

MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone!

What an incredible month June has been for the Métis Nation!

Before I jump into all the incredible work that has happened over the past month here at the Métis National Council in supporting Métis Governments across the Homeland, I want to take the opportunity to express my sincerest gratitude to President Audrey Poitras for her 27 years of service to the Métis Nation of Alberta and Métis National Council as she announces her retirement. President Poitras has been such an inspiration to me and has been such an incredible example of leadership and dedication to the Nation.

With the month of June being National Indigenous History month, there have been many reasons to celebrate, especially on the 21st which was National Indigenous Peoples Day.

Earlier this month the Royal Canadian Mint unveiled a [new \\$2 commemorative circulation coin](#) honouring First Nations, Métis, and Inuit histories and heritages. This coin was designed in collaboration with 3 artists, one of whom being Métis artist and master bead-worker, Jennine Krauchi.

National Indigenous Peoples Day, also saw the historic [introduction of the Métis Self-Government Implementation legislation](#). I want to congratulate and recognize the incredible work of Métis Nation of Alberta, Métis Nation-Saskatchewan, and Métis Nation of Ontario for this significant milestone which brings us one step closer to Riel's



LATEST NEWS IN THIS ISSUE:

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Photo by: Kaily Kay

vision for Métis across the Homeland.

The 21st was also an important day to celebrate past leadership of the Métis Nation. At an event held at Rideau Hall, [the Governor General presented many incredible Indigenous people with the Order of Canada](#) including, Métis leader John Morrisseau. As past president of the Manitoba Métis Federation, John Morrisseau was the driving force behind a 1981 land claims suit brought against the provincial and federal governments,



which was upheld in 2013 by the Supreme Court of Canada. It was an honour to attend the investiture ceremony and celebrate John's contributions to the Métis Nation.



Additionally, this month, Canada released the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) Action Plan. The Métis National Council, along with its Governing Members worked collaboratively with Canada on Métis specific measures which have been incorporated into the Action Plan, along with approving several of the measures in the Action Plan common to Métis, Inuit, and First Nations, which contains commitments by Canada to achieve the objectives of UNDRIP which

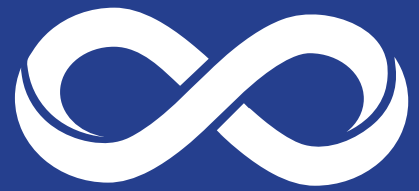
Canada endorsed in 2016. We look forward to working with Canada and our Inuit and First Nations partners to ensure meaningful and timely implementation of the commitments made in the Action Plan.



Finally, our celebrations on National Indigenous Peoples Day included co-hosting, with Inuit Tapiriit Kanatami, an open house at the Indigenous Peoples Space in Ottawa at 100 Wellington to celebrate Métis and Inuit history and culture. Thank you to those in Ottawa who stopped by for a visit, including many Métis leaders and citizens who were in town to support the introduction of the Self-Government Legislation!

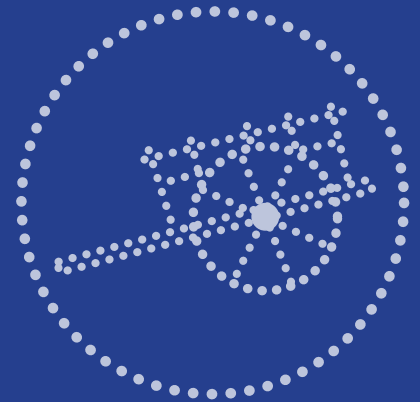
I am looking forward to the summer months and cannot wait to see everyone across the Homeland!

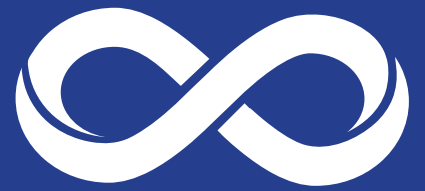
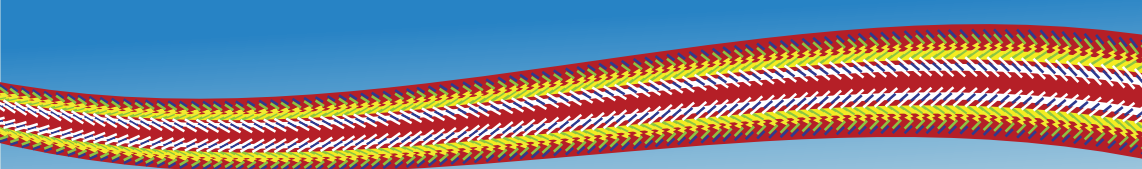
Be kind, be safe, and always be proud to be Métis!



MOMENTS IN HISTORY

Did you know that the Back to Batoche Festival began in 1970? The festival is now known as Back to Batoche Days and is a four-day event that has been an important opportunity to share Métis culture, build relationships, honour our Métis veterans, and connect to the land where our Métis heroes fought in the 1885 Northwest Resistance.





New Hires



**Isabelle Gibson, Junior Policy Advisor,
Intergovernmental & International
Relations**

Isabelle was born and raised in Prince George, British Columbia and is Ojibwe from Biigtigong Nishnaabeg. She is currently an undergraduate student at the University of Ottawa pursuing an Honours Bachelor of Social Science in Conflict Studies and Human Rights, with a minor in Indigenous Studies. Isabelle comes to MNC from Crown-Indigenous Relations and Northern Affairs Canada where

she worked as a Student Policy Analyst for the past 1.5 years in a variety of sectors, including Treaties and Aboriginal Government, Intergovernmental and International Relations, and Treaty Implementation. Outside of work, Isabelle enjoys reading, skiing, being outside, and exploring Ottawa in her free time.

ONE NATION, MANY STORIES

Monthly updates from the Governing Members

MN-S

Métis Nation – Saskatchewan

2023 Back to Batoche Days Festival

Immerse yourself in Métis culture July 20 to 23 at the Back to Batoche Days festival! This year's theme is the Year of the Youth, with exciting activities for all ages. Look forward to storytelling, fiddling, jigging, square dancing, sports, live music, traditional food, Métis artisans, traditional teachings, voyageur games, chuckwagon racing, and more! Mark your calendars and visit backtobatochedays.ca for details.



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 nomination, please send their name, contact information, and share why you are nominating them to newsletter@metisnation.ca



KOKUM'S KITCHEN RECIPES

Fry Bread

Ingredients

4 cups of all-purpose flour
1 tablespoon of salt
2 teaspoons of sugar
1 ½ cups of warm water
1 tablespoon of baking powder
Oil for frying, preferably a neutral oil like canola

Directions

Place measured salt, sugar, baking powder, flour into the bowl and mix until combined. Add half of the water and begin mixing. Add remaining water slowly until “shaggy” ball forms. Knead the dough with your hands until it's not sticky but isn't dry.

Divide your dough into 12 pieces and cover with a slightly damp towel. As the dough is resting, heat the oil in the pot or skillet: you need about 2-3 inches of oil (it may need to be adjusted if you are frying more bread).

Take one piece of dough at a time and roll into a 1/4 inch thin piece. Use a light dusting of flour to keep it from sticking to your counter or cutting board.

Once your oil is heated to about 350 F. (you can tell by if you hear a sizzle when you place the bread in), fry each piece until dark golden brown, then drain and dry on a paper towel. Be sure to not overlap your bread while cooking or they will not fry evenly!



MNO

Métis Nation of Ontario

The Métis Nation of Ontario has announced its Sault Ste. Marie Housing Development Pilot Project, a ground-breaking new affordable rental housing initiative to support low-income Métis households. In a ribbon-cutting ceremony on June 26, the MNO unveiled 20 brand new rental townhomes opening gradually over the next year, which will be available for rent below market rates. For more information, please visit: <https://bit.ly/3pihaP2>



MNC

Métis National Council

Bonn Climate Conference, Bonn, Germany, June 5-15

The Métis National Council (MNC) travelled to Bonn Germany to build on the mandates that emerged from COP 27 that took place in Egypt last year. The conference was a place to discuss issues of critical importance such as the global stock take, global goals on adaptation and more. As a part of their participation at the conference, the MNC took part in the Press Conference of the International Indigenous Peoples Forum on Climate on June 8th. To watch the recorded press





TRADITIONAL PLANTS CORNER

Shepherd's Purse

Shepherd's Purse is an annual herb, growing 10 to 60 centimeters tall with white, four-petal clusters of flowers. All parts of the Shepherd's Purse are edible and nutritious. Traditionally, the leaves and stems were steeped in hot water to make tea to provide relief for headaches, stomach cramps, hemorrhoids, and internal bleeding.



conference, click here: <https://unfccc.int/event/indigenous-peoples-organizations-press-conference-of-the-international-indigenous-peoples-forum-on>



UNEP Global Peatlands Initiative, Québec City, Québec, June 11-15

MNC was invited to participate in a workshop hosted by the UNEP Global Peatlands Initiative in Québec City on June 10th and 11th. Jessus Karst was part of a panel to talk about Advancing implementation of Multilateral Environmental Agreements (MEAs) through collaboration and synergies. The panel had members from different stakeholders and rights holders to discuss the importance of peatlands and how there can be synergies between the different groups to help conserve peatlands. The workshop was part of a larger international peatland conference focusing on restoration, reclaiming and rewilding peatlands that took place from June 11th to June 15th which MNC and MNS participated in. Peatlands are an important ecosystem for culturally relevant plants and animals to the Métis Nation, plays an important role in the water cycle, and are a crucial part in sequestering carbon. Click the following link for more information on the conference: <https://re3-quebec.org/en>

Target 3 Partnership Meeting, Cambridge, England, June 12-14

The Métis National Council travelled to the United Kingdom to meet with the United Nations to explore a partnership on implementing the new target to protect 30% of land and water by 2030. As a part of this meeting, MNC Conservation Policy Advisor Kelsey Scarfone participated in a panel on the contributions of Indigenous Peoples. She shared the incredible work happening by the Métis Nation to protect land and water and the potential to do so further through consultation. We look forward to continuing these discussions and developing this partnership in the future!





Canadian Medical Association Virtual Fireside Chat, June 12

On June 12th, President Caron participated in the last of three Fireside Chats held by the Canadian Medical Association (CMA). President Caron shared insight into the Métis experience within health care and the systemic discrimination that has taken place against the Métis Nation across the Homeland. At the Fireside Chat, CMA has committed to engagement sessions with Indigenous Peoples as they work toward the issuing of a formal apology as the national voice of physicians, for the harm caused to Indigenous Peoples in health care. This is an important step on the road to reconciliation and the MNC will continue to engage with the CMA as they navigate this process. You can watch the recorded webinar here: <https://bit.ly/3JFzU25>

Summer Solstice & National Indigenous History Month Celebrations – June 2023

To celebrate Summer Solstice and National Indigenous History Month the Métis National Council (MNC) participated in several events throughout the month.

Indigenous Music Awards, June 6

As a co-sponsor for the Summer Solstice celebration, the MNC attended the first ever in-person Indigenous Music awards. The event was a celebration of music of all genres and highlighted outstanding Indigenous musicians from across Canada.



National Indigenous Peoples Day, June 21

On National Indigenous Peoples Day, in partnership with Inuit Tapiriit Kantami, the MNC held a gathering at 100 Wellington to celebrate National Indigenous Peoples Day. The event was open for all to join and learn about the history and culture of the Métis Nation!

Summer Solstice Indigenous Festival, June 21-25

Our celebrations continued at the Summer Solstice Indigenous Festival at Mādahòki Farm. President Caron gave welcoming remarks following the Pow Wow grand opening. Throughout the weekend there were performances and activities that garnered representation from all of Canada’s Métis, First Nations, and Inuit.





UPCOMING EVENTS

Health Equity Webinar, July 5th

Join us for a virtual discussion hosted by the Métis National Council and the Governing Members! We are gathering to have a Métis-specific conversation on health equity and asking the question What does health equity look like for the Métis Nation? Click the following link to register for the webinar and join us to contribute to this important conversation!

<https://us06web.zoom.us/meeting/register/tZ0rfuCuqz0jGtJbsPSc4sl6iss8IPtz8fqy#/registration>



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NATIONAL COUNCIL

Métis Health Equity Series VIRTUAL DISCUSSION

Towards Equity in Health: A Métis Perspective

Wednesday July 5, 2023

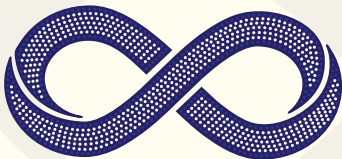
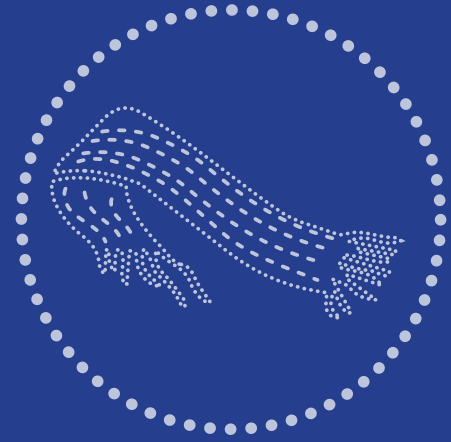
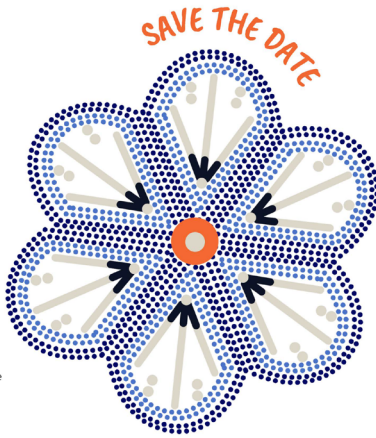
1:00-2:30PM ET

OPEN INVITATION

Hosted by the Métis National Council with the Métis Nation Governing Members (Métis Nation British Columbia, Métis Nation of Alberta, Métis Nation- Saskatchewan and Métis Nation of Ontario)

A Métis-specific conversation on health equity: **What does health equity look like for the Métis Nation?**

- Current initiatives, challenges, gaps, and opportunities
- Extended Health Benefits
- Mental Health Supports
- Homecare, Long-term Care and Palliative Care
- Improvements to Existing Healthcare System
- Métis Community Healthcare
- Data Sovereignty
- Core Health Capacity



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