

The Riel Scoop

MÉTIS MONTHLY NEWSLETTER

OCTOBER 2024

Looking Ahead

UPCOMING EVENTS & SERVICES

REMEMBERING OUR SISTERS IN SPIRIT

Friday, October 4, 2024

Each year on October 4th, we come together to recognize Sisters in Spirit Day in Alberta. This important day honours the lives of Missing and Murdered Indigenous Women and Girls (MMIWG), their families, loved ones, and communities. 🕯️ It's a day of remembrance, healing, and a call for justice. We stand with those who have been affected by these tragedies and reaffirm our commitment to raising awareness, supporting families, and working towards a future where every woman and girl is safe and cherished.



Let us continue to keep their spirits in our hearts as we reflect and unite for change. Together, we honour their memory. Together, we demand action. Join us in remembering and supporting those impacted by MMIWG.

MEETING ANNOUNCEMENT SLAVE LAKE LOCAL #19

The Slave Lake Local #19 Métis will host a regular meeting on Monday, October 07, 2024. The details of the meeting are located below. 📍 Please note that this meeting is not a part of the Métis District #21, but is organized and run by the Slave Lake Local #19 Métis. Should you have any questions, please reach out to Shane Combs, President of the Slave Lake Local #19 at 780-840-9312.



DATE: Monday, October 07, 2024
TIME: 6:00 pm to 8:00 pm
LOCATION: Métis District #31 Office, #353 Main Street North, Slave Lake

CLOSED FOR THANKSGIVING WEEKEND



🍁 We will be Closed for Thanksgiving 🍁

Métis District 21 office will be closed on Monday, October 14th for Thanksgiving.

We hope everyone's long weekend is filled with gratitude, reflection, and quality time with loved ones. 🍂

We'll be back to assist you on Tuesday, October 15th. Happy Thanksgiving from all of us at District 21! 🍁

JOIN US FOR MINI MONSTERS' HALLOWEEN

Thursday, October 31, 2024, 11am to 5pm



👻 Get Ready for Mini Monsters' Halloween! 🎃 Métis District 21 is thrilled to join Community Futures' Mini Monsters' Halloween event this year! On October 31st, from 11:00 am to 5:00 pm, we'll be handing out candy to all the little ghouls and goblins. 🍬

Look for the pumpkin posters around town in the local organizations and businesses and stop by our office for some sweet treats! 🍬 We're so excited to see all the creative costumes and smiling faces! 🎃 🍬 This event is to make a safe trick-or-treating experience for young ones, especially those not in school or day care yet. Mark your calendars and don't forget your best costume! See you on Halloween! 🍬 🎃

MARK YOUR CALENDARS & REGISTER TODAY FOR THE CHRISTMAS DINNER!

December 14, 2024

You're invited to a delicious community **MÉTIS CHRISTMAS DINNER** on Saturday, December 14, 2024 🍷🍷



A scrumptious feast for our bellies, an evening to come

together as a community, and the big man in red will be there! Santa will even have a gift for your little ones that day! To attend the event you must pre-register your family. A turkey or ham voucher will be gifted one per household. Children can receive a gift from Santa at the dinner and must be pre-registered to be approved. Applicants MUST be District 21 Citizens with a valid MNA Card Number.

CHRISTMAS DINNER
 1994 Christmas Dinner on December 14, 2024
 Register today for your children to receive a gift from Santa at the dinner. Must be pre-registered to receive.
 Registration Ends Nov. 30, 2024, at 4:00 PM
 No late applications will be accepted.

REGISTRATION INFORMATION

YOU MUST REGISTER TO ATTEND: Download the registration form from the social post linked below, or request a copy by emailing region5@metis.org

Completed Registrations: All participants **MUST** have their registration forms submitted by 4:00 pm on November 20, 2024. **No Late Registrations will be accepted!** The completed registrations can be dropped off in person, or emailed to region5@metis.org

IMPORTANT EVENT DETAILS

- DATE: Sunday, December 14, 2024
- TIME: 3:00 pm to 7:00 pm
- WHERE: Slave Lake Inn and Conference Centre, upstairs banquet room
- SUPPER IS INCLUDED and will be served only in one sitting at 5:00 pm

****CLICK THE IMAGE ABOVE OR THE BUTTON BELOW TO DOWNLOAD THE REGISTRATION FORM***

[Registration Form](#)

Digital Community CONNECTION

MÉTIS CITIZEN SUCCESS STORY FROM OUR DISTRICT

BILL LAFOY
 Métis Citizen Success Stories from District 21

As a long-time Slave Lake resident and active member of Métis Local #19, Bill has been contributing to our community for years. This summer, Bill went above and beyond, dedicating countless hours to making our Community Garden a huge success. From hauling water, planting, weeding, and even BBQing, Bill's contributions were essential every step of the way.

When he's not getting his hands dirty in the garden, Bill is a proud grandpa, a passionate advocate for Métis rights, and a badass biker who rides his Harley with pride.

Read the whole success story in the description!

Celebrating Bill Lafoy: one of Métis District 21's most dedicated and hardworking citizens!

As a long-time Slave Lake resident and active member of Métis Local #19, Bill has been contributing to our community for years. This summer, Bill went above and beyond, dedicating countless hours to making our Community Garden a huge success. From hauling water, planting, weeding, and even BBQing, Bill's contributions were essential every step of the way—including the final harvest!

When he's not getting his hands dirty in the garden, Bill is a proud grandpa, a passionate advocate for Métis rights, and a badass biker who rides his Harley with pride.

With 40 years of experience running a gas plant, his hard work and commitment shine in everything he does. Bill is also a big volunteer for the North Country Fair, always giving back to his community.

Thank you, Bill, for all you do! Our community is stronger because of you!

TELL US ABOUT OUR DISTRICT'S CITIZEN'S SUCCESS STORIES!

Do you know someone in our community who has a success story worth sharing? We want to hear about it! Whether it's a personal achievement, a career milestone, or a positive impact on our community, we want to celebrate the successes of our Métis citizens.

Nominate or recommend someone for our Métis Success Stories feature by filling out the form linked below. Share their inspiring journey with us! Share their inspiring journey with us!

[Click here to nominate someone, a team, or a business!](#)

We want to hear

SUCCESS STORIES IN OUR DISTRICT

Nominate them in our form!

[NOMINATE A SUCCESS](#)

GET YOUR OWN DISTRICT 21 MERCHANDISE

Come visit our Métis District 21 office during regular business hours to purchase our new **SWEATPANTS** and our new **CHILDREN'S BOOK** "The Bear's Gift."

PURCHASE YOUR OWN MÉTIS DISTRICT 21 MERCH

SWEATPANTS
 CHILDREN'S BOOK

Our wonderful models Walker and Brenda are displaying our new District 21 Sweatpants.

Our new Children's Book based on a true story, "The Bear's Gift." Written and illustrated by the talented Angle, this enchanting story is perfect for young readers. The books are \$20 each.



The Sweatpants are in limited quantity and in person on a first come first serve basis. The sweatpants are \$35 to \$40 based on size.

Please note, that we can only accept cash payments at this time.

IT'S BREAST CANCER AWARENESS MONTH TIME TO GET SCREENED

A mammogram can help identify abnormal cells early, making cancer more treatable and improving health outcomes. Women between the ages of 45 and 74 are advised to have a mammogram every two years.

Depending on your personal or family cancer history, you may need to begin cancer screening earlier than the recommended age guidelines. Talk to your family doctor about cancer screening to determine what is right for you. Don't wait —get screened today.

BREAST CANCER SCREENING

Get Screened.
Cancer screening saves lives.

What is a mammogram?
A mammogram is a breast x-ray that checks breast glandular cells.

When should I have a mammogram?
You should have a mammogram every two years from age 45 to 74.

NEEDING ADDITIONAL SUPPORT? Check out these resources available for travel assistance, or booking appointments if you do not have a family doctor:

MORE RESOURCES HERE

MNA MEDICAL TRAVEL PROGRAM: This program provides financial reimbursement for those traveling more than 100km to a medical appointment (including cancer screening). View eligibility and/or apply

[LEARN MORE](#)

ALBERTA INDIGENOUS VIRTUAL CARE CLINIC: This virtual clinic can help you access cancer screening if you don't have a family doctor

[LEARN MORE](#)

AMS MOBILE MAMMOGRAM SCREENING: This service is available for select rural communities. See the schedule or make an appointment

[LEARN MORE](#)

Looking Back

LAST MONTH AT A GLANCE

UNVEILING OF OUR NEW TRUTH & RECONCILIATION MONUMENT

Friday, September 27, 2024

On September 27th, we gathered for a deeply moving and profound event—the unveiling of our Truth and Reconciliation Monument, *Petsihte Nikiinahk - Coming Home*. This monument, located in the Town of Slave Lake and Government Centre's courtyard, stands to honor the survivors and victims of the Indian Residential Schools in the Lesser Slave Lake Territory.

This powerful symbol represents our community's journey towards truth, healing, and reconciliation. The day was filled with emotions as we reflected on the lasting impacts of residential schools while coming together to honor the survivors and the children who never made it home.



[SEE ALL PHOTOS](#)



TRUTH & RECONCILIATION MONUMENT *"Petsihte Nikiinahk - Coming Home"*



[SEE ALL PHOTOS](#)

This monument serves as a place of remembrance, resilience, and unity—a step forward in recognizing our shared history and the need for continued reconciliation.

Thank you to everyone who supported and contributed to making this monument possible, including our Executive Director Brenda Genelle, our Mété Wellness Coordinator Barbara Emmrich, our Consultation Coordinator Walter Andreef, the Government of Canada, the Town of Slave Lake, Canadian Natural Resources Ltd (CNRL), West Fraser, and an anonymous donor.



We also extend our gratitude and recognition to the staff and vendors for their contributions.

TRUTH & RECONCILIATION MONUMENT *"Petsihte Nikiinahk - Coming Home"*

As the final word leaves for the unblemished painting featured on the monument that was based on the vision of Lorna Dancey. A heartfelt thank you goes out to a residential school survivor and our Elder Pearl Sandor for sharing experiences with us. We also extend our gratitude to the team at Truly Creative Marketing for the beautiful design elements on the monument including the beaded artwork, sweetgrass healing emblem, our logo, the layout of the monument, and our orange t-shirts. A grateful thank you goes out to Chastin Martel for the photographs of the event. ❤️



[SEE ALL PHOTOS](#)

Our hope is that this monument will stand as a beacon of hope and healing for our community. ❤️🙏



THE KAIROS BLANKET EXERCISE

Friday, September 27, 2024



A journey of truth and reconciliation. We recently had the privilege of hosting the KAIROS Blanket Exercise. 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 of Indigenous peoples as distinct nations with rights to land and self-determination.

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Metis Programs

METIS NATION OF ALBERTA

The images below are each a different program, service, or support for all Metis citizens from the Metis 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
 Benevolence Fund	 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](#)

Metis District 21 Lesser Slave Lake | 353 Main Street NW | Slave Lake, AB T0G 2A1 CA

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