin painting, and beyond, Kelsey has made these gatherings an absolute blast!

Your dedication to creating engaging and enjoyable experiences for our youth is truly commendable.

[LEARN MORE](#)



STAR TEACHINGS

March 22, 2023

We had such an amazing and educational experience learning about the stars, the science behind them, their historical role in our culture, and the teachings that go along with them.

Thank you so much to Knowledge Keeper Wilfred Buck for the amazing journey and experience!

[VIEW POST](#)

INDIGENOUS SPRING GATHERING FOR SENIORS



INDIGENOUS GATHERING FOR SENIORS

April 14, 2023

There were plenty of stories, games, prizes, and fun to go around for all. Our co-hosts the Slave Lake Native Friendship Centre were great to partner with and let us use their fantastic hall.

[VIEW POST](#)

MOCCASIN MAKING WORKSHOP



MOCCASIN MAKING WORKSHOP

April 22-23, 2023

Over the course of two days, our youth participants poured their hearts and souls into their moccasins, and we are so proud of all the hard work that they put in! We are grateful to Jennifer for sharing her knowledge and expertise with us and making this workshop possible.

[VIEW POST](#)



REMEMBERING OUR

MMIW

May 5, 2023

Thank you Shirley Wolfe, Lorna Yellowknee, Lena Daniels, and Simon Beaver!

We thankful to take a break during our day to join in the MMIW Walk hosted by our friends at the Slave Lake Native Friendship Centre.

[VIEW POST](#)



OUR COMMUNITY GARDEN

June 7, 2023

The support and enthusiasm from our lovely citizens and our incredible team were truly inspiring. Your efforts made a difference, and we couldn't be more thankful for your presence and hard work under the sun.

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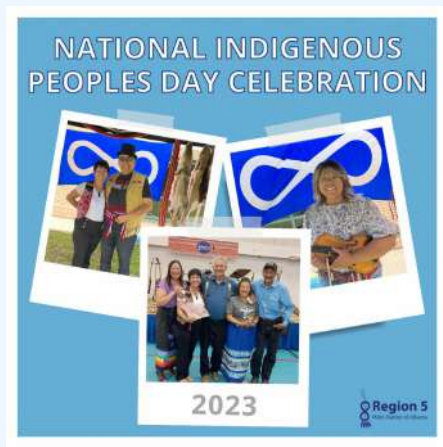


CONSERVATION IN ACTION

June 7, 2023

Danika Cunningham, elder Herb Anderson, and a few other fantastic individuals they embarked on a mission to explore the wilderness and work alongside our Consultation Coordinator, Walter Andreef.

[VIEW POST](#)



NATIONAL INDIGENOUS PEOPLES DAY CELEBRATION

June 17, 2023

This was a time for us to come together and honor the rich and diverse cultures, histories, and achievements of First Nations, Inuit, and Métis peoples. We were delighted to witness the vibrant spirit and remarkable talent showcased by our community.



MÉTIS YOUTH CULTURAL CAMP 2023

July 24-28, 2023

We are immensely proud of our Métis youth for their enthusiasm, curiosity, and dedication in embracing their cultural heritage. They exemplify the spirit of our vibrant community and the promise of a bright future for our Métis Nation.

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MÉTIS WEEK

November 13 to 18, 2023

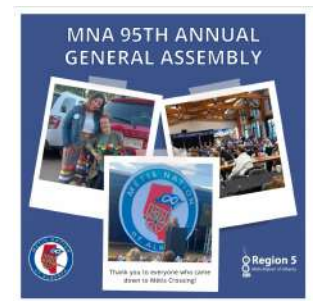
A big thank you to everyone who joined us in celebrating Métis Week!

Your presence and enthusiasm made our flag raisings in Slave Lake and Fox Creek, Open House Luncheon, and Citizen Celebration truly special.

[VIEW POST](#)



CLICK TO VIEW MORE 2023 HIGHLIGHTS



WREATH MAKING WORKSHOP

December 3, 2023

What a festive and creative time we had at our

Youth Christmas Wreath Workshop in early December! ☐

Led by the talented local artist Dawneen Ball, our youth crafted beautiful wreaths that are sure to spread holiday cheer. ☐☐☐

A huge shoutout to Dawneen for facilitating this delightful and fun-filled workshop.



[SEE MORE PHOTOS](#)

CHRISTMAS DINNER

December 10, 2023

It's an honor to host events that bring our community together. Special gratitude to our District Office team, Barbara Emmrich, Brenda Genaille, Walter Andreeff, Kelsey Hordal, the Interim District Council, Brenda Mailhot, and Amanda Mailhot, for their dedication.

A big shoutout to the Lakeside Outreach School's outstanding Graduating Class for volunteering, and everyone who contributed to making this celebration truly special.



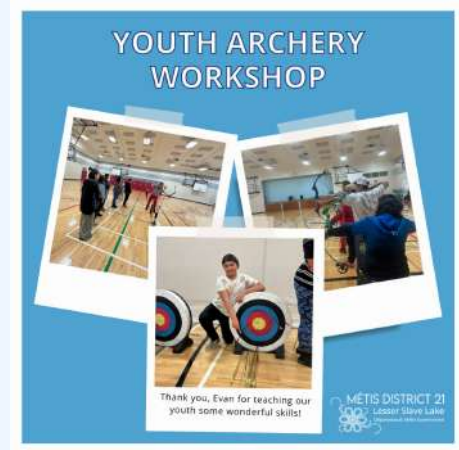
[SEE THE POST](#)

ARCHERY ADVENTURES

November 29 & December 13, 2023

Our Métis youth had a blast at the two archery lessons hosted at St. Mary of the Lake School Gym! ☐ Led by the skilled Evan Mellsen, it was an exciting opportunity to learn archery safety and develop skills with a bow and arrow. ☐

A huge thanks to Evan for sharing his knowledge and making this event a success! Stay tuned for more exciting workshops and events.



[SEE MORE PHOTOS](#)

OUR FAVORITE PHOTOS FROM DECEMBER

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.



[f](#) Share This Email

[X](#) Share This Email

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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



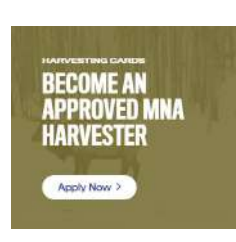
Housing



Climate



Apply Today



Apply Today



Education



MNA Store

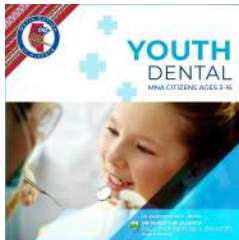


Culture



Financial

PROGRAMS & SERVICES FOR YOUTH ONLY



Adult Dental



Readers



Scholarships



Podcast



Activities



Free Courses



Metis Youth



Hunters



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

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