

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.



North Island Métis (NIMA) publishes a monthly newsletter.

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

FOLLOW NIMA ON SOCIAL MEDIA:

Facebook

@northislandmetisassociation

Instagram

@northislandmetis @youthnima

YouTube

North Island Métis

Funding for this program provided by
Island Health's Indigenous Health
Initiative Program (IHIP) 2022-2023



NORTH ISLAND MÉTIS

**A124 - 740 ROBRON
ROAD
CAMPBELL RIVER, BC
V9W 6J7**



**NORTH ISLAND
MÉTIS**

Bowling



Métis Teamwork

The Traditional 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



DID YOU KNOW?

The buffalo referred to in *The Traditional Laws of the Buffalo Hunt* are bison! There are many differences between the two animals, but only bison live in the Métis Homeland and across North America.



Voyageur Facts

2 lbs. of lean bison 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/>)