

Métis Nation  
of Ontario 



*The MNO South West Region brings together Métis citizens and four Community Councils across southwestern Ontario, led by one PCMNO Regional Councillor and four elected Presidents, with support from the Regional Manager.*

## Regional News

Explore the latest regional updates and activities for the last quarter.



Spring has definitely made an appearance! For the sake of the robin and red-winged blackbirds I saw the other week, I hope it stays. As we move into the warmer weather, we have been busy focusing on self-government, constitution building, and capacity.

Not sure when this will go out, but at the time of writing we have hosted six [Community Conversations and Meals](#) throughout the region. These gatherings are a time to come together in community, hear from you about your hopes and dreams for our future government, talk about the constitution, and explore how it could impact not only us but also the lives of our kids and grandkids in the future. We have had some interesting discussions, and I think everyone has left better informed and more prepared to dive into the draft constitution that is scheduled to be released sometime this year. If you haven't had an

opportunity to attend, please try to connect with us at one of the last remaining sessions. See below for some of the great pictures we captured during these gatherings.

One challenge that continues to worry the regional leadership table has been the level of citizen engagement across all of our events. Within the region we have over 4,000 citizens, but when we attend the events we typically see only a very small portion of the community in attendance. As citizens of the MNO, whether your family ties connect to Métis communities here in Ontario or elsewhere, we have to recognize that if it were not for our ancestors continually gathering in community, celebrating who they are, and yes, raising their voices, we — their descendants — would not have this ability today. We know life is busy, and sometimes even chaotic, and we understand. Given that, if you have any suggestions on how we can meet you “where you are” in your life, we would be very interested to hear them. You can email us at [southwestr@metisnation.org](mailto:southwestr@metisnation.org) or give me a call.

As you read through this newsletter, please enjoy the council updates shared below. Your elected representatives work hard to bring community together and to represent citizens across the region. They do this work on a volunteer basis, giving their time, energy, and care to support our communities and to advocate on behalf of citizens. Their efforts help keep our communities connected, informed, and moving forward together.

Stay safe, stay healthy, and hope to see everyone soon.

Oh, and don't forget to mark your calendars for September 19th for our second annual regional rendezvous.



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## **A Message from Jim Tolles, South West Captain of the Hunt Liaison**

As spring arrives and the ice fishing season comes to an end, it's a great time to start thinking ahead to next winter. If you might be interested in trying ice fishing in the future, learning about safety and preparation ahead of time can help ensure a safe and enjoyable experience on the ice.

Ice conditions can change quickly, and understanding how to assess ice thickness, what equipment to bring, and how to prepare for emergencies are all important parts of planning a successful outing. For helpful ice fishing safety tips and guidelines, please visit:

[www.ontario.ca/page/ice-fishing](http://www.ontario.ca/page/ice-fishing)

I will also be attending the upcoming Captain of the Hunt Council meeting in Toronto later this month, where we will continue important conversations about harvesting practices, stewardship, and community support.

If you have questions about harvesting, ice fishing, or other Captain of the Hunt matters, please don't hesitate to reach out. I am here to support our community.

You can contact me at: [cothlRegion9@metisnation.org](mailto:cothlRegion9@metisnation.org)

Wishing everyone a safe and enjoyable spring season on the land and water.

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## **A Message from Kaitlyn Anderson-Mitchell, South West Region Youth Representative**

Taanishi! I'm Kaitlyn Anderson-Mitchell, the South West Region Representative on the Métis Nation of Ontario Youth Council (MNOYC).

In January I had the honour of participating in the Worlds of Wahkowitzin delegation to Zambia with the Métis National Council. The delegation was made up of Métis leaders from Ontario and Alberta, and we met with numerous community organizations that serve Zambians, addressing issues such as gender-based violence and land dispossession. I had the opportunity to learn from many strong and passionate youth leaders, and I am very excited to apply that knowledge to strengthen our community here in the South West Region.

Over the past few weeks, I've been able to attend a few of the Self-Government Conversation and Community Meals that have taken place across the region. I had a wonderful time gathering with other Métis and discussing what we want our future government to look like. I want to thank all the youth that took time out of their busy schedules to attend these important discussions. It is essential we see ourselves in this constitution, and the work you do now ensures youth will be meaningfully included in the MNO for generations to come.

As we look towards the summer, I want to highly encourage youth (16 to 29) to apply for the MNOYC Annual Youth Leadership Conference. It is a great opportunity to gather with Métis youth from across the province and learn about our culture. Follow our Instagram (@mnoyc) and Facebook (<https://www.facebook.com/MNOYC>) to apply once applications open.



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## Community Council Updates and Activities

Explore the latest regional updates and activities for the last quarter.

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### Clear Water Métis Council

#### CWMC Winter Feast

On January 24, Clear Waters Métis Council welcomed citizens to its annual Winter Feast at the Canadian Warplane Heritage Museum in Hamilton. Set among historic World War II aircraft, the evening brought community together through culture, storytelling, and celebration.



The event included guided museum tours, Métis vendors, children's activities, and opening remarks from CWMC President Dana Robbins, with an opening prayer and land acknowledgement by CWMC Senator Nancy Bouchier. Guests were also joined by MNO leadership and Hamilton Mayor Andrea Horwath, who spoke to the importance of gathering and connection during the winter months.

President Margaret Froh shared the story of the Bussineau brothers, highlighting the deep ties between Métis history and Canadian history, while reminding guests of the importance of storytelling in strengthening Métis identity. The evening concluded with a lively Red River Jig performance by Nicholas and Danton Delbaere-Sawchuk, a shared meal, and door prizes—including a chance to win a historic warplane flight.

It was a meaningful night of connection, reflection, and celebration—bringing community together in a truly memorable setting.



## Youth Beaded Workshop

The Clear Waters Métis Council recently hosted a beautiful Youth Beading Workshop that brought together a wide range of ages and skill levels for an afternoon of learning, laughter, and connection.

Two mother–daughter pairs worked side by side, sharing knowledge and encouragement in a way that reminded us how culture lives on through relationships. The beaded earrings were technically challenging, but every participant left with at least one completed piece (or one nearly finished) and a strong sense of accomplishment.

We were grateful to have Heather, our Youth Rep, join us by Zoom at the beginning and end of the workshop, connecting with youth through the OWL. Her words of welcome and encouragement meant a great deal, especially to one family whose roots are close to where she is currently located (a meaningful and personal connection).

The afternoon included more than beadwork. Together, we shared a land acknowledgement, prayers, and introductions. Sabastian guided participants through culturally inspired techniques while also weaving in stories (including readings from his aunt's book) and updates about youth programming, MNO activities, constitution work, and council business. It was a space for both skill-building and community conversation.

And of course, there was food. Heart-shaped raspberries started us off, and everyone enjoyed a generous spread, with leftovers happily shared to take home.

Maarsii to everyone who attended, taught, and supported this gathering. These moments of culture, creativity, and connection are what strengthen our youth and our community.



## **Kidz Konnect - Heart Art**

While it was a small gathering, the time together was meaningful. Teresa, from CWMC, hosted an afternoon filled with colourful heart-themed crafts, stories, snacks, and connection. The crafts were enjoyed by all, and the relaxed setting created space for conversation, laughter, and shared creativity.

Sometimes the smallest gatherings offer the sweetest moments of community. Thank you to the family who took the time to join us, your presence helped make the afternoon special.

We look forward to welcoming more families at future Kids Konnect events as we continue creating space for connection, culture, and creativity together. ❤️



## Grand River Métis Council

### Women's Drop In

GRMC Women's Rep, Danika Warman, has started a monthly drop-in for women in the GRMC catchment to socialize and work on our projects in a friendly environment. Please find information for March's session below:

**Who:** MNO citizens identifying as women

**What:** A community drop in

**Why:** To build connections, share mutual craft work, socialize and strengthen our community.

**Where:** 493 Lancaster St. W. Kitchener

**When:** Sunday, March 15th, 2026 from 1PM to 4PM

For more information, please contact Women's Rep Danika Warman at [danikawarman.grmc@gmail.com](mailto:danikawarman.grmc@gmail.com).

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## **Café 55**

On the third Thursday of every month, GRMC hosts a get together for Grand River Métis citizens who are 55 and older to discuss everything from Métis history to Métis bone health.

The next meeting will be Thursday, March 19 at our office from 2-4 PM. We hope to see you there!

For more information, please contact Senator Diane Kilby at [dinaekilby.grmc@gmail.com](mailto:dinaekilby.grmc@gmail.com)

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## **Save the Date: GRMC Rendezvous will be June 20th!**

GRMC Council is planning a family rendezvous to celebrate our Métis culture for National Indigenous Month. Please mark your calendars and save June 20th for this cultural day with community!

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## **Niagara Region Métis Council**

### **Snow or Shine: Métis Youth Take Aim Outdoors**

A little snow and rain didn't slow down the Niagara Region Métis Youth Group! On Sunday, November 9, 2025, youth headed to Barefoot Bushcraft in Fonthill for an afternoon of archery, axe throwing, and knife throwing. They embraced the arrival of snow while learning new skills.

Between activities, everyone warmed up by the fire, roasting hot dogs and sharing laughs. It was a great day of hands-on learning, connection, and outdoor fun—proof that Métis youth are always ready to show up, even when the weather has other plans.



## Honouring Our Veterans Across Niagara

Members of the Niagara Region Métis Council took part in Remembrance Day ceremonies across Niagara to honour and remember our Métis Veterans. Council representatives attended ceremonies in Beamsville, Grimsby, Niagara

Falls, Port Colborne, and St. Catharines, laying wreaths in each community as a symbol of gratitude, respect, and remembrance.

We are proud to stand in honour of Métis service members—past and present—and to ensure their sacrifices are remembered in communities across our region.



### Family Day Skate with NRMC

The Niagara Region Métis Council was delighted to host a Family Day Skate on Family Day 2026 at the Canada Games Park Arena in Thorold, and what a wonderful afternoon it was!

From warm cups of hot chocolate and fresh donuts to plenty of laughter echoing across the ice, the day was filled with connection, community, and shared fun. Families laced up their skates, supported one another on the rink, and enjoyed spending meaningful time together.

We are so grateful to everyone who joined us to celebrate Family Day in such a joyful way. Moments like these strengthen our bonds and remind us how special it is to gather as Métis families.

We look forward to many more opportunities to come together on and off the ice.



## **Pie Making & Canning Workshop**

On February 21, 2026, the Niagara Region Métis Council proudly hosted a hands-on Pie Making and Canning Workshop for MNO citizens. It was a day rooted in learning, tradition, and community.

Participants began by exploring the canning process, including safe preparation techniques and the importance of food preservation. Conversations highlighted how preserving food connects us to longstanding practices of sharing, caring for our families, and preparing for the seasons ahead.

After the learning portion, everyone rolled up their sleeves for pastry making and pie filling preparation. From mixing dough to preparing delicious apple fillings, the room was filled with teamwork, storytelling, and laughter. A shared lunch gave participants time to sit together, enjoy good food, and continue building connections.

Each person went home with ready-to-bake pies and extra dough for later, a sweet reminder of a day spent strengthening skills and community spirit.

Thank you to everyone who joined us and helped make this workshop such a meaningful and delicious success.



## Thames Bluewater Métis Council

### TBWMC Winter Feast

On January 31st, the Thames Bluewater Métis Council gathered at the Lambeth Legion in Lambeth to celebrate its annual Winter Feast, an evening filled with community, connection, and shared updates.

President Jake McNiven warmly welcomed attendees and shared council news and updates, helping keep citizens informed and engaged in the work

happening in the council area. Senator Rath spoke as a member of the Great Lakes Advisory Group (GLAG), offering thoughtful words and insight.

The TBWMC extends heartfelt thanks to everyone who came out to celebrate and spend the evening together. Events like the Winter Feast remind us of the strength of our community and the importance of gathering to share food, stories, and fellowship. Maarsii to all who made the evening special.



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### Sweet Success at the Kids Baking Class

On February 7th, Métis children ages 7–12 (and their families) gathered at The Grove @ Western Fair for a fun and hands-on Baking Class filled with learning, laughter, and plenty of sweet treats.

With guidance and encouragement, the kids rolled up their sleeves and gained real kitchen confidence, measuring, mixing, decorating, and discovering new skills along the way. The best part? They brought their delicious creations home to share with their families.

This event was proudly supported by the Early Learning & Child Care program and created a welcoming space for Métis children to build skills, friendships, and memories together.

A big thank you to all the young bakers who joined us and brought such great energy to the kitchen. We loved seeing your creativity (and tasting the results!).



## Métis Youth Archery in the Sarnia Area

In January, Thames Bluewater Métis Council youth gathered in the Sarnia area to take part in an exciting archery lesson, and what a great day it was!

With guidance from the School of Archery, youth had the opportunity to learn proper technique, practice focus and patience, and build confidence on the range. It was wonderful to see everyone supporting one another while developing new skills in a safe and encouraging environment.

A special thank you to the School of Archery for hosting us, and to all the youth who came out to participate. Your energy and enthusiasm made the day a true success.

Fun was had by all, and we look forward to more opportunities to come together, try new things, and continue building skills — one arrow at a time!



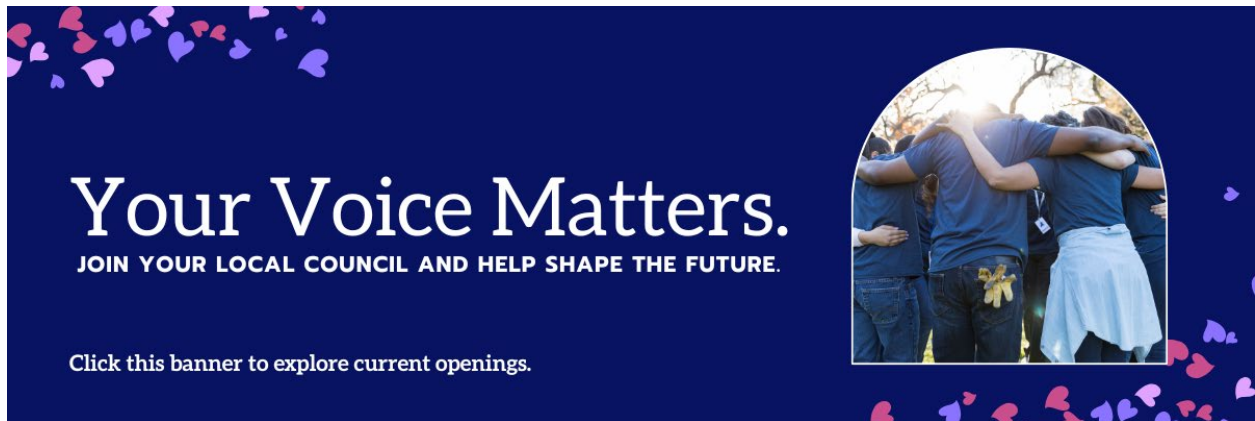
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### **TBWMC Upcoming Events — Save the Date!**

**March 28th:** Cooking with Elder Gloria Thomson in partnership with Growing Chef's

**March 21st:** Dot Art workshop in Sarnia, run by Youth Rep Nathan Mohammed.

**June 13th:** TBWMC's Rendezvous held at Ska-Nah-Doht Village and Museum



**Your Voice Matters.**  
JOIN YOUR LOCAL COUNCIL AND HELP SHAPE THE FUTURE.

Click this banner to explore current openings.

A banner with a dark blue background. The top left corner is decorated with a cluster of small, colorful hearts in shades of pink, purple, and blue. On the right side, there is a circular inset photograph showing a group of people in blue t-shirts hugging each other. The bottom right corner also features a cluster of colorful hearts.



MÉTIS NATION OF ONTARIO  
**ONE CENTRALIZED POINT OF ACCESS**

The Métis Nation of Ontario's ONE MNO team is a centralized point of access, where you can connect with one of our Navigators and be guided through everything MNO has to offer.

- A single point of access
- Enhanced community experience
- Info on **ALL** MNO services and supports available across the province
- Facilitated coordination of supports and service for those in need

p: **1-800-263-4889 x7**  
e: **ContactUs@metisnation.org**  
w: **www.metisnation.org**

Métis Nation of Ontario ∞

A banner with a purple-to-blue gradient background. On the right side, there is a decorative graphic of stylized flowers and leaves in various colors (red, orange, green, blue). The text is white and bold.



**UPDATE YOUR CONTACT INFORMATION**  
**info@mnoregistry.ca**  
**1-855-798-1006**

A banner with a dark, textured background featuring faint images of historical figures and documents. The text is white and bold.



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