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|  | Benefits of bowling **Strengthen muscles:**  Bowling is an exercise that strengthens the growth of muscles in your legs and arms. It also improves your flexibility.  **Gets those steps in:**  The average bowler will walk about 1500 steps in a three game set!  **Social aspect:**  Bowling is a team sport, it is a great way to build relationships and create friendships with folks that share a similar interest with you.  **Helps relieve stress:**  Bowling engages us in physical activity, which can help improve mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. |  |  |  |
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|  |  | **Funding for this program provided by Island Health’s Indigenous Health Initiative Program (IHIP) 2022-2023**Logo, company name  Description automatically generated | **4,195 Bowling Pin Illustrations & Clip Art - iStockBOWLING** |
|  |  | C:\Users\Rachel L\AppData\Local\Box\Box Edit\Documents\DfiiCygktUaQ+KOsR_4c0g==\NI Metis Artwork long side.jpg  **A124 – 740 Robron Road**  **Campbell River, BC V9W 6J7**  **250-287-7417**  **www.nimetis.com** |  |
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North Island Métis (NIMA) publishes a monthly newsletter.

Go to NIMA’s website (www.nimetis.com/newsletters) to read current and past newsletters.

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North Island Métis

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|  | métis Teamwork **The Tradition Métis Laws of the Buffalo Hunt Include:**   1. **No buffalo to be run on the Sabbath-Day.** 2. **No party to fork off, lag behind, or go before without permission.** 3. **No person or party to run buffalo before the general order.** 4. **Every captain with his men, in turn, to patrol the camp, and keep guard.** 5. **For the first trespass against these laws, the offender to have his saddle and bridle cut up.** 6. **For the second offence, the coat be taken off the offender’s back and be cut up.** 7. **For the third offence, the offender to be flogged.** 8. **Any person convicted of theft, even to the value of a sinew, to be brought to the middle of the camp, and the crier to call out his or her name three times, adding the word “Thief,” at each time.**   **According to Christopher Adams, though the laws allowed leaders to organize the hunt, it also allowed them “to oversee the stewardship of the land and resources derived from it”.** |  | Southern Michif **Ball – la plot**  **Team – aen chim**  **Teammate – aen naasasyi**  **Teamwork – ka niisho atooshkayhk**  **Fun – mochikihtow**  **Friend – aen naamii**  November 2022 |  |  |
|  |  |
|  |  |  | pemmican recipe 2 lbs. of lean buffalo or beef  1/4 cup dried berries  5 tablespoons of animal fat  Cut the meat into long strips and hang in the sun to dry for several days or dry by a fire. When completely dry, pound each strip until broken into flakes then mix together the flakes and dried berries. The meat, berries and melted fat can be mixed into a bowl. When the fat has cooled the ingredients can be rolled into large balls, or made into a hard block and cut into pieces, and stored in plastic bags. Pemmican can be eaten as is, cooked like hamburger, or boiled with flour and water to make soup.  *(https://www.louisrielinstitute.com/87-food/)* |