

Zhaanvyii 2023 Newsletter



Mochikayih tum Li Zhoor di Nowel/Merry Christmas

Coming Events

Mamawi/Wild Womxn

Monday self defense classes at Pure Martial Arts and Fitness from 4:30PM-5:30PM will be paused for the holidays, but will resume on Monday, January 8th, 2024. Reminder these classes are open to all NIMA womxn.

The next book club meeting will take place on Saturday, January 13th at 12:00PM. Come discuss our first book, Half-Breed by Maria Campbell, over lunch.

At the December session we discussed changing the day for Mamawi. We will now be meeting on Saturdays. The next group will take place on Saturday, January 13th from 1:30PM-3:30PM, following book club, and we will be practicing hair tufting.

We have two special presenters coming to Mamawi early in the new year. The first Knowledge Keeper is Lynette La Fontaine (Otipemisiwak Artist), who will be in Campbell River on February 3rd & 4th. They will be spending the weekend teaching basic color theory and how to create a multi-media piece of art. The second presenter is Kalyn Kodiak. She will be in Campbell River on March 9th and 10th to share her knowledge of sash weaving. These will be two-day workshops, so we ask that you commit to the whole weekend.

Piihtikway

Piihtikway will be taking place on Tuesday, January 30th from 6:00PM-8:00PM at Robron in the conference room. Stop by to work on projects, or visit. The kettle will be on.

Please note that the office will be closed for holidays starting Saturday, December 23rd and will reopen on Tuesday, January 9th.

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

Website: www.nimetis.com
Facebook: @Northislandmetisassociation
Instagram: @Northislandmetis @youthnima

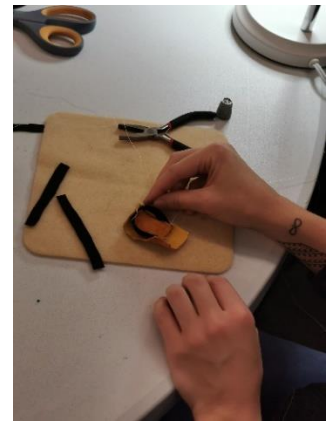
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Find this logo in the newsletter and take a screenshot of it – send it to events@nimetis.com to enter to win some NIMA swag.



Here are some photos from December events and activities:



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NORTH ISLAND MÉTIS

C.O.R.E. AND P.A.L. TRAINING



**THREE DAY TRAINING -YOU MUST
ATTEND ALL THREE DAYS.**

**JANUARY 19TH(5:00PM-9:30PM)
JANUARY 20TH (8:00AM-3:30PM) -LUNCH
WILL BE PROVIDED
JANUARY 21ST (1:00PM-3:30PM)**

WILL BE HELD AT TYEE MARINE

**FREE FOR ALL NIMA MEMBERS IN
GOOD STANDING. THERE IS A COST
FOR ASSOICATE MEMBERS. RSVP AS
SPACE IS LIMITED.**

**EVENTS@NIMETIS.COM
250-287-7417**



North Island Métis

Program Retreat:

RECLAIMING THE MATRIARCH

THIS RETREAT IS OPEN TO NIMA MEMBERS IN GOOD STANDING, WHO HAVE ATTENDED 6/7 MAMAWI EVENTS/WORKSHOPS FROM JANUARY– JULY 2024. THIS WILL BE THE WRAP–UP FOR THE PROGRAM.

ALL COSTS WILL BE COVERED BY NIMA. SPACES ARE LIMITED.

We will be staying at the Bayside Resort, in Parksville.

FOUR DAYS AND THREE NIGHTS:

**AUGUST
22ND–25TH**

Activities will include:

- Mini Golf
- Wild Play Adventures
- Horne Lake Caves
- SUP
- Escape Room
- Needle Felting



For more information contact us at events@nimetis.com or 250–287–7417

North Island Métis

WILD WOMXN

SELF-DEFENSE CLASSES



NIMA members in good standing who attend 3/4 sessions per month can receive up to \$100 per month towards a fitness program (until Sept. 2024) or up to \$900 for a piece of exercise equipment (after four months of consistent attendance).

MONDAYS 4:30PM-5:30PM

To register or ask questions contact
events@nimetis.com or 250-287-7417



North Island Métis

Pancake Breakfast and Play Gym

January 13th 2023

Pancakes served from 9:00AM-10:00AM, play gym open from
10:00AM-11:30AM

Families will receive a Métis children's book for completing the story
walk.



NORTH ISLAND MÉTIS
MÉTIS
SHAWL
WORKSHOP

January 27th and 28th, 2024
10:00AM-3:00PM (both days)

Lunch and materials will be provided. Open to all NIMA members in good standing. Please RSVP, as space is limited.

250-287-7417 OR
EVENTS@NIMETIS.COM



NIMA HEALTH SUPPORTS

Would you like to discuss medical concerns or learn about funding and programs that are available for health care needs?

Drop-in medical appointments are now available, in our office at Robron, with NIMA's Métis Patient Navigator, Eric de Montarnal.

PLEASE BRING THE FOLLOWING ITEMS WITH YOU:

- YOUR NIMA CARD
- YOUR MNBC CARD (IF APPLICABLE)
- ANY PAPERWORK OR INFORMATION RELATED TO THE REASON FOR YOUR VISIT.



DROP-IN DATES

January 13th
12:00PM-3:00PM

January 26th
3:00PM-6:00PM

February 2nd
3:00PM-6:00PM

February 9th
3:00PM-6:00PM

February 16th
3:00PM-6:00PM

February 23rd
3:00PM-6:00PM



**NORTH
ISLAND
MÉTIS**



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.



Point Toe Moccasins

NORTH ISLAND
MÉTIS

Join us for a two-day workshop to create traditional style point toe moccasins. Open to NIMA members in good standing. You may stop by the office any time after January 15th to pick up your supplies to start your beadwork/embroidery early if you like. Lunch will be provided both days.

OUR SCHEDULE:

February 24th and 25th
10:00AM-3:00PM

LOCATION:

Robron Centre
Conference Room

PLEASE RSVP, AS SPACE IS LIMITED:

events@nimetis.com or 250-287-7417



NORTH ISLAND MÉTIS

June

14-17

2024



CULTURE CAMP

NIMA has started planning the 2024 Cultural Camp. This year we will be staying at Taku Resort on Quadra. Limited beds are available. If you would like to book an RV or camping space, it is recommended to do so sooner than later.

Kayaking, SUP and Peddle Boating are possible activities. Please let us know if you are interested in any of these, so we can look into booking.

**YOU CAN CONTACT THE OFFICE:
250-287-7417 OR EVENTS@NIMETIS.COM**

Zhaanvyii 2023 Newsletter



Looking for something to help keep you warm in the cold? We have sweaters and toques. But that is not all, NIMA's shop is expanding. We carry beading supplies, sashes, totes, pins, and much more!

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



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Instagram: @Northislandmetis @youthnima

Zhaanvyyii/January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	OFFICE CLOSED						
7	8	9	10	11	12	13	
Wild Womxn at Pure Self-Defense 4:30-5:30	Wild Womxn at Pure Self-Defense 4:30-5:30					Pancake Breakfast/ Laarb Kawmaekit 9:00-11:30 at Robron Book Club 12:00-1:30 Mamawi 1:30-3:30	
14	15	16	17	18	19	20	
Wild Womxn at Pure Self-Defense 4:30-5:30	Wild Womxn at Pure Self-Defense 4:30-5:30			CORE & PAL Training 5:00-9:30	CORE & PAL Training 8:00-3:30	CORE & PAL Training 8:00-3:30	
21	22	23	24	25	26	27	
CORE & PAL Training 1:00-3:30	Wild Womxn at Pure Self-Defense 4:30-5:30			Laarb Kawmaekit 5:00-8:30 at Robron	NIMA Health Supports 3:00-6:00	Showl Workshop 10:00-3:00 at Robron	
28	29	30	31				
Showl Workshop 10:00-3:00 at Robron	Wild Womxn at Pure Self-Defense 4:30-5:30	Piitlikway 6:00-8:00 at Robron					


MICHIIF

New Year's – li Zhoor di
Laan

Cold - tahkayow

Snowing - mishpoon

Fevriyii/February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lispaas at Robron 1:00-3:00 NIMA Health Supports 3:00-6:00	2 Otipemisiwak Artist – Lynette La Fontaine 10:00-4:00
4 Otipemisiwak Artist – Lynette La Fontaine 10:00-4:00	5 Wild Womxn at Pure Self-Defense 4:30-5:30	6	7	8 NIMA Health Supports 3:00-6:00	9 NIMA Health Supports 3:00-6:00	10 Laarb Kawmaakit 3:00-5:30
11  (Ctrl) ▾	12 Wild Womxn at Pure Self-Defense 4:30-5:30	13	14	15 Pro-D Day Kids Camp 9:00-2:30 NIMA Health Supports 3:00-6:00	16	17
18 Wild Womxn at Pure Self-Defense 4:30-5:30	19 Wild Womxn at Pure Self-Defense 4:30-5:30	20	21	22	23 NIMA Health Supports 3:00-6:00	24 Point Toe Moccasin Workshop 10:00-3:00
25 Point Toe Moccasin Workshop 10:00-3:00	26 Wild Womxn at Pure Self-Defense 4:30-5:30	27 Pihitkiway at Robron 6:00-8:00	28	29		

MICCHIF

I love you – ki
shaakiihtin

Leap year – atoot lii
kaatr anii

Sweetheart – se jang