

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone!

After two summers of not being able to host and attend our in-person community summer events and gatherings, I feel incredibly fortunate to have spent so much time out in our communities visiting and spending time with Métis Nation citizens from across the Homeland. And, as the summer comes close to an end, I hope you are able to continue to enjoy time with one another, celebrating who we are as Métis and preparing for the harvest season.

This summer, we saw unprecedented attendance at a number of events and celebrations held across the Métis Nation Homeland. We are stronger together. These opportunities to gather present us with moments to strengthen our bonds, renew our passions, and breathe life into the Métis Nation.

Last month many of us gathered at this year's Back to Batoche celebration where we were, at last, able to commemorate the 50th anniversary of Back to Batoche. I want to thank President McCallum and the entirety of the Métis Nation - Saskatchewan for putting together this year's Back to Batoche festival. The lands at Batoche hold incredible power for us as Métis. To be able to come together with Métis citizens from across the Homeland to celebrate who we are, honour our ancestors and reflect upon our resilience is inspiring.

Directly following the celebrations at, many of us journeyed to Edmonton to witness the apology by Pope Francis. Our people have faced so much

LATEST NEWS IN THIS ISSUE:

- ∞ MESSAGE FROM THE PRESIDENT
- ∞ CITIZEN SPOTLIGHT
- ∞ STORIES FROM ACROSS THE HOMELAND

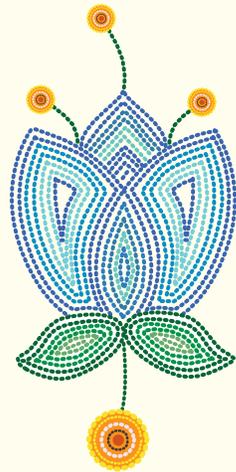


adversity, been placed in the most difficult, awful, and inhumane of situations. Places and situations that sought to destroy our people, our families and our Nation. And yet, we are still here. The resilience, the strength, the perseverance of Métis Survivors serves as inspiration and my source of strength to continue advocating for what is right.

For some, the Papal visit and subsequent apology may have been what was needed to move along on their healing journeys. However, what is right for one, may not be right for another. The diversity amongst our people is beautiful. We share a common thread of culture, identity, of being Métis, yet we are diverse in the ways that we choose to live our lives. We are self-determining in our own pathways and journeys and that is beautiful. As an Elder once shared with me:

“We don’t have to be like one another. Be like the medicines. The medicines are all individual and beautiful, they grow in different places and they serve different purposes. They make every different place strong and beautiful in their own ways. Be like the medicines.”

I want to thank all of the staff who were on the ground to support the Métis Survivors and families who travelled to Edmonton as well. Their dedication to our people ensured that everyone was able to participate in the ways that worked for them.

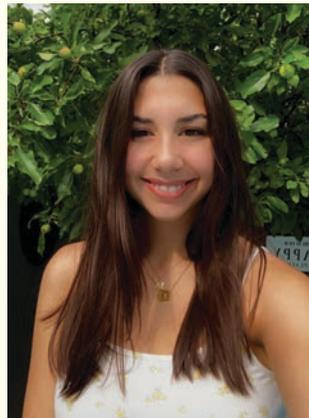


NEW HIRES

COMMUNICATIONS TEAM

Emily Jureta, Policy Communications Advisor

I'm from Hamilton Ontario and love cooking and going on hikes in my free time. I am a recent graduate and am about to complete a Master's degree in Political Studies. Throughout my studies, I have focused on nationalism, ethnicity, peace and conflict and have experience writing on elements of peace negotiations and the relationship between state and community. I am very excited to join the Métis National Council as the Policy Communications Advisor and to have the opportunity to use my skills in this new role.



MOMENTS IN HISTORY

Did you know that the Métis have been documented in BC as early as 1793? Sir Alexander Mackenzie's Expedition traveled the Rockies and established a signpost marking at North Bentinck Arm (near Bella Coola, BC) on July 22, 1793.

Also did you know that on August 23, 2003, the Métis Nation of Alberta (MNA) Annual Assembly formally adopted the National Definition of Métis for Citizenship within the Métis Nation of Alberta Bylaws. The MNA began the process of re-registering all its citizens. This work ensured that all MNA citizens are rights-bearing Métis individuals.

CITIZEN HIGHLIGHT

Grayson Hanley



Grayson Hanley is a proud citizen of Central Saskatchewan. He has lived in Martensville almost all his life and takes pride in his community involving himself through sports, work, and community events. He enjoys living in the growing and thriving city that has awarded him many opportunities through education

Rheanna Nandlall, Veterans' Policy Advisor

My name is Rheanna Nandlall and I am joining the Métis National Council as a Policy Advisor for Veterans. I have completed my Bachelors of Arts Honours majoring in Law at Carleton University and have graduated with a Master's of Arts in the Department of Law and Legal Studies. I started my career with the UN Refugee Agency (UNHCR) which cultivated my research interest in human rights violations involving vulnerable populations. Most recently, I was a part of the Advocacy team at The War Amputations of Canada, which allowed me to work on behalf of Canadian amputees, including highly disabled Veterans, to receive their entitled government benefits and insurance claims, as well as advocate against any human rights abuses. I am excited to join the Métis National Council and advocate on behalf of Métis Veterans.

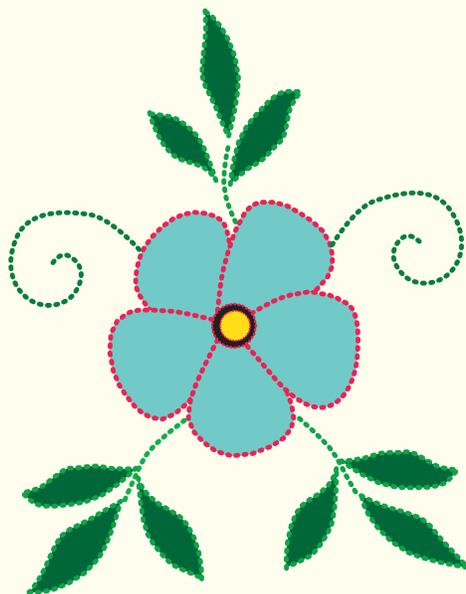


ENVIRONMENT TEAM

Jessus Karst, Biodiversity Policy Advisor

I am a member of Métis Nation Saskatchewan and am joining the Métis National Council as the new Biodiversity Policy Advisor. I have been working in biology and conservation for 20 years for non-profit organizations as well as the federal and provincial governments. I have been fortunate to study different parts of ecosystems ranging from water (including hydrology, fish and invertebrates) to plants (through ecosystem management) to animals (such as birds, reptiles, small mammals and game species). My work has allowed me to explore the Métis homeland from the foothills near Hinton Alberta to the escarpment in Riding National Park in Manitoba and almost all four corners of Saskatchewan. I am looking forward to learning

from and working with the Métis communities in conserving the land, water and species that rely on them for now and future generations.



and especially sports. Grayson's involvement includes being a part of many school committees and councils, as a referee, a janitor in the elementary schools, and a lifeguard and swimming instructor at the local pool.

Grayson was also a leader in the 2022 Saskatchewan, Ministry of Education's youth council. As a part of the youth council Grayson collaborated with many great organizations and committees working to improve the education system for everyone and lots of really great people. Grayson really enjoyed his experience and appreciates all the insight and knowledge he gained from all the great people he met.

Grayson was also invited to attend and speak at the 2022 CMEC Indigenous Education Symposium and greatly appreciates the experience and the knowledge that was shared at the symposium. Grayson believes that a strong education system stems from the ideas and voices of all those involved. Every student, teacher, and parent deserve the opportunity to share their ideas, opinions and thoughts equally. Grayson believes that knowledge, understanding and respect is essential to building strong relationships, allowing others to know their ideas and opinions matter. Grayson has been a leader in various groups such as the Prairie Spirit Student Voice Council and the Martensville High School's Indigenous Students Society. Grayson believes that success in building stronger communities will come from all of us being intensely curious, building strong relationships, and seeking to understand each other's perspective.

TRADITIONAL PLANTS CORNER

Plantain is a perennial plant that produces 5 – 7 ribbed leaves and greenish flowers. It not only is used as medicine but is also more nutritious than most of the greens that we tend to eat.

Did you know?

- ∞ Plantain is used as an anti-inflammatory.
- ∞ Young plantain leaves can be eaten raw in salads and sandwiches.
- ∞ Plantain seeds, soaked in water, are excellent for healing our digestive lining.
- ∞ Plantain seeds can be dried and ground into meal or flour for use in breads and pancakes.
- ∞ The plantain leaves and leaf juice can be used in poultices and lotions for treating insect bites and stings, snake bites, sunburn, poison-ivy rashes, blisters, burns and cuts.
- ∞ Heated plantain leaves can also be applied to swollen joints, sprains, strained muscles and sore feet.
- ∞ Plantain leaves made as a tea can be used to treat sore throats, coughs, and mouth sores.



ONE NATION. MANY STORIES.

BI-WEEKLY UPDATE FROM THE GOVERNING MEMBERS

MNBC

Métis Counselling Session

Métis Citizens in British Columbia of all ages can apply for up to 10, 60-minute, counselling sessions provided by counsellors, social workers, psychologists, or psychiatrists registered through:

- ∞ BC Psychological Association | College of Psychologists of British Columbia
- ∞ Physician referral to see a Psychiatrist through the College of Physicians and Surgeons
- ∞ BC Association of Clinical Counsellors (BCACC)
- ∞ Canadian Counselling and Psychotherapy Association (CCPA)
- ∞ British Columbia Association for Marriage and Family Therapy (BCAMFT)



To apply to the program, visit www.mnbc.ca, enter your MNBC Portal Login credentials, and select the Métis Counselling Connection Program. If you have any questions, please email mentalhealth@mnbc.ca.

September 06, 2022 marks the return of the Métis Speaker Series, a podcast organized around the theme of Métis Cultural Healing and Rebuilding. This project was created to assist Métis Youth, Métis Chartered Communities, and the general public to create more visibility of Métis People and educate about Métis culture and heritage.

For more information, visit www.mnbc.ca.

MNA

Métis Nation of Alberta Annual General Assembly

At the MNA's 94th Annual General Assembly, on August 6, delegates voted overwhelmingly in favour of moving forward with a province-wide ratification vote on a draft Constitution for the Métis Nation within Alberta.

The draft Constitution was tabled with the Assembly by the MNA Constitution Commission after two and a half years of extensive community engagement that included focus groups, community gatherings, hearings, written feedback and a previously circulated draft.

Read the full update here: www.albertametis.com.

Read the Constitution, the What We Heard Report and about the MNA Constitution Commission and their engagement process here:

<https://albertametis.com/news/metis-citizens-to-vote-on-constitution-this-fall/>



MN-S

Métis Nation–Saskatchewan celebrates success at Back to Batoche

More than 20 thousand people celebrated Métis culture and heritage during the 50th anniversary of Back to Batoche Days. Festival sponsors, partners, organizers and volunteers are to be commended for achieving such a success. This year also saw the historic return of Batoche lands to Métis Nation–Saskatchewan (MN–S). And at Batoche, MN–S announced a \$15 million investment in Métis families with several programs aimed at early learning and child care. MN–S is overwhelmed with the success of Back to Batoche and looks to next year’s celebration with an eye to build on this momentum.



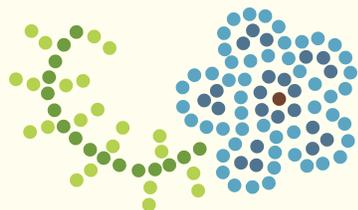
MNO

Métis Nation of Ontario Annual General Assembly

Speaking to the need for reconciliation, Toronto Mayor John Tory participated in the 2022 Métis Nation of Ontario (MNO) 29th Annual General Assembly during the afternoon of Friday, August 19, 2022, issuing an apology on behalf of the City of Toronto for historic injustices against the Métis people and citing Toronto’s involvement when suppressing the Northwest Resistance in 1885.

Mayor Tory emphasized the value of renewing relationships with the Métis people and was joined on stage by MNC President Cassidy Caron, MNO President Margaret Froh, Toronto and York Region Council President Shirley Debassige and Senator Suzanne Brunelle.

Read the apology in full at: <https://www.metisnation.org/news/toronto-mayor-john-tory-participates-in-mno-aga-2022/> or visit www.metisnation.org.



KOKUM'S KITCHEN RECIPES

Fish Fry

- 1 fish (pickarel, jackfish or whitefish)
- 2 cups of flour
- 1 tbsp of salt
- ½ tbsp of pepper
- oil or lard
- ½ tsp of milk
- ½ tsp of baking powder
- Lemon juice

Use the desired amount of oil or lard. Remove scales with a spoon. Cut fish from neck down to the tail. Slice cutting knife through the side. Remove spine and head and clean meat. Mix fish with flour mix. Use ½ tsp. of milk and baking powder. Fry fish with desired heating until golden brown. Cool off before serving. Add lemon juice if desired.

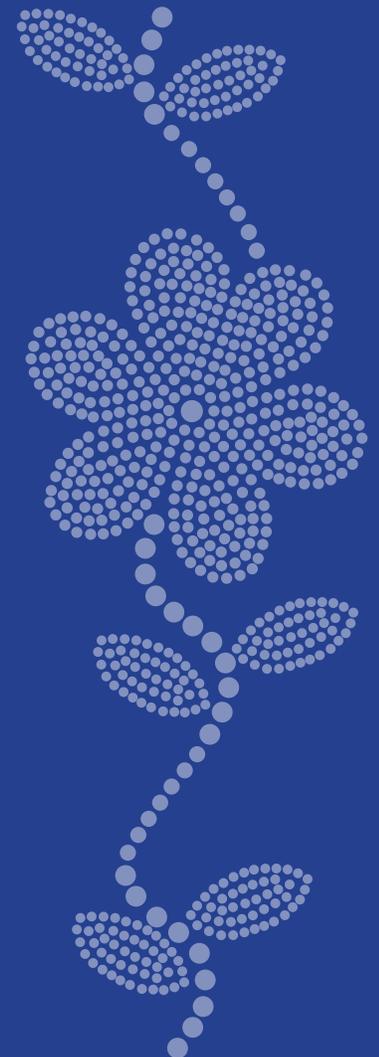


TRADITIONAL MÉTIS VALUES

Respect for Elders

Métis Elders are held in high regard and we demonstrate our respect by the following.

- ∞ Offer to get tea or food for Elders
- ∞ Give your place in line to Elders
- ∞ Listen to the Elder when they are speaking and do not interrupt
- ∞ Never walk in front of Elders when they are speaking
- ∞ For Elders that do not speak English, help them with banking and other transactions
- ∞ Help an Elder in anyway possible such as taking them food, caring for them in your home when they can no longer care for themselves or spending time with them



MNC updates

Métis Nation Health Committee Meeting - July 5 - 6, 2022

This past July, the Métis Nation Health Committee (MNHC) Meeting was Chaired by the Métis National Council's Director of Health Policy and Programs, Eduardo Vides. Attendees from across the Métis homeland included Shelley Gonneville, Director, Healing and Wellness (MNO), Adel Panahi, Director of Health (MNS), Tanya Davoren, Senior Director of Health (MNBC) and Jonathan Riou, Executive Director, First Nations and Inuit Health Branch (ISC). The committee session acted as an opportunity for representatives to voice concerns pertaining to Indigenous distinctions-based health legislation and the co-analysis process. MNHC meetings are key to paving the way forward regarding distinction-based principles that incorporate and represent the interests of the Métis Nation. As voiced by the meeting attendees, until now, a distinctions-based approach representing Métis peoples is missing from health legislation. They hope that for the future, there is a re-engagement with Métis Nation communities to ensure their voices are heard within health legislation and policies.

9th Annual Indigenous Conference on HIV & AIDS - July 21 - 24, 2022

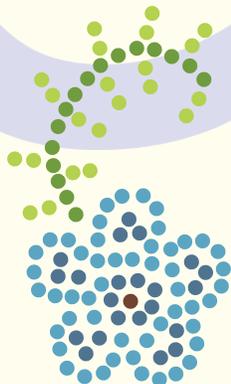
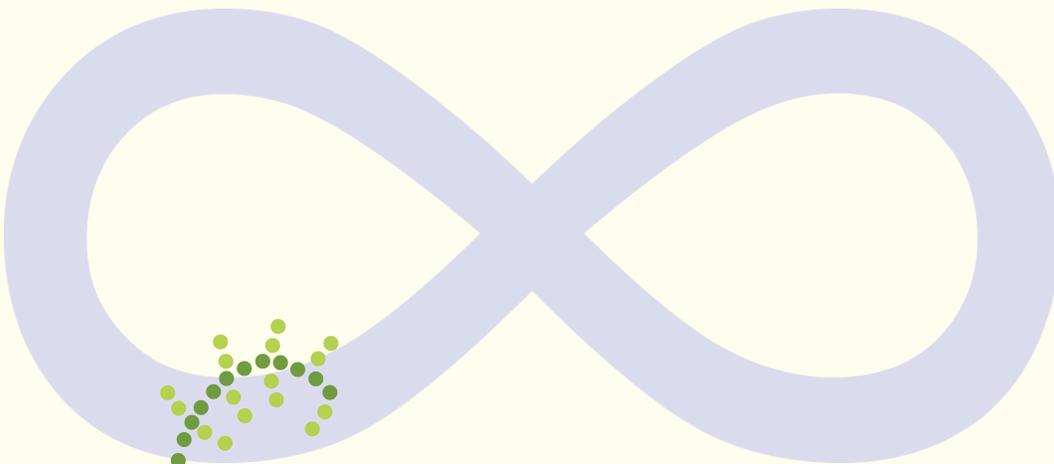
The Indigenous Conference on HIV & AIDS focused on utilizing Indigenous approaches in response to HIV and other health related conditions throughout North America. It highlighted Indigenous Peoples as a "priority population" in the HIV response that must be targeted using evidence-based Indigenous-specific strategies. The Métis National Council was represented by President Caron through video message where she was able to emphasize the key principles of Métis health and how they are critical for combating HIV & AIDS and other infectious diseases. She shared with attendees that the Métis Social Determinants of Health must be addressed to reduce the transmission of and to support Métis peoples living with HIV & AIDS. The conference was a learning experience for those that attended and joined virtually as they gained knowledge of Indigenous communities throughout North America and the Indigenous-specific approaches to combating infectious disease.





MNC Environment Climate Change Meeting

This week MNC and Governing Members met with Environment and Climate Change Canada to discuss opportunities to advance Métis-led conservation and establish Métis Protected and Conserved Areas across the Homeland. These projects will protect the lands and waters for future generations and preserve the Métis way of life on the land.



Send newsletter enquiries to:
newsletter@metisnation.ca

