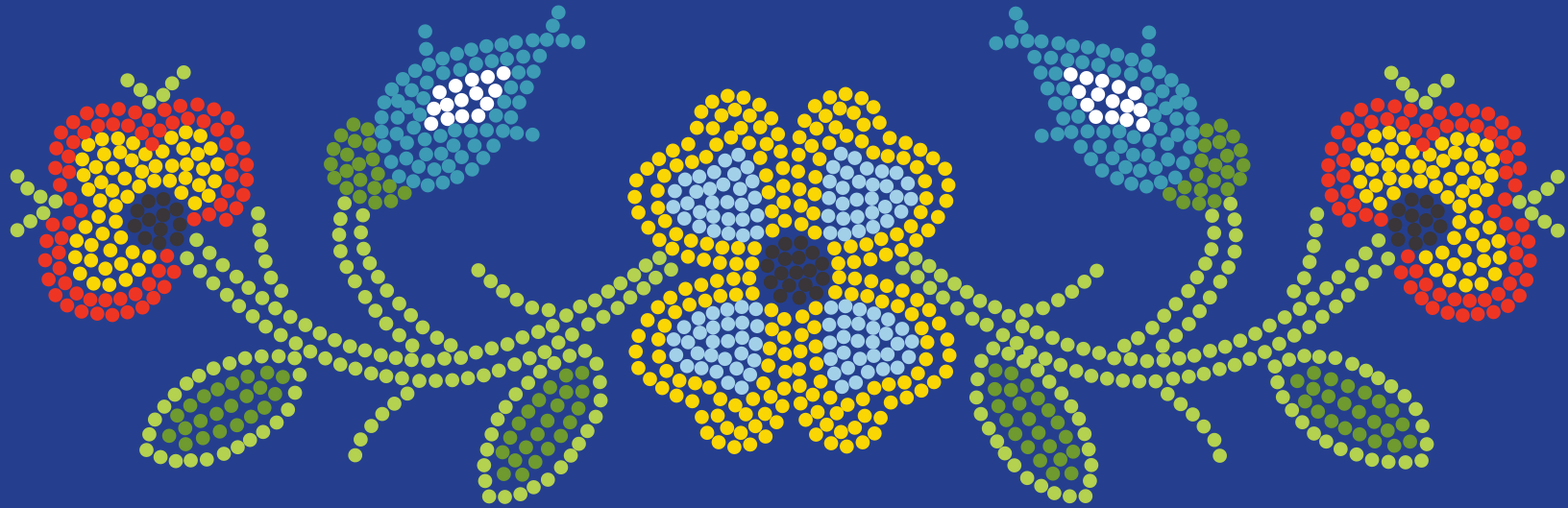


September 6, 2023

THE PEMMICAN POST

THE OFFICIAL
NEWSLETTER OF THE
MÉTIS NATION



MESSAGE FROM THE PRESIDENT

MESSAGE FROM PRESIDENT CARON

Tansi everyone!

What an incredible Summer, it seems to have passed us by so quickly.

I want to start off by wishing all our students in K-12, post-secondary, and beyond a very happy start to the school year. I cannot wait to see all that you will achieve.

In this last month, we joined both the Métis Nation of Alberta and Métis Nation of Ontario at their respective Annual General Assemblies, where both celebrated tremendous milestones. This year, the MNA held their 95th Annual General Assembly at the beautiful Métis Crossing in Smokey Lake. For the MNO, this year marked 30 years since its founding in 1993 and 20 years since the landmark Powley Supreme Court decision. I am also looking forward to joining Métis Nation British Columbia citizens for their Annual General Meeting at the end of this month. Our annual general assemblies are a cornerstone of Métis democracy, and it is always inspiring to attend and listen into the important dialogues happening that continue to move the Métis Nation forward in historic ways.

As we transition into the month of September, we are turning our focus toward a month of reflection on Truth and Reconciliation. The dark chapter of Métis attendance at Residential Schools is one that is still deserving of being told and understood. As previous residential school recognition processes have failed to fully recognize many of the institutions that Métis children attended, much work remains.

Métis Survivors have been bravely telling their truths for years yet have been denied rightful acknowledgement, healing, or compensation. It is imperative that we continue to support Métis Survivors in their fight for recognition and justice, including those in Île-a-la-Crosse, Saskatchewan where approximately 1500 Métis children attended the

LATEST NEWS IN THIS ISSUE:

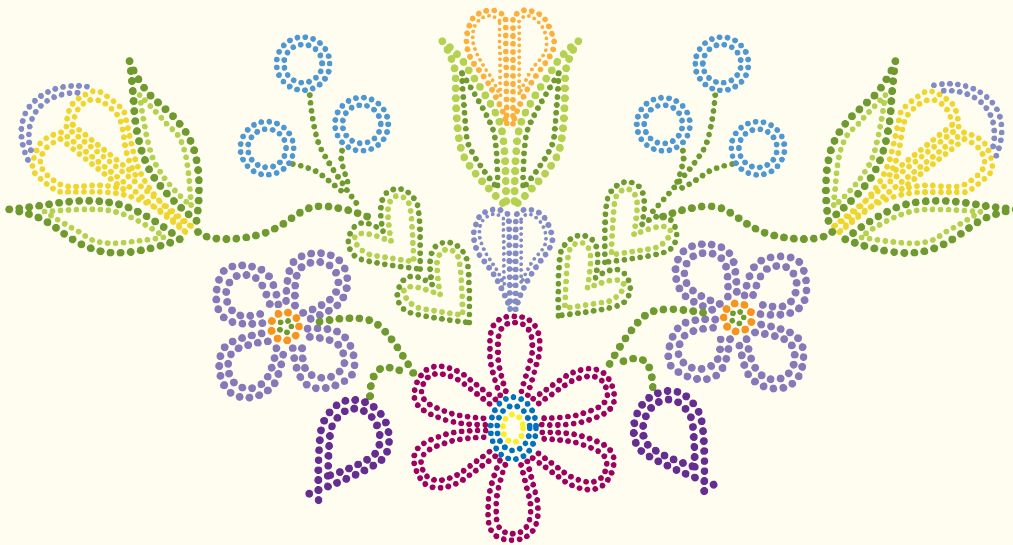
- ∞ MESSAGE FROM THE PRESIDENT
- ∞ NEW HIRES
- ∞ ONE NATION. MANY STORIES.



Île-a-la-Crosse residential school yet, this institution was excluded from both the Indian Residential Schools Settlement Agreement and the Day Schools Settlement Agreement. To learn more about the Métis fight for justice around the Île-a-la-Crosse residential school and the proposed class action against the Governments of Canada and Saskatchewan, please visit the following webpages:

<https://www.united4survivors.ca>

<https://waddellphillips.ca/class-actions/ile-a-la-crosse-residential-school-class-action/%23:~:text=Like%2520all%2520residential%2520school%2520survivors,punished%2520severely%2520for%2520non%252Dcompliance.>

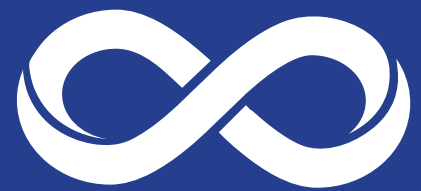


New Hires



Melissa Lagacé, Social Media Coordinator

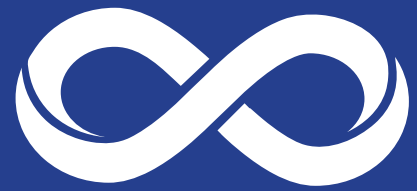
Melissa Lagacé was born and raised in the Manitoba Prairies. She is a mom to two girls that are 8 and 4. She spends her evenings at the barn watching her daughter take riding lessons and at dance watching her other daughter's tap and ballet classes. She loves digital marketing and prior to starting with us, she created an online coaching business and also works as a mental health advocate. As much as Melissa loves the world of online business, she also loves to disconnect and spend time outdoors with her kids and boyfriend. They love to spend time fishing, hiking, camping and going to new places.



MOMENTS IN HISTORY

Did you know that on September 19, 2003, the Supreme Court of Canada declared that the Métis appellants, Steve and Rod Powley, have an Indigenous right to hunt through Section 32 of the Constitution? Through ancestry and community “tests” this right can apply to any Métis living in the Métis Homeland if the Métis appellant can demonstrate a connection to a historic Métis community. This case impacted Métis case law across Canada.





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.

ONE NATION, MANY STORIES

Monthly updates from the Governing Members

MNA

Métis Nation of Alberta

Introducing Salay Prayzaan—the Métis Crossing Solar Project!

This project is a collaboration with the Métis Nation of Alberta (MNA), the Town of Smoky Lake, and Smoky Lake County. Salay Prayzaan is located at Métis Crossing and upon completion will provide enough electricity to offset all MNA and affiliate buildings, roughly equivalent to 1,200 Alberta homes!

Thank you, Sheri Gnad, for submitting the name, Salay Prayzaan, which means “a gift from the sun” in Michif. To watch the progress of this project, visit here: <https://www.youtube.com/watch?v=ELEcP3gz8CQ>. If you have any questions, please contact climate@metis.org.

Community Information Session

Curious about the connection between the land and health? Join us on September 19 as we look at mental health and wellness through a new lens. Together we will explore deeper grounding techniques that focus on the connection between the land and health, wellness and our relationships with self and others. Register for this virtual session.

ONLINE
Community Information Sessions

Land-based Teaching & Wellbeing

- Tuesday, September 19
- 6:00pm - 7:00pm
- Zoom




Can't make it? Join us next month. Community info sessions occur monthly on the third Tuesday, from 6-7 pm on Zoom.

Métis Nation of Alberta Children and Family Services Department




FASD BRIDGING CONNECTIONS PROGRAM



FASD Caregiver Connect Nights

Sept 13, 2023 / 6pm-7pm / Zoom

Métis Nation of Alberta • Children and Family Services Department
Della Grey Building • 11738 Kingsway NW Edmonton AB • T5G 0X5



REGISTER HERE

FASD Caregiver Connect

Are you raising a child/youth with FASD? Are you looking to connect with other parents or caregivers who understand? Join us for our FASD Caregiver Connect Night on September 13 from 6 – 7 pm on Zoom. We will be discussing FASD Strategies for School Success. We would love to connect with you. Register here.



KOKUM'S KITCHEN RECIPES



MN-S

Métis Nation-Saskatchewan

Métis Nation–Saskatchewan engages citizens in meaningful ways.

Before the end of the year, Métis Nation–Saskatchewan (MN–S) will conduct a series of information gathering sessions across the province on issues important to Métis citizens. Topics include Bill C-92 and climate change and the environment from a Métis perspective.

MN–S Early Learning and Child Care is also hosting three separate conférences in Regina, Saskatoon, and Meadow Lake this fall. Input provided will feed into MN–S and national strategies that can help shape our Métis Nation. Details can be found at metisnation.sk.com.



MNO

Métis Nation of Ontario

30th Annual General Assembly



Last month, the Métis Nation of Ontario celebrated its 30th Annual General Assembly held on August 17 to 20 in Ottawa. The AGA brought together hundreds of Métis citizens from across the province and marked a historic milestone for the MNO as a Métis government.

Bannock Moose Pops

Bannock

4 cups flour

2 tbsp baking powder

1 tsp sugar

1/2 tsp salt

1/4 cup melted butter or lard

2 cups warm water

Mix dry ingredients and slowly add liquid to the well of dry. Mix with a fork, gently kneed on a floured surface, and roll out.

Filling

1 lb ground moose meat

1 medium onion diced

2 cloves garlic chopped

1 cup frozen peas

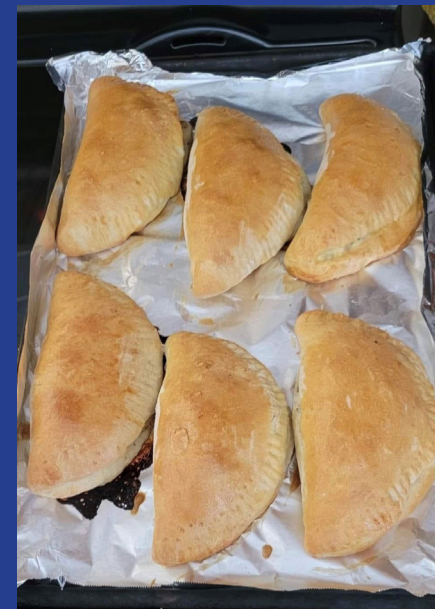
1 tbsp of Worcestershire sauce

1 cup beef broth

1 tbsp cornstarch

Fry your onion and garlic first. Add ground moose meat and fry until brown. Then add your peas and Worcestershire sauce until the peas are thawed. Mix your cornstarch and beef broth and then add to the meat mixture until thickened.

Use a regular soup bowl about 6" round to cut the dough for the bannock pops. Then use a 1/4 cup of meat filling for each pop, fold, and seal with fork. End in egg wash and then bake at 400°C for 30 minutes.





TRADITIONAL PLANTS CORNER

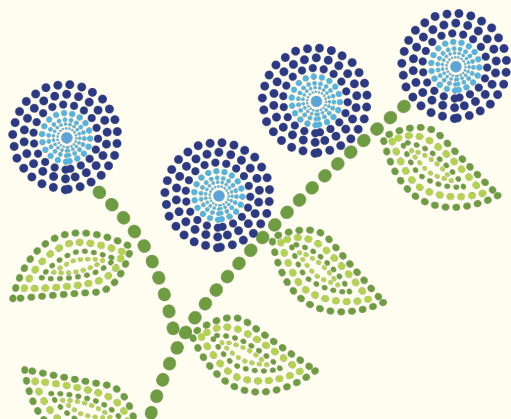
Sage

This aromatic plant is helpful as a wash for sores and wounds. It can also be massaged into the scalp for dandruff or hair loss. Sage can be found in dry plains, hills, rocky slopes, and forest openings.



“Over the last 30 years, we have faced many challenges as a Métis government in a province that used to deny our very existence. By staying true our Statement of Prime Purpose—and working together—we signed an agreement with Canada earlier this year that formally recognizes the MNO as a Métis government. Unquestionably, we have much to celebrate at this AGA!” said MNO President Margaret Froh.

More here: <https://bit.ly/MNO30thAGA>





UPCOMING EVENTS

Goose Moon Table on Climate, September 12-14, 2023

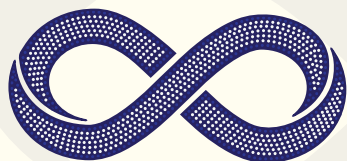
The Goose Moon Table will be hosting their second meeting of 2023 with the Métis Nation's Climate Change leaders and technical experts, and relevant Federal and private climate change entities as they work together to advance Métis climate priorities.

Senior Officials Meeting, September 26-27, 2023

As a part of continuing the Permanent Bilateral Mechanism, Senior Officials from across the Homeland will be meeting with representatives from the Government of Canada to discuss progress on established priorities.

Reviving Our Métis Languages by Listening and Learning, October 24-25, 2023

The MNC will be hosting a national conference in Tsuut'ina Nation, Alberta that will create a space for Métis citizens and Governments to share best practices taught to us by fluent language speakers, community engagement, program delivery and language experts. Language is a foundational element of identity, culture, spirituality, and worldview and through this gathering, we will focus on ways to preserve and revitalize Métis languages across the Homeland.



RALLIEMENT NATIONAL DES
MÉTIS
NATIONAL COUNCIL

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