

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone, and Happy December!

As winter settles in and we begin to celebrate the holiday season with friends and family, I wanted to take this opportunity to wish you all a happy holiday season.

Earlier this week, we held a Leaders Meeting with the Canadian Government, where the Governing Members' Presidents, Senior Officials, and MNC staff met with Canadian representatives to discuss the shared work that has been done over the past year, as well as future Métis priorities.

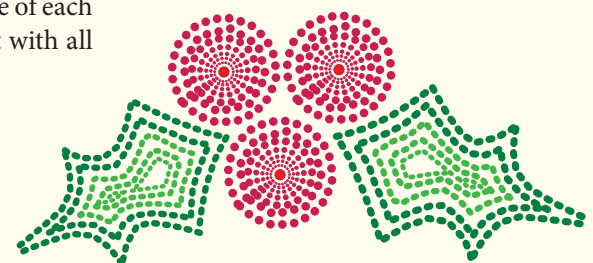
This has been a very busy year for the Métis National Council, and I want to thank all our staff for their incredible work throughout all of 2022. Their work supports your Métis Governments in providing services and programs to Métis Citizens.

I also want to thank the Presidents from each of the Governing Members. Your support this year has ensured a new way forward, one of respect and collaboration at the MNC. I am grateful to each of you and your respective staff teams for creating a space where we work together and the MNC best supports and respects the jurisdiction of each Government.

Lastly, I want to thank you, Métis Citizens, from across the Homeland who are working to build a brighter future for all Métis people. I am so proud to be Métis because of each and every one of you. I look forward to a bright 2023 and being able to meet with all of you once more.

LATEST NEWS IN THIS ISSUE:

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- ∞ CITIZEN SPOTLIGHT
- ∞ ONE NATION. MANY STORIES.



NEW HIRES

Leticia Millare, Accounts Payable

Leticia is a highly motivated, flexible, detail and result-oriented accounting professional with an extensive experience in accounting and holds a Canadian college diploma and a bachelor's degree overseas.

Leticia was born and raised in the Philippines and migrated to Canada in July 2009. Prior to coming to Canada, back home in the Philippines, Leticia worked for the Government Housing Corporation as an Account Officer. To be acclimated and at par with the Canadian culture, she enrolled in college to take accounting which she successfully completed and graduated in 2013.

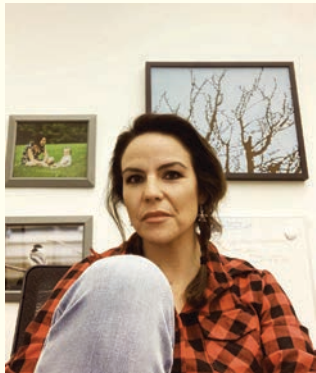


With Leticia's years of accounting experience, she has gained invaluable skills that she will be adapting to the Métis National Council and which will help her easily transition into her new role and be an asset to the organization.

In addition to being an accounting professional, Leticia is passionate about helping people, in every small way she can, including helping and giving back to her small community in the Philippines such as helping a child go to school.

Leticia's motto in life is "It takes less energy to be kind and more energy to be unkind"

Riva Farrell Racette, Legal Counsel

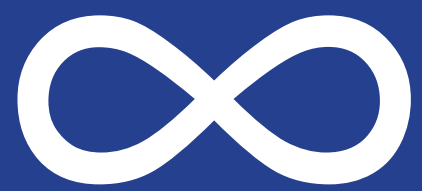


Riva Farrell Racette is a lawyer and Indigenous singer-songwriter affiliated with the Keeseekoose and Timiskaming First Nations. Riva has spent over ten years supporting self-governing Indigenous nations and institutions. She specializes in labour and employment law, administrative law, human rights law and Indigenous governance law.

Riva has also been a part of Regina's local punk rock music scene since the late 90's, playing bass and touring across North America. In 2009, after touring in support of indie band Sylvie's final album "Trees and Shade are our Only Spaces", Riva returned to school to pursue a degree in law. She was called to the bar in 2013. During this time Riva turned to the acoustic guitar as her main creative outlet and began her solo project as a singer-songwriter. Her music has been featured on CBC and APTN (Aboriginal Peoples Television Network). She has also shared the stage with a number of notable artists, including Buffy Sainte-Marie and Steve Earle.

In February of 2012, her song "I am a Witness" was adopted by the First Nations Child and Family Caring Society as their awareness campaign song for their historic human rights claim against the Federal Government for the underfunding of child welfare services on reserve.

In February of 2022, Riva released her song titled "Stolen Sister". The song is intended to be an anthem of empowerment for MMIWG2S and their families and is available on all platforms – including iTunes, Spotify, and Bandcamp. All proceeds generated from



MOMENTS IN HISTORY

Did you know that on December 7, 1869, Louis Riel helped form and lead a provisional government in the Red River area? As it became clear that Métis rights, culture, peaceful way of life were threatened by the transfer of their land from Hudson's Bay Company to the Government of Canada, the Métis wanted to negotiate their own terms for entering confederation with Canada. As the Red River Resistance escalated, Riel created a list of rights he intended to bring to Ottawa and petition the government. Because of events stemming from the creation of this government, Riel would eventually be formally exiled from Canada in 1875.

CITIZEN HIGHLIGHT

Dr. Dayle Poitras-Oster, DVM



Dr. Dayle Poitras-Oster is a rural, mixed-animal practice Veterinarian; she graduated from the Western College of Veterinary Medicine (WCVM) in the spring of 2021, and currently works at Rocky Rapids Veterinary Services in Drayton Valley. Dayle grew up in Elk Point, AB; growing up in rural Alberta fostered her interest in the beef industry and a love of horses which was what led her to enter Veterinary Medicine. Dayle is also a strong

Bandcamp sales go to Riva's selected charity, Hope Restored (<https://rivafarrellracette.bandcamp.com>). Riva also released a music video of "Stolen Sister", which can be found here. In the video, Riva shares excerpts from the final report of the National Inquiry into MMIWG2S and encourages listeners to read the report in full and the commission recommendations.

Riva's songs are deeply personal and inspired by her lived experiences and observations as an Indigenous woman in Canada.

Natasha Steinback, Policy and Legislative Advisor, Child and Family Services

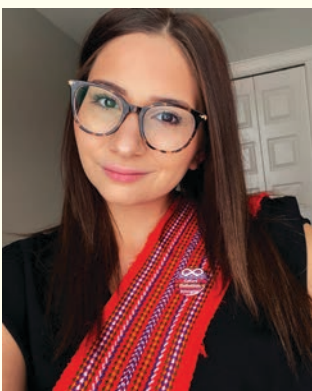
Natasha was successful in a very competitive competition for the position. Natasha has significant experience working in the public service, designing and conducting research, program evaluation, strategic planning, and continuous improvement practices to support senior leadership teams in making evidence-informed decisions to inform real-world policy. Over the past nine years, Natasha's work has been centered around fostering relationships between communities, nonprofits, and governments and developing more inclusive practices and systems.



Natasha has considerable experience working with diverse stakeholder groups and has supported a wide range of engagement and policy projects, including designing and implementing the Government of Saskatchewan's multi-year Gang Violence Reduction Strategy and the City of Edmonton's GBA+ approach to 2023 budget engagement efforts.

Natasha holds a Master of Public Policy focused on social and economic policy and is pursuing her Ph.D. in Public Policy at the University of Regina. While Natasha was born and raised in Brooks, Alberta, she has called Saskatoon, Saskatchewan, home for many years. In her spare time, she volunteers at a local nonprofit in inner-city Saskatoon and can usually be found rummaging around in her garden in the summer months.

Madison Tipler, Senior Policy Advisor, Special Projects

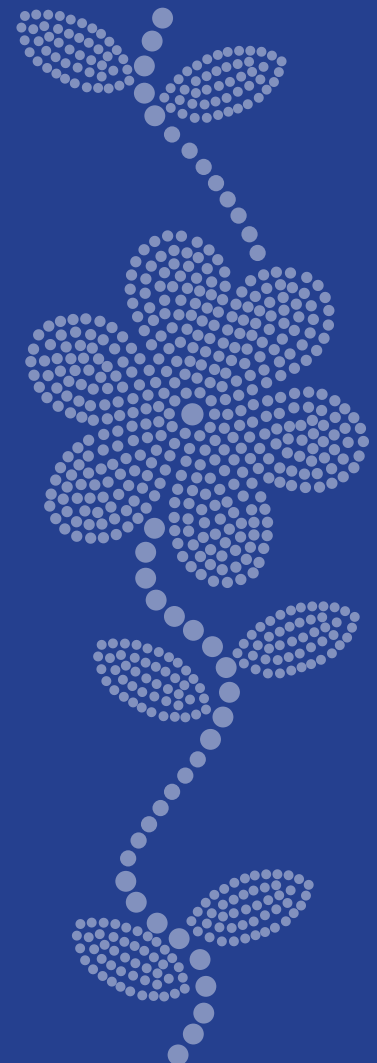


Madison Tipler is a strong, proud Métis woman residing in Amiskwaciwāskahikan (Edmonton, AB) located on Treaty 6 territory and the Métis Nation Homeland. She is a citizen of the Métis Nation of Alberta (MNA) with family roots ties to the Marlboro and Lac Ste. Anne area.

Prior to joining the Métis National Council team, Madison served as the Director of Youth Programs and Services at the MNA where she built and led a strong team of Métis young people from across the province. Madison is one of the youngest people to ever hold a director-level position in a Métis government. In her previous position, she oversaw the development and implementation of Métis specific youth programs across the province of Alberta on both a provincial and regional level.

Madison is excited and honoured to take on the role of Senior Policy Analyst of Special Projects with the Métis National Council. She is passionate and motivated about advancing the priorities of Métis people across the Homeland.

advocate for Indigenous women in STEM, and a proud supporter of the Métis Nation of Alberta. She was awarded the Dr. J. Gordon Anderson Award in Clinical Medicine, as well as the 2021 American Animal Hospital Association Award for Proficiency in Primary Care. She currently sits on the Alberta Veterinary Association diversity panel, was an Indigenous peer mentor at Augustana University, and established the Indigenous Student Body Representative for the WCVN. Most recently, Dayle received a 2022 Esquao Award, and was featured on APTN's new show Dr. Savannah: Wild Rose Vet which was released in May 2022. In her spare time, Dr. Poitras-Oster loves fishing, riding horses, camping, and playing crib with her family.





ONE NATION. MANY STORIES.

UPDATE FROM THE GOVERNING MEMBERS

MNBC

Métis Nation British Columbia

Métis Nation BC (MNBC) and Vancouver Coastal Health (VCH) unite to further advocate for Métis people across the health authority’s region. This includes MNBC citizens and self-identifying Métis people in the two Métis Chartered Communities of North Fraser Métis Association and Powell River Métis Association.

“It’s exciting to see the progress that our Nation is making to increase Métis visibility in accessing culturally appropriate health care in BC,” says Louis De Jaeger, MNBC Minister of Health and Director of Region 2. “We have worked tirelessly to fulfill our mandate to be a self-governing Nation, advocating for better outcomes in health for Métis citizens across the Province.”

VCH will work alongside MNBC’s Regional Governance of the Lower Mainland to plan and deliver health services to Métis individuals, families and communities that are culturally safe and appropriate utilizing the Taanishi Kiiya? Métis Public Health Surveillance Program – Baseline Report, In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care report and the DRIPA Action Plan Theme 3: Ending Indigenous Specific Racism and Discrimination as core documents for action within the health authority.

In the Letter of Understanding, the parties commit to the common goals of Métis influence in decisions related to the development and delivery of health services that impact Métis people in the VCH regions, including:

- Working with the Métis Chartered Communities
- Sharing effective decision-making and accountability that will:
 - o Reduce barriers, and
 - o Increase access to culturally safe and appropriate health care services
- Establishing a joint committee between MNBC and VCH
- Taking a collaborative approach in the improvement of the health status of Métis in the local Chartered Communities



KOKUM’S KITCHEN RECIPES

Métis Boulette Soup

INGREDIENTS:

- 1/2 lb. ground bison or lean beef
- 2 tbsp. grated onion
- 1-2 cloves garlic, finely chopped
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dried herbs such as rosemary and parsley
- Flour for dredging
- 1 diced onion
- 2 c. diced potatoes
- 1 c. diced carrot
- 1 diced turnip

DIRECTIONS:

Mix ground meat, grated onion, garlic, salt, pepper, and herbs. Form into meatballs about the size of a large marble. Dredge in flour. In a pot, cover meatballs with water and bring to a boil. Add vegetables and pasta. Simmer until cooked, adding more water as needed to make a rich broth. Best served with bannock.



TRADITIONAL MÉTIS VALUES

Honesty

Métis people value honesty in high-regard and our behaviour reflects on our family. If we are honest about our misbehavior(s) the punishment was reasonable and if we were not honest, the punishment was harsh.



MNA

Métis Nation of Alberta

Environment and Climate Change Coin Design Contest: Askîy Challenge

Is your kookum or mooshum a skilled visual artist?

The Métis Nation of Alberta is seeking art submissions from Alberta Métis Citizens aged 60+ to enter an Environment and Climate Change Coin Design Contest: Askîy Challenge! The winner's artwork will be commemorated in a challenge coin given to Métis Nation of Alberta Citizens who participate in Askîy environmental monitoring and conservation programs. There is also a chance to win other amazing prizes!

ENVIRONMENT AND CLIMATE CHANGE
**Coin Design Contest:
Askîy Challenge**

THEME:
Métis peoples' connection to the land

GRAND AND PRIZE: Winning artwork on MNA's challenge coin AND iPad Pro + Apple Pencil (\$2,739 value)

3 Winners Per Age Category (18-59, 60+):

1st Place	2nd Place	3rd Place
\$1,000	\$500	\$250

Win Amazing Prizes!

Mail or email submission by:
11:59 PM, Dec. 31, 2022

For details, go to
albertametis.com/askiy-challenge-coin-contest

Grand Prize:

- Winning artwork on MNA's challenge coin AND
- iPad Pro + Apple Pencil (\$2,739 value)

Three winners per age category (18-59, 60+):

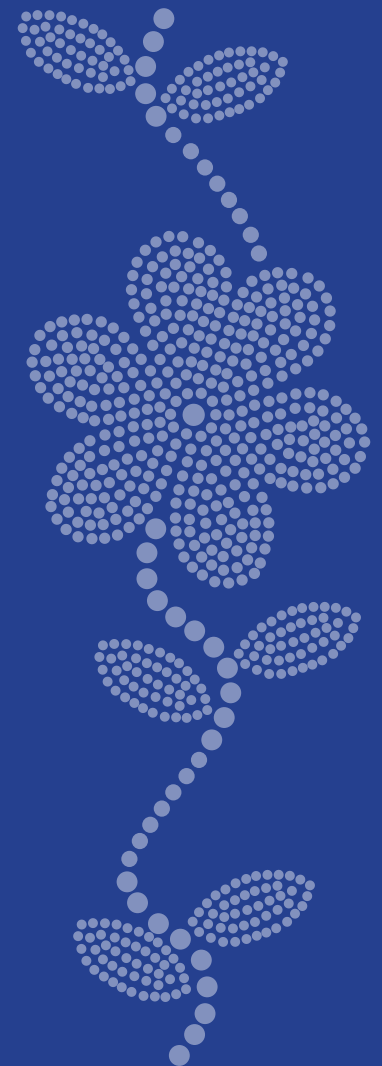
- 1st place: \$1,000
- 2nd place: \$500
- 3rd place: \$250

Get creative and submit your artwork illustrating Métis people's connection to the land (e.g., terrestrial plants and animals, landforms, rock, sand, soil). Submissions must be mailed or emailed by 11:59 pm MT on December 31, 2022. For more contest details and how to enter, head over to albertametis.com/askiy-challenge-coin-contest.

Askîy Youth Monitor Contest

Spend a week ice fishing and learning firsthand from Métis harvesters! The Askîy Youth Monitor Contest will give four Métis youth aged 18-29 a chance to learn sustainable harvesting practices and scientific methods to monitor fish health at Alberta lakes, February 21 - 25, 2023. Accommodations and meal expenses will be covered.

To enter, submit a 500-word essay on, "What would being part of the Askîy Youth Guardians team and participating in Fish Health Monitoring mean to you?" Entries must be emailed to Environment@metis.org by 11:59 pm MT on December 31, 2022. To download the contest form and for more details, visit <https://albertametis.com/askiy-youth-monitor-contest>



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TO ENTER:
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What would being part of the Askîy Youth Guardians team and participating in Fish Health Monitoring mean to you?

Open to MNA Youth aged 18-29
Submit to Environment@metis.org
by 11:59 p.m. on Dec. 31, 2022
Ice Fishing Camp: Feb. 21-25, 2023

For details, go to albertametis.com/askiy-youth-monitor-contest

TRADITIONAL PLANTS CORNER

Muskeg Tea

Muskeg Tea is also known as common Labrador Tea. It is an important plant to the Métis People and is referred to as Medicine Tea. Muskeg Tea can be harvested at any time of the year. It grows in areas where there is plenty of water and muskeg. The plant usually has a stem which can grow as high as 35 centimeters. The leaves are narrow and grow as much as five to seven centimeters in length. This plant is used for medicinal purposes and is commonly used to treat stomach flu, pneumonia and urination difficulties. The leaves could also be dried, powdered, and mixed with lard to treat burns, scalds and eczema. The muskeg plants are collected, then tied and bound together in bundles. They are usually stored like this until they are needed for applications.



MN-S

Métis Nation – Saskatchewan

Building the Nation

Over the last five years, Métis Nation–Saskatchewan (MN–S) has seen incredible growth. This past year was historical. We got our land back at Batoche where soon, the bison will once again roam. We were invited and welcomed on Parliament Hill; a place Métis Leader Louis Riel was barred from entering despite his elected status. And this month, MN–S was part of the national Métis contingent in Ottawa actively participating in the Permanent Bilateral Mechanism (PBM). We are proud to be back at the table discussing priorities critical to our citizens. It's a positive way to close out the year and we expect many more celebrations of success in 2023. Season's greetings from MN–S.



MNO

Métis Nation of Ontario

Canoe Expedition 2023

This summer, bold and daring Métis youth will paddle into history as part of the fifth Métis Nation of Ontario (MNO) Canoe Expedition 2023! This epic canoe trek will launch from Thunder Bay and end in Ottawa to kick-off the MNO's 2023 Annual General Assembly.

During this adventure of a lifetime participants will team up with other Métis youth on land and water to brave the rivers and rapids of the Great Lakes.

Making this Canoe Expedition extra special is the fact that it will take place in 2023 – when we will mark the 30th anniversary of the MNO and the 20th anniversary of the landmark Métis rights court decision in R v. Powley.

This canoe trek will be truly historic!

The 2023 MNO Canoe Expedition is open to Métis youth, ages 18-29, who are citizens of the Métis Nation of Ontario. Youth representatives from other Métis National Council





governing members will also be eligible by invitation. The MNO will strive to balance participation across MNO regions when selecting participants. Selected applicants will be contacted to schedule an interview in early 2023. Spaces are limited.

To apply please visit: bit.ly/3FpvkC0
Or reach out to CanoeExpedition@metisnation.org
Deadline to apply: January 12, 2023

Métis National Council

The Métis National Council at the United Nations Biodiversity Summit (COP 15) in Montreal Quebec

The Métis National Council is attending COP 15 from December 7th to 19th to advocate for a strong Global Biodiversity Framework that upholds Indigenous rights and centers around Indigenous-led contributions to conserve and protect lands and waters.

The MNC is supporting a delegation made up of a representative from each Governing Members to attend the conference, observe the negotiations, take in learning opportunities, and share their knowledge with international colleagues.

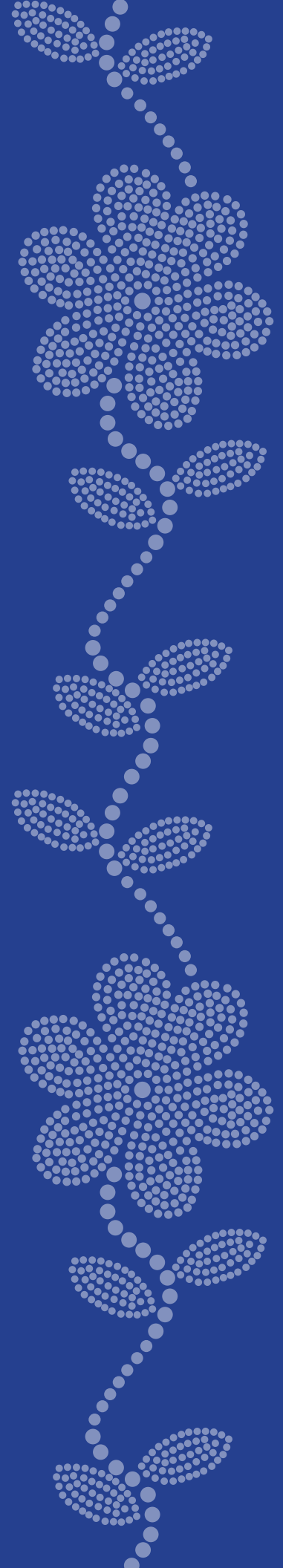


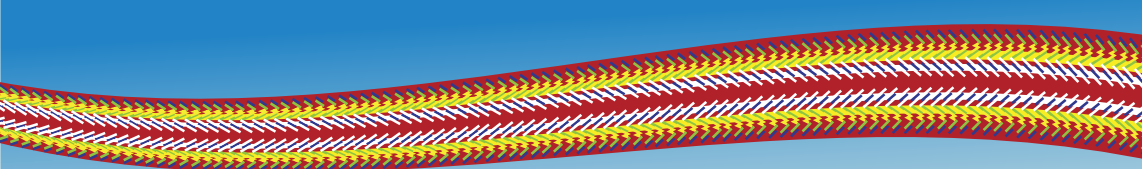
Throughout COP 15, there are several exciting events taking place including key events such as a Kitaskinaw Pimatsowin Panel Discussion co-hosted by the MNC and Les Femmes Michif Otipemisiwak on December 15th.

Leaders of the Métis National Council and Governing Members and Cabinet Ministers Meet and Reconfirm Commitment to the Canada-Métis Nation Accord

On Tuesday, December 13, leaders from the Métis National Council and Governing Members met with federal cabinet Ministers to advance work on implementing joint priorities as outlined in the Canada Métis-Nation Accord.

Together, Métis Nation leaders and Ministers discussed shared priorities, including economic development, health, benefits sharing, and the principles of co-development. Discussions also focused on language preservation, education, as well as best practices in order to support the implementation of the United Nations Declaration on the Rights of Indigenous Peoples.





Send newsletter enquiries to: newsletter@metisnation.ca

