

## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

Tansi everyone,

March was another very exciting month for the Métis National Council, and it also marked our 41st anniversary on March 8th. It is a privilege to be able to continue to advocate for the Métis Nation in all that we do. We have worked hard over the last 2.5 years to build a team at the MNC that is dedicated to serving our Métis Governments as they continue to deliver for Métis citizens across the Homeland.

At the beginning of the month, I was honoured to attend and participate in the 68th United Nations Commission on the Status of Women (UNCSW) alongside President Sandmaier. This year's priority theme was "Accelerating the achievement of gender equality and the empowerment of women and girls by addressing poverty and strengthening institutions and financing with a gender perspective". This theme resonates profoundly with the goals and concerns of the Métis Nation. I am grateful for the many Métis women who have fought for us to be included in these spaces and in leadership roles, and my goal is to continue advocating for future Métis women to be welcomed and heard in these spaces. Our advocacy work continued in Ottawa throughout this past month, during a busy week when Members of Parliament returned to our Nation's Capital. During a meeting with NDP Leader Jagmeet Singh, we were able to discuss the Métis Nation's priorities in numerous areas such as support for Bill C-53 and distinctions-based health legislation to best support Métis citizens across the Homeland. Building relationships with all political parties ensures that the Métis Nation is understood and represented in important discussions taking place. Specifically in discussions with the NDP, we want to ensure that the rollout of the national pharmacare and dental plans reach and benefit our Métis families.

Additionally, we continued to meet with Members of Parliament, including Minister Dominic LeBlanc, to discuss Métis priorities for Budget 2024, addressing the needs of Governing Members and Métis citizens.

## LATEST NEWS IN THIS ISSUE:

- ∞ MESSAGE FROM THE PRESIDENT
- ∞ ONE NATION. MANY STORIES.



We also successfully conducted two Board of Governor (BOG) meetings reflecting our commitment to working collaboratively with our Governing Members. Through open conversation and mutual respect, we are working to address key issues and advance our shared goals. Our common goal is to build a strong Métis Nation for our current and future generations.

This month, we also celebrated talent across the Métis Nation Homeland, both through sport and music.

We were thrilled to once again co-host the annual Tea and Bannock Cup hockey game against Inuit Tapiriit Kanatami, bringing together Métis hockey players from across the Homeland. The MNC team took home the cup for the second year in a row! While the hockey game itself is a fun event, it is also a wonderful way to honour the close working relationship that we have built with ITK. It is a privilege to work together with ITK on many common priorities to make progress for our communities. We look forward to the game next year and enjoy the friendly spirit of competition the Tea and Bannock Cup brings to the ice.

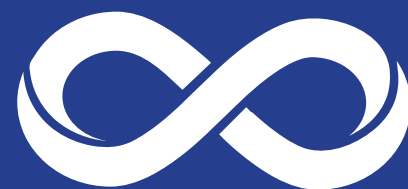
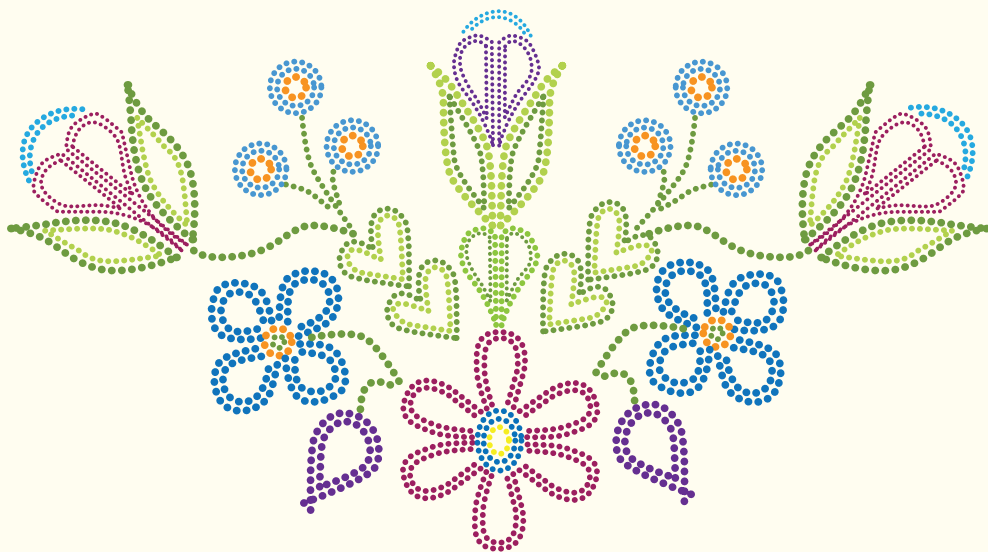
At the Juno Awards near the end of the month, many talented Métis citizens were recognized, and I want to congratulate all Métis artists on their nominations, and successes, and for representing the Métis Nation so powerfully.

Finally, I want to congratulate the Métis Nation of British Columbia on the grand opening of the Amelia Douglas Institute. Named in honor of Amelia Douglas, this institute is dedicated to educating many about Métis culture and way of life. The institute serves as a hub for Métis cultural awareness and celebration. It promotes Métis culture, language, and traditions, and fosters a strong sense of identity and belonging for Métis Nation citizens within British Columbia. It was an honour to attend the grand opening and visit the Amelia Douglas Institute. It is so critical that we preserve our culture, history, traditions, and language as this is the foundation on which our Nation is built.

March was a busy month indeed. However, it continues to be the honour of a lifetime to serve the Nation in this capacity. We will continue to advocate for the positive future the Métis Nation has always fought for and take the time to celebrate successes along the way because there are many.

Sincerely,

President Cassidy Caron



## MOMENTS IN HISTORY

**April 24, 1885: Métis forces, under Gabriel Dumont, clash with General Middleton's army at Tourond's Coulee (Fish Creek). The Battle of Tourond's Coulee is a Métis victory.**

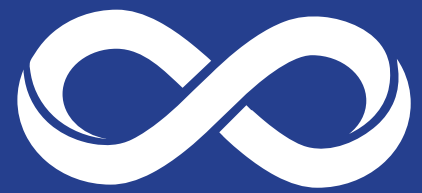


## OUTSTANDING MÉTIS YOUTH AWARD

**Breane Malitz**, a proud Citizen of the Métis Nation of Alberta, recently won the **OUTSTANDING Métis Youth Award** for shaping her life around making a positive impact and continuously looking for ways to give back within the Métis community. Her journey into the work that led her to this award began with a passion for education, community building, and advocating for marginalized groups. She actively gives back to the Métis community through volunteering, advocating for Métis rights, and supporting cultural connections.

Breane played a pivotal role at the Rupertsland Institute's Métis Student Services Department, where she developed initiatives to support Métis students and create community, including the Student and Alumni Association and the 'Beavers Den' and Shakamohta podcast. Outside of work, she ensures her family is involved in Métis culture, as she recognizes the importance of passing down traditions in her own household. Driven by her aspirations in Indigenous health, Breane pursued further opportunities with MNC as a health policy advisor while simultaneously earning her Master's degree. Breane also represented Métis interests on a broader scale during this time, such as with the United Nations Association of Canada, focusing on Métis perspectives within the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) framework. In addition, Breane was recently selected as Youth Delegate for CSW68 in NYC by UNA-C.

Breane's dedication to education, community building, and advocacy earned her recognition and awards for her exceptional contributions to the well-being and cultural survivance of the Métis Nation. She remains committed to representing Métis interests, particularly as a woman and youth, in various platforms and initiatives.



## 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).



# KOKUM'S KITCHEN RECIPES

## Cinnamon Buns Lii pchi paeñ di Sinnamon

1 cup hot mashed potatoes (instant)  
1 cup butter  
2 cups scalded milk  
1 cup white sugar  
7 cups of flour (or more)  
1/2 tsp. salt  
2 packages of yeast  
4 large eggs  
Cinnamon and butter to spread on  
dough

### Instructions:

- Combine milk, potatoes and 1 cup flour. Cool to lukewarm. Stir in yeast.
- Cover and let rise until light then stir down with wooden spoon.
- In a separate bowl, cream butter and sugar together. Add the eggs and salt. Beat thoroughly.
- Stir the butter and sugar mixture into yeast mixture, along with the remaining flour to make a soft dough.
- Knead the dough and place in buttered bowl. Let rise until light.
- Turn out the dough on a floured board then roll out, spread with butter, brown sugar and cinnamon. Slice.
- Let rise until the slices have double.
- Bake at 375°F for 20 minutes or until golden brown.

Source: *Métis Cookbook and Guide to Healthy Living* Page 58



Métis Nation  
of Ontario



## ONE NATION, MANY STORIES

Monthly updates from the Governing Members

### Métis Nation of Alberta

#### Connections in Recovery Program

Recovery journeys can be lonely paths to navigate. We have a community to help you along the way.

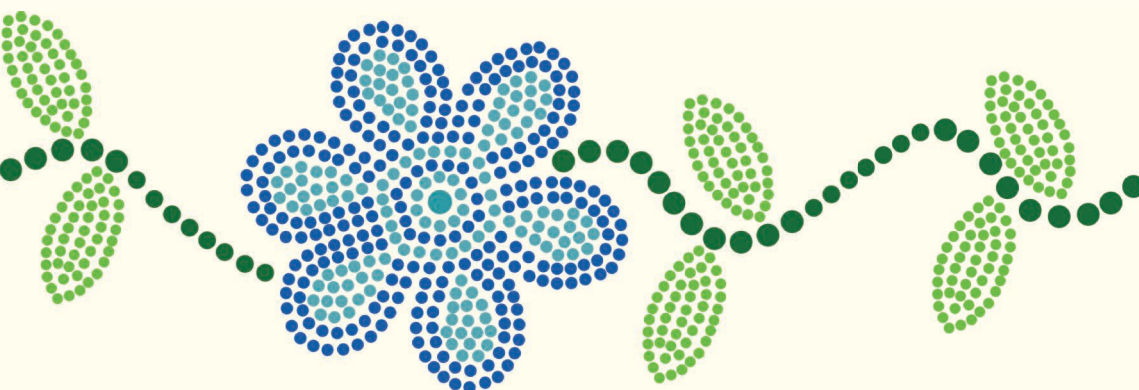
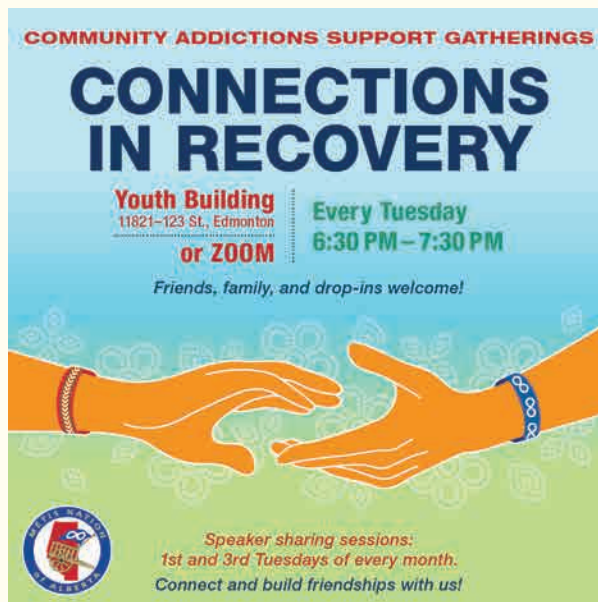
Connections in Recovery is designed as a safe space for individuals, friends, and family whose lives are affected by addiction. Join us every Tuesday from 6:30 p.m. to 7:30 p.m. to connect and build friendships in support and solidarity with each other's recovery process.

In-person gatherings will begin on March 12 with the added option to participate online via Zoom. Sharing circles featuring a special guest will occur on the first and third Tuesday of every month.

No registration is required. Come down to the Youth Building (11821 – 123 Street), or join us online: <https://albertametis.com/connections> (Pretty link: Zoom meeting URL)

We are here, and we are listening. For more information about this program or if you need additional support, please contact Lisa at [LVaughn@metis.org](mailto:LVaughn@metis.org).

[https://youtu.be/-NKV7d\\_jDRI?feature=shared](https://youtu.be/-NKV7d_jDRI?feature=shared)





# TRADITIONAL PLANTS CORNER



**Wellness Engagements**

EDMONTON/ZOOM

**Yoga/Meditation Weekly Sessions**

Every Wednesday  
7:00 p.m. – 8:00 p.m.

MNA Youth Building  
11821 – 123 Street, Edmonton

ZOOM

**Join Us !**



## Weekly Digital Yoga Sessions

Centre yourself with breathwork, relaxation, and movement at our Weekly Yoga and Meditation classes, led by Nicole Oort. Wednesday sessions take place 7 p.m. – 8 p.m. and are available both in-person and online.

Click here to register in-person:

<https://albertametis.com/yoga-meditation-sessions>

Click here to join online: <https://albertametis.com/yoga-online>

For more information, contact Lisa at [LVaughn@metis.org](mailto:LVaughn@metis.org)

## Environment and Climate Change Department

Come for a walk with our feathered friends!

The Otipemisiwak Métis Government's Environment and Climate Change Department is pleased to offer Community Bird Walks!

**Community Bird Walks**

Get to know our feathered friends!

**LETHBRIDGE**

Sunday, May 5

Elizabeth Hall Wetlands

9 AM - 12 PM




Embark on a beginner-friendly walk to listen and look for birds. Come learn from the birds around us.

### About the event:

Over the course of a 3-hour walk, listen as a local guide shares stories and discusses the ecological significance of the birds around us.

### Register for Lethbridge:

<https://www.eventbrite.ca/e/876218923387?aff=oddtcreator>

**Questions?** Please contact Jac Curry, Environment Coordinator at: [environment@metis.org](mailto:environment@metis.org)

**Visit:** BirdWalks - Métis Nation of Alberta ([albertametis.com](http://albertametis.com))

## Burdock

**Machi'kwanaas** (Southern Michif)

**Akwâminakisîmin** (Northern Michif)

Burdock was originally introduced to North America from Asia and Europe for food because it was vitamin and iron rich. All parts of the plant are edible. Burdock roots are used in tonics and service as a strong blood cleanser cleansing the body of toxins, while providing health to the liver and skin. It is also said to help reduce swelling and deposits in arthritic joints. It has also been used to treat gout, high blood pressure, kidney and liver problems, and stomach pains. The leaves were used in soups and stews and the roots if dug up in the first year can be used in stir-fries, soups or mashed and fried patties. Pregnant women or people with diabetes should not use this plant.

Source: *Medicines to Help Us*  
Christi Belcourt





**Missed the Energy and Climate Community Engagement Sessions? We still want to hear from you!**

Over the last month, the Environment and Climate Change team and partners at Iron and Earth have hosted in person and online engagement sessions to hear from Métis Citizens who are connected to the energy industry or have thoughts about the transition away from fossil fuels. These are important conversations as the Federal Government has committed to achieving net-zero greenhouse gas emissions by 2050, and we want to make sure Métis Citizens and energy workers are not left out of this conversation.

**To share your perspective please fill out the following survey!**

Complete the survey and have your chance to receive 1 of 10 \$100 VISA gift cards.

Eligible to Citizens of the Otipemisiwak Métis Government of Alberta who did not attend previous engagement sessions in this series\*

**Survey link:** ECC and Iron & Earth Energy and Climate Online Survey 2024 - Google Forms

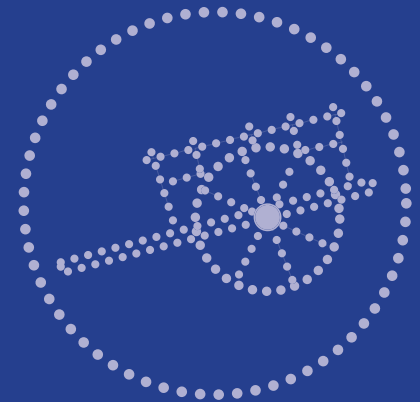
**More information:** Energy and Climate Change Community Engagement Sessions - Métis Nation of Alberta ([albertametis.com](http://albertametis.com))

**Questions:** [climate@metis.org](mailto:climate@metis.org)

**Children and Family Services**

**Community Information Sessions:** Improving the Cancer Journey Experiences of Métis Albertans

**Join us as we pave the way for a better cancer journey for Métis Albertans!** The MNA's Department of Health is dedicated to understanding and addressing the unique challenges faced by our community through targeted



**Community Information Sessions**  
ONLINE

**Improving the Cancer Journey Experiences of Métis Albertans**

The Otipemisiwak Métis Government's Department of Health works to improve the cancer journey experiences of Métis Albertans through Métis-specific health research that informs the development of cancer supports and programs. In this presentation by Amanda Andrew, Otipemisiwak Métis Government Research and Project Coordinator and public health professional, we will discuss:

- What we have heard about the experiences of Métis Albertans and their families who have had cancer
- Current health research initiatives
- The programs and resources that the Department of Health offers to support Métis Albertans experiencing cancer

**Tuesday, April 23, 2024**  
**6:00pm - 7:00pm**  
**Zoom**

**FASD Bridging Connections**

Otipemisiwak Métis Government  
Ministry of Health Services Department



research and tailored support programs. In our presentation, we'll dive into ongoing initiatives, share heartfelt stories, and unveil the empowering resources designed to uplift and guide those touched by cancer. Together, let's create a brighter, healthier future for all Métis Albertans.

Register now at [albertametis.com/improving-the-cancer-journey](http://albertametis.com/improving-the-cancer-journey)

### FASD Caregiver Connect Night – April 10

#### Understanding FASD as a Whole-Body Disorder

FASD is a complex disability. Our loved ones with FASD experience many co-occurring health issues at a significantly higher rate than the general population. Parents and caregivers are invited to join us around our 'virtual kitchen table' for a cup of tea and a conversation about FASD as a whole-body disorder.

Want to learn more? Register now at [albertametis.com/FASD-Caregiver-Connect-Night](http://albertametis.com/FASD-Caregiver-Connect-Night)

**FASD Caregiver Connect Nights**  
ONLINE

**Understanding FASD as a Whole-Body Disorder**

The Fatal Alcohol Spectrum Disorder (FASD) Caregiver Connect Night is a safe space for Métis parents, grandparents, and other caregivers of loved ones with FASD. Join us for a discussion about FASD as a whole-body disorder, and the significant health challenges within the FASD community.

- Wednesday, April 10, 2024
- 6:00pm - 7:00pm
- Zoom

FASD Bridging Connections



### Métis Nation – Saskatchewan

**Louis Riel Cup**  
APRIL 19-21, 2024  
ROD HAMM & HAROLD LATRACE ARENAS, SASKATOON  
[louisrieltcup.com](http://louisrieltcup.com)

Presenting Partner  
**CN**

Mosaic, University of Saskatchewan, Saskatoon, and other sponsors.

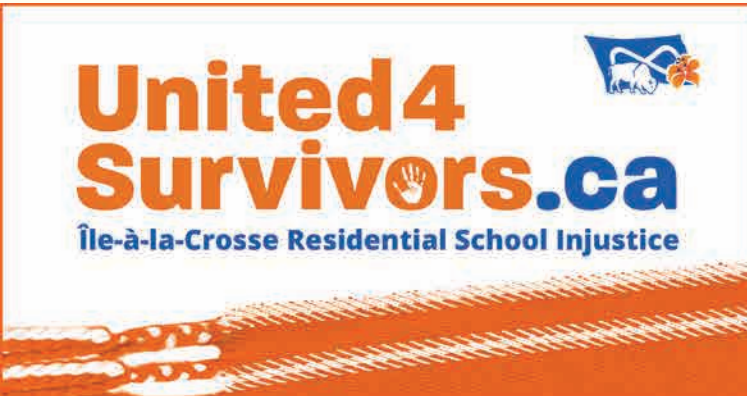
Celebrate spring with the Métis Nation–Saskatchewan (MN–S) Louis Riel Cup Hockey Tournament

April 19 – 21 in Saskatoon! There will be plenty of action on the ice with teams representing all Nations. Off the ice, fun for the whole family

including the youth FloorBall4Hockey festival in the parking lot. Watch exciting hockey, meet some of your NHL idols, and take in the weekend cultural celebration at the Harold Latrace/Rod Hamm memorial arena.



July 18 – 21 –  
**Remember that date  
 and watch for your  
 chance to reserve your  
 camping spot for Back  
 to Batoche Days 2024!**  
 If you are a service  
 provider, be a part of  
 the cultural celebration  
 by submitting an  
 application for tendered  
 positions here.



The emotional short film **‘Waiting for Justice’**, co-produced by Indigenous Geographic, Métis Nation–Saskatchewan (MN–S), and Survivors of the Île-à-la-Crosse Residential School has just received two prestigious awards in Toronto film

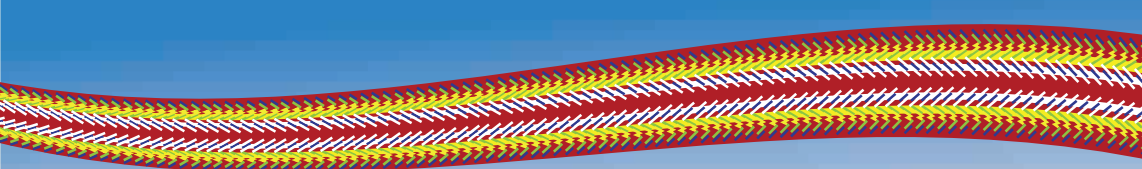
festivals. Watch the film and find out how you can answer the call to action on behalf of Survivors at <https://www.united4survivors.ca/>

*“Île-à-la-Crosse residential school survivors tell their own stories in award-winning documentary” featured in Wind Speaker News.*

Métis filmmaker **Matt LeMay** expresses his satisfaction with the resurgence of the documentary **“Waiting for Justice”** on the Canadian film festival circuit, produced by Indigenous Geographic and the Métis Nation-Saskatchewan (MNS). The film, which recently received accolades at the Toronto Short Film Festival and the Toronto Documentary Festival, delves into the harrowing experiences of survivors of the Île-à-la-Crosse residential school in Saskatchewan. Over several generations, Métis children endured various forms of abuse until the institution’s closure in the 1970s, yet they continue to seek acknowledgment and compensation for the injustices they suffered. Despite being excluded from survivor compensation under the 2006 Indian Residential School Settlement Agreement, the documentary sheds light on







their struggles and aims to prompt action from elected officials. Through screenings at venues like the Saskatchewan Legislature and The Wabano Centre for Aboriginal Health, followed by wider distribution via film festivals and digital platforms, “**Waiting for Justice**” endeavors to amplify the voices of survivors and catalyze societal awareness and change.

To read the full article click the link below:

<https://windspeaker.com/news/windspeaker-news/ile-la-crosse-residential-school-survivors-tell-their-own-stories-award>

## MÉTIS NATIONAL COUNCIL EVENTS

Youth Climate Summit – Ottawa April 5-7, 2024

United Nations Permanent Forum on Indigenous Issues– New York April 15-19, 2024

Congratulations to Teagan Neufeld on winning the Climate Action Art Contest. Her beautiful work is now the cover of the first ever Métis Nation Climate Change Strategy.



RALLIEMENT NATIONAL DES  
**MÉTIS**  
NATIONAL COUNCIL

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



**April:**

**Ayîkipîsim**

Northern Michif

**Avrii**

Southern and French Michif

**Rabbit:**

**Aen lyayv**

Southern Michif

**Aen lievre**

French Michif

**wâposh**

Northern Michif