



North Island Métis

Spring-Summer 2020 Newsletter

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Taanishi kiiya? (How are you?),

We hope this newsletter finds you happy, healthy and enjoying the last bits of the summer weather. North Island Métis has been busy this year, hosting events and connecting with members. In March 2020, NIMA postponed all planned cultural events and workshops and closed the office space for just over two months. During that time, we continued to work from the safety of our homes while shifting our focus from cultural supports to health and safety supports.

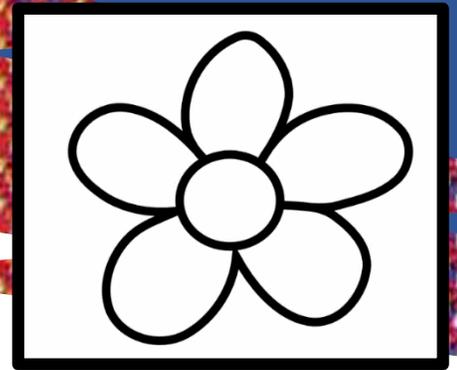
Over the last six months, we have called all of our members to make sure everyone knows about the supports NIMA is able to offer. We have hosted over twenty events all over the North Island where members received free safety supplies, such as hand sanitizer, masks, reusable temperature strips and gloves. We also offered office services at these events. We ensured the well-being of our members by hosting these events outside and by having members physically distance by driving up to the NIMA table in the same manner as you do for a gas station.

In June, we hosted our first Zoom event online since we had shutdown our office in March due to the pandemic. Denise Findlay presented “Culture is Medicine”. A video of the workshop can be found on our YouTube page. Starting in July, our free Métis Cultural Kits for NIMA members between the ages of 0-17 years became available. The cultural kits have been a huge success and we have had very favourable feedback about the program.

Starting in September, we offered a number of events. The FitNation program began September 5th. At the end of September, we had a number of Zoom presentations about weaving and colouring fibers for sash making. We are currently offering a Computer Basics 101 program for anyone who needs help with using a computer and accessing our online programming. Due to continued safety concerns, most of our programming will continue to be online or in outside areas (if possible) with physical distancing measures in place. For more details, go to our website for the latest information.

Your health and safety is our main concern. If you need supports, please feel free to contact us and we will assist as much as we are able to.

Jackie Lever, NIMA Executive Director



Have you seen NIMA's Métis Colouring Book? Every letter of the alphabet has a Métis themed colouring page. Each image includes a bit of background history about the word as well as Michif word translations and pronunciation.

We have a free PDF copy available on our website at www.nimetis.com/nima-colouring-book.html.

COMING EVENTS

Computer Basics 101 – available during Fall and Winter 2020

Do you have a computer, tablet or phone and you are unsure how to use them to join in activities online like sending emails and attending Zoom workshops? Or do you know a family member who needs some computer basics lessons? We will teach how to set up and use many different programs so that you can stay up-to-date with NIMA events and attend our many workshops. Private sessions will be done at the NIMA office or in the comfort of your home. Each session is individual to you. This service is free.

Practice Using Zoom - Tuesday, October 27th

Zoom Presentation 7:30pm

This event is an opportunity to learn how to use Zoom. Participants will get support downloading and using Zoom before the 27th so they can join the session, as well have any questions answered so that you feel more at ease using this video conferencing program.

Women's Health: What Health Services Can I Access in Campbell River? –

Thursday, October 29th

Zoom Presentation 1:00pm - 2:00pm

Meet Nadine Kruger, Island Health's Aboriginal Liaison Nurse for Campbell River. She will discuss her role, various programs, free services and supports that are available to Métis people. Participants will have an opportunity to ask Nadine questions and discuss any concerns around access to health in the region.

Métis Sash Weaving - Registration Open Now

Online via Zoom and Videos

Create your custom sayncheur flayshii (Métis sash) on an artisan hand loom. This cultural workshop has a "follow along at your own pace" vibe and opportunities to connect with other NIMA members. This is a free event for NIMA members in good standing. All supplies will be provided.

**To register for any of these free events,
call the NIMA office at 250-287-7417 or email events@nimetis.com.**



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Newsletter #1

COVID-19 Food Hampers

North Island Métis is pleased to be able to offer the COVID-19 Emergency Response Food Hamper program to our members. This program consists of four food hampers that members will receive during October and November. We are able to offer this program thanks to funding we received from the Canadian Red Cross and the Government of Canada. Food will be purchased through Quality Foods in Campbell River and they are providing additional cost savings as a donation to NIMA.

We are also pleased to offer a one-time meat hamper thanks to the FoodRescue.ca Emergency Fund we received from Second Harvest and the Minister of Agriculture and Agri-Food Canada on behalf of the Government of Canada. The meat will be provided by Quality Foods in Campbell River and IGA in Port McNeill.

Please note that the food and meat hampers are only available during the dates and times below. We can not accommodate any changes due to constraints of space and time. Members will be notified by phone regarding their distribution location.

The dates for the Emergency Response food hampers are listed according to location.

Port McNeill Community Hall from 12:30-2:00pm – Oct 4th, Oct 25th, Nov 8th, Nov 22nd
Campbell River Robron Center by appointment – Oct 18th, Nov 1st, Nov 15th, Nov 29th

The FoodRescue.ca meat hamper date is listed according to location. You must pick up the hamper during this time, as it will not be available otherwise.

Port McNeill IGA – Oct 24th from 3pm – 5pm
Campbell River Quality Foods – Nov 5th from 1pm – 3pm or 6pm – 8pm. Go to the loading bay in the back of QF for pick up.





Traditional Métis Foods

Métis food was seasonal, as families would gather available plants, fruits and nuts at their prime. Traditional foods were simple and not highly processed. Meals were high in fats and carbohydrates, but Métis people lived an active lifestyle which allowed them to stay in good health.

Food was harvested through hunting, trapping, fishing and gathering. The Métis diet was made up of a wide variety of foods. This was important if there was a year when a certain food was not available due to weather or unsuccessful hunts.

To keep foods over the winter (before families had access to refrigeration in their homes) they would dry, smoke or can meats, berries and other foods. Those who lived closer to outposts would have access to European foods such as white flour and white sugar. If they lived on a farm, they may have eggs or milk.

Food was often shared communally, and no person went without. This communal sharing began to change as refrigerators became available. Communities also faced disruption through forced movement and poverty, which altered Métis traditional lifeways.

Food Security Today

The COVID-19 pandemic has altered many aspects of our everyday lives. With businesses experiencing shutdowns and confirmed COVID cases being announced every day in BC and Canada, it is important to have a plan for food security. NIMA's hope is that the grants we have received will allow Métis families a chance to build basic food emergency kits. We want to help Métis families save money as the cost and availability of grocery items continues to fluctuate.

To create a basic food emergency kit, the following items are recommended: drinking water (2 litres per person), cooking/cleaning water (2 litres per person), canned and dried foods, a manual can opener, a flashlight with batteries, a first aid kit, a change of clothes, candles, matches or a lighter, hand sanitizer, toilet paper, garbage bags and some basic tools.

If you have prescriptions, it is recommended that you don't allow your medicines to get low before you refill them. Food and water that are stored should be replaced once a year. Locate these items in a place that you can easily access them but that are out of your way for daily life.

More information about Emergency Preparedness can be found at <https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/index-en.aspx>.