

January 2023 Newsletter



Miyeuhtayn Li Zhoor di Laan – Happy New Year

Coming Events

Mamawi

Fevriyii / February 12th at 1:00 pm at Robron Centre - Red Dress Earrings

In accordance with February 14th (National Day of Action for Murdered and Missing Indigenous Women), Mamawi is learning to bead Red Dress fringe earrings.

Please RSVP to let us know you are attending or interested so we can make sure there are enough supplies.

All Métis women and 2SLGBTQIAA+ individuals are welcome. If you wish to attend but need childcare, let us know asap and we can arrange for childcare for this time.



Pihtikway - Cultural Nights

Zhaanvyii / January 31st from 6:00 - 8:00 pm at Robron Centre.

These gathering nights are a great opportunity to finish projects you may have previously started, such as hair tufting, beading or moccasins. Come join us and get help with your Métis projects. You can also start a new project, as we will have supplies and a teacher available.

Kayhkwai Chi Miichihk – 50+ Luncheon

Fevriyii/February 18th from 11:00-3:30 at Robron Centre

Join us for some gentle chair stretching with Marion Patterson, a certified Yoga instructor and enthusiast, followed by a traditional lunch. After lunch we will be discussing the importance of self-care and what you can do to help balance your physical, mental, emotional and spiritual wellbeing. To wrap up the event, we will be creating a simple Birch Bark sash pin that you can take home with you.

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Try A Sport

Zhaanvyii / January 28th - 12:00 – 3:00 pm - Swimming

Join us on January 28th from 12:00-3:00 pm at Strathcona Gardens for swimming. Bring your family to enjoy some fun at the pool!

Fevriyii/February 4th – 1:00-2:00 pm – Velocity Driving Range

Join us for an hour at the driving range 'fore' some fun. No experience is necessary, there will be prizes for longest drive and more. Please RSVP for this event, as space is limited.

DON'T FORGET EVERY TRY A SPORT EVENT YOU ATTEND IS A TICKET TO WIN A FREE FITBIT. Check out the events tab on our website for more information on our try a sport program. We host events every month where you can meet fellow community members and win prizes.



NIMA & MNBC Housing Development Info Session and Dinner

On Saturday, March 18th, NIMA & MNBC will be co-hosting a family gathering event. This will include many fun activities for kids and adults, as well as an informational presentation on the housing and childcare development that NIMA and MNBC have partnered on. Look for more details in the February newsletter.

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Get Jiggy with Us!

6:00pm - 7:00pm on the first Tuesday and third Thursday of every month.

Learn how to dance along to the Red River Jig, Heel Toe Polka, Sash Dance and more.

Participants will learn a couple basic steps, as well as many fancy steps, so you will be ready to jig the next time the fiddle starts playing!

Participants who regularly attend the events below receive

A FREE PAIR OF MANITOBAH MUKLUKS MOCCASINS.



No experience necessary. All sessions will be tailored to participant ability levels.

Join us in person, at Robron Centre, or on Zoom (posted on our website).

2023 Free Moccasin Jigging Dates:

January 19 th	April 4 th & 20 th	July 4 th & 20 th	October 3 rd & 19 th
February 7 th & 16 th	May 2 nd & 18 th	August 17 th	November 7 th
March 7 th & 16 th	June 6 th & 15 th	September 5 th & 21 st	December 5 th

A124 – 740 ROBRON ROAD
CAMPBELL RIVER, BC V9W 6J7
250-287-7417
www.nimetis.com

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Housing and Childcare

We continue to get due diligence items completed in preparation for the architects to use the information. Geotechnical engineers were at the property to assess the land on the site and will be providing the geotechnical report this month. This prep work is close to being complete and soon we will start designing the building.

In order for the community to have a better understanding of the housing and childcare development, and to get a chance to provide some input, NIMA and MNBC will co-host a family celebration event for community members on Saturday, March 18th. There will be cultural activities and a catered dinner. Invitation will be mailed soon.

With the housing survey now completed, NIMA will be asking about community childcare needs in the very near future so watch for that opportunity. The housing survey info will be used to help guide the work on the residential part of the building.

Mental Health Drop In

Jan. 20th NIMA hosts drop-in health support services with Yvonne Houssin from MNBC between 12:00 – 2:00pm at the Robron Center, Room A124.

Feb. 3rd Kelsey Todd will be back for drop-in mental health support services from 10:30-2:30 at Robron Center, Room A124.

Women's Memorial March

The Women's Memorial March is an annual event that takes place on February 14th. This is a day to remember and honour the lives of all the missing and murdered Indigenous women, girls and members of the 2SLGBTQIAA+ community. The march creates awareness about racism, inequity, and violence against marginalized women in Canada. The first Women's Memorial Marches happened on February 14th, 1991 in Vancouver's downtown East side after a woman had been found murdered on Powell Street. Her mother and family came together to grieve their loss in the streets. From there, the memorial event grew to recognize and give visibility for all MMIWG+.

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Thank you

Thank you to those who attended our **Ugly Christmas Sweater Bowling** event! It was so nice to spend some time together during the holidays, be active and festive with our outfits.



Did You Know? - Métis Canoe

The first water vessels used by the Métis voyageurs were birch bark canoes. These were made by carefully removing the bark from Birch trees and wrapping it around a willow branch frame. Spruce roots were used to tie the canoe pieces together and resin made from spruce sap and animal tallow was used to waterproof the hull. The sap and tallow mixture would be applied daily to keep the canoe waterproof. Both men and women would work together to gather the materials needed to build a birch bark canoe. It would take two men two weeks to complete the construction of a voyageurs canoe. These canoes would hold 8-10 men, as well as their provisions for the trip and 500lbs of trade goods. The canoe itself would weigh around 600lbs and would require four men to carry it. The Métis used smaller canoes in their day-to-day lives that would be used for hunting, trapping, fishing and harvesting wild rice.

To be continued next newsletter...

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Zhaanvyyii/January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Miyehhtayn Li Zhoor di Laan/Happy New Year	2	3	4	5	6 Drop-in Mental Health Support Services with Kelsey from MNBC 10:30-2:30	7
8 Mamawi – Traditional Bag Making 1:00-3:00	9 Jigging – Robron 6:00-7:00	10	11	12	13	14
15	16	17	18 Jigging – Robron and Zoom 6:00-7:00	19	20 Drop-in Health Support Services with Yvonne from MNBC 12:00-2:00	21
22	23	24	25	26	27	28 Swimming at Strathcona Gardens 12:00-3:00
29	30 Piitlikway (Pee-tik-way) (monthly) – Robron 6:00-8:00	31				

MICHIF

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Pimaatakaak - Swimming

La daans di Michif - Jigging

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Fevriyii/February 2023

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			1	2	3	4
					Drop-in Mental Health Support Services with Kelsey from MNBC 10:30-2:30	Velocity Driving Range 1:00-2:00 (Please RSVP)
5	6	7	8	9	10	11
		Jigging at Robron & Zoom 6:00-7:00				
12	13	14	15	16	17	18
Mamawi – Red Dress Earnings 1:00-3:00			Jigging at Robron & Zoom 6:00-7:00	Drop-in Health Support Services with Yvonne from MNBC 12:00-2:00		Koyhikway Chi Miltchik @Robron 11:00-3:00
19	20	21	22	23	24	25
26	27	28				
		Pihitkway (Pee-tik-way) (monthly) – Robron 6:00-8:00				



Eat - miltsho

I love you – Ki
shaakihitiin

Health – la saanti

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