

# Maar 2024 Newsletter



## Taanishi kiiyawow,

### Update: Participant Procedures Starting 2024

NIMA offers many programs and workshops throughout the year. With increased interest from all members and Métis community in general, NIMA will be putting the following procedures in place to ensure space for those who RSVP and claim a space are attending.

If any members sign up for a program or workshop and no-show for two of these events, they will be placed on a waitlist for workshops. The waitlist placement will be removed after one year from the last missed workshop or after two confirmed attendances at future workshops (if given space to attend). If there is space in future workshops, you will be contacted closer to the date of the event. Failure to again attend a workshop without proper notice or extenuating circumstances after being waitlisted will result in a pause in eligibility for workshops for one year.

While we want all our members to feel welcome and attend events, there is a cost consideration for all programming that has prompted these new procedures. We do not want to create barriers by requiring a workshop deposit fee, but we require folks to attend if they have registered. Please go to our [Events webpage](#) for definitions and info.

### Coming Events

#### Income Tax Support

Do you want some help completing a basic tax return for 2023? We will have a volunteer available on Friday, March 1<sup>st</sup> from 10:00AM-3:00PM in the Robron Conference Room.

#### Womxn's Programming

##### Kick Boxing:

Monday kick boxing classes are held at Pure Martial Arts and Fitness from 4:30PM-5:30PM. Reminder these classes are open to all NIMA womxn. **From January 2024-September 2024 NIMA members who attend a minimum of three sessions a month (only two required in February) will receive a reimbursement for up to \$100 each month for a fitness class or up to \$900 for a piece of fitness equipment (after four months).**

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To stay up to date on resources and future events by visiting our website and following our social media.

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Facebook: @Northislandmetisassociation  
Instagram: @Northislandmetis @youthnima

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## Book Club:

The next book club meeting will take place on Saturday, March 9th at noon, we will be discussing *From the Ashes, by Jesse Thistle*, over lunch.

## Reclaiming the Matriarch:

At Mamawi this month, we have a special two-day workshop facilitated by Kalyn Kodiak (Kodiak Herbal). This will take place on March 9<sup>th</sup> and 10<sup>th</sup> from 10:00AM-4:00PM. Members will be learning how to weave their own sashes. You must attend both days. Free for NIMA womxn. Lunch and supplies are included.

Our April Mamawi will be led by Robyn Edgar (Wild About Plants). This is a one-day plant medicine workshop. It will take place on April 13<sup>th</sup> from 9:00AM-3:00PM. This will include a plant walk, information on harvesting and participants will learn how to create a salve and oil (that you can take home). Free for NIMA womxn. Lunch and supplies are included.

## Mxn's Programming

The next mxn's group will be taking place on Friday, March 15<sup>th</sup> from 5:00PM-7:00PM at Velocity. Appetizers will be provided. Please RSVP if you would like to attend.

## 50+ Programming

Our next Kayhkway Chi Miichihk will be taking place on Saturday, March 2<sup>nd</sup> from 11:00AM-3:30PM. This session will include a special presentation from Service Canada and Canada Revenue Agency. They will be discussing taxes, benefits, credits, pensions and much more related to filing your income taxes this year. This event is open to our 50+ members and will include lunch. More information to follow.

## Youth Programming

NIMA's Spring Break Camp for Métis students ages 8-12 years will take place at Robron Centre on weekdays, March 18<sup>th</sup>-28<sup>th</sup>, 2024 from 9:00AM-2:30PM. Lunches and snacks are provided each day, with rides available if needed. Activities include swimming, skating, bowling, geocaching, cultural activities and more!

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## Health

Would you like to discuss any health needs/concerns or learn about funding and programming available for health-related services? You can phone to book an appointment with Lisa-Marie Szonyi (our new Métis Patient Navigator) or Eric de Montarnel (Health Manager).

## Culture

### Lispaas:

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, March 1<sup>st</sup> from 1:00PM-3:00PM.

### Piihtikway:

NEW PIIHTIKWAY – NIMA is now hosting a second Piihtikway on the third Friday of every month. The next session will take place on Friday, March 15<sup>th</sup>, from 6:00PM-8:00PM at Robron. This is a kid-friendly event so bring your family and your projects. Hot drinks and snacks available.

Piihtikway will be taking place on Tuesday, March 26<sup>th</sup> from 6:00PM-8:00PM at Robron in the conference room. Stop by to work on projects, or visit. The kettle will be on.

### Culture Camp:

We have begun planning our 2024 camping trip – mark your calendars for June 14<sup>th</sup>-17<sup>th</sup>. This year we will be staying at Taku Resort on Quadra. Limited bed spaces are available. It is recommended to book camping spots ASAP if you would like to camp or bring an RV.

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## Special Events

### **Tax Clinic:**

Stop by Robron centre on Friday, March 1<sup>st</sup> between 10:00AM-3:00PM to get assistance accessing tax information, ask questions about filing taxes or benefit payments. Service Canada will be available to help file applications for pensions and issue Social Insurance Numbers. As well, a volunteer will be on site to complete basic tax returns.

### **Keys to Unlocking the Rental Market:**

NIMA is hosting a workshop for any members who are living in rental accommodations, as well as for anyone who is interested to learn more about renting, budgeting, and renter's rights. The workshop will take place Saturday, March 2<sup>nd</sup> from 4:00PM-6:00PM at Robron Centre. Dinner is included.

### **Easter Event:**

NIMA will be hosting a fun family event for members and their families on Saturday, March 30<sup>th</sup> from 2:00PM-6:00PM. The gym will be open for free-play, activities and a turkey dinner will be provided. Please RSVP with the number of attendees and any food allergies or notes.

### **AGM:**

This year's AGM will be held on Sunday, April 21<sup>st</sup> at the Robron Centre. It will take place from 1:00PM-5:00PM. Activities and dinner will take place after the AGM.

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NORTH ISLAND MÉTIS

# LAARB KAWMAEKIT

*Join us as we explore cultural  
food sustainability practices.*

**Seed Starting and Gardening for  
Beginners** (December 10th 3:30-6:30)

**Using Plant Growing Equipment**

(January 13th 9:00-11:30)

**Soil Composition**

(January 25th 5:00-8:30)

**Small Space/Hydroponic Gardening**

(February 10th 3:00-5:30)

**Pemmican Making**

(March 16th 9:00-3:00)

**Good Earth Farm Tour**

(April 6th 1:00-3:00)

**Rabbit Processing**

(May 4th/5th 9:00-4:30)

**Canning** (May 25th 9:00-4:00)

**Program Wrap-Up**

(June 8th 9:00-11:00)

Meals and childminding will be provided,  
take home materials, will be given at each  
session.

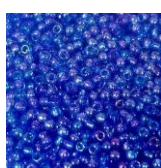
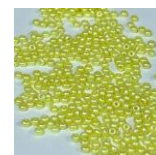
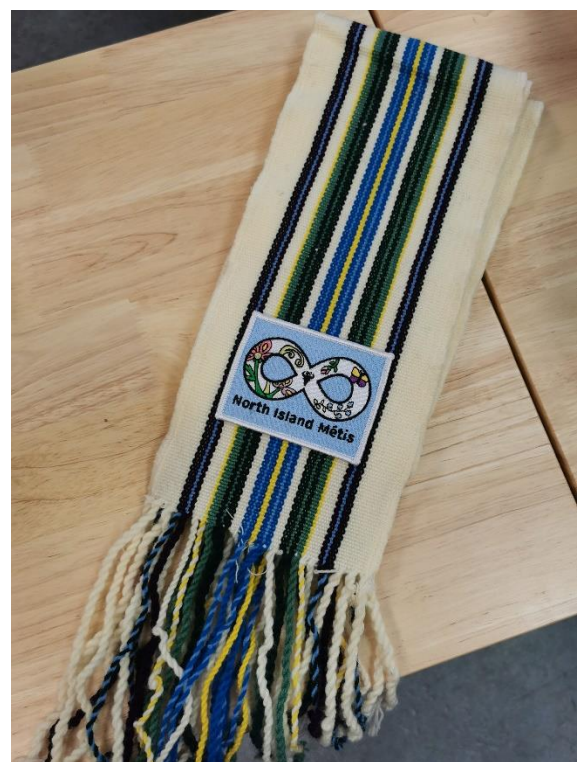


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NIMA finally has our NEW sashes in stock, available in both adult and child's sizes. We have over 80 bead colors in stock, with more arriving soon. NIMA has just restocked a number of different beading kits, that include everything you need to make a brooch.

Stop by the office Tuesday-Thursday 10:00AM-1:00PM to check out all our amazing items.



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# Maqar / March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tax Clinic at Robron 10:00AM-3:00PM Lispaas at Robron 1:00PM-3:00PM	2 Kayhkway Chi Müchink 11:00AM-3:00PM Keys to Successful Renting 4:00PM-6:00PM
3 Wild Womxn at Pure 4:30PM-5:30PM	4 Wild Womxn at Pure 4:30PM-5:30PM	5	6	7	8	9 Sash Weaving Workshop 10:00AM-4:00PM Book Club 12:00PM
10 Sash Weaving Workshop 10:00AM-4:00PM	11 Wild Womxn at Pure 4:30PM-5:30PM	12	13	14	15 Piithikway at Robron 6:00PM-8:00PM Mxñ's Group of Velocity 5:00PM-7:00PM	16 Laarb Kawmaekit (Pemnican/Ayallix Permaculture) 9:00AM-4:00PM
17 Wild Womxn at Pure 4:30PM-5:30PM	18 Wild Womxn at Pure 4:30PM-5:30PM	19	20	21	22	23
24 Wild Womxn at Pure 4:30PM-5:30PM	25 Wild Womxn at Pure 4:30PM-5:30PM	26 Piithikway at Robron 6:00PM-8:00PM	27	28	29 Good Friday OFFICE CLOSED	30 Easter Event at Robron 2:00PM-6:00PM
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# Avrii/April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter OFFICE CLOSED	2	3	4 Pemmican Workshop in Port Hardy (Sacred Wolf) 4:00PM-8:00PM	5 Lispaas at Robron 1:00PM-3:00PM	6 Good Earth Farm Tour 1:00PM-3:00PM
7	8 Wild Womxn at Pure 4:30PM-5:30PM	9	10	11	12	13 Wild About Plants Workshop at Robron 9:00AM-3:00PM Book Club 3:30PM-4:30PM
14	15 Wild Womxn at Pure 4:30PM-5:30PM	16	17	18	19 Piitlikway at Robron 6:00PM-8:00PM	20
21 AGM at Robron 1:00PM-5:00PM	22 Wild Womxn at Pure 4:30PM-5:30PM	23	24	25	26	27 Level Two Capote Workshop at Robron 10:00AM-3:00PM
28 Level Two Capote Workshop at Robron 10:00AM-3:00PM	29 Wild Womxn at Pure 4:30PM-5:30PM	30 Piitlikway at Robron 6:00PM-8:00PM				