

# Fevriyii 2024 Newsletter



## Taanishi kiiyawow,

### Update: Participant Procedures Starting 2024

NIMA offers many programs and workshops throughout the year. With increased interest from all members and Métis community in general, NIMA will be putting the following procedures in place to ensure space for those who RSVP and claim a space are attending.

If any members sign up for a program or workshop and no-show for two of these events, they will be placed on a waitlist for workshops. The waitlist placement will be removed after one year from the last missed workshop or after two confirmed attendances at future workshops (if given space to attend). If there is space in future workshops, you will be contacted closer to the date of the event. Failure to again attend a workshop without proper notice or extenuating circumstances after being waitlisted will result in a pause in eligibility for workshops for one year.

While we want all our members to feel welcome and attend events, there is a cost consideration for all programming that has prompted these new procedures. We do not want to create barriers by requiring a workshop deposit fee, but we require folks to attend if they have registered. Please go to our Events webpage for definitions and info.

### Coming Events

#### Income Tax Support

Do you want some help completing a basic tax return for 2023? We will have a volunteer available on Friday, March 1<sup>st</sup> from 10:00AM-3:00PM in the Robron Conference Room.

#### Womxn's Programming

##### Kick Boxing:

Monday kick boxing classes are held at Pure Martial Arts and Fitness from 4:30PM-5:30PM. Reminder these classes are open to all NIMA womxn. **From January 2024-September 2024 NIMA members who attend a minimum of three sessions a month will receive a reimbursement for up to \$100 each month for a fitness class or up to \$900 for a piece of fitness equipment (after four months).**

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

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

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## **Book Club:**

The next book club meeting will take place on Saturday, February 3<sup>rd</sup> at noon, we will be discussing *VenCo* by Cherie Dimaline, over lunch.

## **Reclaiming the Matriarch:**

At Mamawi this month, we have a special two-day workshop facilitated by Lynette La Fontaine (Otipemisiwak Artist). This will take place on February 3<sup>rd</sup> and 4<sup>th</sup> from 10:00AM-4:00PM. Members will be learning about basic colour theory, as well as creating a mixed media piece of art to take home. You must attend both days. Free for NIMA womxn. Lunch and supplies are included.

Our March Mamawi will be led by Kalyn Kodiak (Kodiak Herbal). This is a two-day sash weaving workshop. It will take place on March 9<sup>th</sup> and 10<sup>th</sup> from 10:00AM-4:00PM. You must attend both days. Free for NIMA womxn. Lunch and supplies are included.

## **Mxn's Programming**

NIMA hosted the first mxn's group on Friday, January 26<sup>th</sup>. Members discussed activities that they would like to participate in. The next activity will take place at Velocity. Activity dates and information on next sessions will follow soon.

## **50+ Programming**

Our next Kayhkway Chi Miichihk will be taking place on Saturday, March 2<sup>nd</sup> from 11:00AM-3:30PM. This session will include a special presentation from Service Canada and Canada Revenue Agency. They will be discussing taxes, benefits, credits, pensions and much more related to filing your income taxes this year. This event is open to our 50+ members and will include lunch. More information to follow.

## **Youth Programming**

NIMA's Spring Break Camp for Métis students ages 8-12 years will take place at Robron Centre on weekdays, March 18<sup>th</sup>-28<sup>th</sup>, 2024 from 9:00AM-2:30PM. Lunches and snacks are provided each day, with rides available if needed. Activities include swimming, skating, bowling, geocaching, cultural activities and more!

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## Health

Would you like to discuss any health needs/concerns or learn about funding and programming available for health-related services? You can phone to book an appointment with Lisa-Marie Szonyi (our new Métis Patient Navigator), Eric de Montarnel (Health Manager) or drop by during our drop-in hours:

Friday, February 9<sup>th</sup> - 3:00PM-6:00PM  
Friday, February 16<sup>th</sup> - 3:00PM-6:00PM  
Friday, February 23<sup>rd</sup> - 3:00PM-6:00PM

## Culture

### Lispaas:

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, February 2<sup>nd</sup> from 1:00PM-3:00PM.

### Point-Toe Moccasins:

Join us for a two-day workshop to create your own pair of traditional point-toe moccasins. This workshop will run February 24<sup>th</sup> & 25<sup>th</sup> from 10:00AM-3:00PM both days. This event is free for all NIMA members and includes supplies and lunch for both days.

### Piihtikway:

Piihtikway will be taking place on Tuesday, February 27<sup>th</sup> from 6:00PM-8:00PM at Robron in the conference room. Stop by to work on projects, or visit. The kettle will be on.

NEW PIIHTIKWAY – NIMA is now hosting a second Piihtikway on the third Friday of every month. We will host the first Friday on February 16<sup>th</sup> from 6:00PM-8:00PM at Robron. This is a kid-friendly event so bring your family and your projects. Hot drinks and snacks available.

### Culture Camp:

We have begun planning our 2024 camping trip – mark your calendars for June 14<sup>th</sup>-17<sup>th</sup>. This year we will be staying at Taku Resort on Quadra. Limited bed spaces are available. It is recommended to book camping spots ASAP if you would like to camp or bring an RV.

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## Special Events

### **#bisonbicepchallenge:**

NIMA wants everyone to add some physical activity into their day. Starting February 1<sup>st</sup>, NIMA staff start a 2000 push-up challenge for the month. We challenge all our members and their families to complete 70 push-ups a day, in any variation. Check out our social media pages for several variations of push-ups for many abilities. There will be prizes for participation, so send in your photos along the way, or tag us in your videos on social media! #bisonbicepchallenge

### **Easter Event:**

NIMA will be hosting a fun family event for members and their families on Saturday, March 30<sup>th</sup> from 2:00PM-6:00PM. The gym will be open for free-play, activities and a turkey dinner will be provided. Please RSVP with the number of attendees and any food allergies or notes.

### **AGM:**

This year's AGM will be held on Sunday, April 21<sup>st</sup> at the Robron Centre. More details will follow soon.

### **Keys to Unlocking the Rental Market:**

NIMA is hosting a workshop for any members who are living in rental accommodations, as well as for anyone who is interested to learn more about renting, budgeting, and renter's rights. The workshop will take place Saturday, March 2<sup>nd</sup> from 4:00PM-6:00PM at the Robron Centre. Dinner is included.

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





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



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# Fevriyii/February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Otipemisiwak Artist – Lynette La Fontaine 10:00-4:00	5 Wild Womxn at Pure Self-Defense 4:30-5:30	6	7	8	2 Lispaas at Robron 1:00-3:00	3 Otipemisiwak Artist – Lynette La Fontaine 10:00-4:00
11	12 Wild Womxn at Pure Self-Defense 4:30-5:30	13	14	15	9 NIMA Health Supports 3:00-6:00	10 Level 1 Capote Workshop 10:00-3:00 Loarb Kawmaekil 3:00-5:30
18	19 Wild Womxn at Pure Self-Defense 4:30-5:30	20	21	22	16 NIMA Health Supports 3:00-6:00 Pihitkway at Robron 6:00-8:00	17
25 Point Toe Moccasin Workshop 10:00-3:00	26 Wild Womxn at Pure Self-Defense 4:30-5:30	27 Pihitkway at Robron 6:00-8:00	28	29	23 NIMA Health Supports 3:00-6:00	24 Point Toe Moccasin Workshop 10:00-3:00

# MICHIF

I love you – ki  
shaakihhtin

Leap year – atoot iiii  
kaatr anii

Sweetheart – se jang

# Maar/March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tox Clinic at Robron 10:00-3:00 Lispaas at Robron 1:00-3:00	2 Kayhkway Chi Miichik 11:00-3:30 Keys to Rental Market 4:00-6:00
3 Wild Womxn at Pure Self-Defense 4:30-5:30	4	5	6	7	8	9 Sash Weaving with Kalyn Kodiak at Robron 10:00-4:00
10 Sash Weaving with Kalyn Kodiak at Robron 10:00-4:00	11	12	13	14	15 Piihtikway at Robron 6:00-8:00	16 Pancake Breakfast 9:00-10:00 Laarb Kawmoeki 9:00-3:30
17	18 Spring Break Camp Pre-Registered	19 Spring Break Camp Pre-Registered	20 Spring Break Camp Pre-Registered	21 Spring Break Camp Pre-Registered	22 Spring Break Camp Pre-Registered	23
24	25 Spring Break Camp Pre-Registered	26 Spring Break Camp Pre-Registered Piihtikway at Robron 6:00-8:00	27 Spring Break Camp Pre-Registered	28 Spring Break Camp Pre-Registered	29 Good Friday Office Closed	30 Easter Event at Robron Centre 2:00-6:00
31						

# MICHIIF

Spring - Praentaan

Easter – li Zhoor di Paak

Sash – sayncheur  
flayshii