

WORDS FROM THE PRESIDENT

Kihci-Okimâw opik'skwêwin'sa

Li Prizidawn see parol or Lee mot di li Prizidawn

Aen messazh de le priziidaan

Tansi, relatives and friends,

As we begin a new year, I am filled with deep gratitude for the strength and resilience of our Nation.

On December 3rd and 4th, we came together in Ottawa for the Métis National Council's Annual General Assembly. This year's AGA marked a powerful moment of unity and forward-looking dialogue. Over the course of our two days together, Governing Members passed 19 resolutions, engaged in vital policy discussions, and spent time in kinship and community.

I am proud to share that one of the major outcomes of this year's AGA was the adoption of a resolution to formally establish the Métis Policy Forum. The Forum is a non-political coordination mechanism that will guide, align, and deepen our distinctions-based priorities and federal policy engagement. It will allow like-minded Métis Governments and institutions to collaborate on shared policy priorities, bring forward coordinated policy proposals. Our work here is just beginning, and I look forward to what lies ahead.

The AGA also included a number of important events that showcased our history and culture to federal officials. On December 3, the MNC co-hosted a Senate Breakfast with Senators Mary Coyle and Patti LaBoucane-Benson. The morning featured a screening of the documentary, "Lii Michif Niiyanaan: We Are Métis," which sparked powerful reflections on the diversity, beauty, and strength of Métis identity. It also served as an opportunity to deepen our relationships with parliamentarians and to share knowledge about our Nation's history, future, and goals.

LATEST NEWS IN THIS ISSUE:

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



Another special moment of this year's Assembly was the introduction of the MNC's new Chief Executive Officer, Raheel Baig-Mirza. With over 15 years of experience in federal public service, and a long history of working with Métis Governments, Raheel is widely respected for his work in strengthening distinctions-based policy co-development. At a time of renewed focus on convening, research, and advocacy at the national level, I am so grateful for Raheel to be stepping in as CEO. His collaborative leadership skills are an inspiration to us all, and I look forward to seeing the MNC continue to flourish in the year ahead under his leadership.

While we celebrated many moments of strength and progress as we entered the new year, we also experienced a deep loss. In January, we learned of the passing of Grandmother Angie Crerar, a respected Métis Matriarch and lifelong Métis advocate from Grande Prairie. Grandmother Angie dedicated her life to children and youth, to community healing, and to the strength of the Métis Nation. As a member of our Grandmothers' Council, Angie shared her knowledge generously and carried herself with kindness, joy, and deep care for her community. Her voice, her laugh, her spirit, and her grounding presence will be missed deeply by all who knew her. She leaves behind a legacy that will continue to inspire generations to come.

As we honour Grandmother Angie's memory, I encourage you to take the opportunity to visit with Elders to listen to their stories and traditions so we can continue to pass them along to future generations. Our culture lives on through their teachings, and their stories are our strength. I encourage us all to protect them and pass them down.

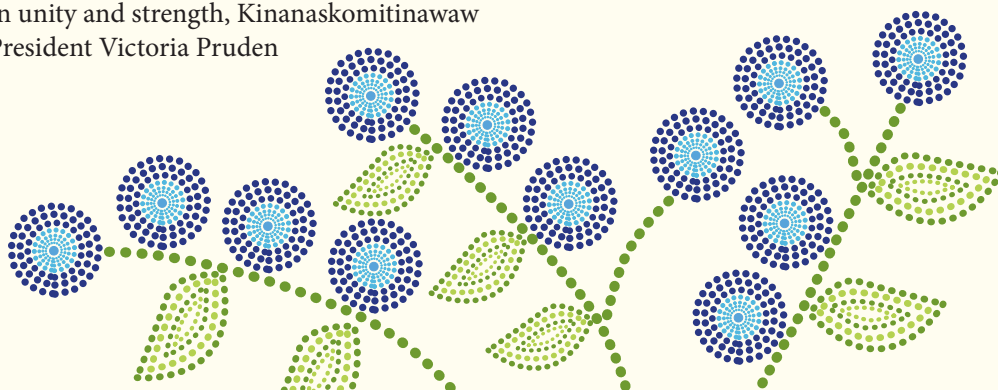
This month, we will gather on February 25th and 26th for the Métis National Health Policy Forum. This year's theme is "Honouring Métis Health through Trauma-Informed and Culturally Safe Care", and the event will bring together Elders, youth, Knowledge Holders, health professionals, and leadership to advance wellness rooted in Métis ways of knowing and being. Through dialogue, storytelling, and collaboration, we will build tools to support those working in and alongside the Métis health workforce.

We are also preparing to host the 2026 Métis Veterans Gathering in March. This annual event honours the courageous service of Métis Veterans and provides a space to reflect, celebrate, and advance programs that meet their needs. We are looking forward to another powerful gathering as we commemorate the legacy of Métis Veterans and their families.

I want to thank each of you for the role you play in building a stronger, more united Métis Nation. The collective efforts of Métis Governments, Elders, youth, knowledge keepers, volunteers, and citizens across the Nation support and enrich the lives of Métis across the Homeland.

I remain grounded in optimism and guided by our shared commitment to honouring our past, celebrating our present, and shaping a future rooted in respect, culture, and kinship.

In unity and strength, Kinanaskomitinawaw
President Victoria Pruden



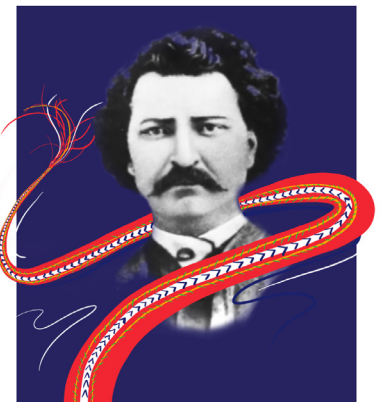
AN IMPORTANT MOMENT

Mâwaci kâ sohka
Mishi akishow oma li moumawn
Aen momaan de lay liizhistwayn

Louis Riel Day in Manitoba – On February 16th we honoured the life and legacy of Louis Riel, a visionary onikānēw (leader), father of the Métis Nation, and the first Premier of Manitoba.

Louis Riel led resistance movements to defend Métis rights, lands, and way of life at a time when those rights were being ignored and denied. His leadership played a central role in the creation of Manitoba and affirmed the Métis as a distinct, rights-bearing Nation within Canada.

Though his life was marked by immense pressure, opposition, and injustice, his vision for the Métis Nation, rooted in self-determination, dignity, and recognition, continues to guide and inspire Métis citizens and governments today.



 **MÉTIS**
NATIONAL COUNCIL

Michif Monday

Landzî Ka pîk'skwânaw âpihtaw'kosân pîkskwîwin
Niwîi piikishkwaanaan li Michif laenjii
On paarl en Michif se laindji

Follow along every Monday, as Monok Samson teaches us a new word in Michif!

[Instagram](#) [Facebook](#) [TikTok](#) [YouTube](#)

Last month, we learned:

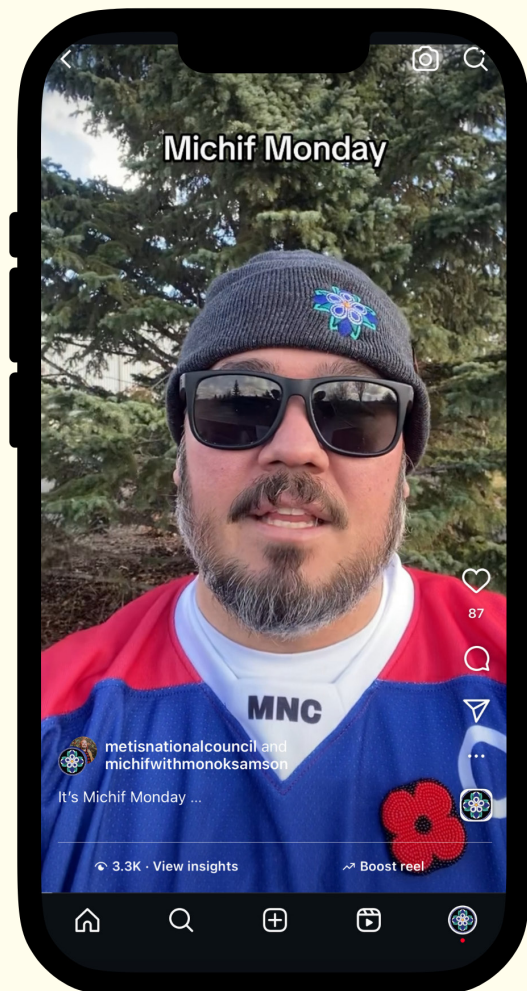
In English, we say "January"
In Northern Michif, we say "Kisîpîsim"
(pronounced: Kiss-ee-pee-sim)
In Southern Michif, we say
"Jhawnvyee" (pronounced: Jaan-vee-
yee)
In French Michif, we say "Zhaanvyii"
(pronounced: Jah-vee-yee)

In English, we say "Tradition"
In Northern Michif, we say "Kayahtî
pimât'sowin" (pronounced: Ka-ya-tee
Pimat-suu-win)
In Southern Michif, we say "Kayawsh
ooshchi" (pronounced: Kaa-yaash
oss-cheh)
In French Michif, we say
"Tradishyonn" (pronounced: Tra-deh-
she-yoh)

In English, we say "Forgive"
In Northern Michif, we say
"Kâsînamaw" (pronounced: Ka-see-
na-moh)
In Southern Michif, we say "Li
pardon" (pronounced: Leh parr-
doh)
In French Michif, we say "Li paardon"
(pronounced: Leh parr-doh)

In English, we say "You are kind"
In Northern Michif, we say "Kik'sîwât'sin"
(pronounced: Kick-see-waaat-sin)
In Southern Michif, we say "Ki li bon
choeriwin" (pronounced: Keh leh boh
kurr-eh-win)
In French Michif, we say "Taan aen
bonn cheur" (pronounced: Taah enn
bonn chuh-rr)

For more information, please visit the Métis National Council website at
www.metisnation.ca



A PLACE FOR MEDICINE

Maskihkiya kici
Aen plass por li Michin
Lii kwayn pour la plaant de le
taan cayoush

Solomon's Seal

Did you know Solomon's Seal was
used as medicine by Métis

It was use both medicinally and in
food. The shoots were eaten fresh
when young, the greens cooked
(tasted like asparagus) and the roots
dried and pounded into flour to
make bread.

In the fall, the closely related "false"
Solomon's Seal produces tasty pale
berries known as "scurvy berries".

Internally a decoction of the root
is made and poured over hot
stones, steam was inhaled to relieve
headaches. The root also helped
with indigestion, coughs and lung
ailments and female complaints.
Externally poultices were made
for boils, bruises, piles, carbuncles,
hemorrhages, and ulcerated swelling.

In Michif Solomon's Seal is called...

Sô-sô Wîpakwa- Northern Michif

*Source: Medicines to Help Us, Christi
Belcourt*



FEBRUARY

Mikisôwpîsim

Northern Michif

Fevriyee

Southern Michif

Fevriyii

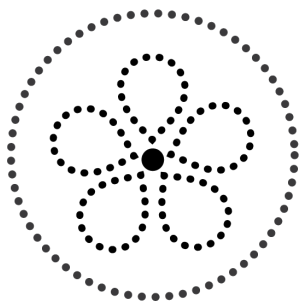
French Michif



Sâkhitowin - Northern Michif

Lamoor - Southern Michif

L'aamoor - French Michif



Send newsletter enquiries to:
newsletter@metisnation.ca

KOKUM'S KITCHEN

Kohkom sa kwîzin
Kohkum sa kweezin
Lii resset de Maymair's Kwiizin

Métis Recipe – Chicken Corn Soup,
La Sup di Poul Blidaend (pg 32)

3 tbs. vegetable oil
2 medium onions, sliced
4 celery stalks, sliced
6 cups chicken stock
Ten black peppercorns
3 pounds or so roasted chicken,
remove skin and bones chop into large
pieces.
4 ounces egg noodles
14 oz. can sweet corn
1 tsp. fresh or dried sage
1 tsp. fresh or dried savory
Pinch of saffron
Salt and pepper to taste

- Heat the oil in a saucepan. Add the onions and fry until they are soft. Stir in the celery and fry for 5 minutes. Pour over the stock and add the peppercorns. Bring to a boil, reduce the heat to low and simmer for 20 minutes or so.
- Stir in all the remaining ingredients and bring the mixture to a boil. Simmer for 15 or 20 minutes — until the noodles are tender.
- Add more salt if necessary.

Source: Métis Cookbook and guide to healthy living 2nd edition

