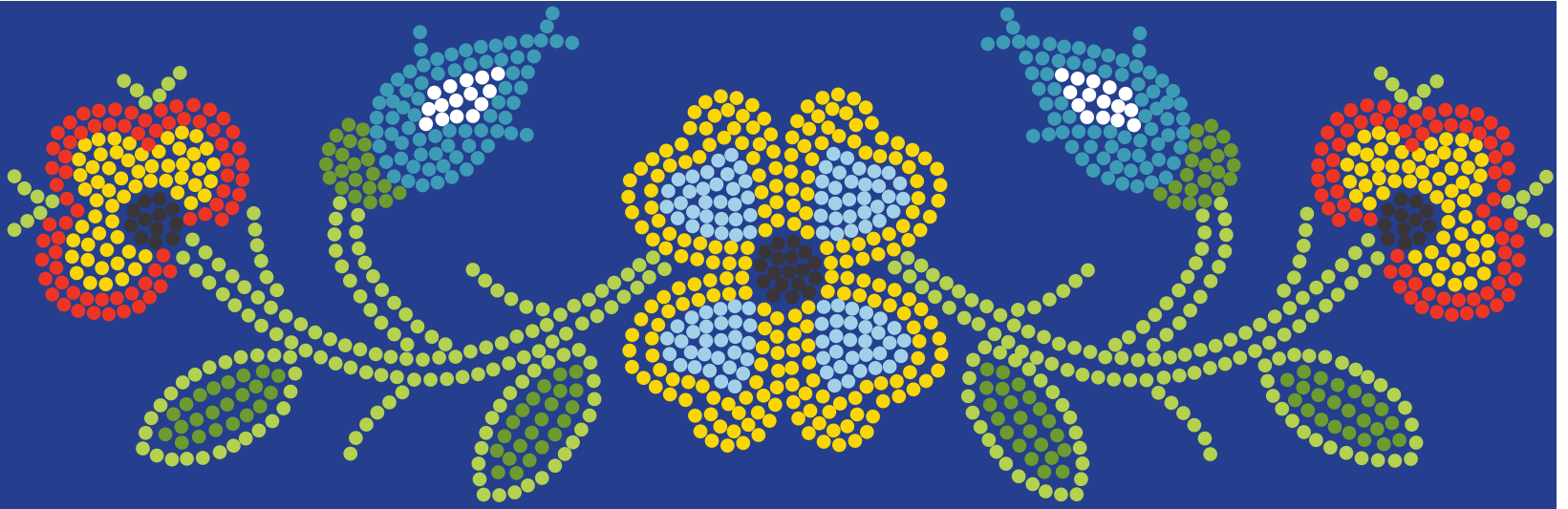


October 25, 2023

# THE PEMMICAN POST

THE OFFICIAL  
NEWSLETTER OF THE  
MÉTIS NATION



## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

Tansi!

The seasons are changing once again, seeing the fall colours and having the opportunity to visit across the Homeland has brought a renewed sense of strength to the work we are doing at the MNC. A lot has happened in the last month, and I am so excited to share that with you.

Last month, I had the opportunity to join President Lissa Smith and Métis Nation British Columbia for their Annual General Meeting in Kamloops, BC. I appreciate so much the opportunity to attend our Governing Member Annual General Assemblies and Meetings. First and foremost to have an opportunity to come and spend time visiting friends and family and to meet new citizens. But also to take time to reflect on all of the work that has taken place within the past year.



As the recognized Métis Government of S.35 rights-bearing Métis people in the province of B.C., Métis Nation British Columbia leadership and staff are working tirelessly to advocate for and deliver distinctions-based programs that make life better for Métis Citizens. We are proud to work alongside MNBC as one of our Governing Members at the MNC.

## LATEST NEWS IN THIS ISSUE:

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



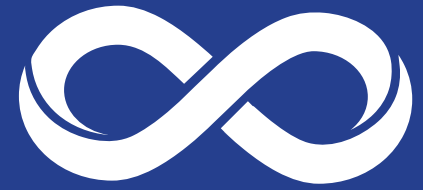
September 30th was the 3rd National Day for Truth and Reconciliation. I spent the day in Île-à-la-Crosse, Saskatchewan with Survivors of the Île-à-la-Crosse Boarding School. While Canada continues to promote Reconciliation with Indigenous Peoples as a top priority, Métis Residential School Survivors continue to be excluded from receiving acknowledgement of, or compensation for, the harms they endured as a result of their experiences at institutions like the Île-à-la-Crosse school. To learn more and support these Survivors in their fight for recognition, please visit [United4Survivors.com](http://United4Survivors.com) and also take the time to watch the short documentary about the Île-à-la-Crosse Survivors and their fight for justice.



As part of our support, the MNC also launched our new podcast “One Nation, Many Stories”. The first episode was recorded with Survivor Robert Merasty and Jordyn Burnouf from Saskatchewan. Sharing these types of stories is the purpose of our podcast and we hope that you join us on this new adventure.

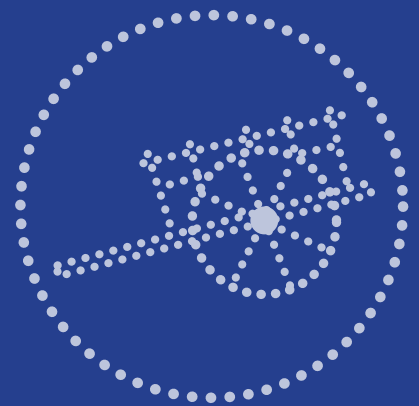
Finally, the MNC Board of Governors met this past month to continue moving forward together with the best interests of the Métis Nation driving every decision we make. A number of important topics were covered, and conversations were had on key files that are at the heart of MNC’s work in the last few months and moving into this fall including equitable health care for Métis citizens, justice for Métis 60’s scoop survivors, Métis Veterans, and strengthening collaboration in all areas of work happening across the Métis Nation Homeland. The MNC Board of directors also approved terms of reference for a number of new committees including those which provide for the creation of both a National Métis Veterans Council and a National Métis Youth Council. Through the creation of these councils, the MNC is creating more opportunities for the voices of Métis to participate in the governance of the Métis Nation.

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

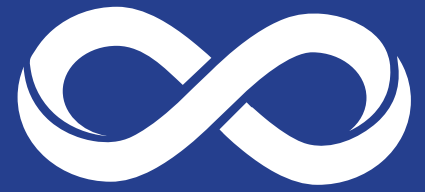
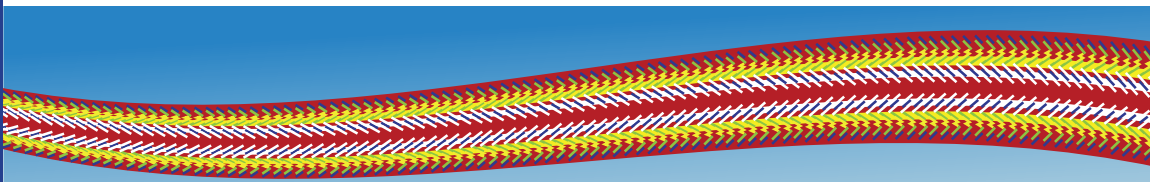


## MOMENTS IN HISTORY

October 3, 1875: The Métis at Rainy Lake (present-day Fort Frances) successfully negotiate a “Halfbreed” adhesion to Treaty 3, which is originally signed by “Indians” in the Northwest Angle in 1873. This is the only time Métis are dealt with as a collective in one of the historic treaties. After signing, Canada fails to fulfill the adhesion terms by attempting to make Métis in the region identify as “Indians.”







## 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).



## ONE NATION, MANY STORIES

Monthly updates from the Governing Members

### MNBC

#### Métis Nation of British Columbia

Métis Nation British Columbia moves to Protect at-risk Métis Children & Youth from the Continuation of the Residential School System:

<https://www.mnbc.ca/news/metis-nation-british-columbia-moves-protect-risk-metis-children-youth-continuation-residential>

#### New MNBC Strat Plan:

<https://www.facebook.com/metisnationbritishcolumbia/posts/pfbid0QzaNiHdJA4CbwsvJTbDCmfjc8oJFnDbea2YdZ6G912a2R4nMLP8rwGX9deBsEEgMI>

### MNA

Métis Nation of Alberta

#### Weekly Yoga Sessions

Centre yourself with breathwork, relaxation, and movement at our Weekly Yoga and Meditation classes, led by Nicole Oort. Wednesday sessions start October 4, 7 p.m. – 8 p.m. and are available both in-person and online. Visit our website for more info on how to join our next session! <https://albertamemis.com/yoga-meditation-sessions>. For more information, contact Lisa at [lvaughn@metis.org](mailto:lvaughn@metis.org)

#### Métis residential school Survivors foster healing and connection at Métis Crossing

A Land-Based Healing Retreat was hosted by the Otipemisiwak Métis Government from October 13-15

To help foster healing and connection with the land, the Otipemisiwak Métis Government of the Métis Nation within Alberta hosted 30 Métis residential school Survivors at Métis Crossing from October 13-15 for a Land-Based Healing Retreat. This first-of-its-kind program provided an opportunity for participants to deeply engage with Métis heritage

**Wellness Engagements**

EDMONTON/ZOOM

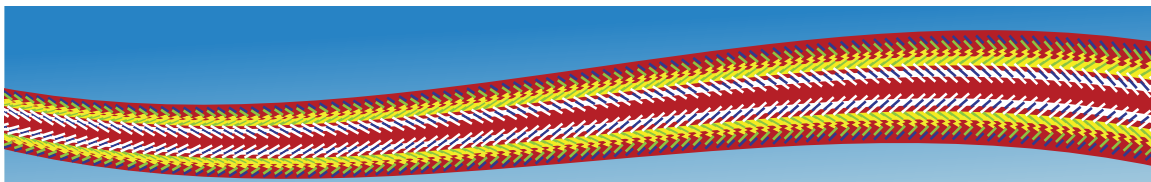
**Yoga/Meditation Weekly Sessions**

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

MNA Youth Building  
11821 – 123 Street, Edmonton

ZOOM

**Join Us !**



# KOKUM'S KITCHEN RECIPES

## Hearty Potato, Vegetable, and Chicken Soup Li boñ Sup di pataak, zhaardinaazh pi poulet

### Ingredients:

- 6 cups chicken broth
- 3 potatoes cubed
- 2 carrots sliced
- 2 stalks of celery sliced
- 2 cups broccoli, small florets
- 2-3 cups cooked chicken or turkey cut into pieces
- 1/4 cup butter
- 2 cups milk
- 1/4 cup flour
- Salt and pepper to taste

### Instructions:

- In a large pot combine broth and potatoes. Cover and simmer for 10 minutes.
- Add carrots and celery, cooking for 5 minutes. Add broccoli florets and simmer until all the vegetables are tender and crisp about 5 minutes.
- Add chicken or turkey.
- In a medium saucepan, melt the butter and stir in flour. Gradually add milk, stirring constantly. Add 1 cup of broth from the soup. Cook on low heat until slightly thickened. Blend into the rest of the broth.
- Heat to serving temperature, but do not boil. Season with salt and pepper if desired.

and culture through guided cultural art sessions, the use of traditional medicine and live entertainment.

“Over the weekend, Métis Survivors came together in a spirit of resilience and unity,” said Otipemisiwak Métis Government Truth and Reconciliation Director, Lorna Dancey. “This collective journey at Métis Crossing is a powerful testament to the indomitable spirit of Survivors and vibrant Métis community and culture. It is through moments like these that Métis heritage is preserved and Survivors find healing.”

Participants were engaged in a weekend of language-based learning, meet and greets, nourishing meals and captivating entertainment. Elder Doreen Bergum led a Métis sharing circle and Otipemisiwak Métis Government President Andrea Sandmaier, Métis Elder and residential school Survivor Angie Crerar and Psychologist Melanie Palmier delivered remarks.

On Saturday, the Otipemisiwak Métis Government gifted orange Survivor sashes to the 30 attending Survivors, providing a symbol of compassion and solidarity for Survivors

and the children who never returned home. “These sashes were conceived by the Otipemisiwak Métis Government’s Survivor Advisory Committee, comprised of individuals with firsthand experience of residential school trauma. Actions like this mark another step towards healing and Reconciliation,” said Dancey.



## MN-S

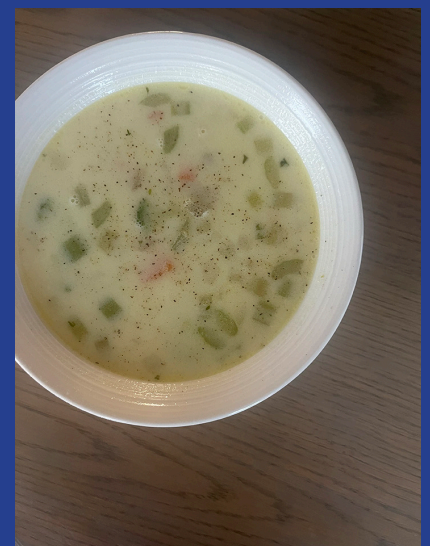
*Métis Nation – Saskatchewan*

**New time. New place. New tournament!**

The first-ever Métis Nation–Saskatchewan (MN–S) Louis Riel Cup Hockey Tournament is back on!

Save the date: April 19, 20 and 21 at the Rod Hamm and Harold Latrace Arenas in Saskatoon.

More details coming soon.



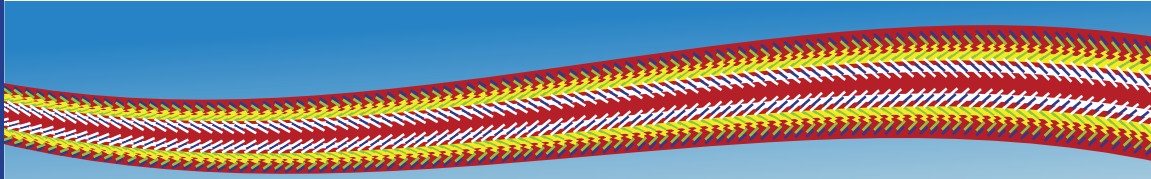




# TRADITIONAL PLANTS CORNER

## Sweetgrass

This aromatic plant helps with focus during stressful times. The sweetgrass ceremony symbolizes unity and inclusiveness. A sweetgrass braid in your home signifies goodwill and unity. Sweetgrass can also be used medicinally as tea for coughs, sore throats and more thanks to its coumarin content. These properties also aid as an anti-inflammatory to asthma relief.



## MNO

### Métis Nation of Ontario

Recently, a team of researchers traveled abroad to present Métis Nation of Ontario (MNO) COVID-19 research findings at the 17th Vaccine Congress in Glasgow, Scotland. From September 24-27, the conference gathered a global network of research experts to share knowledge and form relationships.

Participating at the conference were MNO citizen and epidemiologist Abigail Simms; Keith King, a Métis Nation of Alberta (MNA) citizen, and University of Alberta PhD student who has collaborated with the MNO on this work; Noel Tsui, Epidemiologist seconded to the MNO; and Tasha Shields, a University of Waterloo PhD student. The MNO studies also enlisted Dr. Martin Cooke from the University of Waterloo as the Principal Investigator.

There currently exists a significant gap in research and policies relating to Métis peoples. The team's focus on the specific realities and attitudes of Ontario Métis peoples and their families helps collect key data to fill this gap. By bringing these perspectives abroad, Métis voices and experiences are being heard by an international audience.

“Sharing Métis-specific research and bringing Métis-specific research to an international forum highlights new ways to approach research and ways of thinking and doing,” shares Abigail. “All our work is rooted in Métis ethics and ways of living, but lessons from these teachings, such as a community-based approach and strong relationships can have benefits for populations who are not Métis for other research projects.”

The research team presented five posters highlighting and detailing the MNO's COVID-19 vaccine research work with funding in part by the Canadian Institutes of Health Research (CIHR) and Health Canada.



The five research topics presented included:

- Perspectives on vaccination among MNO citizens who remain unvaccinated
- Confidence, complacency, and collective responsibility were important factors for COVID-19 vaccination among MNO citizens
- Exploring vaccine hesitancy towards COVID-19 vaccine among MNO citizens using latent class analysis
- COVID-19 vaccine intentions among Métis parents of children under 11 in Ontario
- COVID-19 behavior among citizens of the MNO: a qualitative study

Abigail is quick to thank all the participants of the projects so far, as well as ICES and MNO leadership and MNO Senators for their co-creation and guidance throughout.

“Because of participation in this work, we are able to share part of the Métis health and wellness story with a much larger audience!” says Abigail.

Congratulations to our research team for this important contribution to a growing body of scholarly and Métis-specific, work!

Click here for more information on MNO research findings in the What We Heard Community Report on COVID-19! <https://bit.ly/3Qih7h3>

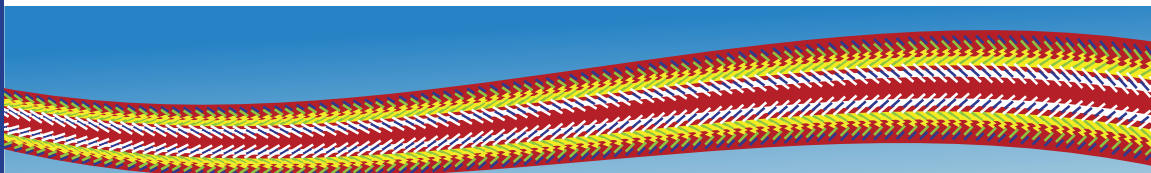
## **Métis National Council Events**

### **Goose Moon Table on Climate, Ottawa ON, September 12-14, 2023**

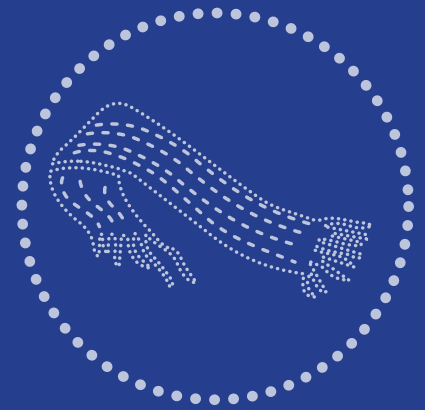
During the second week of September, the Métis National Council Environment Team and the Government of Canada met in Ottawa, ON to continue technical work on The Goose Moon Table. There were 23 Experts and representatives from Environment and Climate Change Canada (ECCC), Crown Indigenous Relations and Northern Affairs Canada (CIRNAC); Natural Resources Canada (NRCAN); Infrastructure Canada (INFC) and Public Safety Canada (PSC) met with 15 representatives from each of the 4 Governing Members, LFMO and MNC. The Goose Moon Table participants spent 2 days building upon the groundwork laid by previous Goose Moon Tables, as well as a third day spent on furthering co-development of Indigenous Climate Leadership.







The MNC provided a high-level overview of the progress made on the Métis Nation Climate Strategy with Bridge Building Group. This was the first time that elements of the Climate Strategy were presented to both Métis and Federal Government staff as a collective. Métis Governing Members provided individual updates of programming progress and successes. These updates ranged from strategic plan releases in MNBC; to solar project updates at MNA; to food monitoring projects in MNS; to electric vehicle charger installations in MNO; to a Women and Youth Summit put on by LMFO. Federal Government attendees were able to discuss and develop a better understanding of Métis climate priorities and the ways in which the Métis Nation supports its citizens.



Emergency Management continued to grow as a Goose Moon Table topic; as MNC and GM's discussed the need for EM funding and the ways in which the Métis Nation has provided emergency management capabilities despite a chronic lack of funding. The presence of Public Safety at this Goose Moon Table provided the opportunity for an open and progressive dialogue on advancing Métis emergency management capacity and capabilities.



The Goose Moon Table is also an opportunity to further understand and connect with Métis culture. Every Goose Moon Table, there is a strong commitment to ensure there is a cultural component included. This year, Sharon Morin (LFMO) and Freddie Huppé Campbell (Métis Youth and Clean Energy Advisor) gave the group teachings about the "Flower Beadwork People". Everyone received a bead kit with pattern and teaching on how to bead.

As the Goose Moon Table continues to grow and feature more Métis and Federal representation, exciting new projects, programming, and developments are underway. As the MNC works towards finalizing the MNC Climate Strategy, and GM's seek to undertake their own Climate Strategies; the Goose Moon Table is positioned to provide even more tangible climate outcomes for Métis citizens, and ultimately advancing Métis Climate leadership.



### **Senior Officials Meeting, Ottawa ON, September 27-28, 2023**

As a part of continuing the Permanent Bilateral Mechanism, Senior Officials from across the Homeland met with representatives from the Government of Canada to discuss progress on established priorities.

Early Learning and Childcare Technical Meeting, Ottawa ON, October 3-4, 2023  
These meetings were an open forum to exchange ideas as Governing Members are implementing initiatives and activities that are best practices, this was an opportunity to present this knowledge which will be beneficial to the development of initiatives elsewhere in the Homeland.

### **Primary and Secondary Education Technical Meeting, Ottawa ON, October 5-6, 2023**

The purpose of this meeting was to begin ‘unpacking’ the K-12 proposal we presented to the Government last year. Government Officials were provided a synthesis of each Governing Members provincial situation, including Provincial and Governing Members relations, funding contributions, range of K-12 programs currently being developed, etc. These meetings included subject experts, and dealt with issues such as:

- 1) Development of Métis pedagogy
- 2) Asserting Métis control over Métis K-12 education within the current jurisdictional framework
- 3) Creating K-12 infrastructure across the Métis Homeland, etc.

### **Métis National Council Technical Working Group Meeting, October 11-12, Vancouver, BC**

The objective of this two day in-person meeting is to develop a draft conceptual model of the Métis ELCC Results Framework, which outlines the components of outcomes and associated inputs, activities, and outputs.



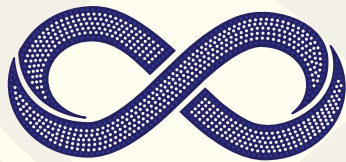




## **Métis National Council Upcoming Events:**

**Reviving Our Métis Languages by Listening and Learning, Calgary AB,  
October 24-25, 2023**

The MNC will be hosting a national conference in Tsuut'ina Nation, Alberta that will create a space for Métis citizens and Governments to share best practices taught to us by fluent language speakers, community engagement, program delivery and language experts. Language is a foundational element of identity, culture, spirituality, and worldview and through this gathering, we will focus on ways to preserve and revitalize Métis languages across the Homeland.

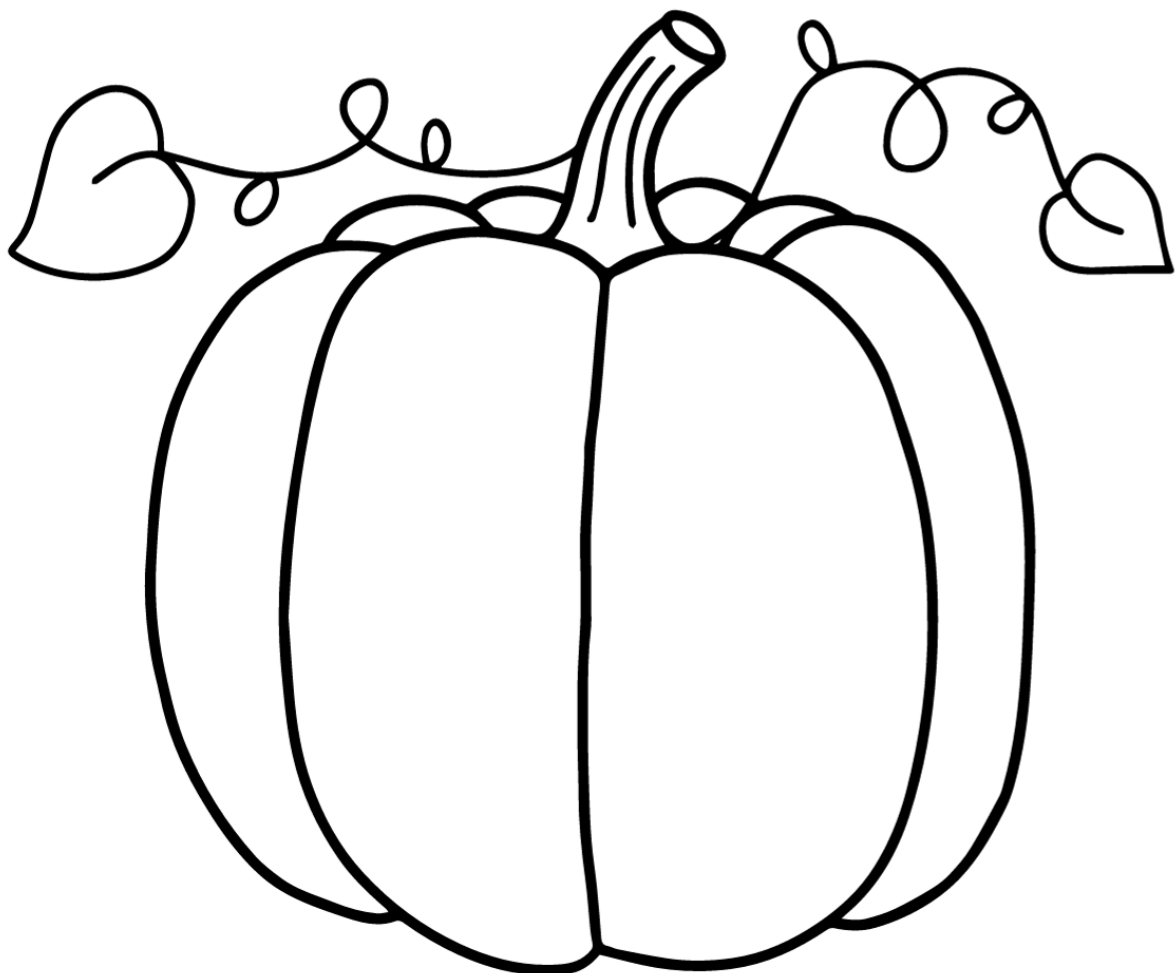
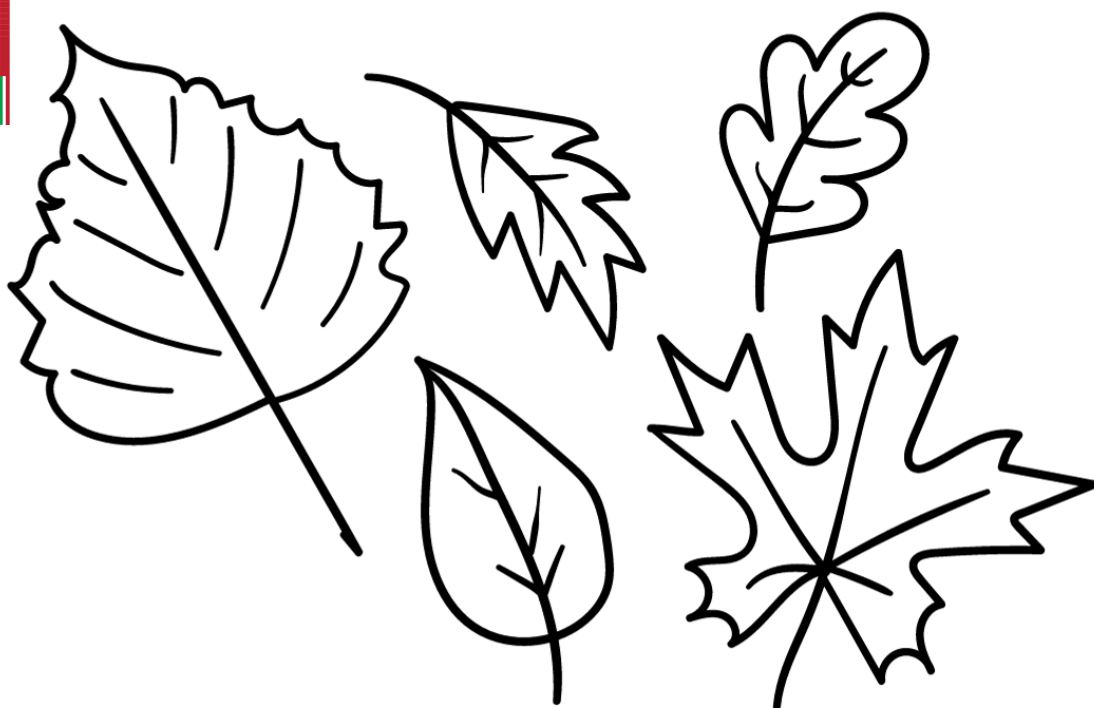


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**MÉTIS**  
NATIONAL COUNCIL

**Send newsletter  
enquiries to:**  
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*Kids Corner*







## Climate Strategy Art – Overview of the Call

### Executive Summary Contest Background:

Climate change poses a significant threat to the Métis way of life and the ways in which we interact with the land, our communities and heritage. We are deeply connected to the land, water and skies and can be leaders in fighting climate change and creating a path for a healthier and cleaner Nation. Each of us must do our part in preserving and reversing the

The Métis National Council is pleased to announce an **ART COMPETITION** to design/develop the cover of our new Métis National Climate Strategy (title still to be determined) to be release in spring of 2024.

We invite Métis artists from across the Homeland, who are under the age of 30, to submit their art in any still medium, which could include: painting, photography, sculpture, beadwork, collage, drawing, fiber art, digital art, mix media, etc. The art piece should be inspired by how the land and waters across the Homeland are being impacted by climate change, and explore your personal ideas, experiences, and connection to nature and ways to address these changes.

“Climate change poses one of, if not the, biggest challenges to our citizens and communities. As Métis, we are intrinsically tied to the land, and we must do our part to protect it now and for our future generations. Tackling climate change requires us all to come together and collectively develop and implement solutions. Centred in this fight are our youth and I encourage everyone to send in their artwork. I look forward to seeing their visions, connection to the land and voice of our youth against climate change through the submitted pieces.” – **President Cassidy Caron**

When developing the piece, we encourage drawing inspiration from the following prompts:

1. What does the land and waters mean to you?
2. Reflect on your connection to your culture and the land and waters.
3. What is a memorable experience you've had on the land and water?
4. How does your local environment or natural surroundings influence your day-to-day life?

