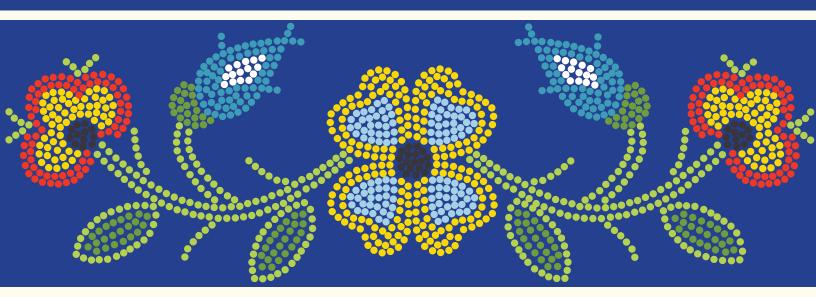
THE PEMMICAN POST



MESSAGE FROM THE PRESIDENT

MESSAGES FROM PRESIDENT CARON

This week, I was honoured to attend the 75th anniversary celebration for the Canadian Rangers program. Many Métis citizens have proudly served and continue to serve as members of the Rangers.

While their important work is often unseen by those living in larger urban centres, Rangers play an essential role keeping our rural and more remote communities safe, often called upon to respond to unexpected emergency situations. It was a privilege to have the opportunity to honour the work they have done in protecting our communities and all of Canada over the past 75 years. Thank you for your service!

I also had the opportunity to attend and speak at Forward Summit 2022. Forward Summit is an Indigenous-led conference dedicated to advancing economic partnerships and reconciliation, helping to fulfill the Truth and Reconciliation Commission's Calls to Action #92. This year's event was attended by nearly 800 people, including business leaders from many influential sectors, government representatives, and Indigenous leadership from across Canada.

The Métis have long been known as Otipemisiwak, "those who are their own bosses". As the original entrepreneurs, Forward Summit was a real opportunity to show the rest of Canada the important contributions our Métis entrepreneurs, businesses and governments are making not just to our own communities, but the entire Canadian economy.

It was an honour to share Métis successes and opportunities alongside Métis business leaders and representatives of our Métis capital corporations and education institutes. To build a prosperous, resilient, and self-sufficient Métis Nation we also need to build a strong and resilient Métis economy that uplifts our Métis families and contributes to our Métis communities' visions for the future. Our Métis entrepreneurs, small businesses and capital capital corporations are at the heart of that important work. They are all important Nation-builders.

LATEST NEWS IN THIS ISSUE:

- ∞ STORIES FROM ACROSS THE HOMELAND



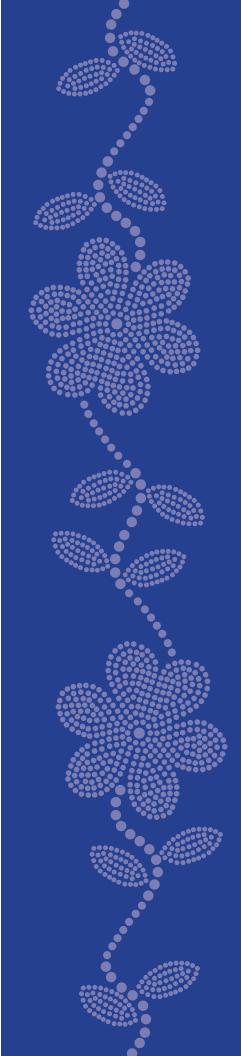
It was also an immense privilege to share the main stage with incredible Indigenous women who are changing the way that Canadian businesses operate, so that all Indigenous women have the opportunities and support they need to attain their highest aspirations and potentials. Indigenous women have always been leaders in our communities and carry important responsibilities that help guide our nations toward loving, healthy, and sustainable futures.

During our panel, we spoke of the need to create businesses and organizations that no longer force Indigenous women to choose between their employer's needs and the community responsibilities they carry. We also spoke of the need to recognize the disproportionate impacts that Indigenous women entrepreneurs and employees have faced during the Covid pandemic, and the need to invest in social and community infrastructure, like culturally grounded child- and Elder-care, that will help Indigenous women to balance their many responsibilities and pursue their many passions.

All of these conversations are extremely important as we continue to build and uplift the entire Métis Nation in meaningful and equitable ways. We need the voices, stories, gifts, passions and contributions of all our Métis citizens as we continue to move down that pathway together. There is a role for everyone to play!

With summer right around the corner, there is a lot of travel coming up for me and that makes me so excited! It means that I will have even more opportunities to be out in our communities and meet with all of you to continue learning more about the incredible work you are all doing in building our beautiful Métis Nation. See you soon!

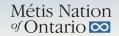














ONE NATION. MANY STORIES.

BI-WEEKLY UPDATE FROM THE GOVERNING MEMBERS

MNBC

Through the generosity of MNBC's Nakaatchihtow Arts and Culture granting program, Métis artist Jesse Campbell and Métis Project Coordinator Mia Yule are pleased to present the âniskômohcikewina mural project.

With an intention of supporting reclamation and recognition of Métis cultural identity, and knowledge sharing through mentorship, this project installed culturally based murals at 3 schools within School District 61. Métis Community knowledge keepers (Bruce and Leo Dumont, Fern Perkins, Sherry Williams, Victoria Pruden, Bertha and Joe Landrie) shared their time with groups

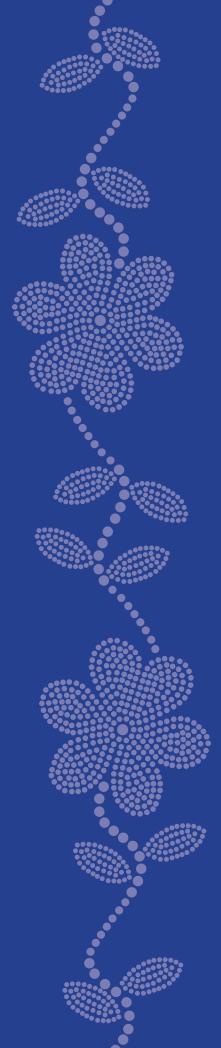


of students, talking about our history and culture. These sessions immersed students in a rich representation of Métis culture through stories, images, and exploration of Métis items like Red River carts, buffalo hides, beadwork, sashes and more. These sessions informed the designs for the school murals finalized and installed by Jesse Campbell.

Ultimately, this project is about creating art that represents Métis students and supports their sense of belonging, calling our people home. This art visibility weaves together pieces of our community, showing young people a reminder of their belonging.

This work was kindly supported by a working group of MNGV community (Caitlin Bird and Barb Hulme) and SD61 Indigenous Education Department (Shelley Niemi and Cheryl Claiborne).

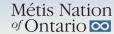
Link to video: https://www.youtube.com/watch?v=9Tw6M2b5ggc&t=1s













MNS

Métis Nation-Saskatchewan (MN-S) is hosting the Spring Métis Nation Legislative Assembly (MNLA) on June 4 and 5, 2022, in Saskatoon.

As the governing body of the MN–S, the MNLA brings the executive together with elected officials from all 12 MN–S regions, women and youth, to deliberate and discuss government business and policies as they pertain to all Métis citizens in Saskatchewan. Delegates will also participate in a pre-assembly day of discussion and presentations at the Dialogue Forums, where they will receive briefings and share ideas and opinions on topics such as harvesting, land claims and the creation of a Métis court system.

MN-S President Glen McCallum will welcome everyone to the Spring MNLA Saturday morning, June 4, 2022.

Individuals can watch the proceeding live at https://metisnationsk.com/mnla/ each morning beginning at 9 am.





KOKUM'S KITCHEN RECIPES

Gourmet Wild Rice Casserole

Ingredients:

1 cup wild rice (unsoaked)
1/4 tsp. salt
3 cups boiling water
1/2 lb. mushrooms, sliced
1/2 cup chopped onion
1/2 cup butter
1 cup grated old
cheddar cheese
1 x 19 oz. can tomatoes
1 tsp. salt
1 cup hot water

Instructions:

- Follow the "quick-soak" method to prepare the wild rice for cooking.
- Cook rice (covered) in boiling, salted water until nearly tender, about 30 minutes.
- *Drain rice if necessary.*
- Sauté mushrooms and onions in butter, for about 5 minutes.
- Mix rice with all ingredients.
- Place in buttered 2-quart casserole.
- Cover and bake 1 hour at 350°F.













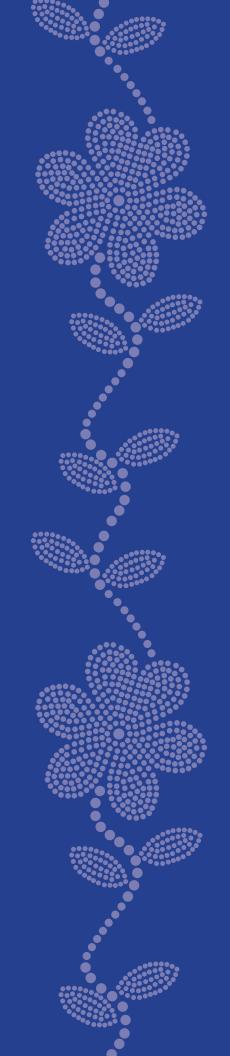
MNO

Apply now to attend the MNO Youth Council's 6th Annual Youth Leadership Conference in Toronto! This year's conference will be held in-person and features workshops and panel discussions around the theme of "Exploring Métis Culture Through Creation". Visit: https://bit.ly/3LdHK0y to register. Any questions can go to MelissaS@metisnation.org.



After significant renovations to the buildings on John Street, the Historic Sault Ste. Marie Metis Council is extremely proud to invite our community to the Grand Opening of the New Sault Ste. Marie Metis Centre! Join us on May 28, 2022 for a full day of cultural activities and celebrate the opening of this amazing new facility which will serve as our collective community home for generations to come! More info on our Facebook: @SSMMetisCouncil















MNC Updates

Two exciting learning opportunities are now available for Métis citizens to share their stories through TikTok and Podcasting. Thanks to Jelly Academy, the Métis National Council is excited to offer these courses for free alongside MNBC, MNA, MN-S and MNO. Check in with your Métis government for your discount information, or you can email newsletter@metisnation.ca for more info!





