

Dear Citizens, As the leaves turn and the air cools, families across our Métis communities are heading out on the land, gathering around kitchen tables, and preparing for the fall harvest.

This season always brings a sense of rhythm and return. For some, it means early mornings in the bush. For others, it's moose stew simmering on the stove, the hum of a community feast, or teaching a younger relative how to clean what's been caught. However you harvest, I hope it fills you with connection to the land, to your loved ones, and to the generations who came before.

Harvesting is more than a tradition. It's a way of life. And it's a right that Métis people have worked hard to protect. I want to thank our Captains of the Hunt and COTH Liaisons for supporting harvesters and upholding our Harvesting Policy with care and respect. Maarsii, for all you do.

As we step into October, I've been reflecting on the powerful moments our communities shared last month.

We began September by marking a powerful anniversary: [150 years since the Halfbreed Adhesion to Treaty 3](#). In 1875, the Métis families of Rainy Lake and Rainy River stood as a distinct people. They asserted their identity, their rights, and their place on this land. It remains the only time in Canadian history that a Métis community collectively adhered to a historic treaty.

Those promises were broken. But the strength of the Northwestern Ontario Métis Community was never lost. Generation after generation, they kept our way of life alive on the same lands and waters their ancestors fought to protect. That history is still with us, and so is the responsibility to carry it forward.

We were proud to mark the anniversary with a public commemoration, new community signs, and a beautiful ceremony that brought Citizens together in honour and reflection. If you haven't seen them yet, I encourage you to explore the [new interpretive community signs](#), which share more about this history and the ongoing work to uphold those promises.

On September 19, we also marked Powley Day, commemorating the Supreme Court decision that affirmed Métis harvesting rights and reshaped the legal landscape for Métis people. Steve and Roddy Powley's courage continues to shape our present. Every time a Métis harvester sets out on the land, that legacy lives on.

Just a few weeks later, on September 30, we honoured the National Day for Truth and Reconciliation, also known as Orange Shirt Day. It was a day to remember the children who were taken, and the families who still carry that grief. As I shared in my [video message](#), reconciliation begins with truth, but truth isn't always easy. It requires listening, learning, and having the courage to face what really happened. Not just once a year, but every day.

I also had the chance to travel to attend the 20th anniversary celebration of Métis Crossing, Alberta's first major Métis cultural interpretive centre. Nestled along the North Saskatchewan River on historic river lots, Métis Crossing is a place of learning, celebration, and connection. It was a joy to be there and to stand with Citizens and leaders from across the homeland to mark this important milestone. Congratulations to the Otipemisiwak Métis Government and all who made it possible.

Here in Ontario, we're continuing to invest in the health and well-being of our Citizens. This fall, we launched two new health programs based on what you told us in the 2024 Health Survey. [The Health Resources Project](#) provides up to \$1,250 to help cover health expenses not paid for by other benefits. [The Virtual Health Care Program](#) offers free online appointments with a Physician Assistant, helping to bridge the gap for those in rural or remote areas.

We're also gathering stories of what "home" has looked like for Métis families in Ontario. Through the [Housing Stories Project](#), we're collecting old photos, memories, and family histories to help shape future housing that is rooted in the Métis experience. If you have a story to share, I hope you will.

And finally, October is Women's History Month, a time to reflect on the strength, leadership, and resilience of Métis women throughout our history and in our communities today. It's also Breast Cancer Awareness Month, and through our Love Yourself First campaign, the MNO is hosting educational and screening events to support the health of Métis women. Please help us spread the word to loved ones who might benefit.

Thank you for all the ways you strengthen our Métis communities, by harvesting, by remembering, and by caring for one another. Wishing you a season full of warmth, safety, and connection.

Margaret Froh

President, Métis Nation of Ontario
