

## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

*Tansi everyone and Happy New Year!*

I hope you all enjoyed the holidays and quality time with family and friends.

As we begin a new year I am filled with hope, gratitude, and pride for our vibrant Métis Nation. As always, I am honoured to address you and serve the Nation and extend my warmest wishes for a prosperous and fulfilling year ahead for all of our Métis citizens across the Homeland.

Throughout 2023, our Métis Nation has demonstrated remarkable strength, resilience, and unity in the face of challenges. Together, we have overcome obstacles, celebrated triumphs, and continued to build the Métis Nation in ways our ancestors prayed for. Our cultural richness, strong sense of community, and unwavering commitment to each other are the cornerstones that define us.

In 2024, let us continue to celebrate and preserve our Métis heritage. Our traditions, language, and customs are the threads that weave us together and make us unique. It is our responsibility to pass on these cultural treasures to future generations to ensure our Métis Legacy lasts for centuries to come.

The Métis National Council continues to provide dedicated support to our Governing Members in all of their work, collaborating on areas of shared priority and working to build a brighter future for all Métis citizens. As we enter the new year, we look forward to the hard work ahead of us including delivering on the mandate provided to us at this past December's General Assembly, seeing through the full passing and Royal Assent of Bill C-53, and using tools and processes such as the Permanent Bilateral Mechanism to build strategic partnerships and advocate for systemic change in many areas including health care, education, emergency management, and child and family services.

## LATEST NEWS IN THIS ISSUE:

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



We look forward to hosting many exciting events, gatherings, policy forums, and discussions throughout this year to continue making progress for Métis citizens across the Homeland.

I encourage each and every one of you to set personal and community goals for the year ahead. Our collective journey is shaped by the individual steps we take. Together we can make strides towards a brighter future.

Wishing you and your loved ones a Happy New Year!

Warm regards,

President Caron



## NEW HIRE'S

### HR

#### *Khrystal Sturridge*

Human Resources Generalist



Khrystal Sturridge is joining the Métis National Council as a Human Resource Generalist with over 5 years of Human Resources experience, in the not-for-profit industry, telecommunications, and technology, with a focus on innovating HR technologies, and data-driven story-telling. Before joining MNC, Khrystal consulted with Ottawa based nonprofits in order to optimize their operational strategy and improve their funding and organizational capacities.

In her free time, Khrystal is a serial hobbyist and firmly believes that with some time and a cup of tea, she can create anything. Her current fixations are needle felting & crochet. Combined with her creative streak, Khrystal has a passion for building community connections and is excited to support the MNC in advancing the priorities of Métis people across the nations.



## MOMENTS IN HISTORY

Did you know that on January 3, 1957, William Albert Boucher became the first 20th-century Métis appointed to the Canadian Senate? Boucher was appointed to the senate on the advice of Prime Minister Louis St. Laurent and represented the Senate division of Prince Albert, Saskatchewan until his death. During his tenure in the Senate, he was a member of numerous Senate committees including the Standing Committees on Rules and Orders, External Relations, Immigration and Labour, Natural Resources, and on Public Health and Welfare, as well as the Special Committee on Criminal Code (Hate Propaganda).



## Health

### ***Carolyn Lacka***

Policy Advisor, Health Data & Research



Carolyn is a citizen of the Métis Nation of Ontario and has recently completed her Master of Public Health in Indigenous Health degree from the University of Toronto. Prior to working with MNC, Carolyn was seconded to the Métis Nation of Ontario through the Institute of Clinical Evaluative Sciences (ICES), where she worked as a researcher for Métis health. She also had a role as a project assistant at the Weaving Wellness Centre, where she assisted with various Métis mental health projects. Carolyn is passionate about Métis health rights, self-determination, and changing the

common health narrative to one that views health holistically. Outside of work, Carolyn enjoys riding her bike, kayaking, spending time with her family, and collecting rocks. Carolyn is excited to be starting with MNC and hopes to work with the team to advance Métis health and self-governance.

### ***Breanne Mahlitz***

Policy Advisor



Breane Mahlitz (she/her) is a proud Michif woman with maternal and paternal connections to the historic Métis communities of Alberta. Breane grew up and attended school in Edmonton, proudly holding a Bachelor of Science from the University of Alberta with a major in biological sciences and a minor in Sociology. Currently, she is pursuing the University of British Columbia Indigenous Public Health graduate program. This graduate program delves into multi-disciplinary approaches and culturally relevant strategies, equipping her with a comprehensive understanding of core public health disciplines—ranging from behavioral science and epidemiology to health policy

and education. This is supported by her previous clinical research experience as a Junior Stroke Associate/Coordinator at the University of Alberta Hospital.

She began working for the Rupertsland Institute: Métis Centre of Excellence, an affiliate of the Métis Nation of Alberta, in 2021. This sparked her unwavering dedication to advancing the self-sufficiency and well-being of the Métis Nation. She recently participated in the inaugural Model UN event focused on the 'United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) with the United Nations Association in Canada. She continues her advocacy efforts and dedication to increasing community and cultural connections with Indigenous youth as a strong volunteer and ambassador in her community.

In her new role as Policy Analyst of Health, Breane hopes to merge her academic rigor, cultural heritage, and enthusiasm, to effectuate positive change, advocate for health equity, and champion policies that resonate deeply within the Métis community.



## **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](mailto:newsletter@metisnation.ca).



# KOKUM'S KITCHEN RECIPES

## Vegetables and Meat Ball Supper Li Supii di Boulet pi Zhaardinaazh

### Ingredients:

12 cups mixed vegetable pieces, such as:  
Thick potato slices  
Onion wedges  
Turnip sticks  
Thick carrot slices  
Thick parsnip slices  
8 large cloves garlic halved  
1 tbsp. olive oil  
1/2 tsp. dried rosemary  
1 red pepper cut into thick wedges  
Cooked meatballs (your own recipe or storebought)

### Instructions:

- In large non-stick roasting pan toss vegetables and garlic with oil, rosemary, 1 tsp salt, 1/2 tsp pepper. Spread out into single layer.
- Roast in 375°F oven 35–40 minutes or until almost tender.
- Stir in red pepper and meatballs.
- Continue roasting about 20 minutes or until vegetables are tender.

Source: *Métis Cookbook and Guide to Healthy Living* 2nd Edition Page 28



## Métis Nation of Alberta

### Navigating FASD Webinar

Ever wonder why things seem to be too loud, too itchy, too much for your loved one with FASD? Register today for this Navigating FASD Webinar to learn about Sensory Processing challenges and strategies that will improve daily life for you and your loved one with FASD.

**Join us January 23, from 6 – 7 p.m., for the Navigating FASD Webinar: FASD Sensory Processing Challenges and Strategies Information Session.**

Webinars will address topics of interest, common challenges, and practical strategies to assist parents, family members, teachers, and support workers to improve outcomes for people with FASD. Individuals with FASD may also benefit from these webinars to learn about their disability and gain valuable strategies to improve their quality of life.

Register now at: [https://docs.google.com/forms/d/e/1FAIpQLSeLYHnnDn7bhHPz7aSvOdrPk6ZVpS5tdzIrf4knwsrgHgoYSQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeLYHnnDn7bhHPz7aSvOdrPk6ZVpS5tdzIrf4knwsrgHgoYSQ/viewform?usp=sf_link)

### Lesser Slave Lake Askiy Guardians Gathering

*Would you like to learn how to ice fish?*

ENVIRONMENT & CLIMATE CHANGE DEPARTMENT

## Askiy Winter Guardians Gathering

SATURDAY | FEBRUARY 10

WIDEWATER COMMUNITY COMPLEX,  
LESSER SLAVE LAKE

Drop in between 10 am - 3 pm with your family for ice fishing lessons, harvesting demonstrations, hot chocolate, and cultural activities!

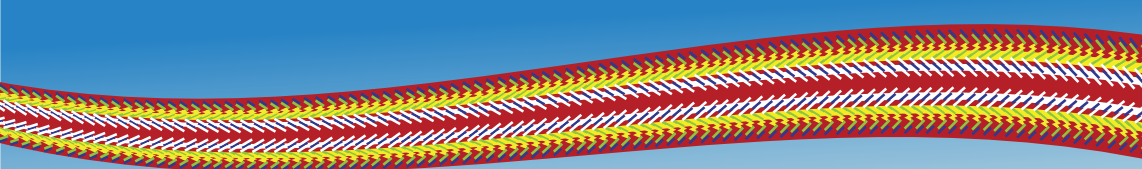


In 2023, our Environment and Climate Change (ECC) team received over 400 Fish Health Community Monitor forms from our Métis Askiy Guardians! To celebrate, we are hosting a learn-to-ice-fish event at Lesser Slave Lake on Saturday, February 10.

Whether you are an experienced harvester or have never explored a frozen lake before, you and your family are invited to connect with both land and culture at Widewater Community Complex between 10 a.m. and 3 p.m.

Our knowledgeable Métis harvesters will teach you how to use a rod and reel and demonstrate how to set a gill net

underneath the ice. Between activities, warm up indoors in the Community Complex with hot chocolate and games and learn how to get involved in our Fish Health Community Monitoring program!



# TRADITIONAL PLANTS CORNER



To join us and experience a Métis way of life that has been passed down for generations, register here: <https://www.eventbrite.ca/e/lesser-slave-lake-askiy-guardians-gathering-tickets-794835342907>

Have questions? Email [Environment@metis.org](mailto:Environment@metis.org)

For more information about our Askîy Initiatives, please visit: <https://albertametis.com/programs-services/environment-climate/environment-team/askiy-initiative/>

## Do you have any gardening advice you'd like to share with the community?

### Take our survey!

Your tips may be featured in our upcoming beginner gardening guide.

### Garden Guide Survey

*Do you have a knack for gardening? Or have learned from a green-thumbed loved one? Take our gardening survey, we'd like to hear from you!*

Learning how to garden can be overwhelming, so to help new gardeners get started, our Environment and Climate Change team is producing a beginner's gardening guide.

Share your tips and you may be included in our upcoming gardening guide.

If you would like to participate, click here: <https://albertametis.com/GardenGuideSurvey>

### Health Topics Survey

*Share your voice and drive momentum towards healthy Métis communities!*

The Health Department of the Otipemisiwak Métis Government is committed to promoting the health and well-being of our Citizens. We want to know your interests and preferences on health education topics. Your feedback helps inform the programs we develop to address issues that resonate with our community.

**Wellness Engagements**

ONLINE SURVEY

**Health Topics Survey**

Help Align our Health Promotion Initiatives

Survey deadline of January 16.

Participate to win a \$200 grocery card!

**Your Input Matters!**

## Labrador Tea Li tiî'd mashkêk

Labrador tea is a plant native to North America. The plant was not only used as medicine but also used as a regular beverage by the Métis. It has been used to treat asthma, colds, coughs, and pneumonia, and as a cure for bronchial and pulmonary infections. It also helps relieve stomach aches, and headaches, and aids in soothing nerves. Externally it could also be used to treat burns, ulcers, and treat itching. It can also be used as an insect repellent and has been used to repel lice, fleas, and bed bugs.

Source: *Medicines To Help Us, Traditional Métis Plant Use*, Christi Belcourt Page 31, 32



Image source: Métis Museum



Participants who submit before January 16 will be entered to win a \$200 grocery card.

Take part today: <https://albertametis.com/wellness-survey>

Living with addiction can feel isolating and lonely. Find connection and community at our Peer-Led Addictions Support Group Tuesday nights, 6:30-7:30 p.m.

No need to register! Just drop in via zoom link: <https://albertametis.com/peer-led-addictions-group>

For more information, contact Lisa at [LVaughn@metis.org](mailto:LVaughn@metis.org)



## Métis Nation – Saskatchewan

Citizens of Métis Nation–Saskatchewan received an early Christmas present in the form of bison. On December 7, 2023, a herd of 25 bison calves were returned to the land at Batoche. It was a year in the making with partners at Parks Canada. The herd was transported from Grasslands National Park and arrived at their new home safely. An MN–S team has been training to care for the herd and will ensure the bison settle in before everyone is invited to the festival grounds this spring.

As the government representing Métis citizens in Saskatchewan, the Métis Nation–Saskatchewan (MN–S) elected executive meets each month to set out the priorities of the nation – from health and wellness to education and sport. The first meeting of the Provincial Métis Council (PMC) of 2024, is set for Tuesday, January 16. Citizens are encouraged to follow proceedings live at <https://metisnationsk.com/PMC/>

Distinctions-based programs and services must include a Métis perspective. For the last three years, the MN–S health team has been visiting citizens across Saskatchewan specifically to hear about their experiences in the health care system. Now, MN–S is hosting its first Métis health conference to bring citizens together with policy makers, and health care professionals to dig deeper into ‘Taking Care Together: Aging into Well-being’. Métis long-term and continuing care will be discussed over two days, February 2 and 3.

Details can be found at <https://metisnationsk.com/2023/12/15/taking-care-together-aging-into-well-being-a-metis-health-conference/>



## MÉTIS NATIONAL COUNCIL EVENTS

The Métis National Council (MNC) invites you to register for the National Métis Health Policy Forum on February 7th , 8th & 9th, 2024 in Ottawa at the Shaw Centre.

### OUR OBJECTIVE

The National Métis Health Policy Forum provides a networking and dialogue opportunity between the Métis Nation and its partners, focusing on the innovation and advancements of the Métis Nation in health, the current health-related priorities of the Métis Nation and opportunities for new and renewed investments that address these health priorities.

The forum serves as a platform to highlight Métis public health challenges, trends, emerging issues and gaps while recognizing the successes of effective and evidence-based Métis public health programs, practices, structures, and systems. The various panel discussions, keynote presentations and concurrent sessions will highlight the social determinants of health as a key approach to closing the health gaps between Métis and other Canadians.



### OUR AUDIENCE

The National Métis Health Forum brings together a diverse assembly of Métis citizens, Métis elected leadership, federal and provincial partners, policymakers, pan-Canadian health organizations, health leaders, scholars, activists and individuals in the health sector. The forum is an excellent opportunity to learn about the health-related priorities of the Métis Nation. The Métis National Council's 2023 National Health Policy Forum had over 180 attendees and this year we expect 250 with a capacity for up to 300.

For the agenda and more information, please visit MNC's website under 'Health' [here](#).

Registration: [2024 National Métis Health Forum Registration \(office.com\)](#)



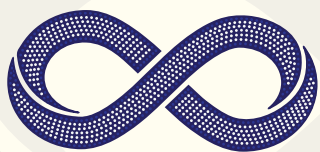
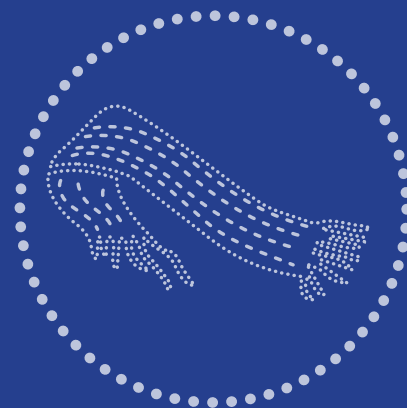


Please note, there is no cost for registration. If your organization is interested in sponsoring the forum (meal, swag, entertainment, or setting up a table/booth), please contact: [steves@metisnation.ca](mailto:steves@metisnation.ca)

If you are a local Métis artisan and would like to set-up a booth/table at no cost, please contact: [steves@metisnation.ca](mailto:steves@metisnation.ca)

If you have any further questions, please contact: [healthforum@metisnation.ca](mailto:healthforum@metisnation.ca)

**Looking forward to seeing you there!**



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**MÉTIS**  
NATIONAL COUNCIL

**Send newsletter  
enquiries to:**  
[newsletter@metisnation.ca](mailto:newsletter@metisnation.ca)



# January

