

FEBRUARY
2026
ISSUE 20

THE CLEAR WATERS CONVERSATION



STAY IN THE KNOW & WHAT'S ON THE GO

**** UPCOMING COMMUNITY EVENTS AT OUR NEW OFFICE ****

KIDZ KONNECT

Heart Art

Wed., Feb. 11th,
4:30 - 6:30 pm

Ages 0-10

Join Us for community
connection, stories,
& crafts!

Light refreshments



435 YORK BLVD, HAMILTON ON.



YOUTH FRIENDSHIP NIGHT / ANTI-BULLYING WORKSHOP

Thurs., Feb. 12th
5-6 pm

Ages 11 - 17

Contact: Crystal Tufford Métis
Family Wellbeing Coordinator
E: CrystalT@metisnation.org
C: 416- 550-7858

Health & Wellness

Chair Yoga & Mental Health discussion

Tue., Feb. 24, th 4:00 – 5:00 pm

E: CrystalT@metisnation.org to RSVP by February 20th



COMMUNITY CONNECTIONS

*Do you have a event idea, member to
spotlight, perhaps a story, tradition, or
recipe to share?*



Send us a message E: cwmc@metisnation.org

MEET YOUR COUNCIL



EACH MONTH WE WILL SHOWCASE ONE OF OUR COUNCIL MEMBERS

DANA ROBBINS - OUR PRESIDENT

Greetings! I'm a married father of three, recently retired after a 40+ year career in media. I make my home in Hamilton, but I grew up in a small mining town in Northwestern Ontario, near the Manitoba border. My Métis Route family is from Red River and Batoche.

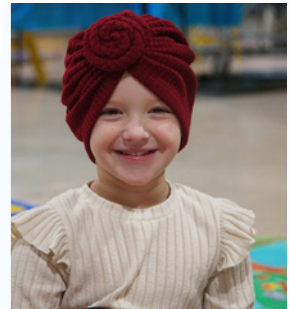
Why is our community & this work Important to me?

Our Métis heritage was a source of shame for my late Mom. I don't want any Métis person to ever feel that way. We have a rich history, and it should be a font of pride for all of us. (You can read my Mom's story in the Toronto Star.

My Mother's Secret



CWMC Winter Feast 2026!



Programs, Services, & Helpful Links

Métis Nation
of Ontario



COMMUNITY WELLBEING



HEALING & WELLNESS



EDUCATION & TRAINING

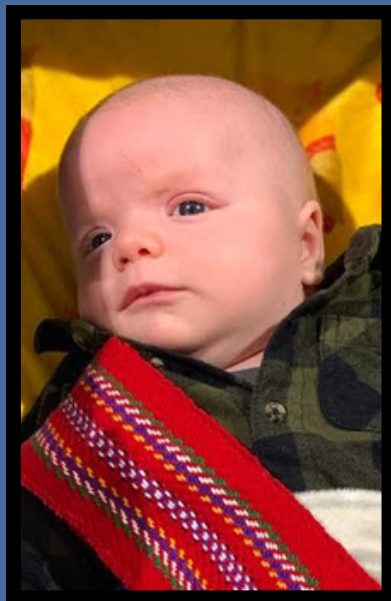


HOUSING & INFRASTRUCTURE

MEMBER SPOTLIGHT:

Our newest community Addition...

Welcome,
Binwuu..



Gordy!

**Councilor -Rosalie Shepard
presented Gordon with
his first sash at our
January Winter Feast!**

Youth Life Skills Cooking Workshop

**FEBRUARY 19TH
ZOOM LINK TO FOLLOW**

REGISTER BY FEB. 13TH

*Participants will learn
foundational cooking techniques,
including kitchen safety, cooking
terminology, knife skills, baking
basics, and how to confidently
follow and adapt recipes.*



**ONE MNO NAVIGATORS -
A ONE-STOP PERSONAL GUIDE
TO MNO SUPPORTS & SERVICES**

Please reach out to One MNO at:
1-800-263-4889 Ext. 7 or
email us at:
ContactUs@metisnation.org



STAY CONNECTED



Facebook & Instagram
@ClearWatersMetis
Council!



Métis Nation of Ontario Education

**HB APP - shares events,
moderated discussions, &
official MNO resources.**

