



Le Métis



President's Message

Day and the first official day of summer, many of our locals participate in community events. Each year, the Selkirk Red River Métis Local hosts a big event with lots of Métis entertainment, games and food. You can find more information about this event on our website, social media and in this week's issue of Grassroots News.

Our strength as a Métis Government lies within our Citizenship and your active participation in governance. The Métis Government is a grassroots government. Our structure is built from the ground up. Just as grass receives its strength and support from the rich soil of the Prairies, on which the Métis Nation was born, the Métis Government receives its strength and support from its Citizens. From Citizen to Local participation and Regional engagement, you provide the necessary feedback and direction for your elected Representatives who govern on your behalf. Your participation is crucial for the success and longevity of the Métis Nation.

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Summer is well on its way - according to the calendar we are just one week away from the first official day of Summer. With the beginning of warmer weather and longer days, we begin to see all kinds of wonderful things returning to greet us again, which we have missed during our long and cold winter. The trees are all in bloom, our gardens are beginning to show promise of a future harvest, and the birds are filling the air with their songs as many of us are finding our ways back to beaches, fishing and boating.

Summer is always a great time for families to visit with friends and neighbours, to enjoy all the events and activities Manitoba has to offer: parks, museums, outdoor sports, and concerts to name a few. In particular interest to me, and I know for many of you, are the many Métis summer events put on by our MMF Locals and community members to celebrate our culture, our history, and our Nationhood.

Coming up soon, there will be the Aboriginal Day and Métis Days celebrations throughout our province. On June 21, the day our Nation celebrates Aboriginal

In St. Laurent, we celebrate Métis Days every August. This year the Father Guy Local will be hosting a weekend of family fun, August 4th - 6th. We hope you are able to join us as we come together with family and friends. Other events are: The Anniversary of the Victory of Frog Plain (June 19th), Back to Batoche Days (July 20th to 23rd to be held in Saskatchewan), and the Métis Exhibit at the St. Boniface Historical Society (June 27th to October 28th). Remember, you can find information about these and other events on our social media and by tuning into NCI FM for Metis Hour x 2 each Saturday.

I also want to continue encouraging you to engage with your Local and Regional Offices. Get yourself involved in helping to plan Local events and participate in Local meetings. Talk to your elected representatives.

This summer I will be visiting each Region. Our Land Claim negotiations with Canada are advancing. I am looking forward to seeing you at Regional meetings, throughout the summer, so I can share this with you. Please keep an eye on our website and social media, tune into Metis Hour x 2 on NCI FM each Saturday and keep reading Le Metis. We will be sharing the dates, times and locations of these important meetings in each of these communications tools.

I want to thank all our volunteers, Home Office and Regional staff, and elected representatives in the Regions and Locals for all of their hard work and commitment to protecting and showcasing our Métis culture, history, rights and pride each summer. These great results are often achieved at personal cost and with family sacrifice. Thank you.

Have a great Summer!

Meeqwetch,

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

Remembering and Reconnecting with Metis Traditional Foodways: A Successful Workshop Series



Métis horticulturist, Caroline Chartrand shares her experience and knowledge of Métis traditional gardening and seed-saving in the Red River region.

Métis traditional foods and associated practices are one of the most important and unbroken traditions Métis people have. We seldom have the opportunity to get together, reflect, and discuss how traditional foods and associated practices have and continue to play important roles in our communities.

This year, the Manitoba Metis Federation's (MMF) Tripartite Self-Government Negotiations (TSN) department and Health and Wellness department in partnership with Louis Riel Institute, collaborated to offer a four-part workshop series for youth, adults, and elders on the topic of 'Remembering and Reconnecting with Metis Traditional Foodways'. The program was called the "Metis Earth-to-Table Workshop Series", which offered four workshops over the course of four months and covered subjects related to Métis traditional foods and practices. The workshop topics were:

1. Métis Traditional Gardening and Seed-saving;
2. Métis Harvesting of Wild Game, Birds and Fish;
3. Métis Traditional Foods and Culinary Knowledge; and lastly
4. Remembering and Sharing: Stories Life and Food.

Each session was facilitated by a Métis cultural expert, recognized for their knowledge and expertise on the respective workshop subject. An Elder was also in attendance at each workshop to share their perspective as well as provide an opening and closing prayer. The sessions began with 15-20 people sharing a light traditional meal. This gave the participants

an opportunity to meet and visit over food—the traditional Métis way.

"Each workshop meal was inspired by traditional ingredients—we served three-sisters (squash, corn and bean) soup, stew, bison tourtière, and pickerel to name a few—it was delicious," said Project Coordinator, Brielle Beaudin-Reimer. "It was great to meet Citizens living in and outside of the city and have them share on the topic of Métis foods. Food is such an important piece of Métis traditions and culture, of who we are, and something that has brought us together for generations. Food continues to bring us together in so many ways, even if our traditions have evolved a bit."



Elder George Lavallee shares his traditional knowledge of Métis hunting and trapping in Manitoba.

Each workshop was educational, interactive and hands-on. Participants had the opportunity to learn and share their own perceptions, experiences, and stories. "I really enjoyed the workshops. I learnt things I didn't know about Métis traditional foods and practices. It was also nice to remember

and talk about some of the foods and practices I do remember from growing up", said one of the workshop participants. Having the voice of the Elders contribute their expertise on the topics was also key. One participant commented, "It was nice to hear the Elder's perspectives and hear their stories. We have so much to learn from our Elders."

The idea for the workshops was inspired by the views expressed by Métis Citizens at the MMF's 2016 Annual General Assembly's TSN governance workshop. Last year, the TSN governance workshop was on the subject of Citizen Engagement. During the workshop, participants made the recommendation to encourage Métis youth to be involved in more opportunities to engage with Métis adults and elders through cultural programs and services offered by the MMF.

The *Metis Earth-to-Table Workshop Series* was provided through funding secured by the Downtown Healthy Together Now initiative, a provincially funded Winnipeg Regional Health Association supported and community led program. In partnership with other MMF departments and affiliates, TSN hopes to be able to offer similar workshops in the future that continue to support local governance capacity, promote Métis culture and history, and the well-being of the Manitoba Métis Community. Thank you to all participants who attended and engaged in the workshops, and to the cultural experts and Elders who were able to contribute their knowledge and time.

Metis Perfect Pitch

On Thursday, June 8th, 2017, the Metis Economic Development Fund (MEDF) and Louis Riel Capital Corporation (LRCC) hosted the Metis Perfect Pitch competition at Fort Gibraltar in Winnipeg. The event was an entrepreneurship elevator pitch competition. The Métis presenters had 10 minutes to explain their business idea and how they were going to execute their business plan to the judges.

Five different businesses presented their ideas, but only two won. Matthew Sabourin from Nonsuch Brewing Co. won the People's Choice Award and first place in the competition. Bryce North from TrapTap won second place.

Nonsuch Brewing Co. is a new brewery, which will make high-alcohol, premium, Belgian style beers. So far the head brewer has won 14 awards for his beers. Nonsuch Brewing Co. gets its name from the ship called Nonsuch, which was the first ship to reach Hudson's Bay.

Matthew Sabourin says he hasn't yet found a suitable location for the brewery, but is currently looking at other properties in Winnipeg's Exchange District.

Sabourin and Ben Myers are lifelong friends, and in September 2015 they decided to open a brewery together. Matthew says he brings his Métis heritage and traditions into his business. Earlier this year the team from Nonsuch won the Lions Pit business pitch competition from Fosse aux Lions.

When the winners were announced, it came as a surprise to Danny and Terry Sabourin, the parents of Matthew Sabourin.

"If I'm being honest I think he'll win second, but



Left to Right: MEDF CEO John Coutris, Matthew Sabourin and Ben Myers from Nonsuch Brewing Co, and LRCC Manager Tyler McKay.

he'll win the People's Choice," said Sabourin's father before the winners were announced.

TrapTap is a distraction-free device that sits on your dash and warns you of potential driving hazards. With the use of lights and sound, TrapTap alerts you if you're speeding and notifies you of school zones, red light cameras, and speed traps. TrapTap is already on the market and has sold over 7000 units. It's available in over 60 countries and can be purchased at traptap.com.

TrapTap is Bryce North's second start-up business. Before TrapTap he founded another company called Advolve Media, where he pitched his idea multiple times across Canada. On his Twitter profile, he describes himself as a thrill seeker, an entrepreneur, and a pitch pro.

North gave a confident pitch and described his business plan in great detail demonstrating his entrepreneurial experience. He stated he started his business over Kickstarter as it is a great way to price test ventures and how he discovered the price for TrapTap.

Other businesses who pitched at the event include Courtney Nelson from Wanderlust Bridal, a new bridal salon that will carry dresses specifically for hot climates or destination weddings. Lindsie Dick pitched her dance studio business. Brytnay Melville and Caitlin Mymryk, fashion designers, pitched their business Sea You Swim.

The event was well attended by business professionals from the community and family members from the presenters.

Governor General's Canadian Leadership Conference visits MMF

As part of Governor General's Canadian Leadership Conference (GGCLC) stop in Winnipeg, the participants visited the Manitoba Metis Federation (MMF) home office to meet with President Chartrand for a few hours on June 5th, 2017.

The GGCLC's objective is to introduce Canada's future leaders to complex issues in order to expand their ability to interact with people and develop improved decision-making processes. Participants are typically in mid-career and have been identified by their organizations as individuals who are part of their succession planning, and likely to occupy senior level positions in the future. All of the GGCLC participants that visited with the President were from outside of Manitoba, some travelling from as far as Newfoundland and the Northwest Territories.

President Chartrand greeted the delegation and began sharing information about the Métis and the

Métis Nation, emphasizing the difference between the Métis people who are members of the Métis Nation, and the people who simply call themselves Métis. He also shared with the participants details of our deep rooted Métis history and heritage, such as our intricate beadwork and traditional fiddle music.

MMF Chief of Staff, Mr. Al Benoit, spoke during the conference outlining the government's structure and role. He discussed how the MMF is a very democratic Nation and explained how the representatives are elected as well as how the MMF came to be the governing body for the Métis people in Manitoba. This occurred through the *Goodon Decision*, wherein the court recognized the MMF as being the governing body of the Manitoba Métis Community. Mr. Benoit also mentioned the *Daniels* court case, which clarified that the federal government is responsible for Métis and Non-Status Indians in the *Indian Act*.

Following the presentation, participants were able to take part in a question and answer period with the President. Many of the delegates engaged in this, as it was a great opportunity to broaden their knowledge of the Métis. One particular question they had for the President was if he had any take away lessons that he had learnt through interacting with other leaders, could he share this information with the delegation. The two main points the President spoke of were transparency as a government, and accountability.

Another question was directed at youth involvement in the MMF, and what their roles would be as they became more active in the government. The President shared at last year's 48th AGA, the MMF established a Provincial Youth Council, in order for youth to become more involved. This would ensure that youth voices are heard, giving them the opportunity express their own needs and discuss what's important to them.

Métis Artist's Medal Design Unveiled for 2017 Canada Summer Games



Left: Métis Artist Kenneth Lavalée being interviewed at The Forks. Right: The 2017 Canada Summer Games Medal Design.

On June 9th, the 2017 Canada Summer Games committee revealed the medal design at The Forks for the Games this summer. Métis Citizen Kenneth Lavalée designed the medal. Lavalée's other work has been shown in Winnipeg, Edmonton, San Francisco, Los Angeles, and Melbourne, but he says this will be his most widely seen piece.

The design of the medal starts with the sun, a gift from the creator. Surrounding the sun is a symbolic drum and feathers representing the First Nation peoples. Radiating from the drum are five bands, one for each decade of the Canada Games. The bottom band represents the Red and Assiniboine Rivers that merge together at The Forks. On the top left of the medal is the Métis infinity symbol, symbolizing two cultures and the existence of the Métis peoples forever. The top right of the medal is the Inuksuk, in the shape of a person symbolizing safety and hope and mirrors a Canadian

spirit of friendship and community.

It was a collaborative and inclusive process between Lavalée and the selection committee. The committee includes representatives from Treaty No. 1, Treaty No. 3, and the Manitoba Metis Federation (MMF). All three Indigenous groups are Official Co-Hosts for the 2017 Canada Summer Games. Each group helped provide direction in creating and maintaining an image for cultural inclusiveness on their traditional homelands.

MMF Minister Mona Buors (Associate Minister of Heritage, Culture, Sports & Youth) is the MMF's Co-Host lead for the 2017 Canada Summer Games. She continues to work with the Host Society, including Treaty No. 1 and Treaty No. 3. The MMF's role as a Co-Host will bring heightened national awareness and recognition for the MMF by showcasing Métis culture, history and traditions, throughout the games and events being held this summer.



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Preference will be given to qualified Métis applicants. Qualified applicants are encouraged to apply and self-identify on their resume. The MMF appreciates the interest of all applicants; however, only those individuals considered for an interview will be contacted. We offer a competitive benefits package which includes but not limited to: health and dental insurance, life insurance, accidental death and dismemberment, short term and long term disability and a retirement savings plan.

Please forward cover letter and resume by

Wednesday, June 21, 2017

to: MMF Metis Employment & Training Dept.

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