



Saskatchewan  
Prairie Conservation  
Action Plan

# Prairie's Got the Goods Week!

## The Importance of Native Prairie— *from a Métis Perspective*



Monday March 10th, 2025 at 12:00pm

Presenters: Colin Arlt and Amanda Keller-Jack,  
Guardians with Métis Nation Saskatchewan

Register for Free: <https://shorturl.at/ZD5gK>

FREE! Everyone welcome! Watch from anywhere!

More Information: SK PCAP: 306.352.0472 [pcap@sasktel.net](mailto:pcap@sasktel.net) or [www.pcap-sk.org](http://www.pcap-sk.org)

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**Presenters:** Colin Arlt and Amanda Keller-Jack, Guardians with Métis Nation Saskatchewan

## **Presentation Summary:**

For the first-ever SK PCAP presentation about the importance of native prairie to Métis people in Saskatchewan, we are delighted to host Colin and Amanda.

- Amanda will speak about the Métis Guardian program as well as share personal stories about her family and ancestors, how the land once was and how it is important to them.
- Colin will be speaking about the Métis people in the South, as well as their relationship with the Buffalo.

## **About the Presenters:**

**Colin Arlt** is a proud Michif living in Regina area with ties to Lebret. Colin has a Bachelor's Degree in Education degree from the U OF R through SUNTEP. He is a Dad to four kids 11,9,8 and a 3-year-old. Colin is married to his wife Courtney for the last eleven years. Over the last couple years, Colin has been given an honorary title as something of a Buffalo/Bison Guy. He has spent the last three years figuring out everything to do with Buffalo which has been really healing. Colin is honoured to be part of the Métis Guardians program with MNS as well as serve as the Executive Director of a not for Profit called Buffalo Culture Collective <https://www.buffaloculturecollective.ca/>

**Amanda Keller-Jack** lives on an acreage near Rama, SK with her husband and children. She has always been active in her Metis culture. From age 13 till age 17, Amanda worked for metus local 58 in Archerwill, after school weekends and summer holidays.

For most of her adult life, Amanda has worked as a special care aid/home care aid. But 3 years ago she purchased the Post Office in Rama, and is now the owner and operator of it. Amanda has 5 children ranging in age from 26 to 2 years old. On top of all that, she is an avid hunter, gardener and forager. They raise their own chickens and have laying hens as well. Amanda and her family is very land-based; they try and live off the land and their own animals as much as possible. They can will always be found camping or fishing or picking or planting something.

Amanda is a proud Métis woman. And she loves to pass on as much knowledge as she can to her children and any others who might show interest. Amanda is still very active in my local, which is now the sturgis local. They put on a lot of programs for their members and teach traditional Métis things.

And recently, Amanda is a Métis Guardian. This is a very important position, close to her heart. It entails being a steward of the land monitoring across Saskatchewan, climate change, emergency response and culture. It combines western science with traditional knowledge to form a braided system of environmental protection.

PCAP's Prairie's Got the Goods Week is an annual week-long series of webinars focusing on the goods and services provided by the native prairie ecosystem.

Hosted by: Caitlin Mroz-Sailer, Stewardship Coordinator, Saskatchewan Prairie Conservation Action Plan