

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone!

Throughout this past year, we have gathered on numerous occasions to commemorate the 40th anniversary of the Métis National Council and to celebrate 40 years of advocacy for the rights and interests of the Métis Nation both nationally and internationally.

Over the past four decades, the MNC has played a critical role in promoting and advancing the rights and interests of the Métis people, and our collective efforts have been instrumental in achieving significant gains for the Métis Nation.

Over the past 40 years, the MNC has been at the forefront of the Métis Nation's struggle for rights recognition. Métis leaders, past and present, as well as our Métis Governments, have played a key role in several significant advocacy and legal victories for the Métis Nation continuously moving us forward in achieving the dreams of our ancestors.

Today, the MNC, through collaboration with our Métis Governments, continues to be a driving force behind the development and implementation of Métis-specific policies and programs in Canada.

As we mark the 40th anniversary of the Métis National Council, it is important to



LATEST NEWS IN THIS ISSUE:

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



recognize the significant progress the Métis Nation has made. Our collective advocacy work has helped to raise awareness of the unique history, culture, and traditions of the Métis, and has played a crucial role in achieving recognition and rights for Métis people across Canada.

Of course, there is still much work to be done – but it is work that we are prepared to do.

Métis National Council General Assembly

This past week, in a clear display of collaboration and unity, the Métis National Council General Assembly met in Ottawa. The Métis National Council General Assembly is the MNC's highest democratic body responsible for the formulation of National Policy.

During this sitting of the Métis National Council General Assembly, Métis leaders from across the Homeland unanimously passed a number of resolutions providing the MNC with a renewed mandate to continue moving the Nation forward with and for you. Our renewed mandate includes continued advocacy in the areas of child and family services, primary secondary education, environment and climate change, and ensuring Métis rights are protected and promoted internationally. Additionally, the General Assembly passed resolutions reaffirming the National Definition ensuring Governing Member commitment to following it; calling upon all federal parliamentarians and political parties to work collaboratively to advance the passage of Bill C-53; and directing the creation of a framework that will enhance elected leadership collaboration across all sectors of the Métis National Council.

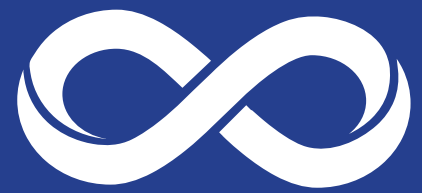
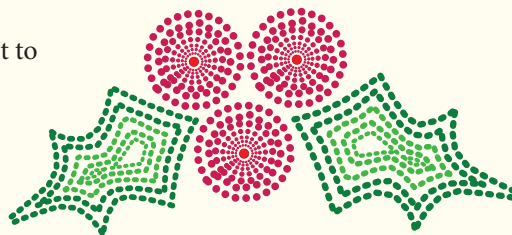
A list of all Métis National Council General Assembly Resolutions will be available on the MNC website in short order. However, in the meantime, the General Assembly proceedings can be found on our YouTube channel.

In addition to leadership and representatives from each of the MNC Governing Members, we were joined by Métis Veterans, Grandmothers, Youth, and past leaders of the Métis Nation to celebrate the 40th Anniversary of the Métis National Council. Métis talent from across the Homeland came to showcase our music, dance, and culture as we celebrated our collective success and honour those who have contributed to the Nation.

At this celebration, it was a true honour to present past President Audrey Poitras with the Métis Nation's highest award of honour and recognition, the Order of the Métis Nation. The Order of the Métis Nation recognizes the immense contributions of individuals to the Métis Nation, and following her 27 years of service to the Métis Nation, both within the province of Alberta and Nationally, Audrey Poitras is extremely deserving of this distinction.

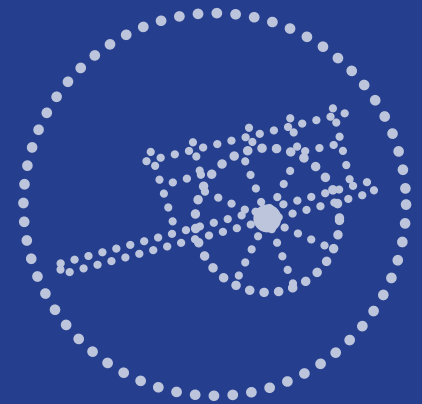
Overall, this sitting of the Métis National Council General Assembly was a resounding success – a shining example of Métis democracy in action. The Métis National Council will continue to work in unity to ensure that the voices and stories from across the Homeland are heard, supported and advanced and I am honoured to take this renewed mandate forward into the new year.

With the holiday season upon us, I want to wish all of you a very happy holidays!



MOMENTS IN HISTORY

December 4, 1884: Louis Riel and Henry Jackson (secretary to Riel) draft a petition listing the grievances of the Northwest's inhabitants. The government responds by appointing a committee to investigate Métis claims and to make a list of those who did not take Scrip in Manitoba.



NEW HIRES

HR



Bronwyn Roszell

Bronwyn Roszell joins the Métis National Council as a Human Resources Generalist. Bronwyn comes to the MNC with ten years of Human Resources experience, focusing on the not-for-profit industry including, post-secondary education, health care, and policy advocacy. Bronwyn is a member of the HRPA and holds a bachelor's degree in communication studies from Wilfrid Laurier University and a Human Resources Certificate from the Sprott School of Business.

Outside of the office Bronwyn enjoys spending time with her husband and dog, traveling, and is a registered yoga teacher.

Bronwyn is a proud citizen of the Métis Nation of Ontario (MNO) and is excited to support the MNC in advancing the priorities of Métis people across the Homeland.

Communications



Cherisse McLure

Communications Coordinator

Cherisse is a proud member of the Métis Nation of Alberta and a recent graduate of the Public Relations Program at MacEwan University. Before joining the MNC, she interned at an Indigenous-owned and majority-staffed PR agency focused on elevating Indigenous voices, projects, and issues. Cherisse is passionate about building community and making connections through storytelling and art. She enjoys volunteering with her daughter's sports teams

and in her community with various non-profit groups focusing on youth and women's health and wellness.

In her spare time, you will find Cherisse painting in her art studio, curled up with a cup of tea and a good book, or off on an adventure with her husband, their two daughters, and the family pup.

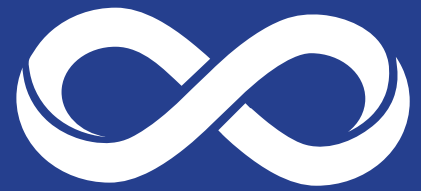


Kristyn Houle

Communications Coordinator

Kristyn was raised in Deep River, a small town two hours north-west of Ottawa, where summers were spent out on the Ottawa River with family. She loves hot yoga, hiking, camping, and spending time with her 6-month-old nephew, George. She loves to write and be creative. Kristyn has strong ancestral roots within the Causley-Riel family line and working for the MNC to promote and advocate for Métis

interests is very special to her. Kristyn graduated from the University of Ottawa in 2019 and is excited to move back to Ottawa in January 2024.



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.



Health



Stephanie Thevarajah
Senior Policy Advisor Health

Stephanie recently moved to Ottawa from Sioux Lookout. She was born and raised in Scarborough, Ontario to parents who were Tamil refugees during the civil war in Sri Lanka. The injustices on her people and her family's hardships and experiences with systemic racism drove her strong passion to be an advocate for populations who experience social and health inequities.

Stephanie believes in working laterally with communities by honouring culture and history and challenging systemic and political barriers to health equity. She is passionate about developing sustainable solutions, creating systemic change, and challenging barriers that affect the health of populations that have been made to be vulnerable.

She is a public health professional with a Master of Science in Global Health and specialization in Globalization and Equity. Following the completion of her degree, she worked for nearly two years in the Kiiwetinoong region (northwestern Ontario) in Sioux Lookout, ON where she was a Health Policy Analyst at the Sioux Lookout First Nations Health Authority (SLFNHA). Working alongside 31 First Nations communities, she worked to support the process of the legal recognition of SLFNHA's community-developed public health system: 'Approaches to Community Wellbeing'. Through her work, she gained a wider understanding of the jurisdictional ambiguities and challenges related to the responsibility of First Nations health. Stephanie heard community stories and learned of the history and scope of federal and provincial policies and processes that impact First Nations health in Ontario and Canada.

Stephanie aims to continue providing support as a health equity advocate and for Métis citizens in achieving their priorities and vision for health.

Intergovernmental and International Relations



Bailey Oster
Senior Policy Advisor

Bailey Oster is a Métis woman from Elk Point, AB with roots in the Red River Settlement and St. Paul des Métis. She previously worked as the Director of Youth Programs and Services at the Métis Nation of Alberta, where she focused on developing programs and services that connected youth to their culture, community, and

to each other. She was also elected as Vice-President of New Dawn Métis Women's Society in 2015; through this position, she had the opportunity to author and co-edit the 2021 Non-Fiction Alberta bestseller, *Stories of Métis Women: Tales my Kookum Told Me* which has been featured on the CBC, the Globe and Mail, APTN, Read Alberta and more.

Bailey was also selected as one of Edmonton's Top 40 Under 40 through Edify Magazine in 2022 for her work within her community. She is passionate about enhancing the lives of Métis citizens throughout the Homeland and looks forward to continuing this work through her position with the Métis National Council.

KOKUM'S KITCHEN RECIPES

First Prize Gingerbread
Primiyer Prie di Shezhaan
Courtesy of Helen Logan, Ontario

Ingredients:
-½ cup shortening
-½ tsp. nutmeg
-1 cup brown sugar
-½ tsp. ginger
-2 eggs
-1 tsp. baking powder
-½ cup molasses
-2 cups flour
- ½ tsp. salt
-2/3 cup boiling water
-½ tsp. cinnamon
-1 tsp. baking soda

Instructions:
-Cream the shortening, adding the molasses, salt, nutmeg and cinnamon.
-Pour boiling water over 1 level teaspoon of baking soda and add to the mixture.
-Sift together the flour, baking powder and ginger. Add to the mixture.
-Beat the eggs and add to the mixture.
-Mix well.

Cook at 350 for 10 minutes.

Source: Métis Cookbook and Guide to Healthy Living 2nd Edition



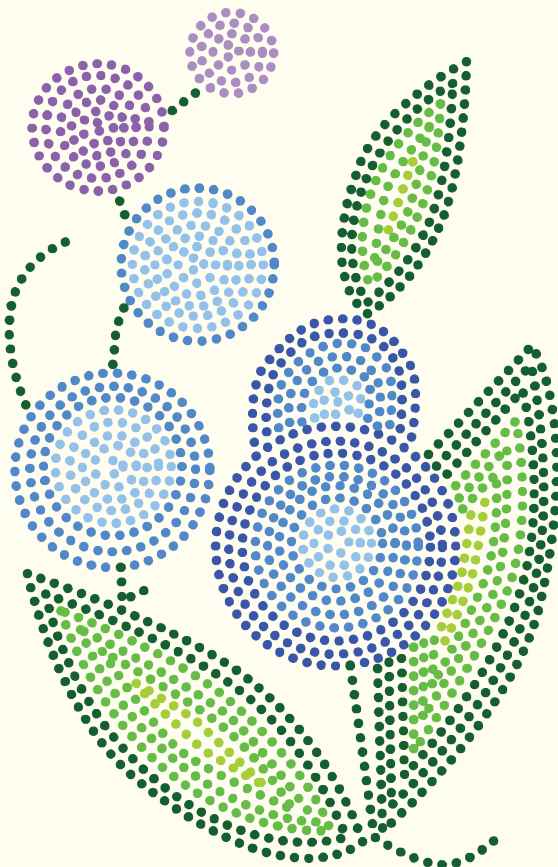
Child and Family Services



Kristina Kopp
Policy Advisor

Kristina is joining us as a Policy Advisor for Child and Family Services. Kristina has been gifted with the spiritual name nohtikwew asiniwaciwiw iskwew (Grandmother Mountain Woman) and is a citizen of the Métis Nation of Alberta. In Northeastern Alberta, Kristina's Métis Ancestors descend from the historic communities of Fort Victoria and Pakan along with the town of Andrew, which is named after one of her Métis Ancestors, the late Andrew Whitford. Some of Kristina's family and relatives are from paskwâwi mostos sâkâhikan – Buffalo Lake Métis Settlement. Kristina's auntie (her late grandfather's sister) is Muriel Stanley Venne who co-founded the Institute for the Advancement of Aboriginal Woman and the Esquao Awards. In 2020, Kristina was honoured as a recipient of an Esquao Award.

Kristina has experience working as a research, policy, and program evaluation consultant within the area of Indigenous child intervention policies and practices. Kristina is currently a PhD Candidate with the University of Calgary, Faculty of Social Work. Throughout her education, Kristina has drawn from Indigenous teachings, knowledge, and wisdom. Kristina strongly advocates for the inclusion of Indigenous language and culture within all aspects of Indigenous research, policy development, and program evaluation. Kristina is beyond excited to join the MNC and celebrate the depth and beauty of Métis culture, community, and identity!



TRADITIONAL PLANTS CORNER

Seneca Root

Seneca Root, known as “la rasinn di koulyv”, has been used by Indigenous people for centuries. It is chewed for sore throats, mouth sores, and can be packed in a tooth cavity for toothaches. Mixed with other herbs, it's made into poultice to relieve pain and prevent infection in cuts. It's also used for heart and blood medicine.



Image source: Métis Museum



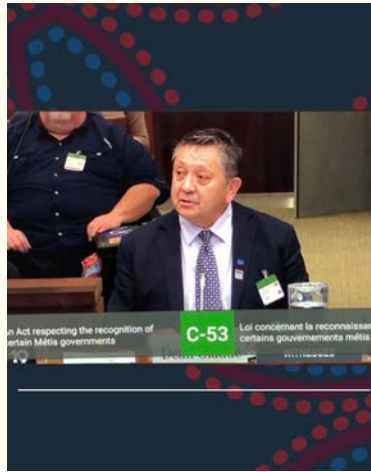
ONE NATION, MANY STORIES

Monthly updates from the Governing Members

MNBC

Dean Gladue, MNBC Region 3 Director, spoke to the Standing Committee on Indigenous and Northern Affairs where he passionately advocated for the passing of BILL C-53, emphasizing it would be a win for Métis across Canada. Additionally, Minister Gladue noted the absence of MNBC in the bill and urged Canada to continue talks with MNBC on a government-to-government level.

Dean shed light on a critical issue—MNBC’s lack of jurisdiction over our children in care, a poignant reminder of the work that still lies ahead. Let’s amplify Dean’s voice for change and stand united for the rights of our community.



On November 3-4, 2023, early learning and childcare professionals gathered in Victoria, BC for the Métis Early Years Conference hosted by MNBC’s Ministry of Education. Video linked below.

https://youtu.be/iqpzX_aU7-4?si=FauyoX8bcGFUwixx

MNA

Askîy Youth Monitor Contest

Spend a week ice fishing & learning from Métis harvesters!

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?*

Open to OMG Youth aged 18-29
Submit to Environment@metis.org by 11:59 p.m. on January 7, 2024

Ice Fishing Camp: Feb. 19-24, 2024

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

Spend a week ice fishing and learning firsthand from Métis harvesters!

The Askîy Youth Monitor Contest will give four new Askîy Youth Guardians aged 18-29 a chance to learn sustainable harvesting practices and scientific methods to monitor fish health at Alberta lakes, Feb. 19-24, 2024. Accommodations and meal expenses will be covered.

To enter, submit a maximum 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 p.m. MDT on January 7, 2024.

To download the contest form and for more details, visit <https://albertametis.com/askiy-youth-monitor-contest>



Do you have any gardening advice you'd like to share with the community?

Take our survey!

Your tips may be featured in our upcoming beginner gardening guide.

Do you have a knack for gardening? Or have learned from a green-thumbed loved one? Take our gardening survey, we'd like to hear from you!

Learning how to garden can be overwhelming, so to help new gardeners get started, our Environment and Climate Change team is producing a beginner's gardening guide.

Share your tips and you may be included in our upcoming gardening guide. If you would like to participate, click here: <https://albertametis.com/GardenGuideSurvey>



The Métis Survivor Sash

The Métis Survivor sash is one of two orange sashes recently created by the Otipemisiwak Métis Survivors Advisory Committee.

This one-of-a-kind Métis orange Survivor sash was created to show Survivors they are supported and loved, and we are very proud of them. It has a hand-sewn patch, which identifies the wearer as a Survivor and can only be presented, not purchased.

The idea came about from the committee's discussions about the need to recognize and validate all Survivors who attended residential, day, and other institutions where our Métis people endured trauma.

During the October 13-15 Land-based Healing Retreat at Métis Crossing, Alberta, President Andrea Sandmaier presented the Survivors with their sashes.



Survivor Angie Crerar said she was excited to receive her sash, which represents her life experience as a strong and loving Métis woman.

The other Métis orange sash is for purchase from [Cree Productions](#) at the Provincial Office and Métis Crossing. Proceeds go to the Survivor healing fund.

Healthcare Excellence Canada Panel Discussion

On December 6, Director of Health, Reagan Bartel, and other panelists will look at how racism and culturally unsafe care affect the safety and quality of care for First Nations, Inuit and Métis people and communities.

Join us to explore strategies and actions for creating culturally safe and equitable care as we take a distinction-based approach to an urgent patient safety issue.

Register for the discussion here: [Patient Safety: Cultural Safety and Anti-Indigenous Racism](#) (healthcareexcellence.ca)

MÉTIS NATIONAL COUNCIL EVENTS

COP28, Dubai UAE, November 30-December 12, 2023

The Métis National Council led its second ever delegation to COP28 in Dubai this December. The gathering is a formal meeting place of the UNFCCC parties, the Conference of Parties (or COP) to assess progress dealing with climate change. The MNC worked to amplify the voices of the Métis Nation and highlighting how the Governing Members and Métis citizens are leading the fight against climate change across the Homeland.

Métis Nation Economic Reconciliation Forum, Richmond, BC February 28-29, 2024

We have ten spots available for Métis artisans to set up trade tables at the Métis Economic Reconciliation Forum in February 2024. This will be a great opportunity to network and showcase your work. If you or someone you know would like to reserve a spot, please contact us by using the email address below.

ecdev@metisnation.ca



Send newsletter enquiries to:
newsletter@metisnation.ca

