



# Le Métis



## President's Message

There are so many opportunities for the Métis Nation's Manitoba Métis. There are many ways you, our Métis Citizens, can participate in continuing to shape the direction of not only the Métis Nation, but also our role within our province, our Homeland, and our country and beyond.

Right now the province is asking for input on the upcoming provincial budget. This is an opportunity for you to express how you want your tax dollars invested. I've said it often before, Métis people are hardworking taxpayers. For far too long governments have ignored our voice and with recent court cases such as Daniels, it is clear they have missed the opportunity to engage the largest and fastest growing Indigenous population in Manitoba. We proved in the last provincial and federal elections that we can create change when we showed up in the polls in high numbers. Let's not wait for elections to make things happen, let's engage now - everyday.

In the next couple of weeks, the provincial government will be seeking your input into how your tax dollars will be spent in the upcoming year. I encourage you to engage in this process. To aid you in this process, your Métis government has developed a webpage

with links and tools for you to use in communicating with the provincial government about what is important to the Métis. We have identified areas such as accessible healthcare, education, housing and sustainable development as needing additional investment for the Métis. Take some time and add your voice to this pre-budget consultation process. Visit our website at [www.mmf.mb.ca](http://www.mmf.mb.ca) for more information.

Speaking of sustainable development, your Métis government will be participating in a special Métis National Council assembly on climate change in BC this week. Climate change will have a large and great impact on our people in the years to come. It is already impacting traditional territories and environments changing the make up of the land, its resources and the animals that live there. It is also having a great impact on how we are able to transport goods and how we are able to help our harvesters get their resources to market. We need to be proactive in how we continue to work in areas of conservation and economic development in light of our new and changing reality.

With all the things your government is involved in, communications is paramount. We are in the process of revamping our website and social media properties to make sure the information you want and need is readily available and accessible. I have tasked the Manitoba Metis Federation Communications department to begin soliciting feedback from our regions, our citizens and the various departments of the MMF on how our communications can be increased. I have directed them to analyze the media and materials we are using to be sure they are being used effectively and to see if there are other ways we should be using to reach as many of our Métis

Citizens, other governments and agencies, partners and investors as possible. Please stay tuned for the opportunity to share your ideas with them via an online survey available through email, our website or other social media like Facebook or Twitter. Written surveys will also be available at the Regional Offices of the MMF over the next few weeks. Your feedback will help ensure we are able to reach you in a timely, appropriate and effective manner.

In the meantime, please feel free to submit your thoughts and ideas for how we can best communicate with you by contacting the Communications Department directly at [communications@mmf.mb.ca](mailto:communications@mmf.mb.ca) or by mailing the department at the Home Office at 300-150 Henry Avenue, Winnipeg, MB R3B 0J7. Also as we discussed this past summer during our land claims consultations, please submit your ideas on our land claim to [ideas@mmf.mb.ca](mailto:ideas@mmf.mb.ca) or send in a letter. It is also important that your contact information is up to date. You can update your info by contacting our Central Registry Office at (204) 586-8474. Having this information up to date and accurate will permit us to get important information to you quickly and directly.

In closing, I want to send my thoughts and prayers to those of you who may be sick, shut in or away from your family for work. Remember to care for and support one another. How we care for, love and support one another will be a testament to others of who we really are. We are a community - a society of generous ones. Take care, be safe and good luck to each of you this fall harvest season.

Meeqwetch,

∞ *President David Chartrand, LL.D. (hon), O.M.*

## Continuing the Beadwork Tradition

The Métis are often called “The Flower Beadwork People” - a nickname attributable to their extraordinary floral beadwork designs, a well-known feature of Métis culture and tradition. The Louis Riel Institute (LRI) is continuing this tradition through the Flower Beadwork Circle, a group that meets every Wednesday evening from 5-8 pm. During meetings, members work on individual beading projects and share their knowledge and ideas for beading patterns and techniques.

Historically, Métis beadwork was largely influenced by love of the land, flowers, and nature. The Métis were famously known for the remarkable floral beadwork decorating their saddles, saddle blankets, halters, and bridles. The patterns often represented the treasured relationships they had with their animals. Other items the Métis commonly decorated with beadwork were jackets, vests, bags, leggings, gloves, and sashes. The designs adorning these items would often tell stories of their life and their families. These were also prized trade items across North America and Europe, and were a large component of Métis livelihood and culture.

The Flower Beadwork Circle is open to new members - novices, experts, and any skill level in between. Anyone interested in learning the craft is encouraged to attend a session. First-time attendees are given two beginner projects to learn basic Métis beading techniques. The first project is beading a traditional flower design on a square of fabric. The second project is decorating the exterior of a medicine bag, which the new member will also learn to sew.

After these two initial projects are completed, members can take on any beading project of their choosing. Past completed projects by the Flower Beadwork Circle members include beaded winter mitts, necklaces, earrings, pouches, key chains, and more.

Sessions are on a drop-in basis. Interested individuals can stop by 150 Henry Avenue any Wednesday evening at 5 pm to join and start their first project. Anyone wishing to learn more about the Flower Beadwork Circle can contact group coordinator Louise Gordey by calling 204-984-9480 or **emailing [lgordey@mmf.mb.ca](mailto:lgordey@mmf.mb.ca)**.



Members of the Flower Beadwork Circle gather and promote traditional Métis floral beadwork.



Beautiful examples of Métis beadwork are highlighted and can vary from decorative clothing to small handbags and dolls.



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## MEDOCare Pharmacy is Dedicated to you

The Métis Government believes high-quality and affordable health care is a priority for our Métis families and Citizens. Since opening in 2012, the MEDOCare Pharmacy has provided outstanding health care services to ensure good health and longevity for the Métis Community.

The MEDOCare Pharmacy is located on the first floor of the Manitoba Metis Federation (MMF) building at 150 Henry Avenue in Winnipeg. Through working closely with the Métis Community, the MEDOCare Pharmacy is always prepared to offer specialized knowledge and personalized assistance.

MEDOCare's reputation has made it a trusted destination for many Métis, including co-host of Métis Hour x2 and award-winning musician Ray St. Germain, and MMF's President David Chartrand. Clients of MEDOCare Pharmacy have access to many wonderful services such as free medication reviews, free blister and bubble packaging, and free diabetes meter training. MEDOCare Pharmacy provides fast and friendly prescription assistance, and offers private consultation areas to meet every client's need.

Clients of MEDOCare Pharmacy also have access to knowledgeable and welcoming staff, including outstanding Pharmacist, Sam Patel. Sam has been a Pharmacist at MEDOCare Pharmacy since April 2015. Initially Sam was supposed to fill in for only a couple of days, but quickly it became a career changing opportunity.

"I enjoy the clients and working in a different environment," Sam states. "When you get your



Staff at MEDOCare Pharmacy, including Pharmacist Sam Patel (Left), are always prepared to offer specialized knowledge and personalized assistance.

prescriptions here, you are supporting a Métis-owned business. By purchasing your medicines at MEDOCare Pharmacy we are able to take that money and reinvest it directly back into programs and services that benefit our Métis Citizens - like the Elders Eyeglasses program."

MEDOCare Pharmacy also makes switching pharmacies easy. By providing your contact information, date of birth, and the name of your current pharmacy, they will transfer all of your

prescriptions, free of charge.

MEDOCare Pharmacy is open Monday to Friday, 9am - 5pm. Please support the MEDOCare Pharmacy and their efforts to improve the health and wellness within the Métis Community. To contact MEDOCare about transferring your prescriptions, or if you have any additional questions, call 204-942-7220 or toll-free at 1-877-635-5913, or email them at [medocare-pharmacy@themedo.ca](mailto:medocare-pharmacy@themedo.ca).

## Health Pregnancy, Healthy Baby

Are you a mother or mother-to-be seeking to gain knowledge about your baby's health and progress? Recently, the MMF Metis Community Liaison Department's Little Moccasins program acquired a convenient second location to help support mothers within the community desiring to learn more about their infant's growth and development at Zion Apostolic Church, located at 305 Machray Avenue, Winnipeg, MB. The addition of this second location means we are able to assist and help more mothers as they embark on this exciting and challenging chapter in their lives. Prior to this, Little Moccasins was only offered at Windsor Park United Church located at 1062 Autumnwood Drive.

Little Moccasins is a Healthy Baby program hosted by the Manitoba Metis Federation in partnership with Healthy Child Manitoba. The program consists



of both a prenatal benefit for low-income mothers and a community support program. Material specific to Metis culture and traditions is integrated into class activities wherever possible.

The program is geared towards pre- and post-natal

women who are interested in the opportunity to meet and socialize with other parents while gaining and sharing knowledge about their baby's development. Families from all cultures are welcome to attend the classes each Thursday from 1:15-3:15 PM.

During sessions, a nutritionist and public health nurse provided by the Winnipeg Regional Health Authority are available to help answer any questions regarding pregnancy or baby's health. A Child Minder is also conveniently placed on-site to help assist mothers caring for multiple children during their visit. The program also offers bus tickets as well as milk coupons during pregnancy and up to 6 months after pregnancy.

To get involved or to learn more about Little Moccasins, please contact the MMF's Metis Community Liaison Department by calling 204-586-8474.

## The Pas Regional Meeting

The Manitoba Metis Federation's (MMF) The Pas Regional Meeting was held in The Pas, Manitoba on Saturday, September 17, 2016. The meeting was well attended by Métis Citizens from the Region and across Manitoba.

Vice-President of The Pas Region, Judy Mayer, welcomed all in attendance, and the meeting formally began with a prayer by Elder Shirley Grosky. During the various reports by the Regional Executive, VP Mayer was specifically pleased to share the news that the 15th Annual Métis Family Night held on Feb. 20th this past winter was the event's best year yet. This annual event is a celebration of Métis culture and tradition for local residents of The Pas, as well as out-of-town visitors.

MMF's Minister of Education, Joan Ledoux, gave a report on Educational Initiatives including a change in the process for applying for regional bursaries. With the change, applicants must now have their MMF Citizenship card and be a resident of the Region. This has been a change from the earlier criteria for regional bursaries which only required a self-declaration of Métis ancestry.

Minister Ledoux also presented The Pas Region's Volunteer of the Year Award to Brenda Hather. A retired teacher and foster mother of three, Brenda was recognized for over 28 years of hard work and dedication within the Region. She has also been Co-Chair of Barrows Local for two terms. Congratulations Brenda, and thank you for your hard work and dedication!

The Regional Meeting included elections for two new members of the Local Advisory Committee (LAC), which meets monthly to discuss employment and training programs for the Region. Newly elected



Newly elected Board Member for The Pas Region, Lori Bulycz (right) is congratulated by Anita Campbell (Minister of Finance and Human Resources, and Infinity Women Spokesperson).



A very exciting moment for Brenda Hather, who is presented with The Pas Region's Volunteer of the Year Award 2016. L to R: Judy Mayer (Vice President of The Pas Region), Darrel Ferland (MMF Board of Director), Brenda Hather, and Joan Ledoux (MMF Minister of Education).

members, Linda Chartrand and Marnie McCracken, expressed their excitement at being able to help young people in their future careers and ensure there continues to be opportunities for Métis people in the Region. They were elected to the LAC for a three year term.

Infinity Women Secretariat also held elections for a board member for The Pas Region. Lori Bulycz was elected by acclamation and expressed her excitement for the opportunity as a first-time Board Member. She will hold the position for a one year term.

In the afternoon, a Land Claims Community Consultation was held for Métis Citizens in attendance. MMF Chief of Staff Al Benoit discussed the history of the MMF Land Claim. President Chartrand provided an explanation of the next step in moving toward a modern day treaty with Canada on the Land Claim - a Framework Agreement outlining topics to be negotiated between the MMF and the federal government. President Chartrand also sought community feedback from those in attendance on what matters are priority to be included in negotiations for Métis Citizens in The Pas Region.

Photos from the September 17, 2016 The Pas Regional Meeting can be found on the MMF's Facebook page - just search for Manitoba Metis Federation (Official). For more information, or to learn about upcoming meetings in The Pas Region, Métis Citizens can contact The Pas Regional Office at 204-623-5701.



MMF President David Chartrand invites feedback from the Métis Citizens in The Pas about the MMF Land Claim Framework Agreement.