

## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

Tansi,

I hope this letter finds you in good health and high spirits as we step into the vibrant month of March.

I want to begin by expressing that we were extremely pleased with the Supreme Court of Canada’s recent decision to uphold the constitutional validity of An Act respecting First Nations, Inuit, and Métis children, youth, and families (Bill C-92). The Act provides a legislative framework for our Métis Governments to fully exercise their jurisdiction in relation to child and family services, and many are already doing so.

It is with great pleasure that I share the remarkable successes of the events we convened in February, marking a true testament to the strength and unity of our Métis Nation and the progress we can make when we work together.

Much progress was made in this past month in numerous areas in which the Métis National Council supports the Métis Governments including health, economic development, international relations, and emergency management. From the National Métis Health Policy Forum, Global Summit, Emergency Management training, the Goose Moon Table on climate change, and the Economic Reconciliation Forum, the Métis National Council continues to convene Métis Governments, experts, citizens, and partners from governments and non-governmental organizations to discuss the unique needs of the Métis Nation, identify innovative solutions to said challenges, and to celebrate the successes being achieved across the Homeland.

I want to thank all who were able to attend the national events we convened this month including elected leaders from our Métis Governments, elected officials from the Government of Canada, technical staff from Métis Governments and the Federal Government, Métis citizens, experts in these fields, and the many partners that support the work of the Métis Nation. It is in partnership and collaboration that we will continue

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to make progress in closing socio-economic gaps, meeting the needs of Métis citizens, and building a future where we all prosper.

In addition to the many events convened by the MNC this past month, our advocacy efforts to make progress on key priority areas continued. Meetings of Federal, Provincial, and Territorial (FPT) ministers provide us the opportunity to collaborate across jurisdictions. This month, we participated in FPT meetings on emergency management and a National Roundtable on Missing and Murdered Indigenous Women, Girls, and 2SLGBTQIA+ individuals, as well as a National Roundtable on Economic Reconciliation.

To top off this incredibly busy month, I was honoured to attend community focussed events in both Alberta and British Columbia. The MNA held its 8th annual Youth and Seniors Gathering, bringing together Métis citizens across generations. Bringing our youth and seniors together creates space for us to forge a path that honours our heritage while embracing the challenges of the present and the promise of the future. Thank you to the MNA for another great opportunity to visit, listen to our music, dance, and build strong relationships for the purpose of building an even stronger Métis Nation.

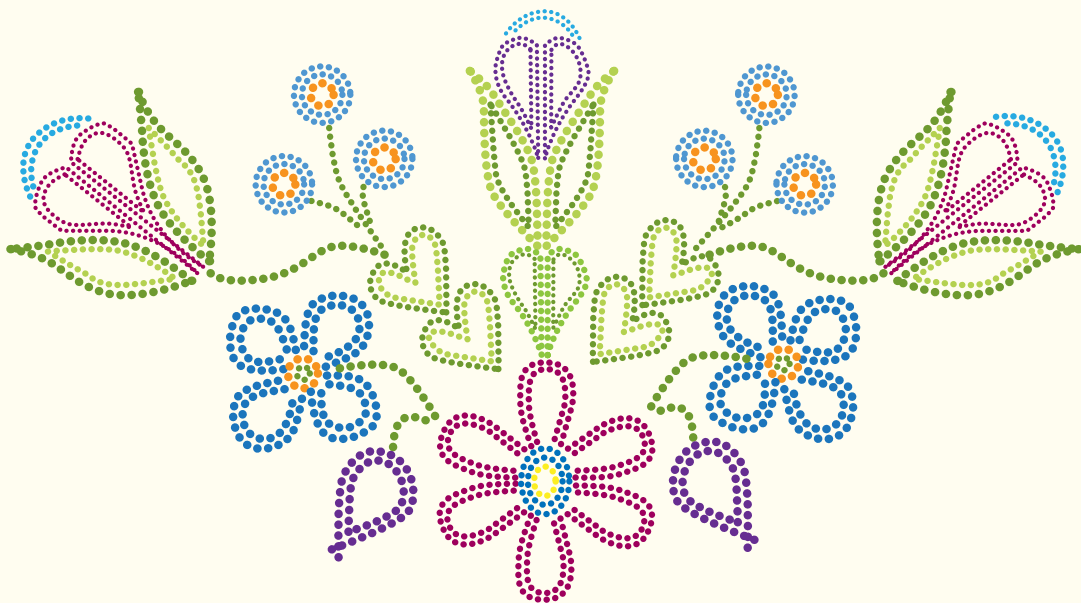
Finally, I want to thank MNBC for having me at their recent Governing Assembly. Gathering over 2.5 days, leadership from the Métis Nation of British Columbia including the Provincial Board and Chartered Community Presidents met to discuss important business to move forward the Government that represents Métis people within the province of BC. I was honoured to witness the progress you are making in building a strong Métis government for Métis citizens in the province of British Columbia.

Indeed, it was a busy month, but it continues to be an absolute honour and privilege to serve in this position as we work to build a strong Métis National Council in service to our Métis Governments for the Métis Nation.

Be kind, be safe, and always be proud to be Métis!

Sincerely,

President Cassidy Caron



## MOMENTS IN HISTORY

**March 8, 1885:** Louis Riel puts forth a motion for the formation of a Provisional Government and the drafting of a Bill of Rights.

**March 19, 1885:** Louis Riel is informed that the Métis petitions would be met with bullets. Thus, the Métis immediately form a Provisional Government. Pierre Parenteau was chosen as president, Charles Nolin was commissioner, Gabriel Dumont was general, French-Canadian Philippe Garnot was secretary, and twelve other Métis men were elected as members of the council. The non-Indigenous settlers and English Métis withdraw their support of the Provisional Government. The Provisional Government establishes its headquarters at the Batoche Church.

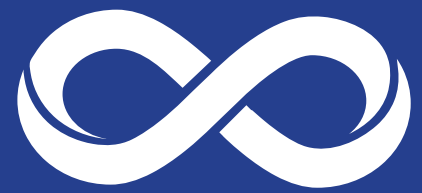
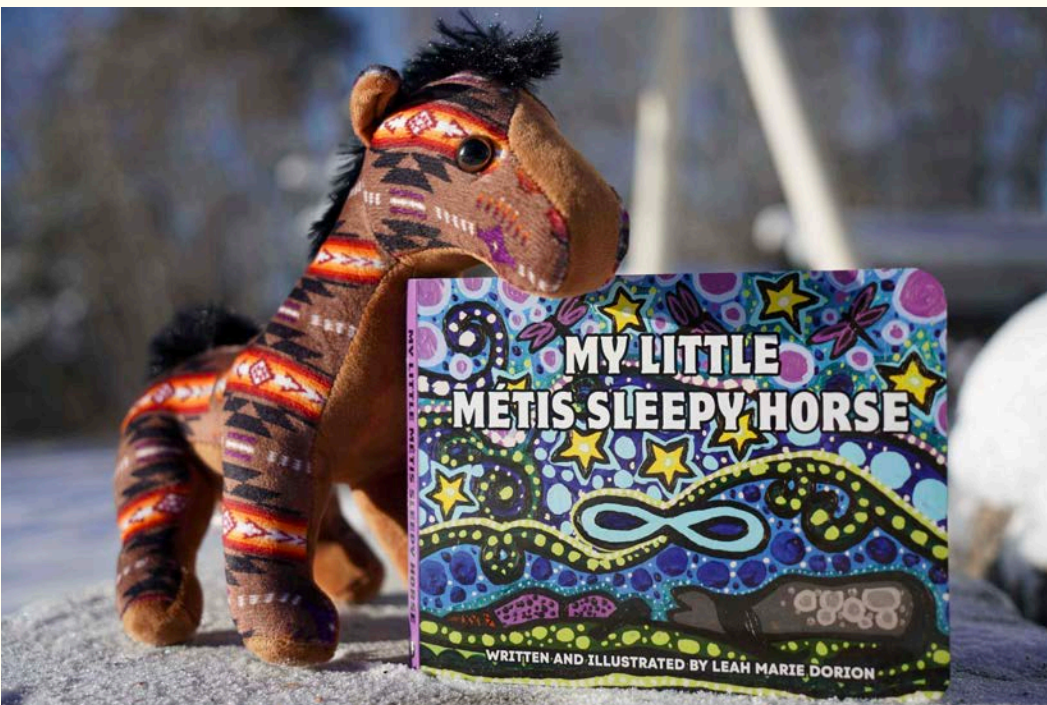
**March 26, 1885:** The first battle of the 1885 Resistance occurs at Duck Lake. The Métis, under the leadership of Gabriel Dumont, defeat a party of North-West Mounted Police officers and settler volunteers.

**Award-winning, bestselling author and artist Leah Dorion is a Métis artist from Prince Albert, Saskatchewan.**



Photo source: Louis Lafferty Photography

Her artistic practice centers on the healing and healthy representation of Aboriginal women's knowledge, teachings, and spirituality. Her paintings are intended to be visually stimulating, utilizing bright colours and found objects. Leah's newest release is a children's board book, *My Little Métis Sleepy Horse*. This read-aloud bedtime story introduces children to the practice of Métis oral tradition and helps reconnect children to their cultural roots. You can find her book by following this link: [My Little Métis Sleepy Horse \(Board Book\) | Gabriel Dumont Institute \(gdins.org\)](#) To learn more about Leah and view her work visit [Leah Dorion's Official Site](#).



## **CITIZEN HIGHLIGHT**

Do you know a Métis citizen or group doing good in their communities? Nominate them to be highlighted in future editions of the Pemmican Post! We want to take the opportunity to show all the good work that is being done by Métis citizens across the motherland. If you have a suggestion, please send their name, contact information and mention why we should highlight this citizen to [newsletter@metisnation.ca](mailto:newsletter@metisnation.ca).



## NEW HIRE'S

### Ryan Kalus – Policy Analyst Economic Development

Ryan Kulas, the latest addition to the Métis National Council, joined as a Policy Advisor in Economic Development. Boasting over 8 years in data analytics and risk management, Ryan's journey includes roles at one of Canada's largest insurers, Intact Financial Corporation, and a series of law firms specializing in human rights and insurance analytics — laying the groundwork for his actuarial proficiency.

Before joining MNC, Ryan's expertise was developed in commercial auto insurance, acting as both an account manager and risk underwriter. His main emphasis was on refining the analytical methodology of his work, coupled with a dedicated commitment to advancing ethical considerations within the insurance industry. Beyond policy and analytics, Ryan thrives in the outdoors, including long hikes with his loyal canine, Draper, and finding solace in strumming his guitar. Through his wealth of professional experience but also a vibrant spirit, he is excited to propel the mission of MNC forward.



### Andrea Phillips - Director of Justice and Legislative Affairs



Andrea Phillips is a Red River Métis woman born in MN-BC and Coast Salish Territory with her family coming from St. Eustache and Portage la Prairie in Red River. Andrea currently lives and works in the Homeland and Treaty Six territory -Saskatoon- with her two children. Holding a number of roles at Legal Aid Saskatchewan over the years, including staff lawyer, Director of the Saskatoon Rural office, and Indigenous Policy Counsel, it is safe to say that her experiences have led to her passion for advancing reform and ensuring Indigenous voices are heard.

With extensive experience in building internal and external stakeholder relationships, Andrea is proud and excited to join MNC and assist with the Métis voice being woven into the Canadian justice system.

### Noah Goslin, Policy Advisor, Justice

Noah Goslin is joining the Métis National Council (MNC) as the Justice Policy Advisor with experience working in the justice and policing field in his previous position with the Métis Nation of Ontario (MNO). Prior to joining the MNC, Noah engaged with MNO citizens, supported strategic justice policy, and represented the MNO at various provincial and federal forums.



In his new role, Noah is looking to utilize his previous experiences to further the goals of the Métis Nation towards greater self-determination and advocate for positive change in the fields of justice and policing.

## KOKUM'S KITCHEN RECIPES

### Old-Time Baked Beans S'kom kayaash lii Vev shesh deñ Furnoo

Courtesy of Alma Desjarlais,  
Alberta

#### Ingredients:

- 1 lb. or 2 cups beans
- 1 tsp. salt
- ¼ cup molasses
- 1 medium onion, chopped
- 1 ½ quarts [6 cups] cold water
- 1/3 cup brown sugar
- 1 tsp. dry mustard
- ½ lb. salt pork

#### Instructions

- Wash and cook beans with salt pork for an hour. Combine all the other ingredients.
- Bake in a slow oven (300°F) for about 5 hours. Add liquid if needed while cooking.



## Tashya Orasi



Tashya is a PhD Candidate in Educational Leadership & Policy Studies at Lakehead University in Thunder Bay, ON. A qualified teacher by profession, she brings with her teaching experience at the K-12, college, and university levels, most recently teaching in the Faculty of Indigenous Education at Lakehead University. She also holds a Masters of Business Administration (MBA) and has worked extensively in the public sector across higher education, municipal government, and health care administration, and more recently, has been involved in a variety of interdisciplinary educational research projects.

As a practicing studio artist, her dissertation research seeks to decolonize data, knowledge, and learning in educational research, and to use the arts as a pathway for these aims. She is also a proud citizen of the Métis Nation of Ontario, and a descendant of the 'Drummond Island Voyageurs,' and enjoys learning the traditional mediums of Metis material culture and sharing this knowledge with others.

She has a strong desire to bring about impactful change for the Métis Nation and is excited to work to advance education and social development priorities for Metis across the homeland in her new role.

## Joy O'Neill, Director, Economic Development and Trade

Joy joins the Métis National Council bringing 17 years of economic development successes in the Northwest Territories and Nova Scotia. Most recently with the Government of Northwest Territories Department of Industry, Tourism and Investment, Trade and Investment Division, Joy oversaw loan and grant approvals to businesses, not-for-profit organizations, and Indigenous governments. She also led a "How to Sell Your Artwork" initiative targeted toward Indigenous artists in remote NWT communities. Previous to that, Joy worked with the Gwich'in Tribal Council out of Inuvik, NWT, leading the development of a Gwich'in mining strategy, revitalization of the Gwich'in Cultural Camp, and establishing procurement-ready training for Gwich'in-owned businesses. She also provided mentorship for several new and established Gwich'in-owned businesses. In Nova Scotia, Joy spearheaded and managed a business mentorship program connecting companies on the cusp of growth with seasoned business professionals who coached them through their expansion, and beyond.



As a lifelong learner, she is currently pursuing a Master's degree in Adult Education from St. Francis Xavier University. Her research is focused on defining the education needs of Indigenous women artists in the Canadian North. Joy has also completed several courses in the Indigenous Leadership Program at the Banff Centre, holds a Certificate in Economic Development from the University of Waterloo, a Master's in International Business from the Thunderbird School of Global Management at Arizona State University, and a Bachelor's in Canadian History from Western University.

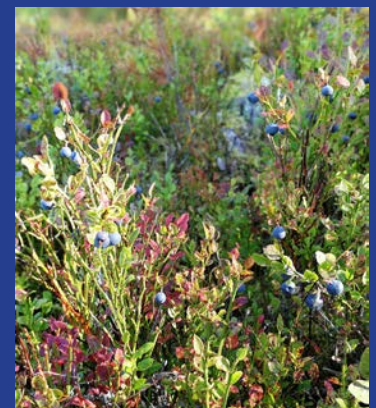
Joy is proud of her diverse ancestry, which includes the Indigenous Taino people of the Greater Antilles islands. Researching and creating oral and written family history, Zumba dance, and portrait painting are activities that keep her busy outside of work and studies.



# TRADITIONAL PLANTS CORNER

## Blueberry

Wild blueberries are known to have the highest number of antioxidants of any fruit and also contain vitamin A, C and anthocyanosides. Indigenous peoples have used blueberries as food and medicine for thousands of years. Blueberry leaves were known to be blood purifiers, to treat urinary tract infections and blueberry root tea was used to treat diarrhea. Tea made from its leaves was also used to treat colic and childbirth pains. Blueberry extracts have also been found to kill or inhibit fungal, yeast, and bacterial growth. They have also been found to help stabilize or reduce blood sugar levels in those suffering from hypoglycemia and diabetes. Externally, dried blueberry flowers were placed on hot stones, and inhaled fumes were said to be a medicine to treat "craziness".





# ONE NATION, MANY STORIES

Monthly updates from the Governing Members

## Métis Nation – Saskatchewan

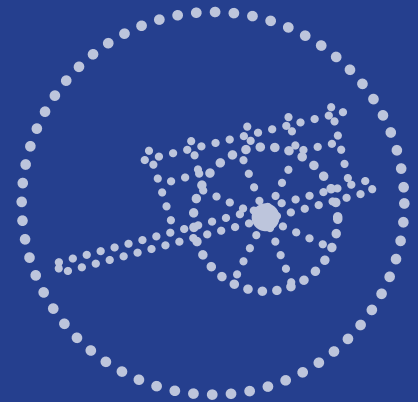
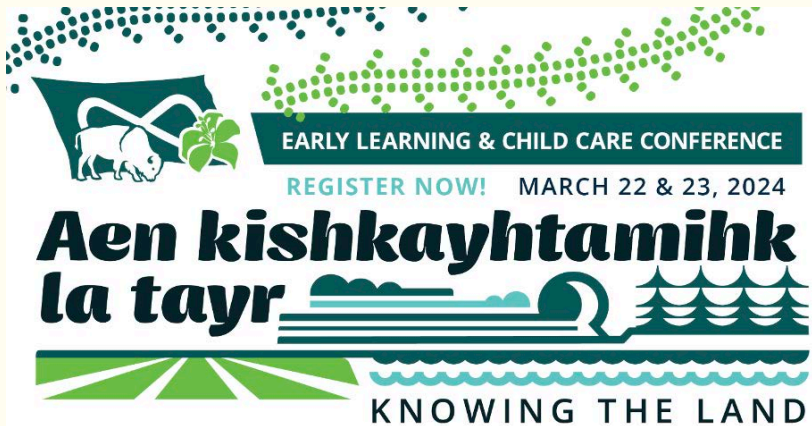
Take your shot at \$30,000!

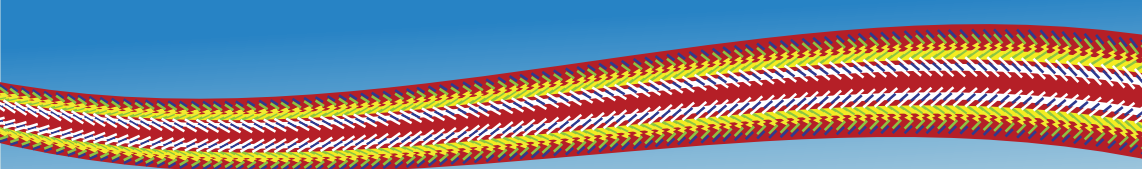
The Louis Riel Cup Hockey Tournament is all about breaking barriers and making everyone feel included. Métis Nation–Saskatchewan is thrilled to announce that both the winning men’s and ladies’ teams will be receiving a \$30,000 cash prize! Respect and equal opportunities are fundamental rights, and that includes opportunities in sports. Let’s cheer on our athletes and help them win that grand prize! Spread the word and get your team registered by March 15.

[louisrielpcup.com](http://louisrielpcup.com)



This month, MN–S hosted the second Housing and Homelessness conference which sold out in record time! Up next, the MN–S ELCC department wants to ensure our children are connected and grounded in their Métis culture. Early learning and child care professionals and stakeholders join MN–S in Saskatoon for the third annual ELCC conference, “Aen Kishkayhtamihk la tayr” - Knowing the Land, March 22 and 23. Watch some main stage presentations live at <https://metisnationssk.com/elcc/>.



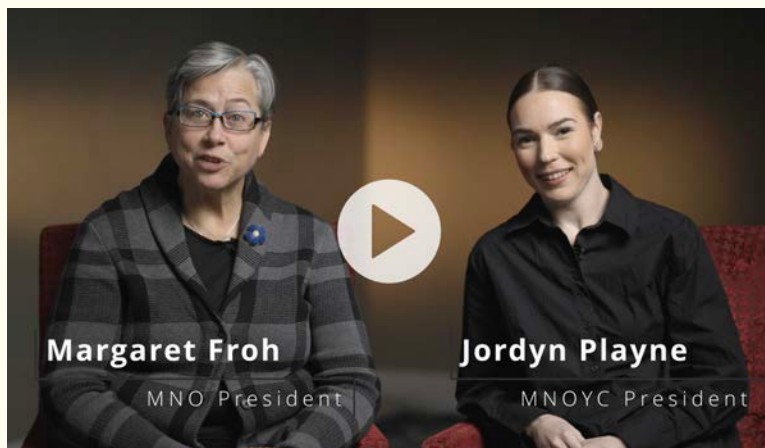


Constitutional reform is a critical part of our Métis self-determination. Be a part of making history and be a 'Voice of the People'. Your voice – your power!! Find out when the CR team is in your region of Saskatchewan to listen to what you have to say at [www.metisvoice.ca](http://www.metisvoice.ca).



### Métis Nation of Ontario

This year, to mark Cancer Prevention Action Week, Métis Nation of Ontario President Margaret Froh, a recent breast cancer survivor, and Métis Nation of Ontario Youth Council President Jordyn Playne, a “previvor,” filmed this short message to let you know there are positive actions you can take to prevent cancer and take charge of your health! <https://bit.ly/3wJGXdc>





**Congratulations to MNO citizen Amy Lefebvre, the 2024 recipient of the Indigenous Student Trailblazer Award by Women in Mining Canada (WIMC)!**

Amy was honoured at the Mining for Diversity Awards Ceremony held at this year's PDAC Convention in Toronto. Born and raised in Timmins, ON, Amy's curiosity about her environment led her to pursue studies in environmental science and geoscience at Western University. Through internships, work-studies, and executive roles in the UWO Environmental Science Association, Amy has showcased her skills and commitment to the field. We're proud to celebrate Amy's achievements and look forward to her continued contributions to Earth Science!

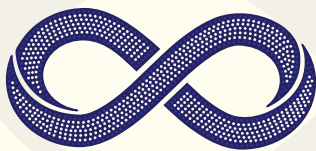
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## MÉTIS NATIONAL COUNCIL

In February, Dane DeSouza, the Policy Advisor on Climate Change and Emergency Management for the Métis National Council, shared insights during an interview on CBC's "What on Earth" podcast, hosted by Laura Lynch. The interview took place at an Emergency Management training session aimed at equipping Métis citizens with crucial skills and facilitating networking opportunities within the field. To hear more from the discussion, click on the link below.

<https://www.cbc.ca/listen/live-radio/1-429-what-on-earth>

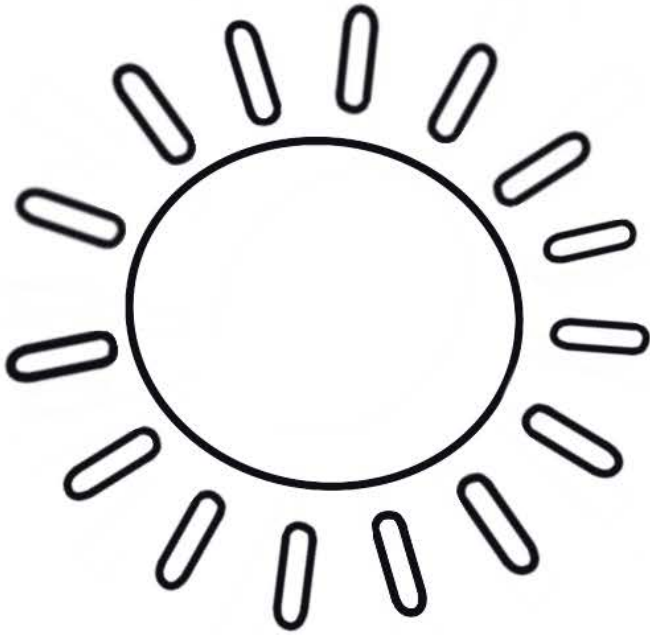


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**Send newsletter enquiries to:**  
[newsletter@metisnation.ca](mailto:newsletter@metisnation.ca)



# Kids Corner



**Maar**  
Southern and French Michif

**Niskapîsim**  
Northern Michif

