

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone,

The month of June was National Indigenous History Month, we celebrated Solstice, and National Indigenous Peoples Day. June was a month to share our many stories of the Métis Nation, celebrate our Métis culture, traditions, art, and pride, reflect on our past, and celebrate our progress. While we take every opportunity to do just that all throughout the year, the month of June provided many opportunities and platforms to share with Canadians the richness of the Métis Nation and to spend time with one another. It is crucial that we continue to be loud and proud of who we are as a Nation and to continue teaching the younger generations our traditions and culture, so they live on forever.

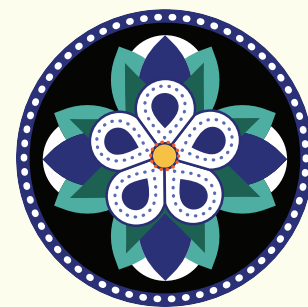
This month saw the celebration of many of our Métis artists. As Louis Riel once said, “My people will sleep 100 years, but when they awake, it will be the artists who give them their spirit back.” Métis artists are keeping the spirit of the Métis Nation alive and well today in both historical and contemporary ways, and they deserve to be celebrated.

Earlier this month, we celebrated Métis playwright, co-creator, performer, and elected official of the Otipemisiwak Métis Government, Tai Amy Grauman as she took her production, “You Used to Call Me Marie,” to the National stage. To have a nationally celebrated production at the National Arts Centre in Ottawa, provided an incredible opportunity to share important stories of Métis women throughout history.

Another cause for celebration was, of course, the Canada Post unveiling of a stamp in honour of Métis artist, Christi Belcourt. Christi is an incredibly talented artist who continues to use her art to advocate for the protection of land and water and to support Indigenous knowledge, culture, and language. Christi honours our traditional Métis

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floral beadwork style in her creations which makes us think of our connection to Mother Earth and our ancestors, And now, all Canadians have the opportunity to – if they haven't already been exposed to her work – meet someone who has worked hard to keep our beautiful culture alive and flourishing. This month, Christi was also appointed to the Order of Canada for her incredible contributions to this Nation. Congratulations Christi.

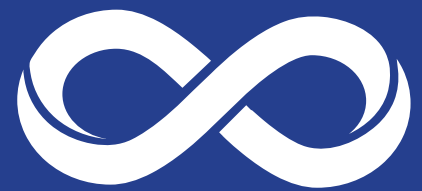
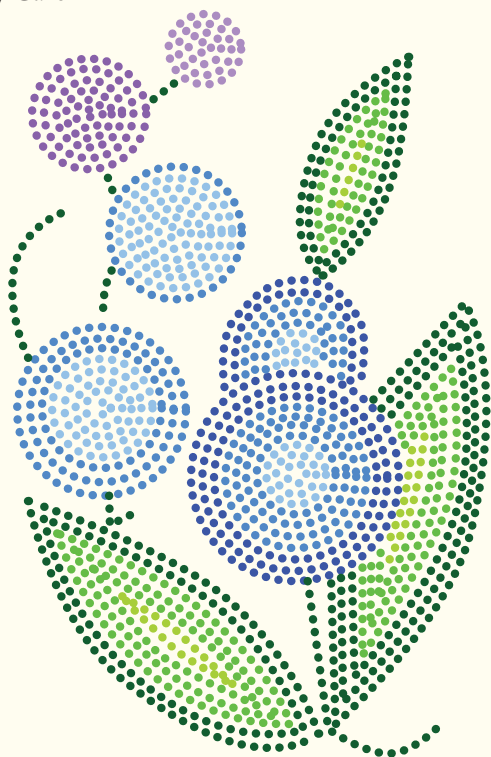
On June 21st, National Indigenous Peoples Day, we collaborated on hosting the grand opening of 100 Wellington with Inuit Tapiriit Kanatami. This space is now officially open to the public in Ottawa providing an opportunity for visitors to Ottawa to learn more about Métis, Inuit, and First Nations history and culture. If you find yourself in Ottawa this summer, take some time to drop by 100 Wellington, we are open Wednesday to Saturday from 10am-6pm this summer.

National Indigenous Peoples Day was also the perfect day to celebrate the progress our Métis Governments are making on many fronts. I had the opportunity to attend the ribbon-cutting ceremony for the Otipemisiwak Métis Government's Salay Prayzaan Solar Project at Métis Crossing. This 4.86-megawatt solar farm is named "gift from the sun" in Michif and symbolizes the Métis people's deep respect and appreciation for nature. Following the ribbon cutting, the Otipemisiwak Métis Government hosted another successful Métis Fest at Métis Crossing – it was wonderful to visit with Métis citizens and spend the weekend celebrating Métis culture, music, language and history,

While June saw dedicated opportunities to celebrate the Métis Nation, we do so throughout the year. Of course I am looking forward to July because many of us will be gathering at Back to Batoche in Saskatchewan to celebrate and honour being Métis with music, food, art, dancing, and community.

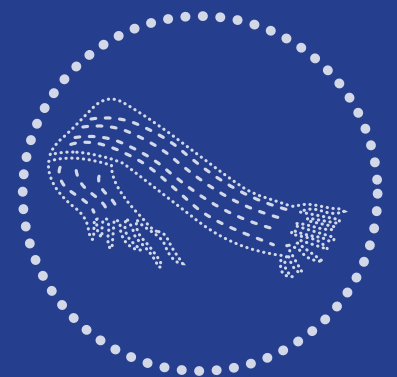
I hope you all enjoy the first full month of summer with family and friends outdoors!

Sincerely,
President Cassidy Caron



MOMENTS IN HISTORY

July 20, 1885: Louis Riel's trial for treason begins. During the trial, Riel outlines the undemocratic treatment of the Métis, defends his sanity, and explains his vision for the country.





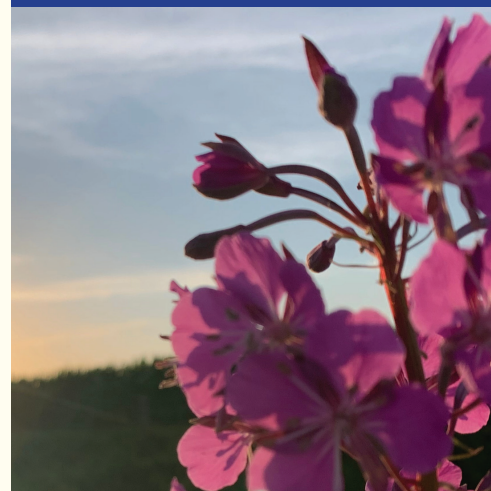
TRADITIONAL PLANTS CORNER

Fireweed

Fireweed is a widely used plant among Indigenous people. Its anti-inflammatory properties aid in the treatment of colds, tonsillitis, yeast infections, diarrhea, cramps, hemorrhoids, and other digestive tract complaints by arresting and diminishing excess mucus production and accumulation. Fireweed's antiseptic compounds inhibit bacterial growth, and it is useful in eliminating intestinal worms. It is also reported to be a pain killer and is used externally in the treatment of eczema. The root has been used to prevent wounds from becoming infected. Poultices of barked, macerated roots are applied to boils, abscesses or wounds to draw out infection. Poultices made of leaves are applied to bruises.

An edible plant, fireweed is rich in beta-carotene and Vitamins A and C. Fireweed greens can be eaten either cooked or eaten raw along with the flowers.

Children also pulled flowers off the stem to suck out the nectar. Sometimes called "wild asparagus," the young shoots can be peeled and steamed. The leaves can also be made into a tea that calms nerves. The stems can also be smoked as a tobacco substitute.



Back to Batche

OUR MOMENT TO RISE JULY 18-21, 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



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MÉTIS
NATIONAL COUNCIL

Send newsletter
enquiries to:
newsletter@metisnation.ca

KOKUM'S KITCHEN RECIPES

Fresh Summer Macaroni Salad Itii Fray Makroonii Salaad

Ingredients:

- 2/3 cups low fat sour cream
- 1/3 cup light mayonnaise
- 2 tbsp fresh parsley
- 2 tbsp pickle relish
- 2 tbsp spicy mustard
- 4 cups cooked whole wheat macaroni
- 2/3 cup chopped green onions
- 1 cup frozen peas
- 2/3 cup diced light marble cheese
- 1/2 cup diced carrot
- 1/2 cup green pepper
- 1/2 cup diced celery
- 1/2 cup diced lean ham

Instructions:

- Combine the first 5 ingredients in a large bowl.
- Add macaroni and remaining ingredients.
- Coat with dressing.
- Keep chilled before serving.

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



Kids Corner

July

Paskowipîsim

Northern Michif

Jooyet

Southern Michif

Juiyett

French Michif

Fireweed

English

Wîposkâwiwâpikwanîs

Northern Michif

Eñ narbaazh di feu

Southern Michif

Bouquets rouge

French Michif

