

## MESSAGE FROM THE PRESIDENT

### *MESSAGES FROM PRESIDENT CARON*

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What a fantastic National Indigenous History Month!

As you may have seen, our team at the Métis National Council was busy using the opportunity to raise awareness and share just some of the many diverse stories and community members that give the Métis Nation so much beauty.

It's so important that we all take time to recognize, celebrate and uplift the Métis veterans, matriarchs, artists, harvesters and captains of the hunt, entrepreneurs, 2SLGBTQQIA+ kin, Elders, Youth, and all Métis citizens who are helping to build a healthy and prosperous Métis Nation—both for today and for the future.

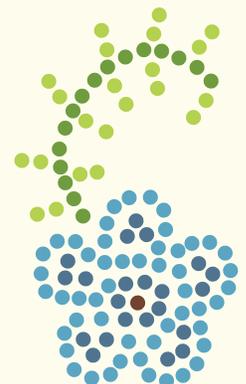
I was incredibly fortunate to spend much of the month out in Métis communities across the Homeland, visiting with Métis citizens and seeing some of the amazing work that's being done first-hand. While there are far too many highlights to include them all, I want to mention on just a few that had a particular impact on me.

While it was only a whirlwind stop, I had a wonderful time at the Georgian Bay Métis Council's Rendezvous in Penetanguishene. It was a particular honour to meet an inspiring eight-year-old citizen, who makes one-of-a-kind beaded keychains and donates all of her proceeds to charities. With young people like her, I know our Nation is in good hands!

On that note, another highlight was attending the MNBC's Métis Youth Parliamentary Forum in Victoria. The event brought together young Métis leaders from across the Homeland, to learn together and build meaningful relationships with one another. It's so encouraging to see our Métis youth gathering and organizing at a national level!

## LATEST NEWS IN THIS ISSUE:

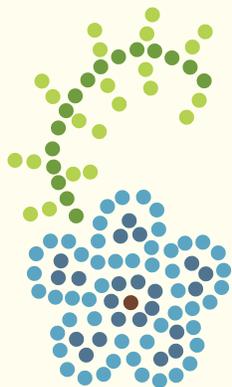
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What's even more encouraging is that I saw many of those same young leaders gathering together once again, just a couple weeks later, at Métis Crossing for the MNA's Métis Fest. Under beautiful sunny skies along the North Saskatchewan River, we all had a joyous day of Métis music, dancing, visiting, eating, laughing and celebrating Métis community and culture. A particular highlight for me was the Visions, Hopes, and Dreams at Métis Crossing Wildlife Tour! Looking ahead to July, there are so many events and opportunities I'm looking forward to...including the 50th annual Back to Batoche Celebration! I hope to see you there!

As a Métis Nation, we must continue to love one another, support each other, celebrate each other and build each other up. Always remember: we can do anything, so long as we do it Together!

Be kind, be safe, and always be proud to be Métis.



**Sheila Howard**



## Moments in History

On June 19, 1816, the Victory at Frog Plain, also known as the Battle of Seven Oaks, was a violent confrontation known to be one of the first incidents that recognized Métis as our own distinct people and was an expression of our sovereign nationhood. In 1891, the Manitoba Historical Society erected a monument at the centre of the battleground and then received recognition in 1920 as a National Historic Site of Canada. On June 19, 2016, the site was officially reopened with new interpretive plaques and was also re-landscaped. This marked the 200th anniversary of the battle.

## NEW HIRES

### Comms Team

**Sheila Howard** - Community Organizer

Sheila is a proud Métis Mom to 4 and Grandma to 4 grandchildren. She was born and raised in Southern Alberta, Métis Nation of Alberta Region 3, and raised her children in Siksika Nation, Alberta. Sheila has dedicated the last 20 years to Indigenous public service and worked for several not-for-profit Indigenous organizations. She is very excited to join the team at the Métis National Council as the Community Organizer and is so pleased to have the opportunity to serve her community.

## Environmental Policy Team

### Dane de Souza



Dane de Souza is a proud member of the Métis Nation of Alberta and the new Climate Change and Emergency Management Policy Advisor for the MNC. Dane began his emergency management career as a Helitack Wildland Firefighter based out of Rocky Mountain House, AB for a total of 6 seasons. Dane graduated in 2019 from UBC's Masters of International Forestry program where he focused his energies on studying the impacts of climate change on wildfires, Indigenous communities and international networks designed to aid those most impacted by climate change. Dane is currently embarking on a path to better serve the Metis community as it copes with challenges exacerbated by the impacts of climate change. Through this work Dane hopes to further Truth and Reconciliation via climate adaptation founded upon the unique connection between Métis peoples and the land, as well as providing a voice to the concerns of Métis communities impacted by climate change.



Kelsey Scarfone

### Kelsey Scarfone -

Conservation Policy Advisor  
Kelsey grew up surrounded by nature in Northern Ontario and her love for the outdoors inspired her to pursue a career in environmental advocacy. Kelsey holds a Masters degree in Sustainability Science and has experience advocating for stronger policies for the conservation and restoration of nature, the human right to water, and environmental justice. She also holds a Bachelor Degree in Environmental Studies and joins MNC following seven years of working in the environmental charity sector. Kelsey is passionate about projects that build capacity, inspire change, and advance reconciliation.



Carolyn Gibson

**Carolyn Gibson** - Natural Resource and Economic Development Policy Advisor  
Carolyn has a PhD in Biology where she did community-based research projects in the North focused on community adaptation in a changing climate. Carolyn joins the environment team with a background working in collaborative stewardship with Indigenous communities within the major resource project sector including forestry, mining, and marine conservation. Carolyn is passionate about ensuring that natural resource development benefits Indigenous peoples and is done in partnerships that respect rights and advance socio- economic wellbeing for communities.



# TRADITIONAL PLANTS CORNER



## ONE NATION. MANY STORIES.

*BI-WEEKLY UPDATE FROM THE GOVERNING MEMBERS*

### *MN-S*

Excitement builds as we head into July. Métis Nation–Saskatchewan (MN–S) has set the stage for the 50th Anniversary of Back to Batoche Days, July 21 – 24. There’s something for everyone: a great line-up of main stage entertainment, chuckwagon races, the Elders Lodge, artisan market, slo-pitch, fiddle, jig and square-dancing competitions, and much more. We look forward to welcoming people from across the homeland for the largest celebration of Métis culture and history. Keep up on festival details at [backtobatochedays.ca](http://backtobatochedays.ca).



### Fireweed (Ithkapaskwa)

Fireweed is a tall showy pink wildflower that grows in many parts of Canada and thrives in open meadows, along streams, roadsides, and forest edges.

Did you know that our Metis ancestors discovered the many incredible gifts at each stage of life of the Fireweed plant?

Some of these gifts include:

- ∞ Fireweed root that is boiled and pounded will draw out infection from the skin.
- ∞ Fireweed leaves can help heal bruising.
- ∞ Fireweed is an antiseptic and fireweed tea will clean wounds and reduce swelling.
- ∞ Fireweed has anti-inflammatory, analgesic (relieves pain) and has antidiarrheal properties.
- ∞ The whole Fireweed plant is used to make tea that kills internal parasites like worms.
- ∞ The mature stem of fireweed can be smoked instead of tobacco.
- ∞ The young shoots and tops can be eaten to clean and build blood.
- ∞ Fireweed tea can help treat diaper rash.



### *MNBC*

Métis Youth recount their experience at the 2022 Métis Youth Parliamentary Forum. Youth from across Canada came together in Victoria, BC for a unique experience where they had a chance to discuss how they envision the future of the Métis Nation.

[2022 Métis Youth Parliamentary Forum](#)





## MNA

Looking for your dream job? It may have just found you!

The Métis Nation of Alberta is hiring for a variety of roles.

If the idea of working for a fast-paced Indigenous organization on the cusp of making history sounds good to you, check out the open positions:

<https://www.vscerberhosting3.com/metis/>

## MNO

**29th Annual General Assembly of the Métis Nation of Ontario  
August 19-21, 2022 • Toronto, ON**

Every year, Métis Nation of Ontario (MNO) citizens and leadership from Métis communities across Ontario gather to make their voices heard, review the successes of the past year, and set a course for the coming year.

For the past two years, the AGA was held virtually to ensure the safety and wellbeing of MNO citizens, families, and communities during the COVID-19 pandemic. This year we are gathering again with friends, family and colleagues from across Ontario — in person!



The venue for the AGA will be the Intercontinental Hotel, located at 225 Front St W in Toronto steps away from downtown attractions.



# KOKUM'S KITCHEN RECIPES

## Capared Dandelion Buds

- 2 - 4 dandelion buds
- 2 cups water
- 0.5 cup white vinegar
- 1 bay leaf
- 0.25 tsp whole black peppercorns
- 0.25 tsp whole coriander seeds
- 0.25 tsp dried garlic flakes or powder
- 0.5 tsp salt
- 0.5 tsp sugar

1. Combine water, vinegar, spices, sugar and salt in a pot and simmer for 15 minutes stirring occasionally until the sugar and salt has fully dissolved. Strain once it has simmered and return the brine to the pot to keep it warm until used.

2. Pack dandelion buds into a clean, sterile jar. Pour brine on top until it reaches 1 inch from the top of the jar.

*Fresh Eating:* You can store in the fridge for up to 3 weeks, however, be sure to let the capers sit for a couple of days before eating.

*Canned:* Once you have filled the jar 1 inch from the rim, wipe the rim with a damp cloth and cover with a lid and ring. Process in a hot water bath canner for 10 minutes. Adjust the time for your altitude. Remove from the canner and cool on a towel with space between jars. Once the jar has sealed, label and store in a dark place.





As per MNO tradition, prior to the start of the AGA, delegates will gather to cheer on the arrival of MNO leadership, special guests and other dignitaries via canoe. This year, the canoes arrive on the evening of Thursday, August 18 at Toronto Island Park at 6PM where there will also be a community BBQ and an outdoor “Kitchen Party” with live music. Stay tuned for more details on the President’s Welcome and Canoe Arrival festivities.

### *MNC Updates*

UNFCCC meeting in Bonn:

MNC was represented by the Director of Environment and Climate Change, Erin Myers, at this year’s UNFCCC preparatory meetings in Bonn, Germany. These sessions are critical in paving the way forward for the UNFCCC COP 27 happening in late fall 2022. MNC’s role at these meetings is to support the Local Communities and Indigenous Peoples Platform (LCIPP) as well as support the International Indigenous Peoples Forum on Climate Change (IIPFCC). MNC also supports Canada to ensure that Indigenous Rights as well as the advancement of Indigenous climate leadership is supported throughout the negotiations. MNC was quite busy as it co-lead the writing of the Indigenous People’s Opening Statement as well as the advocacy paper on Loss and Damage. MNC also presented on an international panel discussing the important work that the Métis Nation is leading to address climate challenges.

MNC also had the opportunity to complete a UN course on UNFCCC Negotiations Skills and Technical training which was offered for women delegates.

In the picture, MNC met with Patricia Espinosa Cantellano of Mexico, Executive Secretary of the UNFCCC. Mrs. Espinosa has been an excellent supporter of Indigenous Peoples throughout her term, and the IIPFCC had a nice opportunity to wish her well on her next adventure.

The Métis Nation-Canada Joint Table on Clean Growth and Climate Change was held in Ottawa from May 25-26, and was well attended by Governing Members from across the Métis homeland including Les Femmes Michif Otipemisiwak (LFMO). The Gathering was opened and closed in a good way by Elder Westlake. The intention of the Table was to reimagine the format and structure of the joint table to be more outcomes oriented and to create a work plan to achieve short, medium and long-term goals.





Governing Members met with Government of Canada representatives from Environment and Climate Change Canada (ECCC), Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC), and Natural Resources Canada (NRCAN). The 6th meeting of the Joint Table saw lively discussions based around the direction of the table, Métis Climate Leadership, the National Adaptation Strategy, Canada's Emission Reduction Plan, and the Low Carbon Economy Fund. This most recent gathering of the Joint Table provided the first in-person meeting of the table since the start of the COVID-19 pandemic, a welcome change that allowed for frank discussion, relationship building and the ironing out of zoom habits formulated over the past 2 years. The MNC welcomed its newest members of the environment team at the Joint Table, enabling the new team members to garner a comprehensive lay of the land as well as an opportunity to meet many of the people they will be working with in the days to come.

Sharon Morin of LFMO provided an interactive lesson in history and relationship building via a finger-weaving lesson in which Métis and federal representatives helped each other in creating their own finger-woven mini-sashes. With the Joint Table adjourned, both Métis and federal representatives went their separate ways with a better understanding of each other's perspectives and further clarity on bilaterally achieving climate goals.



Send newsletter enquiries to:  
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