

MNOWC Election – Women’s Representative (Region 7)

Michelle Lavallee-Rae – BIO



Michelle was born and raised in Etobicoke, Ontario. Her father’s roots trace back to St. Ambrose, Manitoba, where he was born and where the family has deep historical ties. The Lavallee, Ducharme, and Lamirande families, all founding members of St. Ambrose, are integral to Michelle's lineage, reflecting a rich blend of French, Cree, and Ojibway heritage. Her great-grandfather and grandfather were not only skilled hunting and trapping guides but also prominent figures in Manitoba’s Métis cultural scene, with her grandfather being a talented fiddler who taught many Métis musicians.

In 1998, Michelle and her husband, along with their young children, relocated from Etobicoke to Barrie, Ontario. Barrie has since been home for Michelle and her family, where she has made significant

contributions to the community.

Michelle’s commitment to community service is evident through her extensive volunteer work. She has been deeply involved with local sports organizations, including the Barrie Hockey and Lacrosse Associations. Her leadership roles include serving as Assistant Coach and President of Barrie Ringette, and as Secretary for her local Scouts Canada chapter. These positions reflect her dedication to fostering youth development and community engagement.

Professionally, Michelle has had a distinguished career with the Ontario Petroleum Contractors Association (OPCA), where she has served as Executive Director for over 22 years. Her role involves overseeing various initiatives, including the management of safety programs for the petroleum industry across Canada. Additionally, Michelle chairs the Petroleum Oriented Safety Training Advisory Committee, demonstrating her leadership in enhancing safety standards within the industry.

Outside of her professional and volunteer work, Michelle enjoys a variety of hobbies. She has a passion for golf, painting, soapmaking, and gardening, which provide her with creative outlets and relaxation.

Michelle is a proud Métis citizen and has raised three grown children who also identify with their Métis heritage. Her family's rich cultural history, combined with her own contributions to community and industry, underscores a legacy of service, cultural pride, and dedication to personal passions.