

# Oktoobr/October 2023 Newsletter



*Taanishi kiiyawow/hello everyone*

## Coming Events

**NIMA  
HEALTH  
SUPPORTS**

Would you like to attend a virtual doctor or counselling appointment?

Maybe you would like to discuss medical concerns and learn about funding and programs that are available for health care needs?

Drop-in medical appointments are now available at the Robron Centre conference room with NIMA's Métis Patient Navigator, Eric de Montarnal

**DROP-IN DATES**

**FRIDAY, October 6<sup>th</sup>**  
3:00PM-6:00PM

**FRIDAY, October 13<sup>th</sup>**  
3:00PM-6:00PM

**SATURDAY, October 21<sup>st</sup>**  
10:00AM - 3:00PM

**FRIDAY, October 27<sup>th</sup>**  
3:00PM-6:00PM

PLEASE BRING THE FOLLOWING ITEMS WITH YOU:

- YOUR NIMA CARD
- YOUR MNBC CARD (IF APPLICABLE)
- ANY PAPERWORK OR INFORMATION RELATED TO THE REASON FOR YOUR VISIT.

 **NORTH  
ISLAND  
MÉTIS**

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

Website: [www.nimetis.com](http://www.nimetis.com)  
Facebook: @Northislandmetisassociation  
Instagram: @Northislandmetis @youthnima

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## *Lispaas*

Drop by the office Friday, October 6<sup>th</sup> from 1:00pm-3:00pm to work on unfinished projects.

## *Mamawi*

This group is open to all NIMA women/2SLGBTQQA+ community members. Children are welcome to attend with their parent/caregiver, but no childminding is available. This month we will be beading Poppy pins. Join us on Sunday, October 15<sup>th</sup> from 1:00pm-3:00pm. Hot water will be on for tea.

## *Pihtikway*

This group gives members the opportunity to finish projects you may have previously started, such as fire bags, hair tufting, beading or moccasins, start a new project or just come and enjoy some wonderful conversation and laughs. Children are welcome to attend with an adult, but no childminding is available. We are now offering tea and snacks at Pihtikway. The next Pihtikway will take place on Tuesday, October 24<sup>th</sup> (due to Halloween) from 6:00pm-8:00pm.

## *Get Jiggy with Us*

The upcoming dates are Tuesday, October 3<sup>rd</sup> and Thursday, October 19<sup>th</sup> from 6:00pm-7:00pm at Robron Centre (or on Zoom).

## *Louis Riel Day Activities*

On Thursday, November 16<sup>th</sup>, NIMA will be heading to the Sacred Wolf Friendship Centre in Port Hardy to host a Louis Riel Day event. We will be there from 4:00pm-8:00pm. Dinner and activities will be provided.

On Saturday, November 18<sup>th</sup>, NIMA will be hosting a Louis Riel Day event at Robron Centre in Campbell River. Join us from 1:00pm-5:30pm. The first annual **VOYAGEUR GAMES COMPETITION** will take place from 2:00pm-3:30pm. Register your brigade of four to compete for some great prizes! Prizes will be given out based on point earned, and bonus points will be awarded for dressing the part of a voyageur! Dinner will be served at 4:30pm. Stay tuned for more details to follow.

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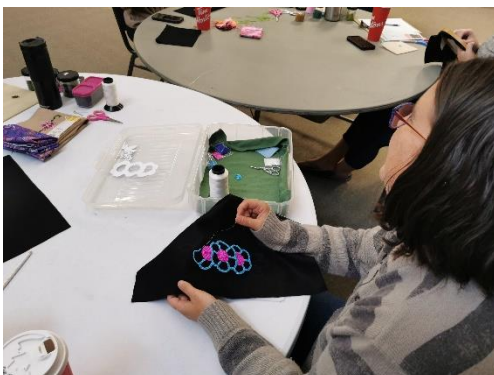
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September was a busy month, full of activities, here are a few photos from Kayhkway Chi Miichihk, Mamawi and our Mitasses sessions. Check out the events tab of our website for more photos!



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# **North Island Métis Youth Conference**

**Friday, October 20<sup>th</sup>, 2023**

**9:00-2:00**

**Robron Centre (740 Robron Road)**

NIMA will be hosting a youth Pro-D Day event, this event is open to all Métis youth between the ages of 12-17. Snacks and lunch will be provided.

**Fun activities**

**Rites of Passage Ceremonies**

**Plant Medicine**

**Jigging**

**Prizes!**

*The registration forms can be found on our website ([www.nimetis.com](http://www.nimetis.com)), under the events tab, or you can stop by the office to fill them out.*

**events@nimetis.com**

**250 287 7417**



# Introduction to Capote Making

Where: Robron Centre

When: October 21 & 22 from 10:00-3:00

Lunch and all supplies are included. Open to all NIMA members in good standing.

Learn the basics of how to make a colorful Métis style capote, we will be using a sewing machine in this introductory class. Participants will learn how to hand-stitch or use a sewing machine to complete this project.

Following this workshop, you will be eligible to join us in the spring to create an HBC wool blanket capote.

Pre-registration is required, as space is limited.

Email – [events@nimetis.com](mailto:events@nimetis.com) or call 250-287-7417



**NORTH ISLAND MÉTIS**

# Ribbon Skirt Workshop

**When: Saturday, October 28<sup>th</sup>, 2023**

**Time: 9:00-4:00**

**Where: Sybil Andrews Cottage (2131 South Island Highway)**

**Join us to create you very own ribbon skirt. All supplies and a light lunch will be provided.**

**There is no cost to join, as funding has generously been provided by First Nations Health Authority.**

**Space is limited, please RSVP to [events@nimetis.com](mailto:events@nimetis.com)**



**First Nations Health Authority**  
Health through wellness



# Oktober/October 2023 Newsletter



Have you looked through the NIMA shop recently? The cooler weather is coming, and we have hoodies in a variety of colors, as well as some cozy toques to keep your ears warm!

We now sell beads! We have a large color selection, with 40+ different colours. There are many varieties available including opaque, pearl, transparent, matte, metallic and silver-lined. All available beads are Czech Preciosa, size 10. Packages are \$3.00 for 22 grams.

Stop by the office Tuesday-Thursday 10:00am-1:00pm to check out all our amazing items!



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# Oktobor/October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Jigging at Robron/Zoom 6:00-7:00	4	5	6 Lispaas at Robron 1:00-3:00 NIMA Health Supports at Robron 3:00-6:00	7
8 La jhoornii Maarsii aen itwayhk/Thanksgiving	9	10	11	12	13 NIMA Health Supports at Robron 3:00-6:00	14
15 Mamawi at Robron 1:00-3:00	16	17	18	19 Jigging at Robron/Zoom 6:00-7:00	20 Pro-D Day Youth Conference at Robron	21 Introductory Capote Workshop at Robron 10:00-3:00 NIMA Health Supports at Robron 10:00-3:00
22 Introductory Capote Workshop at Robron 10:00-3:00	23	24	25	26	27 NIMA Health Supports at Robron 3:00-6:00	28 Ribbon Skirt Workshop at Sybil Andrews Cottage 9:00-4:00
29	30	31 Piitlikway at Robron 6:00-8:00				

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Pumpkin – enn  
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Fall (season) - latonn



# Noovvambor/November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Lispaas at Robron 1:00-3:00 NIMA Health Supports at Robron 3:00-6:00	4
5	6 Jigging at Robron 6:00-7:00	7	8	9 NIMA Health Supports at Robron 3:00-6:00	10 La Zhoornii poor Iii Saaldaa/Remembrance Day	11
12 Mamawi at Robron 1:00-3:00	13	14	15	16 Louis Riel Day Dinner and Cultural Night at SWFC 4:00-8:00	17 NIMA Health Supports at Robron 3:00-6:00	18 Louis Riel Day Activities at Robron 1:00-5:30
19	20	21	22	23	24	25
26	27 Fiihfiikway at Robron 6:00-8:00	28	29	30		

# MICHIIF

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saaldaa - Poppy

La saantii - health

La zhlii - frost