

The Riel Scoop

MÉTIS MONTHLY NEWSLETTER

MARCH 2025

Looking Ahead

UPCOMING EVENTS & SERVICES

MÉTIS MINGLE FOR FAMILIES

Saturday, March 08, 2025

Bringing together Métis families and knowledge-holders to strengthen family bonds and create lasting memories. This event is held in Slave Lake.

Métis Mingle: Building Blocks for Family, Well-being, and Culture aims to bring together Métis families and knowledge-holders to strengthen family bonds and create lasting memories while engaging in a variety of awesome workshops to enhance your energy and well-being! The Otipemisiwak Métis Government, Children and Family Services Department (CFS) is excited to partner with MP Psychology to bring Métis Mingle: Building Blocks for Family, Well-being, and Culture to the children (6 – 17) and families of the Métis

Métis Mingle
SLAVE LAKE
IN-PERSON

Free, fun in-person workshops for the whole family!

Workshops include:

- Lego Masters and Creative Kids
- Adult mindfulness
- Beading lessons
- Movement breaks
- Lunch provided

Registration required:

- First come, first served
- Accepted registrants will be contacted

SATURDAY, MARCH 8, 2025

SLAVE LAKE INN & CONFERENCE CENTRE
1200 Main Street South, Slave Lake, AB, T0G 2A4

Navigating Métis Community Resources

ACTIVITIES INCLUDE:

- Lego Masters Workshop
- Creative Kids Workshop

Nation of Alberta. Please note that childcare is not provided. Workshops for children ages 6 – 17 will run concurrently with the adult workshops.

- Mindfulness
- Yoga breaks
- Beading workshop
- Morning, lunch, and afternoon snacks provided

[REGISTER HERE](#)

INTERNATIONAL WOMEN'S DAY

Saturday, March 08, 2025



ST. PATRICK'S DAY

Monday, March 17, 2025



TRADITIONAL METIS DANCE NIGHTS

In Slave Lake & High Prairie

Join us for two nights of laughter, LIVE music and great company at our upcoming Traditional Metis Dance Nights! Our events will feature live fiddle music by Alex Kusturok, and lively traditional jigging. There will be two nights: one in Slave Lake and one in High Prairie. The Dance Nights start at 6:00 pm to 9:00 pm. The event in High Prairie will also feature Storytelling and Dot Art with Jamie Chalifoux from 1:00 to 4:00 pm (*Only High Prairie Event).



Traditional MÉTIS DANCE NIGHTS

With **Alex Kusturok**



LIVE MUSIC,
REFRESHMENTS, &
GREAT COMPANY

IN HIGH PRAIRIE

Saturday, March 15, 2025
Storytelling & DotArt: 1:00 pm to 4:00 pm
Dance: 6:00 pm to 9:00 pm
Peavine Inn & Suites
#3905 Service Road, HP

IN SLAVE LAKE

Friday, March 14, 2025
6:00 pm to 9:00 pm
Royal Canadian Legion
#400 Main Street NW

REGISTER TO ATTEND one of our Traditional Metis Dance Nights in person at the office, by emailing us at region5@metis.org or by phone at 780-849-4654.

SLAVE LAKE EVENT:

DATE: Friday, March 14, 2025
DANCETIME: 6:00 pm to 9:00 pm
LOCATION: Royal Canadian Legion #400
Main Street NW, Slave Lake

HIGH PRAIRIE EVENT:

DATE: Saturday, March 15, 2025
STORYTELLING & DOT ART TIME:
1:00 pm to 4:00 pm
DANCE TIME: 6:00 pm to 9:00 pm
LOCATION: Peavine Inne & Suites,
#3905 Service Road, High Prairie

OFFICE CLOSED NOTICE

Wednesday, March 19, 2025

The Métis District 21 office will be closed on Wednesday, March 19, 2025. We will reopen to serve you on

Thursday, March 20, 2025, during our regular business hours.
Thank you for your understanding.



FREE ONLINE WEBINAR

Tuesday, March 18, 2025

A poster for a webinar titled "Community Information Sessions ONLINE". The main title is "Matriarchs of the Métis Nation" with the subtitle "Important Roles of Métis Women in Family, Community, and Leadership". The guest speaker is Kirsten Letendre. The date is March 18, 2025, from 6:00pm to 7:00pm on Zoom. The poster features a photo of a woman in outdoor gear holding a fish. Logos for "Navigating Métis Community Resources" and "Ottawa Métis Government Children and Family Services" are at the bottom.

[Learn More Here](#)

FREE COURSE & RESOURCES

Ongoing Online

A poster for a course titled "KISHKAYHTA ∞ LEARN Métis Foundational Knowledge". It is described as "THEME BOOKS AND COURSE". The poster includes a list of benefits: "Access 5 Free Online Theme Books", "Online Public Cohort", "Reflection and Discussions", "Self-Led Asynchronous Design", "No-Cost Course Access", and "Certificate of Completion Available". It says "Register Today: RUPERTSLAND.ORG/TEACHING-LEARNING/". The poster features several photos: a bison in a field, a person in traditional dress, a Métis flag, a wooden wagon, and a violin. Logos for "Rupertsland Institute Métis Centre of Excellence" and "Ottawa Métis Government" are at the bottom.

[Learn More Here](#)

SPRING HAS SPRUNG

Thursday, March 20, 2025

☐☐ Today, March 20, 2025, marks the first day of spring—a time of renewal, growth, and longer days ahead! ☐☐ The Spring Equinox means that day and night are nearly equal in length, bringing balance to the changing seasons.

Did you know? Many cultures and Indigenous communities recognize the equinox as a time of reflection, renewal, and connection to the land. For our Métis ancestors, spring was a

time of preparation—gathering, planting, and reconnecting with traditional harvesting practices. ☐ As the snow melts and nature awakens, we look forward to all the new beginnings this season will bring! ☐ ☺



VISITING THE WATER

Friday, March 21, 2025

Join Rupertsland Institute to learn about water as our relative, with Métis Knowledge Holder **Joel** ☐ **amache**, for this virtual field trip designed for in-classroom learning.

Date: Friday, March 21, 2025

Time: 1:00 pm to 2:00 pm

Location: Online

[Register Here](#)

paykiiwikay nipi
Visiting with the Water
A Rupertsland Institute
Virtual Field Trip
with Métis Knowledge Holder
Joel Gamache
Everyone is welcome to join this free, virtual field trip geared for in-classroom learning to learn about the water as a relative.
MARCH 21, 2025
1:00-2:00 PM MST
Login to the RECC Room to REGISTER:
<https://rli.connectedcommunity.org/home>
Rupertsland Institute
Métis Centre of Excellence

MEETING ANNOUNCEMENT

SLAVE LAKE LOCAL #19

Monday, March 24, 2025

The Slave Lake Local #19 Métis will host a regular meeting on Monday, March 24, 2025. 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 780-849-9312.

DATE: Monday, March 24, 2025

TIME: 5:30 pm to 8:00 pm

LOCATION: Métis District #21 Office

SLAVE LAKE LOCAL 19 MEETING
DATE: Monday, March 24, 2025
TIME: 5:30 pm
LOCATION: Métis District #21 Office, #353 Main Street North, Slave Lake
MÉTIS DISTRICT 21
Lesser Slave Lake
Métis Centre of Excellence

LIFT: LEARNING INDIGENOUS FINANCIAL TEACHINGS

May 31, 2025 & June 01, 2025 (Both Saturday & Sunday)

We are inviting **ALL Indigenous Women and 2-Spirited people** to join our **FREE LIFT Workshop!** It is a 2-day personal financial workshop to LIFT Your Future by Empowering Your Finances. Full of Indigenous teachings, prizes, educational support, local success speakers, and community.

The **LIFT Workshop (Learning Indigenous Financial Teachings)** is Free Teachings that focus on:

- **Decolonizing Your Money Mindset**
- **Planning Your Personal Budgeting**
- **Debt Planning**
- **Navigating Credit**
- **Investing In Yourself**

DATES:

May 31 & June 01, 2025
Both Saturday & Sunday

TIME:

9:00 am to 4:00 pm (Both Days)
Doors open at 8:30 am
Class starts at 9:00 am sharp

WHERE:

To be announced within Slave Lake

COST IS FREE:

Includes lunch, snacks & refreshments

FREE 2-Day Financial Workshop

Inviting **ALL Indigenous Women and Two-Spirited**

IN SLAVE LAKE

DATE: May 31 & June 01, 2025
Saturday & Sunday (Both)
TIME: 9:00 am to 3:00 pm
PLACE: To be announced,
In Slave Lake

REGISTER FOR FREE TODAY!



Made by Indigenous people
for Indigenous people



Learn to **Decolonize Your Money Mindset**, Debt & Credit, **Personal Budgeting**, & Investing In Yourself.
LIFT Your Future by Empowering Your Finances!

Register Today!

There will be **LOTS OF PRIZES** to be drawn throughout the two days, and even a **DRAW FOR AN IPAD** at the end of the event!

Metis Youth & Children

YOUTH SUCCESS STORY IN OUR DISTRICT

Say hello to Brynnly McKay, an 8-year-old superstar from Slave Lake who is making her community proud! ☺

Brynnly is in Grade 3, where

her kindness shines. She is always helping others, making new students feel welcome, and receiving kindness awards for her big heart. ☐☐

Not only is Brynnly a role model in her school, but she's also an incredible dancer! She competes in hip-hop dance and recently won a High Gold Award against talented dancers from across Alberta in St. Albert and Edmonton. ☐☐

Her talents don't stop there! Brynnly loves soccer, golf, fishing, metal detecting, swimming, boating, and skating. ☐☐

BRYNNLY MCKAY

Métis Citizen Youth Success
Story from District #21



"An 8-year-old Superstar from Slave Lake who is making her community proud!"

- Brynnly loves soccer, golf, fishing, metal detecting, swimming, boating, and skating. She enjoys learning about her Métis heritage, especially when visiting Manitoba and hearing stories of her Kookum & Mushum
- Brynnly is an incredible dancer competing in hip-hop dance and recently **won a High Gold Award!**
- She is always helping others, making new students feel welcome, and received kindness awards for her big heart.

Read the whole success story in the description!



She enjoys learning about her Métis heritage, especially when visiting Manitoba and hearing stories of her Kookum & Mushum. ♥ Brynnly also participates in the Lemonade Stand event with Isaac Shupac, showing that even at a young age, she's already making a positive impact in her community. ☐☐

We are so proud of Brynnly and can't wait to see what she accomplishes next!

FREE METIS STUDENT TUTORING

Ongoing Program by RLI

FREE YOUNG READERS PROGRAM

Ongoing Program by OMG

Online Practice Tests for Alberta K-12 Métis Learners

Empowering K-12 Métis Students to test their understanding through online practice

Sign up today to the RECC Room and receive the login information for your Métis Nation of Alberta Region

<https://rli.connectedcommunity.org/home>

Rupertsland Institute
Métis Centre of Excellence

Still need to enrol your Métis early learner in the Oskaya Ayamichikewak (Young Readers) program?

Email us at youngreaders@metis.org to sign up and receive your free monthly book.

WHAT YOU NEED:

- Parent, guardian, or child must be an Otipemisiwak Métis Government Citizen.
- Children must be under the age of 5 years old.

Eligible program participants receive an age-appropriate book delivered to their door every month until their 5th birthday!

Early Years

Otipemisiwak Métis Government
Children and Family Services

780-823-2224
1-877-424-2888
info@metis.org

Learn More
Here

Learn More
Here

EXPLORING METIS CULTURE: CULTURE CARDS

Ongoing Program by OMG

Explore Métis Culture Together!

The Otipemisiwak Métis Government's Children and Family Services Department is thrilled to announce the launch of the Métis Culture Card Collection!

This starter bundle includes:

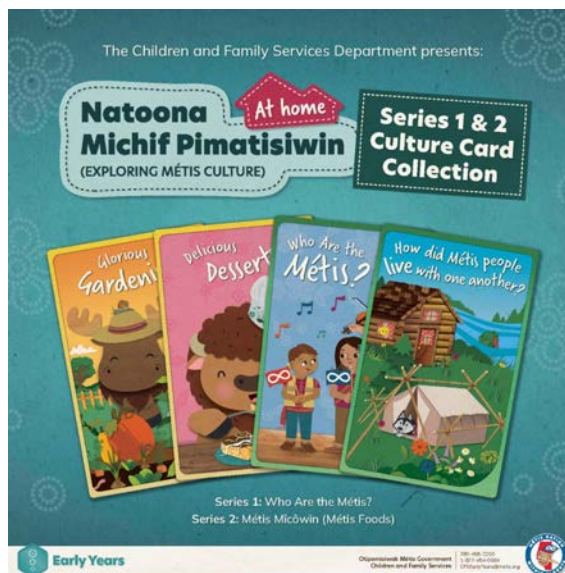
- Series 1: "Who Are the Métis?"
- Series 2: "Métis Mîcôwin (Foods)"

Perfect for early learners, these cards are a fun and engaging way to discover Métis culture, history, and traditions as a family.

Eligibility:

- Reside in Alberta
- Be the legal guardian of a child aged 0–11
- Either the parent/guardian or child must be a registered Otipemisiwak Métis Government citizen

Complete the application process by clicking the button to the right and bring Métis culture to life in your home!



[Apply Here](#)

FLOURISHING FUTURES ACCESSIBILITY GRANT

Ongoing Gra

Seeking to provide the necessary supports for your Métis early learner to flourish? This program offers financial support to cover the cost of eligible referred services and supports that will empower eligible Métis early learners to overcome obstacles and excel in their learning journey!

This program is designed to support Métis Early Learners aged 0-11 across Alberta by covering the cost of services and supports that will address common developmental, social, and emotional barriers to learning.

For more information, please contact the Children & Family Services at OMG by email at FlourishingFutures@metis.org or 780-455-2200



[Grant FAQ](#)

[Learn More & Apply Here](#)



MÉTIS CITIZEN SUCCESS STORY FROM OUR DISTRICT

□ Celebrating Geraldine (Geri) Turner

This month, we are honored to celebrate Geraldine "Geri" Turner, a Métis matriarch whose dedication to her family, career, and community is nothing short of inspiring! □ □ ☺

Geri has called the Lesser Slave Lake region home since before the 70s, building a beautiful life with her husband, John, to whom she has been married for an incredible 60 years this November! □ □ Together, they raised two children, and over the years, her family has grown to include four grandchildren, eight great-grandchildren, and two great-great-grandchildren!

□ A Trailblazer in Her Career & Education □

Geri has always been a hard worker and a lifelong learner.

She pursued mechanics to help John open his shop, later shifting careers between hospital work and the hospitality industry. Her passion for helping others led her to return to school, where she attended NAIT's nursing program, earning one of the highest marks in her class and achieving perfect attendance! □ □

For nearly 20 years, Geri has selflessly provided end-of-life care to community members, working long shifts with unwavering dedication. Her care and compassion have made a lasting impact on so many lives.

□ A Métis Woman Rooted in Tradition & Healing □

Beyond her incredible career, Geri continues to rediscover her Métis roots, embracing her heritage and learning new skills. She is also a Reiki Master, always seeking ways to heal, support, and uplift those around her.

Geri is the kind of person who shows up with a smile and a delicious homemade treat,

**GERALDINE
TURNER**

Métis Citizen Success
Story from District #21

“A Métis Matriarch whose dedication to her family, career, and community is nothing short of inspiring!”

- Geri has called the Lesser Slave Lake Region home since before the 70's, building her beautiful life with her husband of 60 years!
- For nearly 20 years, Geri has selflessly provided end-of-life care to community members, working long shifts with unwavering dedication. Her care and compassion have made a lasting impact.
- As a lifelong learner, Geri has worked in mechanics, hospital work, hospitality, nursing, reiki, and all while rediscovering her Métis Roots.

[Read the whole success story in the description!](#)

MÉTIS DISTRICT 21
Lesser Slave Lake
Indigenous Health Community

always ready to lend a hand. She rarely takes time to recognize her own achievements, but as she approaches the blessed age of 78, we want to honor her generosity, wisdom, and unwavering love for her family and community.

NOMINATE A DISTRICT'S CITIZEN AS A SUCCESS STORY

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!](#)

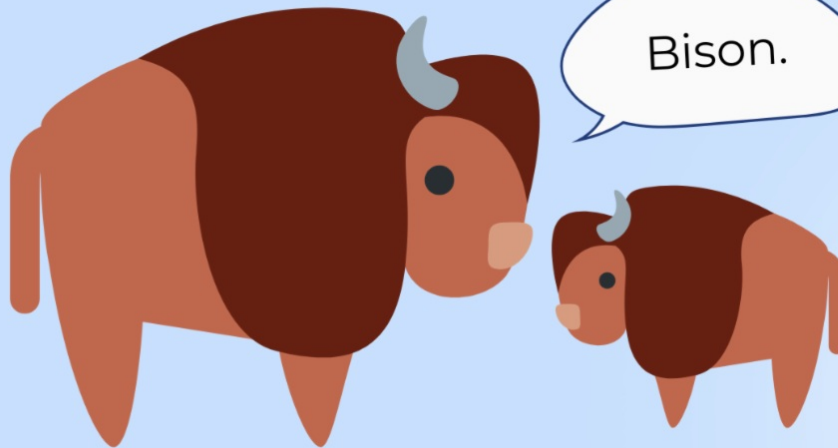


NOMINATE A SUCCESS

What did the buffalo say to his son when he dropped him off at school?

What?

Bison.



MÉTIS DISTRICT 21
Lesser Slave Lake
Otipemisiwak Métis Government

START A BUSINESS: OPEN A DAY HOME

January 10, 2025

The Day Home Startup Pilot Program is offered by the Children & Family Services Team at the Otipemisiwak Métis Government.

Access to Métis centred child care helps to ensure that Métis children and their families develop a sense of belonging, build strength and resilience through culture, foster community connections, and preserve language and cultural practices.

Through this program, we will connect with Métis citizens interested in opening and operating licensed day homes in their communities, support them in navigating the day home licensing process, provide financial assistance with startup costs, and provide guidance in Métis cultural readiness through Métis Cultural Awareness training and resources

A colorful poster for 'Information sessions' about the 'Day Home Startup Pilot Program'. The poster features a cartoon bear in a stroller, strawberries, and flowers. It lists the dates and times of the sessions: Friday, January 10 and Wednesday, January 22, 2025, from 6:00pm to 7:00pm, via Zoom. The poster also includes contact information for the Otipemisiwak Métis Government Children and Family Services team.

Information sessions

Day Home Startup Pilot Program

Nurturing opportunities

What you need to know about our new Day Home Startup Pilot Program

If you've ever thought about opening a day home for Métis children in your community, you won't want to miss these upcoming information sessions led by Otipemisiwak Métis Government Day Home Coordinator Cynthia Lalonde. Log on to learn more about the Day Home Startup Pilot Program and how you can apply to become a licensed day home operator.

- 📅 Friday, January 10 and Wednesday, January 22, 2025
- 🕒 6:00pm - 7:00pm
- 📍 Zoom

Early Years

Otipemisiwak Métis Government
Children and Family Services

784-451-2225
1-877-464-2225
OtipemisiwakMétis.org

Learn
More

MÉTIS MIX-UP: [Blueberry Almond Poppysseed Muffins](#)

Are you ready to mix it up Métis style? Follow along in Episode 3 of our YouTube show, Métis Mix-up, and learn how to Métis-ify a classic recipe!

Join Kelsey as she makes Blueberry Almond Poppysseed Muffins with a special guest, Molly Wagar from Sweet Bakes. Click below to watch!



Looking Back

LAST MONTH AT A GLANCE



TRACKING CARIBOU

January 02 to 05, 2025

Our Métis citizens recently trekked deep into the forest for an important Caribou Monitoring trip, observing the land, wildlife, and ecosystem to assess the well-being of our caribou population. ☐♂☐

CARIBOU MONITORING TREKKING THROUGH SNOW



Between January 02 to 05, 2025, the assembled team carefully tracked footprints in the snow, examined caribou food sources, and scouted for signs of movement to understand how our four-legged relations are thriving in our traditional lands. The information gathered will help guide conservation efforts and ensure that these incredible animals have the resources they need to survive. ☐☐

☐ Our Métis ancestors have always lived in harmony with the land and the animals we share it with. This knowledge continues to be passed down, ensuring future generations can maintain our connection to the land and the caribou that have sustained our people for centuries.

A huge thank you to the dedicated citizens who braved the cold, explored the landscape, and contributed to this vital monitoring project. Your work is helping to protect our lands, our wildlife, and our future.



OUR LEARNING INDIGENOUS FINANCIAL TEACHINGS WORKSHOPS

Slave Lake: Jan. 11 & 12, 2025 | High Prairie: Jan. 25 & 26, 2025

Wow! Our first-ever LIFT Workshops in Slave Lake & High Prairie were truly incredible! ☐
☐☐ We shared laughter, tears, and so much powerful learning, growth, and connection. From decolonizing our money mindsets to tackling budgeting, credit, and building financial confidence—our participants showed up ready to reclaim their financial power! ☐

And a special shoutout to our youngest-ever attendee—just **FOUR DAYS OLD!** ☐☐ Talk about starting financial teachings early! 😊



A heartfelt thank you to our amazing facilitator Chana Trudel, Fatima Galvez for all

LIFT WORKSHOPS

LEARNING INDIGENOUS FINANCIAL TEACHINGS



LIFT WORKSHOPS

LEARNING INDIGENOUS FINANCIAL TEACHINGS



her hard work helping the workshop run smoothly, Brenda Genaille & Barbara Emmrich for providing the delicious home-cooked meals, and our outstanding speakers Selina Noskiye, Robin-Lee Vance, Robyn Ord-Boisvert, and Karen Nadeau.

We are so proud of everyone who attended, participated, and made this possible. This is just the beginning! More workshops are on the way in May - **REGISTER TODAY to LIFT your financial future!** ☐



LIFT WORKSHOPS

LEARNING INDIGENOUS FINANCIAL TEACHINGS



Another big shout out to the LIFT partners for helping us bring financial teachings with Indigenous values to our region:

- Community Futures Lesser Slave Lake Region (CFLSLR)
- Government of Alberta
- Futurpreneur
- Northern Lakes College
- Métis District 21
- Slave Lake Métis Local 19



Share This Email



Share This Email



Share This Email

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



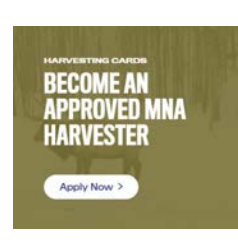
Housing



Climate



Apply Today



Apply Today



Education



Benevolence Fund



MNA Store

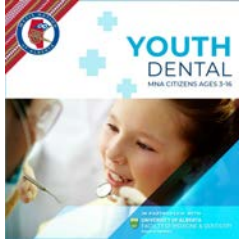


Culture



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](#)

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

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