

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone,

As May begins, I extend my warm greetings to every one of you. Reflecting on the accomplishments of April fills me with pride as we witnessed significant achievements and steps forward for the Métis National Council and the Nation as a whole. Our unwavering commitment remains the same, to serve and support all our Governing Members as they tirelessly work to enhance the lives of citizens across our Homeland.

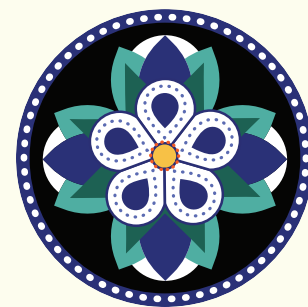
We started the month off strong with our Youth Climate Summit on Climate Change where we had just over 100 Métis youth engage and participate in important discussions surrounding climate change, emergency management, nature stewardship, and clean energy. Climate change affects everything and all of us in different ways and it is critically important to have youth lead these discussions and participate in climate action and leadership. We also got to see some incredible art from very talented youth across the Homeland who entered the Climate Action Art contest.

I met with the Prime Minister of Canada, Justin Trudeau, to engage in a nation-to-nation dialogue on Métis priorities before the release of Budget 2024. My goal was to focus on key priorities to benefit the Métis Nation and ways to continue advancing our priorities to support the inherent right of Métis self-government. Some of the priorities that were discussed included health, education, emergency management, and economic development. We also discussed the full recognition and implementation of the Métis Nation's inherent rights. This is a critical time in history for the Métis Nation as we push for Métis self-government and fulfill the goals of our ancestors. We have worked hard over the last two years as a team transparently, with accountability, and in good faith to make progress for Métis communities and for the Métis Nation.

Budget 2024 was released this month, and it is a step in the right direction to supporting the needs and priorities of the Métis Nation. This budget invests in economic reconciliation by investing in the Métis Capital Corporations, housing, and infrastructure, positive

LATEST NEWS IN THIS ISSUE:

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- ∞ ONE NATION. MANY STORIES.



investments into the ongoing implementation of an act respecting First Nations, Métis and Inuit children and families, research, and food security. The Métis National Council put forward a strong budget proposal to support health and emergency management, however, this budget failed to invest in those areas. The MNC will continue to work collaboratively with our Governing Members and the Government of Canada through our permanent bilateral mechanism to advocate for all of the Métis Nations' priorities, so they receive the attention and funding that they deserve.

Later in the month of April, a delegation of Métis leaders and I attended the 23rd session of the United Nations Permanent Forum on Indigenous Issues (UNPFII). The theme this year was "Enhancing Indigenous Peoples' Right to Self-determination in the Context of the United Nations Declaration on the Rights of Indigenous Peoples: emphasizing the voices of Indigenous Youth." The MNC also supported a youth delegation to attend and participate in the UNPFII. It is critical to support youth voices in all levels of decision-making and to provide them with the opportunities to learn about all processes and fora in which we engage.

I want to extend my appreciation to all citizens of the Métis Nation. Your dedication, resilience and commitment to our shared values continue to inspire us all. I am confident that we will build a brighter future together for future generations to come. Wishing you all continued success and prosperity.

-President Cassidy Caron



New Hires

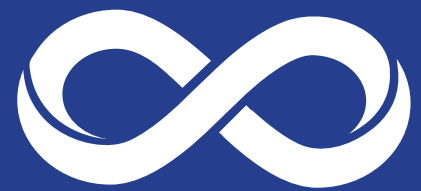
Alyssa Buttineau - Policy Advisor Legislative Affairs



Alyssa Buttineau joins the Metis National Council as Policy Advisor of Legislative Affairs, bringing a strong commitment to Indigenous rights and recognition. Descended from the Drummond Island Voyagers, as a citizen of the Metis Nation of Ontario, Alyssa advocates passionately for her community's interests.

Alyssa holds a double bachelor's degree in political science and criminology, complemented by a Juris Doctor specializing in Indigenous and Aboriginal law. Her academic background and previous work at First Peoples Law fuels her dedication to indigenous advocacy and social justice.

Outside of work, Alyssa enjoys getting out on the land for hikes with her two dogs and practicing traditional Metis finger-weaving and beadwork, actively preserving and celebrating her cultural heritage.

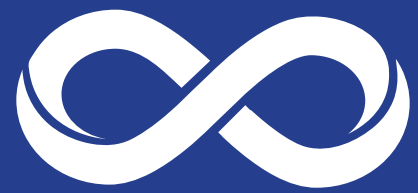


MOMENTS IN HISTORY

May 9-12, 1885: The Métis fight the Canadian Army at Batoche. On May 12, the Métis, tired and out of ammunition, valiantly succumb to a hasty charge by the Canadian Army. Many Métis homes are pillaged and burned, and many Métis women and children hide in caves along the riverbank to avoid capture. Gabriel Dumont escapes to the United States. Louis Riel surrenders three days after the battle.

Source: Gabriel Dumont Institute





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.

Victoria Pruden – Senior Director of Strategic Policy



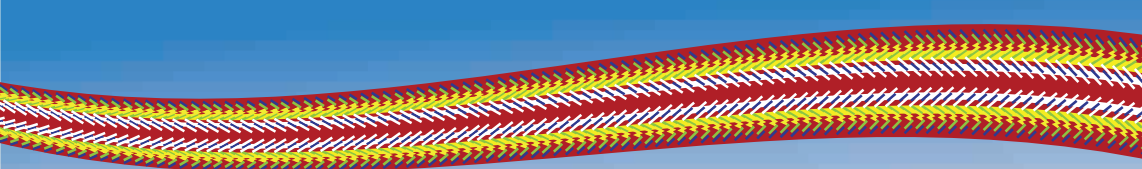
Victoria Pruden is excited to join the team at the Métis National Council as the new Senior Director of Strategic Policy. Victoria is a seventh-generation Métis woman, who spent her childhood and teenage years in St. Albert, Alberta, Swift Current, and Regina, Saskatchewan. She is a proud citizen of the Métis Nation British Columbia, having relocated to Lekwungen territory on Vancouver Island in 1997. Victoria brings with her many years of experience in the Métis Nation, as both a technician and an elected leader. She is the former President of the Métis Nation Greater Victoria, the former elected Women's Chairperson

of the Métis Women of British Columbia, and MNBC's Minister for Women. She also worked as a Director at MNBC leading various portfolios during her tenure including Women, Elders, Veterans, and Children and Families. Victoria most recently worked in support of Métis Women and 2SLGBTQIA+ Métis with LFMO. She is delighted to join the Métis National Council team supporting the work of our Métis governments, communities, and citizens.

Victoria has a passion for trauma-informed practice, having worked with Bridges for Women Society in Victoria, BC for 15 years, including 7 years as their Executive Director. She has developed many Métis focused trauma-informed training and workshops, including "Kisewatisiwin: exploring Lateral Kindness" which she has facilitated across Canada. Victoria has been a professional facilitator of workshops and trainings, conferences, and events for over two decades. She has facilitated in a variety of community, post-secondary education, and governance settings in Métis, First Nations, and non-Indigenous communities and organizations. Victoria started her career in business and is still keenly interested in entrepreneurship and economic development. She graduated from the Business Administration program at Capilano University and is a former Indigenous Personal and Commercial lender having worked for TD Canada Trust and the Bank of Montreal. She was named the Woman of Distinction in Business in 2017 by the British Columbia Native Women's Association while serving as Executive Director at Bridges for Women.

She is a proud mom of Kwen Pruden Ladret (Victoria, BC), proud kokum of Miles Ladret Kew (Vancouver, BC), and daughter of George Pruden (Cochin, SK) and Myrtle Pruden (Hanna, AB). She enjoys travel, working with elders and knowledge keepers, learning Michif, and spending time with family and friends. She looks forward to applying her diverse experience with the Métis Nation in her new role at the Métis National Council.





TRADITIONAL PLANTS CORNER



ONE NATION, MANY STORIES

Monthly updates from the Governing Members

Métis Nation of British Columbia

The Amelia Douglas Institute (ADI) is now officially open, heralding a vibrant hub for Métis culture and language. Immerse yourself in interactive exhibits, marvel at artwork by talented Métis artists, and discover our rich history through historical artifacts. Named in honour of Amelia Douglas, this institute embodies MNBC's unwavering commitment to preserving and sharing our heritage.

The grand opening welcomed esteemed guests including Michael Gabriel and Allie Keitland representing Kwantlen First Nation, along with Elder Norman Fleury, Parliamentary Secretariat Randeep Sarai, Minister of Forests Bruce Ralston, Councillor Linda Annis, President Cassidy Caron, and Minister Patrick Harriott.

The lively beats of jiggging filled the air, adding to the festive atmosphere, while guided tours offered a glimpse into the captivating world within the institute's walls.

Ready to explore? Book your visit online for an unforgettable experience! Admission is complimentary for Métis citizens, with a suggested \$5 donation for general visitors. Join us in celebrating and learning together!

And if you haven't already, be sure to follow The Amelia Douglas Institute for Métis Culture and Language on social media!



Pennycress

Larb a palet – Southern Michif

Kâ-wihcîki-macipakwahk – Northern Michif

Medical Uses: Anti-fungal, anti-inflammatory, depurative, diaphoretic, expectorant, febrifuge, and tonic

Young leaves are edible. They can be eaten raw or cooked, and are somewhat bitter. According to Montana Plant Life website, pennycress's "dried leaves reportedly contain 54% protein and 1900mg of Vitamin C per 100g. Pepper can be made from its dried and crushed seed pods.

The leaf tea or the fresh plant was traditionally used to cure poison ivy rash, and was also used internally for scurvy. The seedpods in its tea are said to be a general tonic good for the stomach, which also kills intestinal worms. Widely used in Asia, pennycress treats acute appendicitis. It is also recorded as having anti-fungal and antibacterial properties effective against staphylococci and streptococci.

Source: *Medicines To Help Us* – Christi Belcourt



KOKUM'S KITCHEN RECIPES

Gourmet Wild Rice Casserole
Li Rii Faroosh Kasarool
Gormaa

Ingredients:

1 cup wild rice (unsoaked)
¼ tsp. salt
3 cups boiling water
½ lb. mushrooms, sliced
½ cup chopped onion
½ cup butter
1 cup grated old cheddar cheese
1 x 19 oz. can tomatoes
1 tsp. salt
1 cup hot water

Instructions:

- Follow the “quick-soak” method to prepare the wild rice for cooking.
 - Cook rice (covered) in boiling, salted water until nearly tender, about 30 minutes.
 - Drain rice if necessary.
 - Sauté mushrooms and onions in butter, for about 5 minutes.
 - Mix rice with all ingredients.
 - Place in buttered 2-quart casserole.
- Makes
or 6–8 servings.

Source: Métis Cookbook and
Guide to Healthy Living - Recipe
Courtesy of Thomas A. Logan



Métis Nation
of Ontario



In the heart of Fort St. John, amidst the hustle and bustle of city life, resides Charlene, a proud Métis citizen who found her haven at Crosstown Apartments. With its recent acquisition by MNBC, Crosstown has become more than just a place to live; it's a sanctuary where Métis citizens like Charlene can find secure housing in the Northeast.

Read more about Charlene's story here: <https://www.mnbc.ca/.../crosstown-apartments-interview...>

Learn more about the Crosstown Apartments: <https://www.mnbc.ca/.../fort-st-john-crosstown-apartment...>

Connect with our Ministry of Housing and Homelessness: <https://www.mnbc.ca/work.../ministries/housing-homelessness>



Métis Nation – Saskatchewan

Award-winning documentary screened in community of origin

Indigenous Geographic, with the support of Métis Nation–Saskatchewan (MN–S), is bringing its award-winning documentary short, ‘Waiting for Justice’ to the community where the story began – Île-à-la-Crosse on May 6. Residents will also have an opportunity to speak to MN–S and the legal team calling for justice on behalf of the Survivors. This is the first of several screenings of ‘Waiting for Justice’ in Canada. Watch the documentary and find out how you can help at <https://www.united4survivors.ca/>

∞ YOU ARE INVITED TO A ∞
SPECIAL SCREENING

ÎLE-À-LA-CROSSE
RESIDENTIAL SCHOOL SURVIVORS

NEVER FORGOTTEN

WAITING FOR JUSTICE
A FILM BY INDIGENOUS GEOGRAPHIC
Best Short Documentary at the Toronto Short Film Festival;
2024 Best History Film at the Toronto Documentary Festival

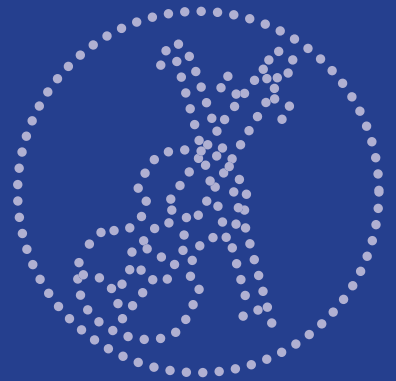
May 6, 2024 at 5:00 PM
Île-à-la-Crosse
Rossignol High School
Presented By: Île-à-la-Crosse Survivors
Committee and Indigenous Geographic
(supported by Métis Nation–Saskatchewan)

Please join us for an evening celebrating 50 years of the Île-à-la-Crosse School Division and 50 years since the closing of the Île-à-la-Crosse Boarding School. After the celebration program we will screen the award-winning film, and an informal question period and panel will be held featuring MN-S Vice President Michelle LeClair, Survivors, and legal representative, John Phillips (attending virtually). An update on the Île-à-la-Crosse Class Action Lawsuit will be provided with mental health supports on site. Refreshments will be served, and attendees are invited to stay following the panel for conversation, card games, and socializing.



MN-S hosts first Métis environmental conference in Saskatoon

Métis people are stewards of the land with generations of traditional knowledge and insights into best practices and conservation methods. At a time when we see the effects of climate change on our world, MN-S is proud to bring citizens together for “Wesaketewenowuk: A Conference on Métis Environmental Leadership”. The gathering is in Saskatoon this June 8 and 9. Be a part of the conversation to develop Métis-led solutions that respect our land. Registration is open until May 17 at <https://metisenvironmentconference.eventbrite.ca>.



RALLIEMENT NATIONAL DES
MÉTIS
NATIONAL COUNCIL

**Send newsletter
enquiries to:**
newsletter@metisnation.ca



Métis Nation
of Ontario

MAY

English

Ohpahôwipîsim

Northern Michif

Mii

Southern Michif

Mai

French Michif

Goose

English

Niska

Northern Michif

Zway

Southern Michif

Otard

French Michif

