

Disaambr 2023 Newsletter



Mochikayihum Li Zhoor di Nowel/Merry Christmas

Coming Events

Lispaas

These will be our last drop-in hours for 2023. Stop by the office on Friday, December 1st from 1:00-3:00 pm to get help working on any unfinished projects.

Mamawi/Wild Womxn

Join us on Mondays from 4:30-5:30 pm, at Pure Martial Arts and Fitness, for kickboxing/self-defence classes. No experience necessary, as we are all learning.

****NEW**** Book Club starting on Sunday, December 10th at Robron. This month we will be picking out our first book. Physical copies of books will be available for all participants. This month's book club will start at 11:00 am and be followed by lunch.

Mamawi will take place on Sunday, December 10th – following lunch (see above). Feel free to join one or all activities. This month we will be creating a Christmas themed project.

Pihtikway

There will be no Pihtikway this month, as the office will be closed. Pihtikway will resume in January 2024.

Get Jiggy with Us

This month we will be wrapping up this program. We have two sessions left: Tuesday, December 5th and Thursday, December 21st from 6:00-7:00 pm at Robron or on Zoom.

Please note that the office will be closed for holidays starting Saturday, December 23rd and will reopen on Tuesday, January 9th.

Find this logo in the newsletter and take a screenshot of it – send it to events@nimetis.com to enter to win some NIMA swag.



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

Website: www.nimetis.com
Facebook: @Northislandmetisassociation
Instagram: @Northislandmetis @youthnima

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Look at the winning Voyager Brigade from our competition on Louis Riel Day. The winners were the “Buffaloonies”! Congratulations to all teams who came out to participate.

Maarsii to everyone who helped make this years Louis Riel Day an incredible event. We had over 70 people in attendance and eight teams competing.



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Here are some photos from November events and activities:



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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, December 8th
3:00-6:00**

**Saturday, December 16th
3:00-6:00**



**NORTH
ISLAND
MÉTIS**



WILD WOMXN



Join us as we start a new group for Métis women and 2SLGBTQQIA+ members in good standing. The program will be expanded on starting in January.

We will be kicking this group off with weekly self-defense classes, held at Pure Martial Arts and Fitness starting October 30th

MONDAYS | 4:30-5:30

Please register by contacting the office events@nimetis.com or 250-287-7417

NORTH ISLAND MÉTIS

GAUNTLET MITTEN WORKSHOP

December 2nd and 3rd from 10:00-3:00



photo from the McCord Stewart Museum



Over the weekend you will be able to complete a basic pair of gauntlet mittens, with minimal beadwork. If you would like to add a more elaborate design, stop by the office ahead of time to grab your materials.

All materials and lunch will be supplied.
Free to all NIMA members in good standing.

Please RSVP if you can make it.
events@nimetis.com
250-287-7417



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





KAYHKWAY CHI MIICHIHK

Lunch

Gentle chair exercises

Discussion around community health needs

Fall risk assessment

Woodburning Christmas ornaments

This event is open to all 50+ NIMA community members, in good standing.

Gift packages will be given to all members who attend.

SATURDAY, DECEMBER 16TH

12:00PM-4:00PM

CONFERENCE ROOM AT ROBRON CENTRE

PLEASE RSVP IF YOU WOULD LIKE TO JOIN US:
250-287-7417 OR EVENTS@NIMETIS.COM



NMMA Pancake Breakfast



**Join us for breakfast, games and Christmas activities.
Bring a gift to exchange, if you would like!**

**Saturday, December 16th
9:00AM-11:00AM
Robron Centre**



Please RSVP if you can
make it:

250-287-7417

events@nimetis.com



NORTH ISLAND MÉTIS

June

14-17

2024



CULTURE CAMP

NIMA has started planning the 2024 Cultural Camp. This year we will be staying at Taku Resort on Quadra. Limited beds are available. If you would like to book an RV or camping space, it is recommended to do so sooner than later.

Kayaking, SUP and Peddle Boating are possible activities. Please let us know if you are interested in any of these, so we can look into booking.

**YOU CAN CONTACT THE OFFICE:
250-287-7417 OR EVENTS@NIMETIS.COM**

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Are you looking for the perfect gift for a special Métis in your life? NIMA's shop is expanding. We carry beading supplies, sweaters, toques, sashes, totes, pins, and much more!

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



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Disaanbor/December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lispaas at Robron 1:00-3:00	2 Gauntlet Mitten Workshop at Robron 10:00-3:00
3 Gauntlet Mitten Workshop at Robron 10:00-3:00	4 Wild Womxn at Pure Self-Defense 4:30-5:30	5 Jigging at Robron/Zoom 6:00-7:00	6	7 NIMA Health Support At Robron 3:00-6:00	8	9
10 Book Club 11:00-12:00 Mamawi – 12:00-3:00 Laarb Kawmaekit 3:30-6:30	11 Wild Womxn at Pure Self-Defense 4:30-5:30	12	13	14	15	16 Pancake Breakfast at Robron 9:00-11:00 Kayhkway Chi Milchink at Robron 12:00-4:00
17	18 Wild Womxn at Pure Self-Defense 4:30-5:30	19	20 Jigging at Robron/Zoom 6:00-7:00	21	22	23
24	25	26	27	28	29	30
31	OFFICE CLOSED					
OFFICE CLOSED						

MICHIIF

Li Zhoor di

Nowel/Christmas

La niizh/snow

Faamii/family

Zhaanvyyii/January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
Wild Womxn at Pure Self-Defense 4:30-5:30	Wild Womxn at Pure Self-Defense 4:30-5:30				Pancake Breakfast/ Laarb Kawmaekit 9:00-11:30 at Robron	
14	15	16	17	18	19	20
Book Club and Mamawi at Robron 10:00-3:30	Wild Womxn at Pure Self-Defense 4:30-5:30					
21	22	23	24	25	26	27
	Wild Womxn at Pure Self-Defense 4:30-5:30			Laarb Kawmaekit 5:00-8:30 at Robron		Shawl Workshop 10:00-3:00 at Robron
28	29	30	31			
Shawl Workshop 10:00-3:00 at Robron	Wild Womxn at Pure Self-Defense 4:30-5:30	Piitlikway 6:00-8:00 at Robron				

MICHIF

New Year's – li Zhoor di
Laan

Cold - tahkayow

Snowing - mishpoon