

# Septaambr/September 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

**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.

#### **DROP-IN DATES**

**FRIDAY, SEPTEMBER 1<sup>ST</sup>**  
10:00AM - 2:00PM

**SATURDAY, SEPTEMBER 9<sup>TH</sup>**  
11:00AM - 3:00PM

**SATURDAY, SEPTEMBER 16<sup>TH</sup>**  
11:00AM - 2:00PM

**FRIDAY, SEPTEMBER 22<sup>ND</sup>**  
4:00PM - 7:00PM

**FRIDAY, SEPTEMBER 29<sup>TH</sup>**  
4:00PM - 7:00PM

**NORTH  
ISLAND  
MÉTIS**

*\*Days and times will vary this month to best determine when these sessions will be held \**

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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## ***Mamawi***

Our September Mamawi will be taking place on Sunday, September 10<sup>th</sup> from 11:30am - 3:00pm. This group will include lunch and future planning, as well as a special presentation from our Women's Director, Taryn Corrie. NIMA women and 2SLGBTQQA+ members that attend will receive a gift for participation. Please RSVP if you would like to join us.

## ***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 from 6:00pm – 8:00pm at Robron on Tuesday, September 26th.

## ***Get Jiggy with Us***

September dates are Tuesday, September 5<sup>th</sup> and Thursday, September 21<sup>st</sup> from 6:00pm - 7:00pm at Robron Centre (or on Zoom).



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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**





## Kayhkway Chi Miichihk

Robron Center (740 Robron Road) Campbell River

Saturday, September 9th, 2023

11:00-3:30

NIMA will be hosting Kayhkway Chi Miichihk (50+ Luncheon) on Saturday, September 9th from 11:00am - 3:30pm

Join us for some gentle chair exercises followed by a chilli lunch.

After lunch we will be discussing health care and preventative measures and gender-based violence and policy updates.

To wrap up the event, we will be creating rattles that you can take home with you.

*Please RSVP by Friday, September 1, 2023, so we can make sure to have enough for everyone. Please return this form to the office in person or by email or give us a call. We look forward to seeing you!*

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

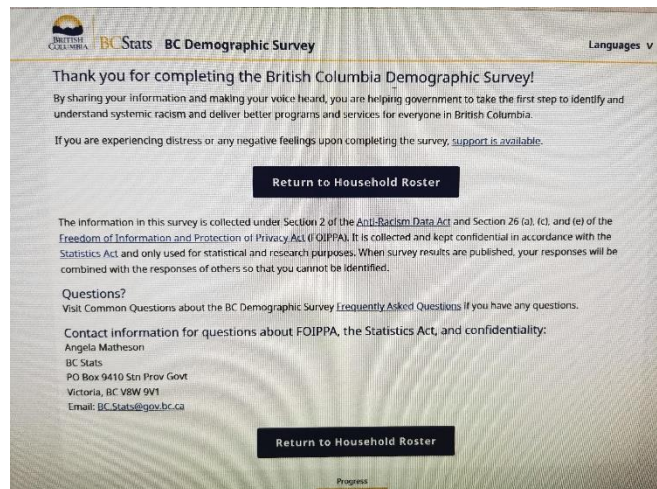
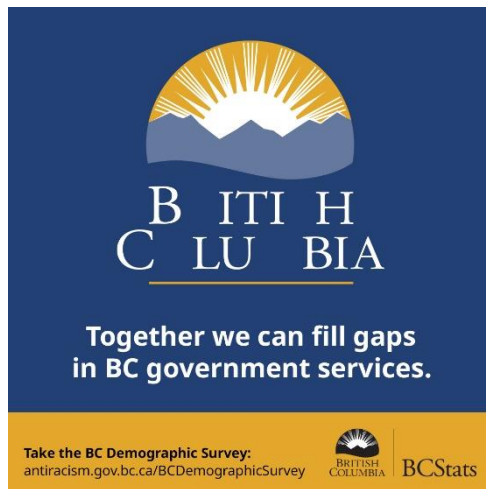
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## BC Demographic Survey for a Grocery Gift Card Saturday, September 9<sup>th</sup> from 10am – 3:30pm

We all deserve to live in a province where we have equitable opportunities to thrive. But many of the systems and structures our society are built on turn a blind eye to the unique needs of Indigenous Peoples and other underrepresented communities. That's why the B.C. government is running an important initiative this summer. They're asking everyone in B.C. to fill out the BC Demographic Survey to help identify and eliminate systemic racism from government programs and services. The survey is available online in 15 languages until September 29<sup>th</sup> and will take about 15 minutes of your time.

It is available at <https://antiracism.gov.bc.ca/bcdemographicsurvey>



*screenshot of final page of survey*

NIMA members are invited to complete the survey on Saturday, September 9<sup>th</sup> from 11:00am - 3:30pm. Stop by the Robron Centre for a free bowl of chili and complete the survey. NIMA members who participate in the BC Demographic survey will receive a \$15 grocery gift card for your time. You are still eligible for the grocery card if you choose to complete the survey on your own, just take a screenshot of the final page to show us that day.

#AntiRacistBC #AntiRacismBC #BCDemographicSurvey

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## Mitasses Workshop



When: September 16<sup>th</sup> and 17<sup>th</sup>

10:00-3:00

Where: At Robron Centre



Join us for a two-day workshop to create your own pair of Métis style leggings/mitasses. These will help keep you warm as the days start to cool off, perfect to go under your ribbon skirt, or over your favorite pair of jeans!

All supplies and lunch will be included.

Free to all NIMA members in good standing.

Please RSVP if you can make it – 250-287-7417 or [events@nimetis.com](mailto:events@nimetis.com)

## 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 custom-tailored Métis style capote, we will be using fleece material in this introductory class. Participants will have the option to hand-stitch or use a sewing machine to complete this project.

After completing 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**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lispaas at Robron 1:00-3:00 <u>NIMMA Health</u> Supports at Robron 10:00-2:00	2
3 Office Closed	4 Jigging at Robron/Zoom 6:00-7:00	5		7	8 Kayhikway Chi Miihchik at Robron 11:00-3:30 <u>BC Demographic</u> <u>Surveys 11:00-3:30</u> <u>Métis Health Supports</u> at Robron 11:00-3:00	9
10 Mamawi Planning Group (lunch provided) at Robron 11:30-3:00	11	12		13	14	15 Miihchikway Chi Miihchik at Robron 11:00-3:00
17 Mitasses Making at Robron 10:00-3:00	18	19		20 Jigging at Robron/Zoom	21	16 Mitasses Making at Robron 10:00-3:00 <u>Métis Health Supports</u> at Robron 11:00-2:00
24	25 Piihchikway at Robron 6:00-8:00	26		27	28	17 Miihchikway Chi Miihchik at Robron 11:00-3:00
					29 Métis Health Supports at Robron 4:00-7:00	18 Miihchikway Chi Miihchik at Robron 11:00-3:00
					30 Truth and Reconciliation Day	19 Miihchikway Chi Miihchik at Robron 11:00-3:00

# MICCHIF

Leggings - Mitasses

Fall - Iatonn

Harvest -  
Pawahikayhik

# 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	7
8 Lo jhoornii Maarsii aen iŋwayhik/Thanksgiving	9	10	11	12	13	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 9:00-2:30	21 Introductory Capote Workshop at Robron 10:00-3:00
22 Introductory Capote Workshop at Robron 10:00-3:00	23	24	25	26	27	28
29	30	31 Pihiŋikway at Robron 6:00-8:00				

# MICHIF

Apple (singular) -  
enn pomm

Pumpkin – enn  
sitrooy

Fall (season) - latonn