



# North Island Métis

office@nimetis.com 250-287-7417 www.nimetis.com

## Newsletter #2

### COVID-19 Food Hampers

North Island Métis' first food hamper distribution went very well. We keep everyone safe at these events by having a strict safety plan in place. This includes all volunteers wearing masks, limiting the number of people allowed in the building at one time and cleaning of surface areas and hands regularly. Additionally, we are using an infrared thermometer to check that everyone who enters the event has a temperature reading of below 38°C.

Thank you again to Canadian Red Cross for the food hamper funding and to Quality Foods for supplying us with the food orders and donations. Please note that the food and meat hampers are only available during the dates and times below. We cannot accommodate any changes due to constraints of space and time. Meat hampers are drop-in style at the specific grocery stores during the designated times, no appointment is required.

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

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

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 24<sup>th</sup> from 3pm – 5pm  
Campbell River Quality Foods – Nov 5<sup>th</sup> from 1pm – 3pm or 6pm – 8pm. Go to the loading bay in the back of QF for pick up.



Canadian  
Red Cross

Canada

Quality  
FOODS



Simple Goodness



FOODRESCUE.CA



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## 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 27<sup>th</sup> 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](mailto:events@nimetis.com).**

**DID YOU KNOW WE HAVE A YOUTUBE PAGE?  
CHECK OUT OUR GROWING COLLECTION OF VIDEOS.**