



Greetings to all my fellow MNOWC Region 7 Women. My name is Suzanne Fraser nee Marion. I am a proud registered MNO citizen since 1997. I am running for the MNOWC Region 7 Representative position.

I was born and raised in Penetanguishene and have lived locally my entire life. I am a descendent of root ancestors Laramie-Cloutier who moved to Penetanguishene from Drummond Island in 1828. I married Ken Fraser who was also a Metis, descendent of the Trudeau-Papanaatyhianencoe root ancestors. We had two children and three grandchildren.

I am a retired RN. I worked the last 22 years of my career for the Penetang Mental Health Center (Waypoint). As an Outpatient Nurse Case Manager, I provided holistic care. I frequently assisted clients with connecting, applying, and/or advocating on their behalf to address financial, medical, housing, legal and social service concerns.

I have remained active since my retirement, volunteering with the following services.

- Georgian Bay General Hospital volunteer and French Language Committee
- Georgian Bay Cancer Support Center
- Member of the NSM LIHN Patient, Family, Care Giver Committee
- Secretary/ Board member of Barrie Area Native Advisory Circle representing the GBMC.
- Active member of combined Simcoe County Health Unit and BANAC committee responsible for the planning and rolling out of the Urban Indigenous Covid 19 Vaccination Clinics
- Member of the Georgian Bay Metis Women's Circle assisting, planning, and participating with various activities and presentations.

As my husband served on the GBMC over several years, I would accompany him to most MNO social, educational, and business events including the AGA. While at AGAs, I took the opportunity to attend the MNOWC's AGMs. I also participated in the MNOWC retreat in 2019.

Since Nov/ 2022, I have had the honour of representing the strong Metis women in the GBMC region.

- Helped plan and participating with several GBMC events, including Kid's Christmas party, Rendezvous, Christmas Hampers, monthly produce days and the MMIWG2s event.
- Attended various MNO meetings and educational opportunities, such as Community Connections, Housing and Homeless action plan, Rules of Conduct, Governance Training and Grant Writing.
- Budgeted, planned, and provided workshops, including, various beading patterns, quilting, medicine bags, healing blankets, shaker, ribbon skirts and day trips to Beausoleil Island.
- Organized and taught the GBMC Youth Singing and Drumming group.
- Attended several MNOWC meetings.
- Participated in the LFMO's Indigenous Justice Strategy Engagement and their Forum.
- Promoted the young women in the GBMC region to take the LFMO Leadership Course.
- Represented the GBMC on the BANAC/Mamaway board, and the Indigenous Health Circle, working and planning with all the Regional Hospitals, while advocating for a welcoming, culturally safe, and empowering health care for Metis.

My education, work, volunteer and lived experiences have provided with the knowledge and skills needed to represent the MNOWC Region 7 women. By working together, we will accomplish much.

When elected I promise to work respectfully, cooperatively, honestly and with integrity.

Please vote "Suzanne Fraser" as Metis Nation of Ontario Women's Council Region 7 Representative.