

# Zhaanvyii/January 2025 Newsletter



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*NIMA office will be closed for Christmas holidays from December 23<sup>rd</sup> and will reopen on January 7<sup>th</sup>, 2025.  
We would like to wish you & your family happy holidays!*

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- 2025 Matriarch's Retreat

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## Womxn's Programming

### **Kick Boxing:**

Monday kickboxing classes are held at Pure Martial Arts and Fitness from 4:30PM-5:30PM. These classes are open to all NIMA womxn. **There will be no class on Monday, December 23<sup>rd</sup> & 30<sup>th</sup>. Class will resume on Monday, January 6<sup>th</sup> – at their NEW LOCATION: 1426 Ironwood Street (Campbell River Common)**

### **Book Club:**

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

### **Mamawi:**

Mamawi will take place on Saturday, January 11<sup>th</sup>, from 1:00PM-3:00PM. We will be making Umbilical Cord Bags, to give to future babies born into our NIMA community. 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>. Limited spaces are available. Activities, meals and lodgings at Tigh-Na-Mara will be provided by NIMA, including an afternoon with Métis artist Lynette La Fontaine, and a spa day. Preference will be given to members who did not attend the retreat in August and will be on a first-come-first-serve basis. Members who previously attended can put their name on a waitlist and there will be a lottery draw for remaining spaces.

## 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.

## 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 Szonyi (Health & Housing Navigator) or Eric De Montarnal (Health Manager)

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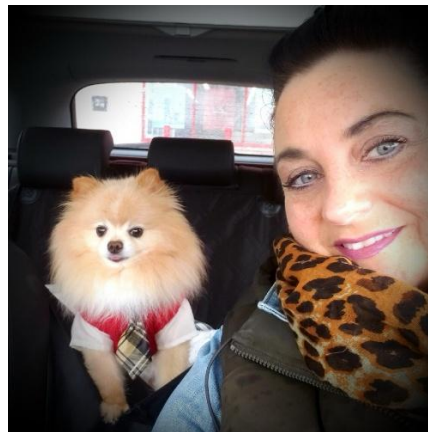
## **Nutrition group:**

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 January 25<sup>th</sup>, from 5:00PM-6:00PM, and the topic is: **Feeding Your Family**. 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:**

January yoga sessions will take place on the 9<sup>th</sup> and 23<sup>rd</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.

## **Meet Our Staff: *Lisa-Marie Szönyi with her trusty pal Maximus (the Mighty)***



Lisa-Marie joined North Island Métis in January of 2024 as the Health & Housing Navigator. She has an extensive background in mental health, community service & healthcare. She is always continuing her education to enable her to be of best service to the NIMA community. Maximus is a registered service dog and became a part of the NIMA team officially in October of 2024.

Her role includes one to one support, assisting with filing applications for citizenship, program & potential funding opportunities, blood pressure & blood glucose monitoring, geocaching & weekly Coffee 'n Conversation group. She works alongside Health Manager Eric de Montarnal to bring educational & fun workshops that are health based.

Maximus' skill is detecting grief, assisting for emotional regulation as well as bringing comfort to community members by engaging with them directly (going for walks, visiting at home or during program events). His career has spanned from working with folks that are differently abled, being in a high-needs medical house & working in a long-term care facility specializing in hospice & palliative care.

When not at the NIMA office, Maximus & Lisa-Marie can usually be found in community volunteering their services, enjoying the amazing ocean & beachcombing for treasures that have washed ashore.

She looks forward to meeting more of the Métis community, being of support to members when able & continuing with the fun programs such as geocaching & the Tuesday Coffee 'n Conversation group.

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## Culture and General Programming

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

The next session will take place on Tuesday, January 28<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:**

There will be no Lispaas in January.

### **Piihtikway:**

Drop in the third Friday of the month to work on your projects. Our next session is January 17<sup>th</sup> from 6:00PM-8:00PM, the kettle will be on for tea.

### **Laarb Kawmaekit 2.0:**

Upcoming Sessions include two trips to Campbell River Fish and Wildlife for Archery. You may attend one or both sessions, registration is required. The first session will be on Saturday, January 18<sup>th</sup>, from 2:00PM-4:00PM. The second session will be on Saturday, February 8<sup>th</sup>, from 2:00PM-4:00PM.

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.

### **Frugal 101:**

Join Lisa-Marie on Friday, January 17<sup>th</sup> from 6:00PM-8:00PM to discuss budgeting and money saving tips.

### **Coffee Group:**

Join Lisa-Marie for weekly coffee group, on Tuesdays from 9:30AM-11:00AM. The first group for 2025 will meet on January 14<sup>th</sup> from 9:30AM-11:00AM, at the Willow Point Tim Hortons. The location for subsequent sessions will be discussed then.





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## MNBC Election:

A By-Election will be held on **Sunday, January 5, 2025 from 8:00 am - 8:00 pm**, by online and ~~mail-in ballot~~ (see below)\*, for the purpose of electing:

- A 2SLGBTQQA+ Governance Council Chair and 7 Regional Representatives (**IMPORTANT: Please only cast a ballot if you identify as 2SLGBTQQA+**)
- 3 Regional Women's Representatives (Regions 4, 5 and 6), and
- 5 Regional Youth Representatives (Regions 1, 2, 4, 5 and 7)

### \*Canada Post Strike

Although Canada Post operations resumed Tuesday, December 17, 2024, it is anticipated that there will be a large backlog of items going through the system. **Therefore, we are still not able to distribute mail-in ballots to Citizens.** Eligible Citizens are encouraged to vote in this by-election online. We recommend Citizens [Register with OneFeather](#) so that they are ready when the voting period opens.

Visit <http://www.onefeather.ca/nations/mnbc> for more info.

If you have any questions, please contact Lawrence Lewis, MNBC Chief Electoral Officer at [lawrence@onefeather.ca](mailto:lawrence@onefeather.ca) or 1-855-458-5888.



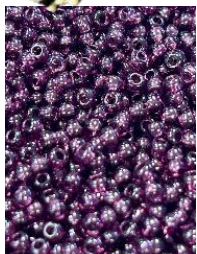
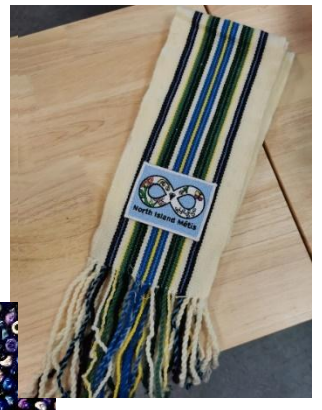
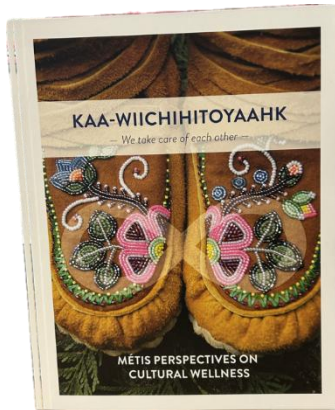
*Miiyeuhtayn Li Zhoor di Nowel*



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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.nimetus.com](http://www.nimetus.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
			1	2	3	4
		OFFICE CLOSED FOR STAFF HOLIDAYS				
5	6 Wild Womxn at Pure 4:30PM -5:30PM	7	8	9 After School Group At Robron 2:30PM -5:00PM Yoga on Zoom 7:00PM -8:00PM	10	11 Book Club at Robron 11:30AM -1:00PM Mamawi at Robron 1:00PM -3:00PM
12	13 Wild Womxn at Pure 4:30PM -5:30PM	14 Coffee and Conversation 9:30AM - 11:00AM Willow Point Tim Hortons	15	16 After School Group At Robron 2:30PM -5:00PM	17 Piihtikway at Robron 6:00PM -8:00PM Frugal 101 - Budgetting at Robron 6:00PM -8:00PM	18 Archery at Campbell River Fish and Wildlife 2:00PM -4:00PM
19	20 Wild Womxn at Pure 4:30PM -5:30PM	21 Coffee and Conversation 9:30AM - 11:00AM TBD	22	23 After School Group At Robron 2:30PM -5:00PM Yoga on Zoom 7:00PM -8:00PM	24	25
26	27 Wild Womxn at Pure 4:30PM -5:30PM	28 Coffee and Conversation 9:30AM - 11:00AM TBD Dietician at Robron 5:00PM -6:00PM Michif Language Circle at Robron 6:00PM -8:00PM	29	30 After School Group At Robron 2:30PM -5:00PM	31	



# February 2025

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 TBD	<b>5</b>	<b>6</b> After School Group At Robron 2:30PM - 5:00PM Yoga on Zoom 7:00PM - 8:00PM	<b>7</b> Lispaas at Robron 1:00PM - 3:00PM	<b>8</b> Archery at Campbell River Fish and Wildlife 2:00PM - 4:00PM
<b>9</b>	<b>10</b> Wild Womxn at Pure 4:30PM - 5:30PM	<b>11</b> Coffee and Conversation 9:30AM - 11:00AM TBD	<b>12</b>	<b>13</b> After School Group At Robron 2:30PM - 5:00PM	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Family Day No Wild Womxn	<b>18</b> Coffee and Conversation 9:30AM - 11:00AM TBD	<b>19</b>	<b>20</b> After School Group At Robron 2:30PM - 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 TBD 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 2:30PM - 5:00PM Yoga on Zoom 7:00PM - 8:00PM	<b>28</b>	