

## MESSAGE FROM THE PRESIDENT

### *MESSAGES FROM PRESIDENT CARON*

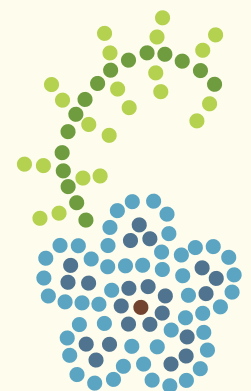
Much like Mother Nature has traded her cozy blanket of white for a beautiful, flowery coat of many colors, I am looking forward with a sense of renewed purpose with the changing of the seasons.

The Métis Nation has so much to be proud of and so much more to look forward to. As I reflect, I am especially grateful for my family, friends, and fellow Métis citizens throughout the Métis Nation for their kindness, love and unending support.

This past week, I had the opportunity to travel to New York City to represent the Métis National Council at the United Nations Permanent Forum on Indigenous Issues. The opportunity to represent the Métis Nation internationally is one that I do not take for granted, and will continue to do in order to best represent the Nation as a whole.

### **LATEST NEWS IN THIS ISSUE:**

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- ∞ MNC POLICY UPDATES
- ∞ STORIES FROM ACROSS THE HOMELAND



Later this week, I will also be joining the Métis Nation - Saskatchewan at their Early Learning and Child Care Conference to share and listen to the work being done in Saskatchewan on this critical issue for our Métis families. I'm also looking forward to the kitchen party, as it has been a long time since we've been able to have one in person.

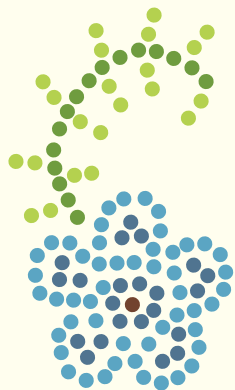
I'm looking forward to spending more time in communities and at events now that we can, more safely, do these things together. Having the opportunity to travel across the Homeland and meet with citizens to learn about the amazing work they are doing in their communities, as well as learn what they would like to see from their Métis National Council is not only an exciting prospect for me, but critical to ensure I am representing the Nation to the best of my abilities.

Always remember: we can do anything, so long as we do it together.

Be kind, be safe, and be proud to be Métis.



**Matt LeMay**



## Moments in History

April 14th, 2016. *Daniels v. Canada*, a historic Supreme Court ruling. The Supreme Court of Canada ruled that the Federal Government has Constitutional responsibility for Métis and non-Status Indians, marking a historic victory for Indigenous peoples in Canada and ending a 17-year legal battle.

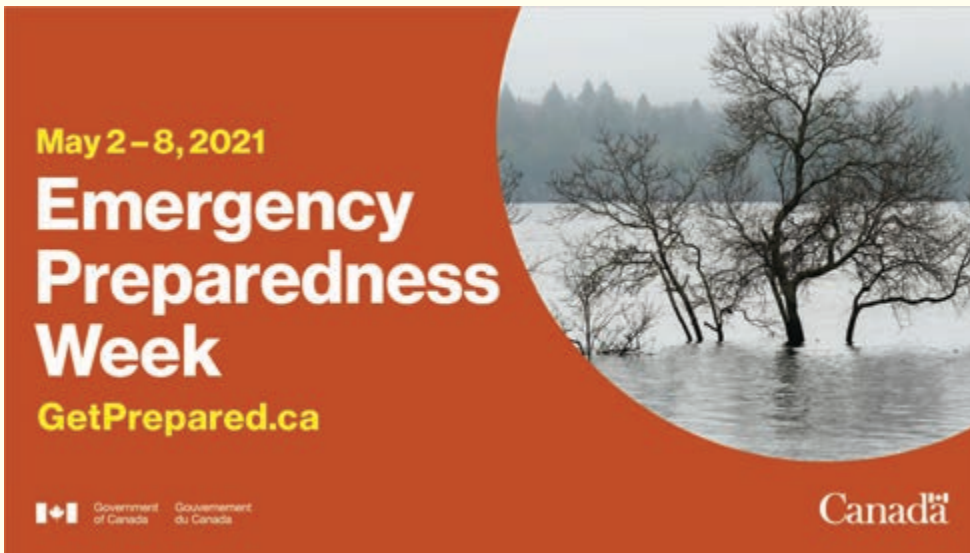
## Citizen Spotlight

Matt LeMay is a bestselling, multiple award-winning Métis filmmaker, who owns and operates LeMay Media. Matt is an innovator in the field of documentary film with a strong focus on reconciliation and the environment. Matt is Canadian Geographic's (Inaugural) Filmmaker in Residence. He is passionate about film making and exploring his Métis heritage. Matt is a Citizen of the Métis Nation of Ontario and his root ancestors are the Clermont Dusome family that originally hail from the Red River region of Manitoba, later settling in Penetanguishene Ontario.

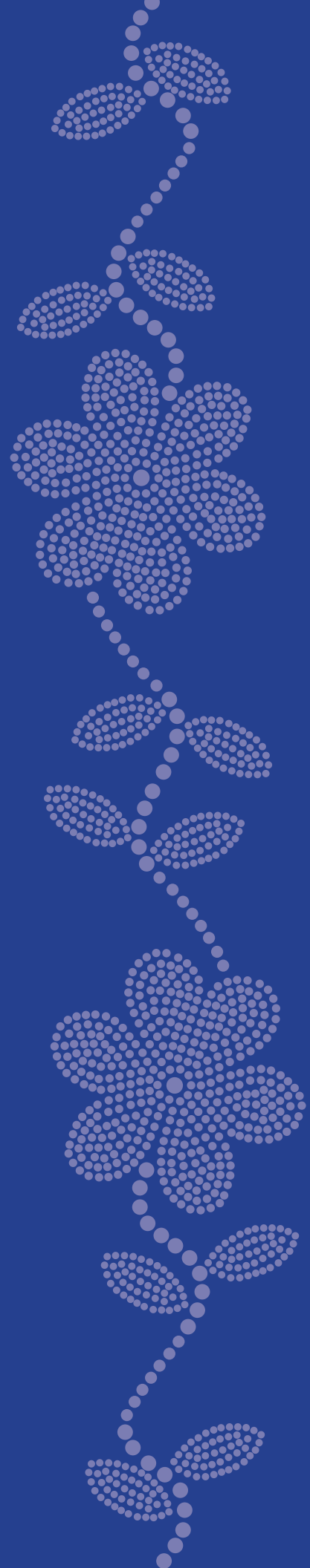
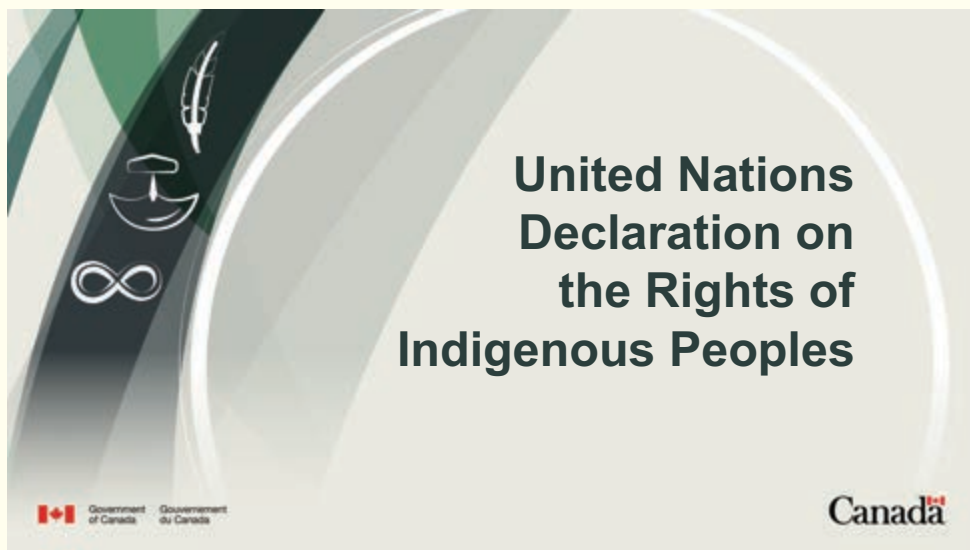


# MNC Policy Updates

Next week is Emergency Preparedness Week, a national awareness initiative that has been in place since 1996. Throughout the week, you could have an opportunity to win an emergency preparedness kit from Public Safety Canada. Follow President Caron's Twitter to find out how you can be prepared. To learn more about the events of the week and how you can be prepared for any emergency, visit [www.getprepared.gc.ca/](http://www.getprepared.gc.ca/)



On April 20th, Métis National Council Senior Policy Advisor Brandon MacLeod joined a panel on "Implementing the United Nations Declaration on the Rights of Indigenous Peoples and the UN Declaration Act". This event featured a panel discussion with First Nations, Inuit and Métis experts as well as senior federal government officials who gave an overview of both the Declaration and the UN Declaration Act with a focus on their role in providing a framework for reconciliation. You can view the panel here: <https://www.youtube.com/watch?v=Ty47gotEwPE>







# ONE NATION. MANY STORIES.

*BI-WEEKLY UPDATE FROM THE GOVERNING MEMBERS*

## *MNA*

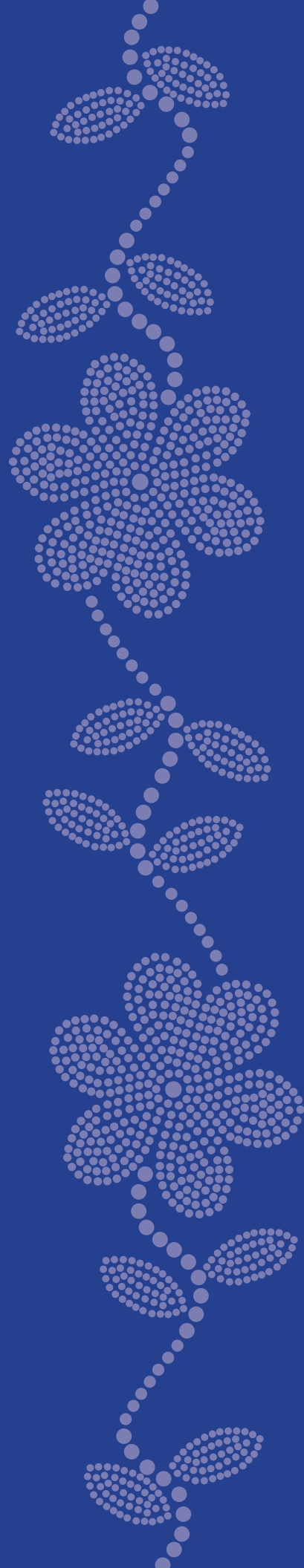
The Métis Nation of Alberta (MNA) is seeking a Chief Electoral Officer for our elections to be held in September 2022. This includes being responsible for the fair and efficient running of the MNA election, providing information and instructions for the election officers, acting as the primary contact for information about the election, preparing budgets, running the election process, developing reports on the outcome of the election, and communicating the results.



Please apply by April 26. To read the job posting or to apply, go to <https://www.vscyberhosting3.com/metis/Careers.aspx?req=2022-150-001&Type=JOBDESCR&fbclid=IwAR0t9l5jxZ0uXweLavGrdtB6MUaTC0ZrwlIhv7LGXe66vPnii6-sqUfr0Lk>

## *MNBC*

Métis Nation British Columbia (MNBC) and the Fox Family have partnered in the creation of a permanent plaque display celebrating Terry Fox and the Fox Family’s Métis heritage. Located in front of the iconic Terry Fox Statue at BC Place, the inscription recognizes the family’s Métis identity. The plaque, designed in partnership with Canadian artist Douglas





# KOKUM'S KITCHEN RECIPES

Coupland, builds on the relationship that MNBC and the Fox Family have built over the last number of years, including the creation of a commemorative sash, and the design of the 2021 Terry Fox Run t-shirt. The shirt and its unique artistic design was a success not only in the Métis community, but around the country, and was one of the best-selling shirts in the run's history. The Fox Family, MNBC, Indigenous Sport, Physical Activity and Recreation Council (I-SPARC), the Coquitlam School District (SD43) and the BC Sports Hall of Fame all partnered on the creation of the Terry Fox: Inspiration in Action Lesson Plans for elementary schools. Through the Inspiration in Action Lesson Plans, students will explore Terry's life story through a new lens, examining his family's discovery of their Métis ancestry – while further exploring what it means to be Métis.

Learn more: <https://www.mnbc.ca/news/2022/plaque-at-bc-place-celebrates-the-fox-family-metis-heritage/>

## MNO

### *The Métis Nation of Ontario Post-Secondary Education Support Program*

MNO citizens can now apply to receive funding to access post-secondary education and reach their highest potential. The application period for 2022-2023 is now open and closes on May 6, 2022. For more information on how to complete the application process please see the [Application Guide](#) for step-by-step instructions.

## MNS

Métis National Council (MNC) President Cassidy Caron will join Métis Nation-Saskatchewan (MN-S) President Glen McCallum and Federal Minister of Families, Children and Social Development, Karina Gould, at an Early Learning and Child Care Conference in Saskatoon, Saskatchewan, April 28-30, 2022.



One of my go to recipes for potlucks, feasts, holidays, particularly in summer is “Sweet Rice” the recipe is as follows:

Always wash your rice before cooking. Washing rice is easy, let it soak in cold water for a few hours or even overnight, then strain on a mesh sieve. Cook your rice by boiling in water until tender (about 45 mins, but this can vary) Wild rice should be boiled in water with a 3:1 ratio, water to rice.

While your rice is cooking, wash berries of your choice – I like blueberries and strawberries, but have used raspberries, grapes, apples, pears, raisins, currants etc.

Slice the strawberries or other fruit to the size of your choice, I prefer smaller pieces that go further.

When the rice is done cooking, you can cool it naturally by letting it rest, or rinsing with cold water in a sieve. When the rice is cooked, move to a serving bowl and mix in the berries. You can also add nuts, walnuts, pecans, cashews etc.

Now comes the not to secret ingredient in our “Sweet Rice” Maple sugar or syrup to taste. - I put a tablespoon or 2 of sugar, or a ¼ cup of syrup (this all varies based on the size of the dish, so go by taste and make it how you like it) Let stand for 20 minutes to let the sugar/syrup blend with the rice and serve cold with virtually anything you like. I love it as a side to grilled lake trout or whitefish.

**Enjoy!**

*Submitted by Mitch Case, MNO*

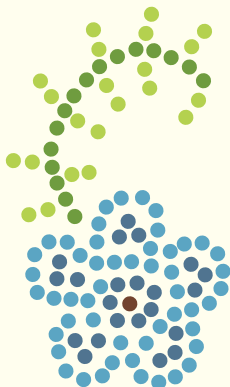




Be a part of ‘Guiding our Children – Elders Sharing Their Voice’ by watching the livestream starting at 8:30 am CST Friday, April 29, 2022, or checking the live stream schedule for April 29 and 30 at <https://metisnation.sk.com/2022/04/25/guiding-our-children-elders-sharing-their-voice/>.

‘Guiding our Children – Elders Sharing Their Voice’ brings together 350 Elders, educators and childcare providers from across Saskatchewan. Delegates will exchange ideas, discuss best practices and establish connections between Elders and early learning programs. Keynote speeches from Krissy Lemaigre, Karen Bouvier and Dr. Debbie Pushor will also be livestreamed.

The conference includes a special edition of our Kitchen Party series on Friday evening, featuring Rebecca Strong, Maurice Villeneuve and the Dean Smith Band, starting at 5:00 pm CST on the MN-S Facebook page at <https://www.facebook.com/MNSask>.



Send newsletter enquiries to:  
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