

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone,

I hope everyone had a restful summer and a smooth transition back to school. As we move into September, I'm pleased to share key updates on the MNC's ongoing efforts to uplift and advocate for the Métis Nation.

This late summer and early fall had a strong focus on the work that we continue to do in the area of environment, climate change, and emergency management. The MNC works to ensure that the voices of the Métis Nation are integrated into decisions being made in these spaces for the betterment of all.

Recently, I had the opportunity to speak at the meeting of the Canadian Council of Fisheries and Aquaculture Ministers where I highlighted the important work that our Métis Governments and citizens are doing for the health of the waters and fish across the Métis Homeland. Our Métis Governments are working with Métis citizens who hold knowledge about the lakes and rivers they and their families fished for generations. In each province, there must be an ethical space for the co-management of fisheries, one where Métis science and knowledge are used to help steward the fish, fish habitat, and other species that hold a relationship with that habitat. MNC continues to encourage governments to break down the silos across jurisdictions and take a more holistic approach to fisheries management: to not only look at the fish, but consider the water they live in, the other species such as insects and plants in the water, the land in the watershed, and the quality of the air. All these elements are related and must be considered as a whole. This becomes even more necessary as we deal with climate change and biodiversity loss.

Furthermore, just last week the MNC co-hosted meetings of the Goose Moon and Strawberry Moon table. We are proud to have launched the Goose Moon Annual Progress Report in collaboration with Environment Canada. You can visit our website under what we do, environment, and climate change to view the full PDF report.

LATEST NEWS IN THIS ISSUE:

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



The MNC's unwavering commitment remains the same: the Métis way to serve and support all our Métis Governments with honesty, integrity, and transparency. On August 30th, the Board of Governors of the Métis National Council, comprised of the presidents of the MNBC, MNA, MN-S, and MNO, unanimously passed a resolution to postpone the MNC General Assembly and Election. As per the MNC Bylaws, the Board is responsible for calling an annual meeting of the MNC General Assembly. The Board has determined that it would be in the best interests of the MNC to postpone these meetings until such time as the report of the MNC Expert Panel is available. In a recent update from the MNC Expert Panel, it was confirmed that the final report will be delivered to the Board of Governors on October 15th, 2024.

Therefore, the MNC Board all voted to postpone and reschedule the Assembly and Election to a date following the delivery of the report, but to be held no later than November 14, 2024.

As you are aware, earlier this year, I made the decision and announced that I would not be seeking re-election as President of the Métis National Council. A copy of my public statement from May 2024 is available [here](#).

As I explained in my public statement, I am extremely proud that by working—together—we have been able to rebuild the credibility, transparency, and accountability of the MNC as the national advocacy body for the Métis Nation at the national and international levels.

Consistent with our shared commitment to strengthening the MNC and leaving it in a stronger position than we found it, I recently wrote to the Board of Governors to confirm that, regardless of the postponed Assembly and Election, the official end of my term of office will remain September 30, 2024, which is three years after I was elected on September 30, 2021.

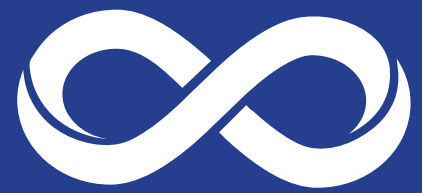
I have done this because the MNC Bylaws lack clarity as to whether the office of MNC President will automatically vacate upon the end of my term on that date, absent an election being held before such date. Over the last year, a committee of elected Métis representatives have been working hard to adjust and modify the MNC Bylaws to ensure the MNC works for the Métis Governments we serve, and to correct ambiguous clauses that have been relied on in the past to undermine the MNC and the Board of Governors. These changes are forthcoming at the next MNC Assembly. However, until then, in order to avoid any such ambiguity, I confirm that I will be abiding by our current bylaws that stipulate my term will come to an end on September 30th, 2024.

In the interim, the MNC Board of Governors can exercise its discretionary powers under the MNC Bylaws to appoint an existing MNC employee to assume duties to ensure the MNC's operations will not be impeded or frustrated in any way prior to the next MNC General Assembly where a new MNC President will be elected.

Once again, it has been the honour of a lifetime to serve as MNC President over the last three years in service to the Métis Nation. I am proud to have fulfilled my mandate and completed my term of office with integrity, responsibility, accountability, and transparency.

Thank you for your trust, support, and unwavering commitment to our shared vision. The future of the Métis Nation is bright, and together, we can achieve even greater things.

Sincerely,
President Cassidy Caron



MOMENTS IN HISTORY

September 19, 2003: In *R. v. Powley*, the Supreme Court of Canada declares that the Métis appellants, Steve and Rod Powley, have an Indigenous right to hunt through s. 32 of the Constitution. Through ancestry and community “tests” this right can apply to any Métis living in the Métis Homeland if the Métis appellant can demonstrate a connection to a historic Métis community. The case will impact Métis case law across Canada. The case has its origins in 1993 when Steve and Roddy Powley killed a bull moose just outside Sault Ste. Marie, Ontario, and tagged their catch with a Métis card and a note that read “harvesting my meat for winter.” One week later, the Powleys were charged by conservation officers for hunting moose without a license and unlawful possession of moose contrary to Ontario's *Game and Fish Act*.



New Hires

Lauren Petersen (she/her) – Senior Policy Advisor, Education



Lauren Petersen is a Two-Spirit Métis woman with maternal roots that run deep in the Red River, descending from the Gagne, Ducharme, Gladue, Laframboise, Richot, Blondeau, Bedard, Berriault, Trottier, Hughes and Ross families. Her grandmother Rose Gagne was born in the historic Métis community of Ste. Rita, MB. Her ancestors lived in St. Anne de Chenes, Fort Carlton, St. Boniface, St. Vital, Cross Lake, Fort Augustus, and St. Francis Xavier prior to taking scrip.

Lauren is a proud citizen of Métis Nation British Columbia, and a member of Surrey Delta Métis Association. She holds a Bachelor of Arts in Humanities, a Graduate Diploma in Cultural Resource Management, and a Masters of Education in Educational Leadership from the University of Victoria. She also holds a certificate in Teaching English from the University of Cambridge. Her research focuses on Indigenous leadership, anti-racism, power, privilege, and Métis pedagogy and governance.

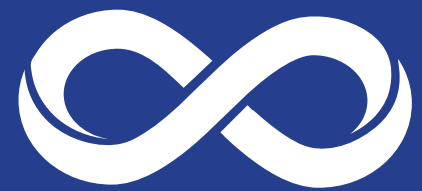
Lauren has held various roles within the K-12 and post-secondary education systems in British Columbia over the last decade, most recently serving as Manager, K-12 Education for MNBC. She has taught English in both South Korea and Vietnam, and is currently a member of the Indigenous Studies Faculty at Kwantlen Polytechnic University. Outside of work Lauren is passionate about travel, music, Michif language reclamation, art, reading, animal rescue, and spending time with her family.

Claudia Vergara Rojas - Budget Officer

Claudia is excited to join the Métis National Council as Budget Officer, bringing her extensive experience in financial management to the team. She has a strong background in optimizing operational efficiencies and enhancing transparency through detailed financial reporting. Claudia takes pride in supporting her team to achieve financial accuracy and success through training, clear communication, and an enthusiastic mindset.



Claudia cherishes her time with her two grown children who live in the US, visiting them as often as possible. When she's not busy with work, you can find Claudia engaged in her hobbies—charcoal art, writing, yoga—or enjoying walks with her Papillon, Sophie, in beautiful downtown Ottawa. These activities help her maintain a balanced and thoughtful approach to both her work and personal life.



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.



KOKUM'S KITCHEN RECIPES

Hamburger Soup La Sup di Burger

Courtesy of Senator Earl
Scofield, Ontario

Ingredients:

1 tbsp. butter
1 lb. ground beef
3 small onions, chopped
1 - 16 oz can diced tomatoes
Salt & pepper to taste
6 cups water
3 large carrots, sliced
3 celery stalks, diced
3 medium potatoes, diced
½ cup macaroni

Instructions:

- Melt butter in a saucepan, adding ground beef and cooking slightly.
- Add onions, tomatoes, salt, pepper and water. Bring to a boil, cover and simmer for 1 hour.
- Add vegetables and simmer for another hour.
- Stir in the macaroni during the last 15 minutes.

Source: *Métis Cookbook and Guide to Healthy Living 2nd Edition, Page 33*

Alessia Montecalvo –International Relations Co-Op Student

Alessia is joining the Métis National Council as an International Relations Co-Op Student this September for a nine-month term, until May next year. An undergraduate at the University of British Columbia in Vancouver, Alessia has been able to complement her studies in International Relations while working as a project assistant on an MMIWG report for the Aboriginal Housing Management Association and as a research assistant in global health policy studies at UBC's School of Public Policy and Global Affairs. Beyond this, Alessia is involved in equity-focused knowledge translation and community-engaged learning through the Women's Health Research Club and the Sustainability Hub on campus. She hopes to apply these interests in gender justice and climate resilience as they concern the MNC's immediate international engagements.



Alessia is looking forward to learning more about and taking an active part in advancing the Métis Nation's global presence while also gaining direct experience with policy work and seeing how her career trajectory will be shaped through this co-op position.

Morgan Ryan-Roe – Policy Advisor Justice and Legislative Affairs



Morgan Ryan-Roe, who calls Saskatchewan home, is joining the Métis National Council as a Justice Policy Advisor, with a background looking at the intersection of history and the rights of Indigenous peoples within the Canadian justice system. Morgan has dedicated the last 6 years to providing research and project development expertise with several organizations including the University of Saskatchewan, and Legal Aid Saskatchewan as the Gladue Database Coordinator, and as a research contractor

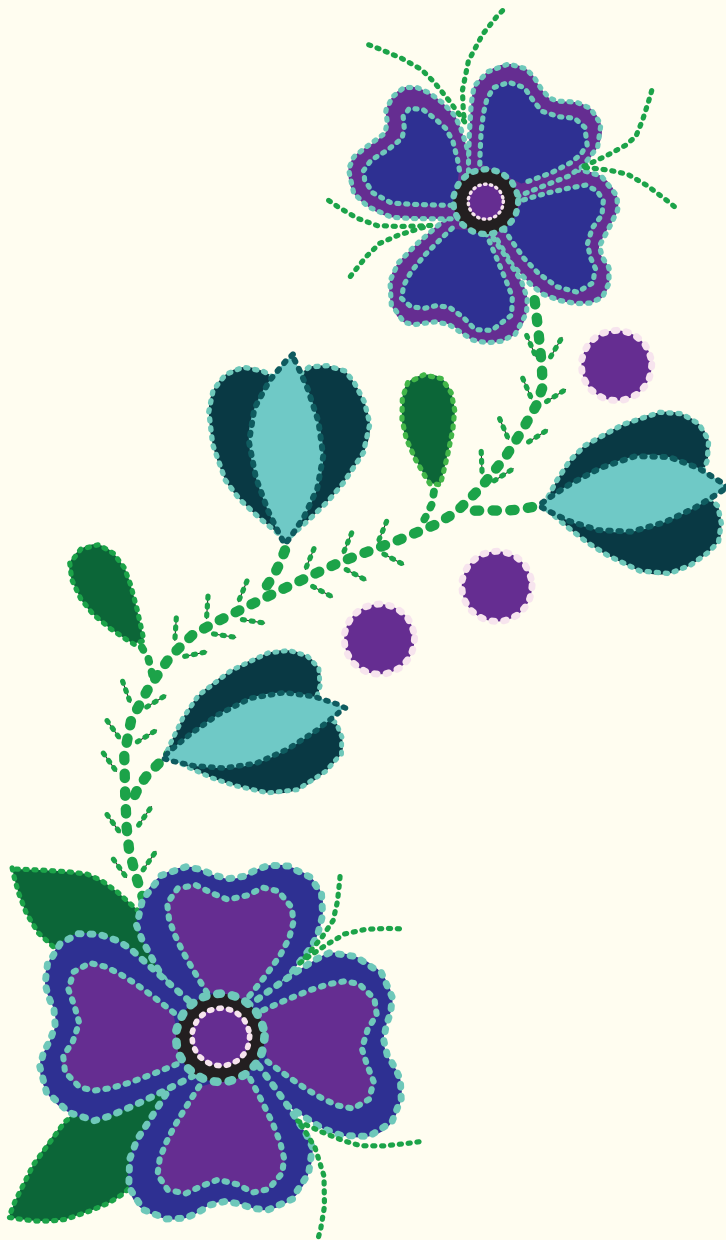
studying Solitary Confinement legislation and correctional practices in Canada. Morgan looks forward to working collaboratively to advance the MNC's goals in justice and self-determination, drawing from her experience building community and legal capacity for Gladue in Saskatchewan, and providing evidence-based policy recommendations to internal and external stakeholders.



Norma Naoufal – Events Manager

Norma Naoufal has been in the event management field for 15+ years with experience in the private and public sectors. Norma is joining us from the Entrepreneurs' Organization where she worked as Manager of Events and Membership. In recent years, Norma has worked with various associations in the entrepreneurship, medical, real estate, and municipal sectors. She will be finalizing her Certified Meeting Professional (CMP) designation this year and continues to look at improving her knowledge in her field. Being an event professional is not only a career for her but also a passion that she is lucky enough to do every day.

She is a proud mom to a 15-year-old daughter who is a competitive dancer. So, when Norma isn't planning events, she is a very proud Dance Mom. You will most likely find her at a dance competition during weekends from April to July.





TRADITIONAL PLANTS CORNER

Wild Blue Flax

Wild blue flax is a delicate perennial native to North America. Well-known across the Prairies, flax seed was collected by some Indigenous people and ground into flour. The seeds of the European species are widely cultivated today. Flax seeds are notoriously rich in Omega 3 essential fatty acids. Flax seeds also contain healthy doses of Omega 6, Omega 9, B vitamins, potassium, lecithin, magnesium, fibre, protein, and zinc. Studies have proven that the essential fatty acids found in flax seeds can help lower cholesterol.

Internally, tea made from the plant is taken as a heartburn remedy. The seeds are used as a mild laxative, and for their soothing effects on mucous membranes. Externally, stems and leaves have been used as a poultice for boils, burns, bruising and swelling. It is also used as a fumigant, as an eyewash, and as a skin and hair wash for young females.

Flax is also the source for linseed oil. In both its boiled and raw forms, it is used as a binder in oil-based paints. Linseed oil is used by oil painters as a medium for thinning and mixing paints. Historically, Indigenous people used the tough flax stems for a variety of utilitarian purposes such as making twine and baskets. Today, cultivated flax finds its way into products such as linoleum, textiles, wood finishers, caulking, and polishes.

Source: Medicine to Help us Traditional Métis Plant Use



ONE NATION, MANY STORIES

Monthly updates from the Governing Members

Métis Nation of Alberta

Environment and Climate Change:

We want to gain a better understanding of our Citizens' land-use and harvesting practices. All Citizens, not just active harvesters, are encouraged to fill out our Citizen Wide Survey on Land-Use and Harvesting Rights! Complete the survey for a chance to win one of five \$100 Visa gift cards! To fill out the survey: <https://www.surveymonkey.com/r/FP5DBFK>

If you have any questions, please reach out to environment@metis.org.

Health:

We invite Métis survivors to join us on a path toward healing.

Embark on a journey of self-discovery and community support, guided by expert facilitators from the Weaving Wellness Centre in our Virtual Healing Circles.

Thursdays, Sept. 19 to Oct. 24

4:30 p.m. – 6 p.m.

on Zoom

This six-week program is designed to foster healing, resilience, and empowerment where you will delve into crucial topics addressing the unique experiences and challenges faced in the Métis community. Participants can engage in as many sessions as they choose.

Register at: albertametis.com/Virtual-Healing-Circles-registration

LAND USE AND HARVESTING RIGHTS SURVEY

We want to hear from you!
All Métis Citizens, not just active harvesters, are encouraged to fill out our Citizen-wide survey on Land Use and Harvesting Rights!

Complete the survey for a chance to win a \$100 VISA GIFT CARD!

Otipemisiwak Métis Government

A Path Towards Healing

VIRTUAL HEALING CIRCLES FOR MÉTIS SURVIVORS

Thursdays
Sept. 19 – Oct. 24
4:30 PM – 6:00 PM

ZOOM

Otipemisiwak Métis Government

Weaving Wellness Centre



Our facilitators are committed to creating a safe and supportive space. We aim to help you engage authentically and share your stories, drawing strength from the collective wisdom of the group.

Districts:

Representatives from the Otipemisiwak Métis Government will be in District 17 on September 14 to meet with and discuss the transition process to the new government.

Your thoughts and input during this process are greatly appreciated.

September, September 14 in Fort McMurray

Quality Hotel by Choice Hotels, 8:30 a.m.-12 p.m.

No registration required.

Get more info at albertametis.com/events



Health:

Land-Based Kinship Retreat:

Experience holistic healing through our unique Métis traditions!

Engage in a range of activities including guided plant walks, wildlife tours, canoe adventures, Michif & Cree prayer songs, tea blending, traditional Métis crafts, and connection through kinship ties. This retreat is a unique opportunity to connect with the land and learn about Métis history and culture.

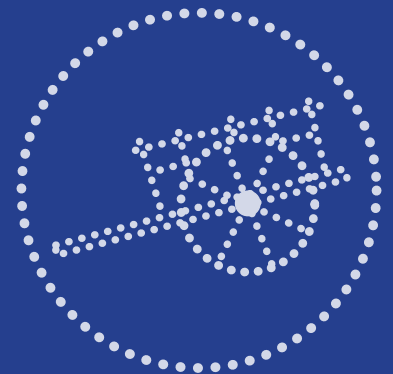
September 20 — 22, 2024

Métis Crossing

Spots are limited for Citizens aged 16 and up.

For more information, please email Gina at Glevasseur@metis.org.

Register Here: <https://albertametis.com/Land-Based-Healing-Retreat>





Métis Nation - Saskatchewan

This is Our Moment (The Our Moment treaty team – coming to a Saskatchewan community near you!)

The Métis Nation–Saskatchewan (MN–S) Our Moment treaty team has been busy meeting people where they are, travelling the province to inform citizens about our made-in-Saskatchewan treaty process.



We thank everyone for coming out and showing the same enthusiasm we have for this exciting leg of our journey to self-government.

Keep up to date on all the Our Moment information at <https://www.ourmoment.ca/>.



Gearing up for Success (6-year-old Bronson Campbell from Swift Current is ready for his first day of school!)

Another school year is underway and MN–S is pleased once again to have helped ensure Métis children have the supplies needed to set themselves up for success.

The MN–S Gear Up for School Program outfitted Métis youth from across the province with backpacks filled with school essentials. The program is just another example of how our pursuit of self-government will help MN–S continue to meet the needs of our citizens!



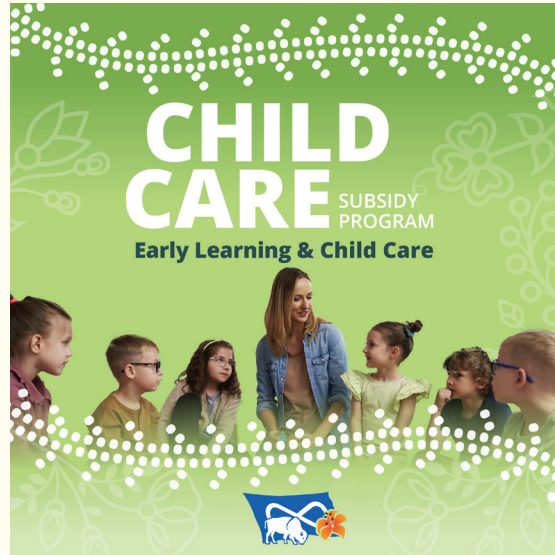


MN-S Child Care Subsidy

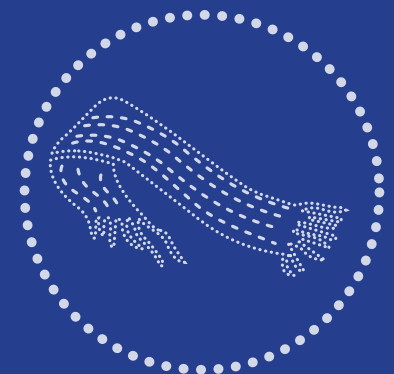
Métis Nation–Saskatchewan (MN–S) is pleased to offer the Early Learning Child Care Subsidy Program to help Métis families access childcare. Qualified families with children between the ages of 0 to 12 could see their childcare fees reduced to as low as \$10 a day!

MN–S is dedicated to ensuring Métis families can easily access culturally appropriate childcare opportunities. This program is part of our ongoing commitment to a bright future for our children. It’s our moment to uplift and empower the next generation.

Applications open this month! Check the MN–S website for dates, information, or to fill out an application form, please visit <https://metisnation.sk.com/elcc/>



Send newsletter enquiries to:
newsletter@metisnation.ca



SEPTEMBER

English

Nôcihitôwipîsim

Northern Michif

Septaambr

Southern Michif

Septaamb

French Michif



Shirt

English

La shimîsh

Northern Michif

Enn shmiizh

Southern Michif

Aen shmiiz

French Michif

Design
your own
shirt for
Orange
shirt day!



RALLIEMENT NATIONAL DES
MÉTIS
NATIONAL COUNCIL