



North Island Métis

December 2021 Newsletter

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Taanishi kiiya? (How are you?),

We are ending another great year despite the pandemic. NIMA has been very busy this year with many exciting projects on the go. The property we purchased with MNBC will be the future home of Métis housing and a Métis Childcare Centre. This project is just beginning and will be happening over the next few years.

We ran food hampers throughout the last year in both the Campbell River and North Island areas. A big thanks to Quality Foods Campbell River for providing us with all the food and great deals. Thank you to IGA Port Mc Neill as well for providing meat hamper deals.

NIMA has been active on the Advisory Councils for SD72, NIC and now we are starting to become more involved with SD85. Presentations about Métis culture, traditions and community were provided to SD72 classrooms as well as to the public. We continue to speak on behalf of the Métis community members to ensure our voices are heard in order to create positive change and opportunity where we live.

Métis Health

NIMA is part of the Campbell River Primary Care Network (PCN), which is made up of Indigenous stakeholders, local and provincial Health Authorities, local health organizations and local health practitioners. The PCN members are working together to create a patient-centered health care system that ensures all people living in the local area are attached to health care professionals. NIMA has been working on gathering information in order to make sure Métis health care needs are addressed. There will be many things happening in the new year, and we are excited to let everyone know more then.

Winter Office Hours

The NIMA office will be closed for Winter Holidays. Office hours will end Thursday, December 16th, and will resume Wednesday, January 5th. Please make an appointment to come into the office. Just a reminder that we are in room A124 in Robron now, just two doors down.



Louis Riel Awareness
Week flag raising with
Vice President Charlotte
Lever
November 16, 2021

President Tyler Masee
pulling the winning
name for the North
Island door prize
November 21, 2021





**Mochikayihtum Li Zhoor di Nowel
(Merry Christmas) and Miyeuhtayn Li
Zhoor di Laan (Happy New Year)
from North Island Métis**

Coming Events

Métis Women's Conference - Saturday, February 26th, 2021. NIMA will host a Women's Conference for NIMA members. You must be a member in good standing to attend. More details to come in the near future.

Métis Elders Conference - Saturday, March 19th, 2021. NIMA will host an Elders Conference for NIMA members. You must be a member in good standing to attend. More details to come in the near future.

Bannock: History and Recipe

Bannock may be the most well-known food associated with Métis identity. It can be fried in a pan, baked in a frying pan, cooked on a griddle or baked on sticks next to the fire. Sometimes raisins are added to the mix before it is cooked.

Bannock is common in Métis meals because they are easy to make, and the ingredients are simple with a long storage life. Métis did not invent bannock; it comes from Scottish tradition and was passed down through family to become a Métis staple food.

Bannock (as appears in Métis Food and Diet by Paquin et al.)

6 cups flour
3 tsp. baking powder
1/2 tsp. salt
1/4 lb lard or bacon grease
2 cup water

In a large bowl mix the flour, baking powder and salt together. Rub in the lard or grease until everything is mixed together in a fine mixture. Add enough warm water to make a soft ball of dough. Flour a board or countertop and pat or roll with a rolling pin the dough on it until about 1 inch thick. Let sit for 10 minutes, then prick the entire mass with a fork. Bake at 350°F until golden brown, about 20 minutes. Serve with butter, lard, jam or bacon.

For more information about Métis food - <https://www.metismuseum.ca/resource.php/00746>

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

