

# Fevriyii/February 2025 Newsletter



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***Please note: The office will be closed on Saturday, February 15<sup>th</sup>, for the Family Day long weekend.***

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## Womxn's Programming

### **Kick Boxing:**

Monday kickboxing classes are held at Pure Martial Arts and Fitness (now at 1426 Ironwood Street – Ironwood Mall) from 4:30PM-5:30PM. These classes are open to all NIMA womxn.

**There will be no class on Monday, February 17<sup>th</sup> (Family Day).**

### **Book Club:**

The next book club meeting will take place on Saturday, February 1<sup>st</sup>, from 11:30AM-1:00PM, lunch will be provided, and we will be discussing, *The Circle* by *Katherena Vermette*. Free for NIMA womxn.

### **Mamawi:**

Mamawi will take place on Saturday, February 1<sup>st</sup>, from 1:00PM-3:00PM. We will be making small Bandolier Bags. Please contact the office to RSVP. Free for NIMA womxn.

### **2025 Matriarch Retreat:**

The next retreat for Métis womxn will be taking place from February 20<sup>th</sup>-February 23<sup>rd</sup>. All spaces have been filled.

## 50+ Programming

The next Kayhkway Chi Miichihk will be taking place on Saturday, March 15<sup>th</sup>, from 11:30AM-3:00PM. Lunch will be provided, the topic for this session will be Advanced Care Planning. Please RSVP if you would like to attend.

## Health Programming

Do you, or someone in your household, need a Family Doctor or Nurse Practitioner? Please reach out to Eric and he will assist you with getting connected.

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 Szönyi (Health & Housing Navigator) or Eric De Montarnal (Health Manager)

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## **Nutrition group:**

This group is led by a registered dietician and will cover nutritional information to help you manage chronic disease and/or maintain a healthy lifestyle. The next session is on February 25<sup>th</sup>, from 5:00PM-6:00PM, and the topic is: **Feeding Your Family – Part Two**. If you are a member from outside of Campbell River and would like to attend virtually, please send us an email and we will provide you with a Zoom link to join.

## **Yoga:**

February yoga sessions will take place on the 6<sup>th</sup> and 27<sup>th</sup>, from 7:00PM-8:00PM. Please email [events@nimetis.com](mailto:events@nimetis.com) to receive the Zoom link. These classes are free for all NIMA members and associates.

## **Bison Buttocks Challenge:**

This year, NIMA is challenging all our members to complete 2000 squats during the month of February (72/day). Check out our social media pages for a video on modifications.



## **Meet Our Staff: Eric de Montarnal**

Eric is the Health Manager for North Island Métis; he joined the team in May 2023. As Health Manager, he works directly with the Primary Care Network (PCN), a community-based network of health care professionals and clinics who plan and deliver the health care needs of the community, as the voice for the Métis population for North Vancouver Island. Eric works and collaborates with local health care facilities, services, and staff to ensure best practices regarding Métis health. As Health Manager he also supervises and manages all health-related staff and programs. Prior to working at NIMA, Eric was a registered Physiotherapist. He spent just under a decade living in the Netherlands, while attending university and playing hockey. Eric is a wealth of knowledge and is always sharing interesting and fun facts with staff. He and his wife have two young daughters and enjoy spending their time being outdoors or anywhere that has ice cream. In his spare time, Eric is actively involved in youth sports, currently working in Minor and Jr. Hockey as a medical trainer and athletic development coach.



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## Culture and General Programming

### **Southern Michif Language Group:**

The next session will take place on Tuesday, February 25<sup>th</sup>, from 6:00PM-8:00PM. We will be reviewing Unit One, lessons One and Two, as well as going over some of our other resources. Tea and snacks will be provided.

### **Lispaas:**

Lispaas will be taking place on Friday, February 7<sup>th</sup>, from 1:00PM-3:00PM at Robron. Bring a project to work on or just come to visit. The kettle will be on.

### **Pihtikway:**

Pihtikway will be cancelled this month, due to the Matriarch's Retreat.

### **Laarb Kawmaekit 2.0:**

Join us at the Campbell River Fish and Wildlife for Archery on Saturday, February 15<sup>th</sup>, from 2:00PM-4:00PM. Registration is required.

On February 1<sup>st</sup> there will be seeds and soil provided to members, as part of this programming. If you have attended previous Laarb programming, please let us know if you would like a seed starting kit for the 2025 growing season.

On March 8<sup>th</sup> we will be having Robynne Edgar, from Wild About Plants, come up to offer a plant medicine workshop. We will be discussing plants for first aid, teas and making a healing salve. Please contact the office if you would like to attend, registration is required. The session will be taking place at Robron, from 9:00AM-3:00PM. Lunch will be provided.

### **Coffee Group:**

Join Lisa-Marie for weekly coffee group, on Tuesdays from 9:30AM-11:00AM, at the Willow Point Tim Hortons. NIMA will cover a small tea, coffee, or hot chocolate.



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## Métis Values:

In January, members came together to create Umbilical Cord bags for new babies who are born into our Métis community. We had eight members show up to create these special items, to honor new life. Through this project we were able to follow some of the traditional Métis values:

**Love** – When Métis folks bead, there is love that goes into each bead and stitch.

**Sharing** – The participants created these bags to be given away; Métis believed that it was important to share and be generous. Wealth was not shown by how much you had, but by how much you gave.

**Caring** – By creating these pieces, the family and new baby will know that there is community that cares about them.

**Balance** – This was a way for members to give back to community, oftentimes we forget that relationships are reciprocal.

**Patience** – As with any tactile art, patience is required. Beadwork and hand stitching take time and it is not something that can be rushed.

**Kindness** – The participants spent their own time creating these pieces for members that they may not know, a true act of kindness.

Kishchi maarsii (a big thank you) to the wonderful people who gave their time to help families celebrate, honor and welcome the new life brought into their homes.

If you are an expectant parent, please connect with the office. Our health team is here if you have any health-related questions/concerns.

Here are a couple photos of Umbilical Cord bags that have been completed, we will be sharing more photos as they are returned.

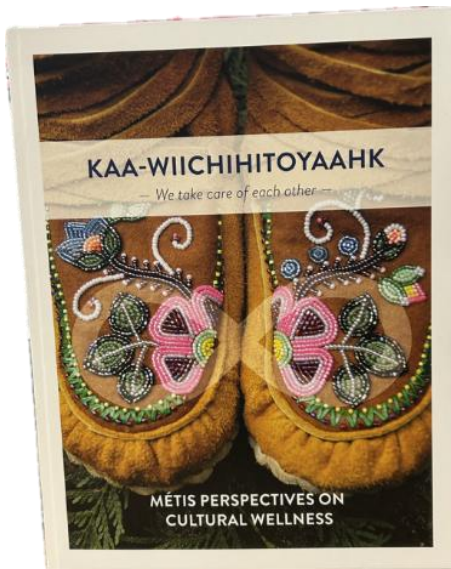


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NIMA Shop:

The **NIMA shop** has what you need for yourself or that special Métis in your life! From pins, clothing, bead kits, beads, to various other items, you're sure to find something! Head over to our website [www.nimetis.com](http://www.nimetis.com) to check it out or stop by the office Tuesday-Saturday 9:30AM-1:30PM to see all our amazing items.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Seeds and Soil at Robron 9:30AM - 11:00AM Book Club at Robron 11:30AM - 1:00PM Mamawi at Robron 1:00PM - 3:00PM
<b>2</b>	<b>3</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>4</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	<b>5</b>	<b>6</b> After School Group At Robron 2:45PM - 5:00PM Yoga on Zoom 7:00PM - 8:00PM	<b>7</b> Lispaas at Robron 1:00PM - 3:00PM	<b>8</b>
<b>9</b>	<b>10</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>11</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	<b>12</b>	<b>13</b> After School Group At Robron 2:45PM - 5:00PM	<b>14</b>	<b>15</b> NIMA Office Closed Archery at Campbell River Fish and Wildlife 2:00PM - 4:00PM
<b>16</b>	<b>17</b> Family Day No Wild Womxn	<b>18</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	<b>19</b>	<b>20</b> After School Group At Robron 2:45PM - 5:00PM Womxn's Retreat	<b>21</b> Womxn's Retreat	<b>22</b> Womxn's Retreat
<b>23</b> Womxn's Retreat	<b>24</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>25</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons Dietician at Robron 5:00PM - 6:00PM Michif Language Circle at Robron 6:00PM - 8:00PM	<b>26</b>	<b>27</b> After School Group At Robron 2:45PM - 5:00PM Yoga on Zoom 7:00PM - 8:00PM	<b>28</b>	

# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Book Club at Robron 11:30AM - 1:00PM Mamawi at Robron 1:00PM - 3:00PM
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9	<b>10</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>11</b> Coffee and Conversation 9:30AM - 11:00AM	<b>12</b>	<b>13</b> After School Group At Robron 2:45PM - 5:00PM	<b>14</b>	<b>15</b> Kayhkwaiy Chi Miichihk at Robron 11:30 - 3:00
16	<b>17</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>18</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	<b>19</b>	<b>20</b> After School Group At Robron 2:45PM - 5:00PM Yoga on Zoom 7:00PM - 8:00PM	<b>21</b> Piihtikway at Robron 6:00PM - 8:00PM	<b>22</b>
23	<b>24</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>25</b> Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	<b>26</b>	<b>27</b> After School Group At Robron 2:45PM - 5:00PM	<b>28</b>	<b>29</b>
30	<b>31</b> Wild Womxn at Pure 4:30PM - 5:30PM					