

## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

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Tansi everyone!

As the leaves begin to change their colours, the crops have all been harvested, and the cooler temperatures set in, we are reminded that winter is just around the corner. It's time to reflect on all of the important work we have all been doing throughout this past spring, summer and early months of autumn.

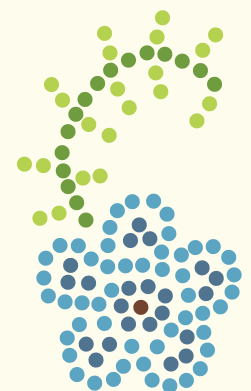
Once again, I have been fortunate enough to continue my travels throughout the Métis Nation Homeland, attending community gatherings, annual assemblies, meetings with our federal counterparts, all the while visiting with so many friends, families, and Métis citizens learning about all the incredible things that are happening as we all work toward building a strong, healthy and happy Métis Nation for now and the future generations. I want to take this time to extend my sincere gratitude to Métis citizens for all of the Nation-building initiatives that many of you have contributed to throughout the spring, summer and fall months.

It's been a busy year and the month of September has been no exception. Just in the last week alone I had the opportunity to be in each of our Governing Member provinces, starting with Métis Nation British Columbia for their Annual General Assembly. It's always nice to be back in the province where I was raised and at MNBC events where I have the chance to reconnect with so many community presidents and citizens who I have known for years. Thank you, MNBC, for having me, and I can't wait to be back again soon for more visiting.

From there, I had the absolute pleasure of attending the grand opening for Métis Crossing in Alberta. Métis Crossing is the first major Métis cultural interpretive centre in Alberta. It is a space that weaves together cultural interpretation and revitalization, education, business and economic development, and meaningful climate action into a space where Métis can gather and Canadians can learn about the richness of who we are as Métis.

## LATEST NEWS IN THIS ISSUE:

- ∞ MESSAGE FROM THE PRESIDENT
- ∞ CITIZEN SPOTLIGHT
- ∞ STORIES FROM ACROSS THE HOMELAND



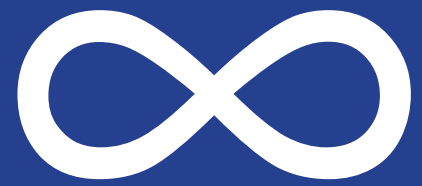
I continued eastward to Saskatchewan where I visited citizens of the Métis Nation-Saskatchewan at the Pinehouse Culture Camp. Located 67km outside of the community of Pinehouse, Métis citizens from the area gather in the fall to exercise their S.35 rights, hunting and gathering to prepare the community for the winter months to come. This annual tradition brings community together in the best way, by taking us away from cell phone service and technology and allows folks to truly connect with each other and to the land. Thank you to the incredibly generous people of Pinehouse for this unforgettable experience.

I ended last week, on the second annual National Day for Truth and Reconciliation in Île-a-la-Crosse, Saskatchewan. This year's theme for the day was 'Remembering the Children.' The fact that so many Métis Survivors remain forgotten and ignored, including the generations of Métis children who attended the Île-a-la-Crosse Residential School is an ongoing disgrace that must be addressed. At the invitation of Elders and Survivors from Île-a-la-Crosse, I attended their commemoration event on the 30th where I listened to the stories of survivors. We will continue to fight for justice for Métis Survivors, all those who came before them and all those who have yet to come. Now, back in Ottawa, we are turning our attention to preparing for the Métis National Council General Assembly to be held at the end of October. The Assembly will provide us with more of an opportunity to reflect on all that we have accomplished together throughout this past year and celebrate our successes. We have so much to be proud of, and so much more to look forward to.

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



Earlier this month, MNOVC President Brian Prairie represented the Métis Nation at The Government of Canada's national commemorative ceremony marking the passing of Her Majesty Queen Elizabeth II. A national commemorative ceremony was held in Ottawa, at Christ Church Cathedral. Invitees to the ceremony included government officials, dignitaries and representatives of organizations with whom Her Majesty had a close connection such as charities and military regiments.



## MOMENTS IN HISTORY

Did you know that on September 19, 2003, in a unanimous decision, the Supreme Court affirmed what the Métis people have been saying – section 35 is a substantive promise to the Métis which recognizes their distinct existence and protects their existing Aboriginal rights? The Powley decision marked a new day for the Métis Nation in Canada. The Supreme Court's decision was a respectful affirmation of what the Métis people have always believed and stood up for as well as it was an opportunity for Canada to begin fulfilling its substantive promise to the Métis.

## CITIZEN HIGHLIGHT

Marissa Magneson



Marissa is a Cree-Métis artist, photographer, educator, and workshop facilitator. She has a BFA honours degree from York University and a Master's in Canadian and Indigenous Studies from Trent University.

Marissa's work is centered around decolonizing education,

# NEW HIRES

## Economic Development

**Patrick Watson**, Director of Economic Development  
Patrick welcomes the opportunity to work with colleagues and partners to support Métis Prosperity and Well-being, in a good way. Patrick has over 16 years of Government experience with the Government of Ontario and the Government of Canada in the Departments of Foreign Affairs, Natural Resources, Tourism, and most recently Indigenous Services. Patrick holds a Master of Arts Degree in International Relations: Global Finance and International Trade from the Normal Paterson School of International Affairs (Carleton University), Magna Cum Laude. He is a proud husband as well as a father of two young children. In his spare time, Patrick enjoys playing squash, running, and barbecuing on his Big Green Eggs.



## Justice

**Ryan Chawner**, Justice Policy Advisor  
Ryan was born and raised in Edmonton, Alberta. He moved to Toronto, Ontario for law school where he specialized on the intersection of environmental law and the United Nations Declaration on the Rights of Indigenous Peoples. During law school, Ryan worked with an environmental legal clinic, where he assisted with federal law reform efforts. After articling with a private sector trade union in Toronto, Ryan was called to the Bar of Ontario and moved to Ottawa, Ontario, joining the Métis National Council. He is excited to join the Métis National Council and fight for Métis self-determination. Outside of work, Ryan spends his time reading, cooking, and exploring Ottawa.



**Michael Perry**, Senior Legal Advisor  
Mike comes to MNC from the Métis Nation of Ontario where he previously served as Lead – Laws and Constitution for self-government. A practicing lawyer and social worker, Mike clerked for the Supreme Court of the Northwest Territories and holds a master's degree in law from Duke University. Mike also teaches law at Trent University and is an alumnus of the public leadership program at Harvard. Mike was formerly the Coordinator of Canada's Campaign for the International Criminal Court and a past member of the Canadian Armed Forces Reserves. Mike's family line roots back to Red River via the historic Métis Community at Georgian Bay. He lives in the traditional territory of the Michi Saagiig Anishinaabeg – known today as Kawartha Lakes, Ontario – with his two children Abigail and Gabe.



strengthening community, and cultural reclamation. In her collaborative work with various organizations, Marissa works towards photographing, consulting, educating, and creating programming in meaningful ways.

Her Master's research titled, "My Methodology Moccasins: Walking in the Footsteps of My Ancestors, a Decolonial Approach to Research Centered in Beadwork as Visual Storytelling," explores Indigenous methodologies through the creation of a beaded pair of moccasins. She is currently a doctoral student in the Faculty of Education at York University where she is researching beadwork as pedagogy, a bridge toward reconciliation and cultural reclamation.

Marissa would like to acknowledge her maternal grandmother, Elaine Jessop, whose life-long work on Indigenous women's rights inspires her own journey and involvement with the Toronto and York Regional Métis Council as the elected Youth Representative.

Instagram: @  
MagnesonStudios / @  
MarissaMagnesonPhotography  
Website: <https://www.marissamagneson.com>

# TRADITIONAL PLANTS CORNER



## ONE NATION. MANY STORIES.

*BI-WEEKLY UPDATE FROM THE GOVERNING MEMBERS*

### MNA

*Métis Nation of Alberta*

#### *QuitCore*

We're continuing our partnership with Alberta Health Services and offering MNA Citizens group support to help you reach your tobacco-reduction goals. Participants will receive a "QuitKit" upon completion of the course. This kit includes different resources to help you continue your journey, a QuitCore Blue Cross coverage card for nicotine replacement therapy (or prescriptions for commercial tobacco cessation medication), and other cessation supports such as navigation to other community services. Be sure to register by October 17, 2022. This program runs for six weeks on Thursday evenings from 6:00 pm to 8:00 pm MT, starting Thursday, October 20, 2022. For more information or to register, reach out to Kyla at [kprakash@metis.org](mailto:kprakash@metis.org).

#### *Wellness Engagements – Coming to a Town Near You*

Mental health and wellbeing are key priorities for our community. When we asked you how we can best support you on your mental wellness journey, you told us community gatherings where we connect with culture and family. We've heard you and now we will be travelling across the province to hold Health and Wellness Info Sessions near you. But before we start planning, we want to know: What do you want to learn about? Which Info Sessions would you want to attend? Let us know in the survey below and be entered to win a \$200 grocery gift card! Click the following link to complete the survey.

<https://docs.google.com/forms/d/e/1FAIpQLSey3xkmRzIflhmB23PqO4kdEe2LlszyzW0gZ8uM67qTh-yUJg/viewform>

#### *Cancer Screening Survey*

We are constantly learning about cancer and its impact on the Métis community. In order to better support our community as you embark on your cancer screening journey, we need to hear from you! Tell us about your cancer screening journey and be entered to win 1 of 5 \$100 prepaid Visas. Our survey seeks to understand Métis Albertans' lived experiences of cancer screening in Alberta and evaluate what helps and hinders cancer screening. The survey is voluntary, and you can choose to end it at any time. Click the following link to complete the survey.

<https://redcap.cru.ucalgary.ca/surveys/index.php?s=W4YPX47RYL&fbclid=IwAR3YfsTo24p7olbgFdx-RB0TuDA3YmODEs8Hotg2ZCxxAkO8Aq8gbjBMrQ>

### *Horsetail*

Horsetail is a perennial plant grown in moist places like wet grasslands, woods, marshes, and ditches throughout Canada. Horsetail is like a fern and has hollow, pointed stems, and scaly leaves and grows to be about 1 foot tall (12 inches). Only the green fern-like part of the plant is used for alternative medicine purposes. The root of the plant is not used.

#### *Did you know?*

- ∞ Horsetail is high in absorbable calcium which helps prevent osteoporosis
- ∞ Horsetail is also high in silica which helps strengthen your nails and hair
- ∞ Externally, horsetail is used to help with burns, wounds, or sprains
- ∞ Internally, horsetail has been used to treat remedies for kidney and bladder problems
- ∞ The rough stems of horsetails also make them ideal to use as sandpaper to smooth carved items such as canoes or arrow shafts and even for filing of nails and brushing of teeth





### ***Community Wellness Advocate (CWA)***

The CWA can help Métis Albertans in their mental wellness journey by providing support in the following areas:

- ∞ Information and Referrals
- ∞ Identifying Mental Wellness Related Goals
- ∞ System Navigation
- ∞ Follow-up Support
- ∞ Financial Support (Eligibility criteria must be met)

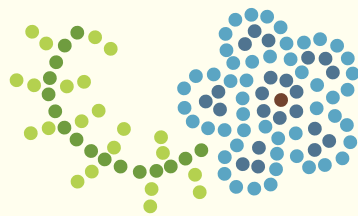
Métis Albertans aged 16 and older can access the CWA by phone or email, Monday to Friday from 9:00 am to 4:00 pm MT by calling (780) 940-4937 or sending an email to [CWA@metis.org](mailto:CWA@metis.org).

### ***MNA Wellness Program***

Through our partnership with Alberta Blue Cross and Homewood Health, we have established the MNA Wellness Program. This service can help with mental health struggles you may be experiencing. All Citizens registered with the MNA have access to 12 hours of free, culturally sensitive, and confidential counselling with a professional. Sessions are available 24/7 by phone call, video call, or instant messaging and will provide short-term support in key areas of life such as:

- ∞ Improving your personal well-being
- ∞ Managing relationships and family
- ∞ Addressing workplace challenges
- ∞ Taking financial and legal control in your life
- ∞ And more

To access this program, call 1-877-729-0261 and mention that you are with the Métis Nation of Alberta.



# KOKUM'S KITCHEN RECIPES

## *Blueberry Pie*

*Make a pie crust and use a 9-inch pie plate.*

*3 cups of blueberries*

*1 cup of sugar*

*2 tablespoons of flour*

*Mix blueberries, sugar, flour, and pour into the pie crust. Dough the top of the pie.*

*Bake in the oven at 350°F in the oven for 30-minutes. Cool off for 10-minutes.*



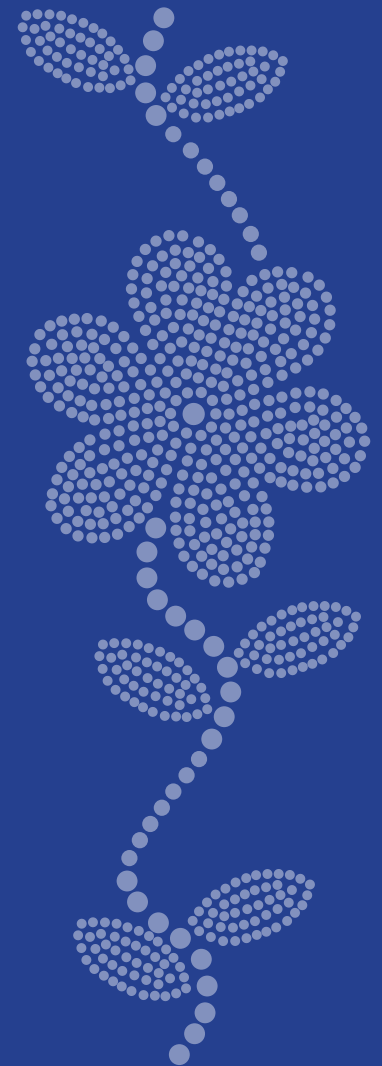
# TRADITIONAL MÉTIS VALUES

## Conservation

Many Métis harvesters value the importance of conservation and ensuring the sustainable management of fish and wildlife populations across our Homeland.

Harvesters take what they need and leave what they don't need. Harvesters never kill female animals still caring for their young nor do they waste any part of their kill.

Also, harvesters do not sell what they harvest which includes meat, fur, bones, and berries.



## Métis National Council

### Métis Wildfire Workshop in Edmonton on October 31 and November 1st

The MNC has recently finalized groundbreaking research into the past, present and future of the relationship between the Métis Nation and wildfire. For the first time, the traditions, technologies and stories that have been passed down from generations of Métis Fire Practitioners have been recorded in order to ensure the Métis Nation can continue its stewardship of the land and the knowledge required to do so for generations to come. As out of control wildfires increasingly threaten Métis communities and livelihoods, the MNC is taking action to ensure Métis voices are heard and our knowledge, talents and capabilities are mobilized in order to protect our communities and heal our lands.



The MNC will be hosting a Métis Wildfire Workshop in Edmonton on October 31 and November 1st. This workshop will highlight recently completed research that illuminates the rich history and contemporary issues in the relationship between the Métis Nation and fire on the land. In addition to displaying and discussing Métis specific wildfire research, experts from across the Motherland will be presenting on a range of wildfire related topics including employment, ecology, international cooperation and the profound relationship between the Métis Nation, the land and the fires that bring us a deeper connection to the land. The MNC encourages all who are interested to email [daned@metisnation.ca](mailto:daned@metisnation.ca) to inquire about attendance or any materials that will be presented during the wildfire workshop.





### ***Wildlife Disease Information***

With the arrival of fall comes the time for harvesting across the Métis Motherland. MNC would like to remind everyone to be safe and careful while out on the land during this time of year. While on the land, please keep a watch for two wildlife diseases prevalent on the landscape in some regions, Avian Flu and Chronic Wasting Disease (CWD).



There is a good chance the Avian Flu could be increasing as birds migrate from north to south. If you find multiple dead birds, please report them to the responsible provincial authority. If you're processing any birds, please practice good hygiene if handling wild birds, wash your hands and avoid contact with your face.

While hunting big game, if you see animals that are weak, thin, salivating or drinking lots and lack coordination, do not harvest them. If hunting in Alberta or

Saskatchewan, please have your animal tested for CWD. Deer, elk, moose and caribou are safe to eat, and most body parts are safe to use. If the animal looks or acts sick, has died of unknown causes or has tested positive for CWD, do not handle or eat.

Fact sheets will be available on the MNC site soon with more information about Avian Flu and Chronic Wasting Disease.

### ***Indigenous Protected and Conserved Area Planning Certificate***

This week a representative from each Governing Member is partaking in a first of its kind specialty course on Indigenous-led conservation. The Indigenous Protected and Conserved Area Planning Certificate is a year-long post-graduate program coordinated by Vancouver Island University and the Isaak Olam Foundation. MNC is supporting four students from across the Homeland to take part in this course, which kicks off this week in Tofino, British Columbia. Best of luck to the students on their learning journey!

### ***Implementing the United Nations Declaration on the Rights of Indigenous Peoples and the UN Declaration Act Video Panel***

The MNC was honoured to represent the Métis Nation in a video panel discussion with Federal Officials, First Nations and Inuit representatives. The video panel is a teaching tool of many to come that will spread awareness regarding the UNDA and the Declaration. Brandon Macleod, Métis lawyer and Director of Legislative Affairs and Justice with the MNC sat on the panel and was able to build upon his work in co-development of the Declaration Act (Bill C-15) and share thoughts regarding the implementation and meaning of the Act.



Ultimately, the panel acted as a platform for representatives to advocate for their interests regarding the Act, a path forward within it and the interaction between Indigenous peoples and the Canadian state more broadly. The incorporation of Indigenous perspectives and representatives in the decision making process remains central to state-Indigenous relations and the path forward. Furthermore, as Brandon presented, Indigenous rights, namely, the right to self-determination, minimum standards of survival, dignity and wellbeing sit at the heart of adoption of the Declaration and Act and how Indigenous representatives must be considered in their relationship with Canada.

Creating an active path forward for the implementation of the Act that prioritizes the equality and rights of Indigenous peoples is of the utmost importance. The panel was an opportunity to discuss priorities and challenges going forward as the implementation of the Act is navigated. It was an important step to inform, learn and make steps toward meaningful interaction between the Canadian state and Indigenous peoples regarding its adoption.

### ***Call for Translators and Interpreters***

The Métis National Council is seeking translation and Interpretation services for 1) Northern Michif, 2) Southern Michif, 3) Michif French, and 4) Plains Cree.

Please send a notification of interest to [newsletter@metisnation.ca](mailto:newsletter@metisnation.ca) and include the following.

- ∞ Name and Contact (include business/organization name, email, telephone number, location)
- ∞ Additional Information (include community/dialect varieties, credentials, experience, specializations, training)

### ***Call for Elders***

The Métis National Council is seeking Elders in different regions of our Homeland who would like to be included in the National Métis Elders Database.

The Elder(s) will be invited to participate in various events when the Métis National Council is in their region. An honorarium and travel expenses will be provided to help with costs related to the event.

If you know of an Elder or are an Elder, please contact Sheila Howard, Community Organizer, by email at [sheilah@metisnation.ca](mailto:sheilah@metisnation.ca) or by phone at 587-583-9213.



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

