

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone,

February is upon us, and I am delighted to share with you the exciting lineup of events we have planned for this month. As we gather in the spirit of unity and celebration, I want to extend my warmest greetings to each and every one of you.

This month, our calendar is full of events that will further help us to progress in a number of priority areas that our Métis Governments are focused on across the Homeland. From the National Health Forum, Emergency Management Training, Global Summit, Goose Moon Table on climate change, and the Economic Reconciliation Forum, Métis leaders, technicians, and citizens will gather alongside our many partners and representatives from the Government of Canada, to discuss these important issues. As a convener of National level discussions on these topics, the Métis National Council is proud to support our Métis Governments in sharing best practices, building meaningful partnerships, and influencing programs and policies to best meet the needs of Métis citizens across the Métis Nation Homeland.

At the end of January, leadership from the Métis Nation met with the Federal Cabinet Ministers at our bi-annual Permanent Bilateral Mechanism Leaders Meeting. Priorities discussed at the meeting included Métis health, economic development, emergency management, education, and justice. These meetings serve as an opportunity to review progress in our joint priority areas, seek further commitment to the process, and build a strong Nation-to-Nation relationship with the Government.

Key outcomes from the PBM Leaders meeting were the endorsements of both the co-development principles and a plan to move forward on the international work of the Métis Nation. The co-development principles outline how the Métis Nation and Canada can co-develop policy and law together equitably, in a manner that fulfills Canada's commitments and upholds Métis self-determination.

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- ∞ ONE NATION. MANY STORIES.



Overall, our leadership was pleased with the meeting. The discussions were fruitful and the commitment to the process was evident from all sides. I want to thank Minister Anandasangaree for his first meeting as Co-Chair of this meeting with me and I look forward to the progress we will continue to make between now and the Canada-Métis Nation Summit with the Prime Minister this spring.

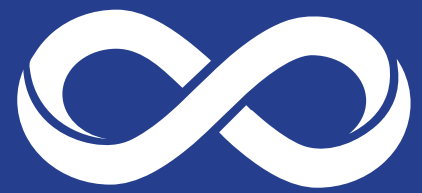
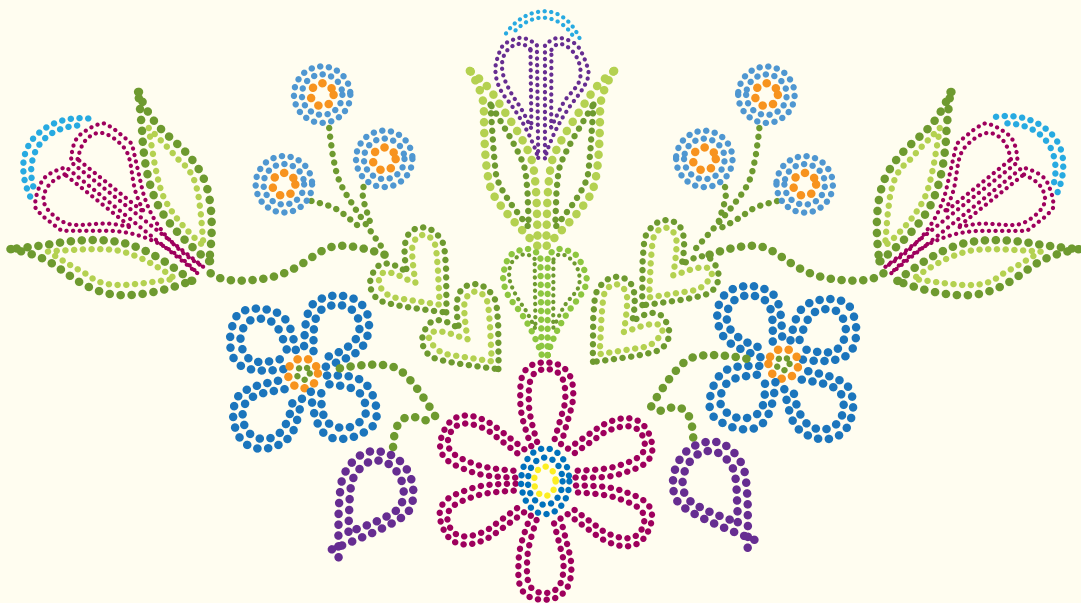
Finally, I want to take time to highlight and congratulate the Métis Governments of Alberta, Saskatchewan, and Ontario, and the Government of Canada, as just this past week the Indigenous and Northern Affairs Committee (INAN) confirmed the adoption of Bill C-53, the Recognition of Certain Métis Governments in Alberta, Ontario and Saskatchewan and Métis Self-Government Act. The Métis National Council supports this decision and looks forward to the swift passage of the bill in the House of Commons.

As part of the INAN process, 274 briefs and 65 witnesses helped to develop agreeable amendments to address concerns that had been raised. These amendments were supported by MNC to ensure that Bill C-53 does not impact the rights of other Indigenous peoples. The Métis National Council will continue to support our Métis governments in the passage of this historic piece of legislation and look forward to the next steps in the process.

I want to take a moment to acknowledge the strength and resilience of our Métis community. Despite the challenges we may face, our spirit remains unbroken, and our commitment to preserving our culture and traditions is unwavering. Each and every one of you plays a vital role in shaping the future of our community, and I am continually inspired by your dedication and passion.

In the spirit of Métis solidarity, let us make the most of the events this month, celebrating our unique heritage and fostering connections that will last a lifetime. Wishing you all a wonderful February filled with warmth and joy!

-President Caron



MOMENTS IN HISTORY

February 1, 1878: The Métis at St. Laurent (Batoche) prepared a list of grievances. In a letter to the Lieutenant-Governor David Laird, Gabriel Dumont asked for local schools to be subsidized by the territorial government, assistance for Métis farmers, and the appointment of a French-speaking magistrate, a Métis member of the territorial governing council, and a land grant to extinguish the Métis' Indigenous title to the land.

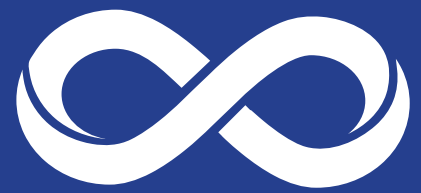


Taanishi friends and relatives!

I'm humbled to have received the invitation to be spotlighted as the Citizen for February, which is Psychology Month in Canada.

My name is Tera Beaulieu (she/her) and I am a Citizen of the Métis Nation of Ontario with ancestral roots from the Métis communities of St. Laurent, MB and Qu'Appelle, SK. I am the founder and Director of the Weaving Wellness Centre, a private clinical and consulting practice specializing in serving Métis, Inuit and First Nations peoples and communities and those who have experienced trauma. I am also in the final stretch of completing a Doctor of Philosophy in the Counselling/Clinical Psychology Program at the University of Toronto where my program of research has examined the supports and challenges of Métis traditional knowledge in addressing the life transition needs (mental health, education and employment) of urban Métis homeless people. I am a Registered Psychotherapist in Ontario and have the great privilege of accompanying folks from all walks of life on their healing journeys. One of the greatest personal and professional privileges I have had as a helper has been accompanying the Métis Delegation who met with Pope Francis in March 2022 to provide wellness and mental health support to Métis survivors of residential, day and boarding schools.

With respect to my journey, as a younger person I was always drawn to the role of helper. Psychology and the study of the mind, emotions, and behaviour fascinated me. When completing my undergraduate degree at York University in psychology, I was fortunate to work on a research project that focused on understanding the strengths of Indigenous communities across Canada. Exploring strengths and pathways to healing, particularly among Indigenous peoples and communities, felt like tremendously important work. I felt called to working in a helping and healing capacity as a therapist, especially when thinking about serving my own people and community. As I was pursuing my graduate level education and training, I was also working on developing my understanding and practice of Métis culturally specific approaches to care. I focused on strengthening my relationships within the Métis community of Toronto, and across Ontario, serving in different community capacities, such as the President of the Toronto and York Region Métis Council. I founded the Weaving Wellness Centre in February 2020 with the aim of serving Métis community members more directly with clinical services in Toronto, but quickly expanded services across Ontario following the onset of the Covid-19 pandemic. Over the past four years our practice has grown



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.





to a team of almost 20 folks who are primarily Métis and First Nations practitioners. We have been gifted with the opportunity to expand our relationships across the Métis Nation homeland through our work with the Métis National Council and Les Femmes Michif Otipemisiwak, and in offering culturally-specific therapeutic care across Ontario and Alberta, working in partnership with the Métis Nation of Ontario and Otipemisiwak Métis Government (MNA). Our hope is to continue to provide care and support to our communities and people, wherever we may be of help and service to those in need.

In the spirit of psychology month, I'd like to offer a mindfully Métis practice for wellness that has been developed by the Weaving Wellness Centre.

Mindfulness is a state of being that involves becoming fully aware and focused within the present moment. We are not necessarily trying to attain calmness or relaxation, but instead are trying to purposefully notice and observe what is happening for us in real time, while occupying a non-judgemental and non-critical stance. One of the primary goals of mindfulness is to deeply connect ourselves to the present by drawing our attention and focus to our current experience.

The following mindfulness exercise may help to foster a sense of connection with Métis culture.

Mindfully Métis Sash

Hold or lay out a Métis sash in front of you.

Bring your full attention and awareness to examining the sash:

- What colours can you see?
- Notice the threads of the sash and how they are interwoven together What does the material feel like?
- Touch the loose ends of the sash and observe them in motion What does the fabric smell like?
- Hold the sash in your hands and become aware of the weight of it.
- Slowly wrap the sash around you (e.g., around the waist, across your chest, around your shoulders) noticing what it feels like to be surrounded and enveloped within Métis culture.

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Contact Info:

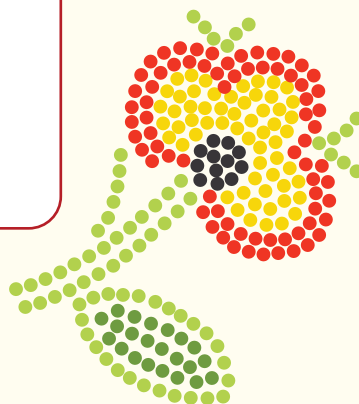
Weaving Wellness Centre

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www.weavingwellness.ca



KOKUM'S KITCHEN RECIPES

Old Time Dumplings S'kom Kayaash Iii Dumpling

Courtesy of Alma Desjarlais, Alberta

3 tbsp. shortening
2 tbsp. baking powder
1/2 tbsp. sugar
3/2 cups flour
1 tbsp. salt
2 cups milk

- Use large pot to avoid crowding.
- Cut shortening into dry ingredients.
- Add milk and stir until blended.
- Drop the mixture by spoonful into broth or gravy.
- Cover and cook for 14 minutes, turning the dumplings.

*Source: Métis Cookbook and Guide to
Healthy Living, Page 37*





TRADITIONAL PLANTS CORNER

Milkweed

Milkweed is an important plant to the environment. It holds a unique relationship with the Monarch butterfly, who cannot survive without it. They will only lay their eggs on Milkweed. The larvae eat milkweed leaves that contain toxins that make them poisonous to predators. They remain poisonous as butterflies.

Milkweed has been used as medicine to treat diarrhea, inducing milk flow in new mothers, expelling tapeworms, acting as a contraceptive, and relieve sore throats. The roots of milkweed were boiled, made into tea and drank three times a day for Kidney problems. The flower heads and leaves can also be eaten on their own and were also traditionally used in soups and stews. Topically it was used for warts, moles and ringworm.

Certain species of milkweed are poisonous, in particular those with narrow leaves.



ONE NATION, MANY STORIES

Monthly updates from the Governing Members

Métis Nation of Alberta

Wellness Engagements

EDMONTON/ZOOM

Yoga/Meditation Weekly Sessions

Every Wednesday
7:00 p.m. – 8:00 p.m.

MNA Youth Building
11821 – 123 Street, Edmonton

ZOOM

Join Us !



Weekly Yoga and Meditation

Centre yourself with breathwork, relaxation, and movement at our Weekly Yoga and Meditation classes, led by Nicole Oort. Wednesday sessions take place 7 p.m. – 8 p.m. and are available both in-person and online.

Click here to register in-person: <https://albertametis.com/yoga-meditation-sessions>

Click here to join online: <https://albertametis.com/yoga-online>

For more information, contact Lisa at LVaughn@metis.org

Métis Nation – Saskatchewan

Métis Nation–Saskatchewan (MN–S) is hosting two major conferences this March – both with a focus on Métis programs, services and educational opportunities. Bringing citizens together with provincial providers grants an opportunity for the exchange of ideas and results in more distinctions-based solutions to existing gaps.

- The 2nd annual MN–S Housing and Homelessness Conference – Addressing Systemic Barriers is March 6 and 7. Details, including registration information, are [here](#).
- The MN–S Early Learning and Child Care department has teamed up with the MN-S Culture department to present “Aen Kiskayhtmihk la tayr” – Knowing the Land. The two-day conference is March 22 and 23 in Saskatoon. Details are [here](#).




EARLY LEARNING & CHILD CARE CONFERENCE
REGISTER NOW! MARCH 22 & 23, 2024

**Aen kishkayhtamihk
 la tayr**



KNOWING THE LAND

- Register today for the first annual MN-S Louis Riel Cup Hockey Tournament in Saskatoon April 19 to 21. Visit louisrielpcup.com to check out rules and regulations, ticket prices, and to register your team by March 15, 2024. It isn't just another tournament; it's a celebration of unity, bringing Indigenous and non-Indigenous players together to promote reconciliation through a shared love of the game.

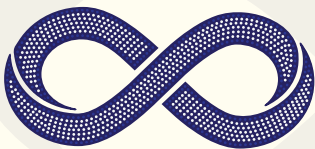
MÉTIS NATIONAL COUNCIL EVENTS

Health Forum - February 6-8, Ottawa, Ontario

MNC Emergency Management Training - February 12-15, Banff, Alberta

Global Summit – February 21-22, Ottawa, Ontario

Economic Reconciliation Forum – February 28-29, Richmond, British Columbia



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



Kids Corner

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Sage
Paskwâwihkwaskwa (Northern Michif)
L'aarbr a saent (Southern Michif)
Lii saazh (French Michif)



Labrador Tea
Timaskik (Northern Michif)
Ti Maskik (Southern Michif)

Traditional medicines are used for health, healing and ceremony.

The use of specific medicines vary across the Homeland depending on the family or community and their traditions.



Sweetgrass
Wihkwaskwa (Northern Michif)
Fwayn seukrii (Southern Michif)
Fwayn seukrii (French Michif)

Cedar
Mâsikîsk (Northern Michif)
Li sayd (Southern Michif)



Tobacco
L'tabâ (Northern Michif)
Li tabaa (Southern Michif)
Le tabaa (French Michif)