

November 2022 Newsletter



Taanishi kiiyawow? (How are you?),

Coming Events

NIMA Flag Raising will be happening at Spirit Square Nov. 14th at 11:00 am. The flag raising honours the contributions of Louis Riel and celebrates the Métis people. The flag symbolizes the importance of the Métis people, our culture, and our commitment to work together to make life better for Métis. Everyone is welcome to attend.

NIMA has partnered with MNBC Health to offer **mental health drop-in sessions** with Kelsey Todd, MNBC's Regional Mental Health Navigator, and Yvonne Houssin, MNBC's Regional Health Coordinator. All sessions will be in Room A123A at the Robron Centre.

Yvonne Houssin - November 18th from 12:00 pm – 2:00 pm

Kelsey Todd – Dec 2nd from 10:30 am – 2:30 pm

Louis Riel Day is celebrated on November 16th every year. NIMA will be hosting celebration events in Port Hardy and Campbell River this year. There will be games and prizes at both events. All children who attend will receive a free book. Cultural activities include jigging and hand beading.

On November 16th starting at 3:00 pm, NIMA will host cultural activities and a dinner at the Sacred Wolf Friendship Centre in Port Hardy. The event activities will take place before and after dinner. Cultural activities provided are hair tufting art and jigging.

On November 20th starting at 1:00 pm, NIMA will host cultural activities and a dinner at the Robron Centre in Campbell River. All Métis families are welcome.

Starting November 29th, NIMA is hosting monthly cultural nights on the last Tuesday of every month from 6:00 – 8:00 pm at the Robron Centre. These gathering nights will be called **Piihtikway** (pronounced PEE-tik-quay), which means welcome in Michif language. This is 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. Please note there will not be a Piihtikway gathering in December due to Christmas holidays.

Try-A-Sport is a program developed to encourage family participation with various activities and meeting fellow community members. NIMA offers a chance to win a Fitbit watch (draw will be in March 2023) every time you attend a Try-A-Sport event. All equipment and costs are covered by NIMA. Plus, more chances to win exciting prizes.

****PLEASE NOTE**** Mushroom picking is cancelled for this year due to weather and a lack of mushrooms. We hope to host sessions next year.

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

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Get in the Christmas spirit with our **Ugly Christmas Sweater Bowling** event. Dec. 17th bring your family and join us at CR Bowling (1661 16 Ave) between 1:00 – 3:00 pm. We will have prizes for sweaters, bowling scores and more. Sweaters are encouraged but not mandatory.

Mamawi

Schedule 2022: (all events are on a Sunday at 1:00 pm)



November 13th - Flower beading

Flower beadwork is a living tradition for the Métis. This cherished art form became so well known as a skill of the Métis Nation that other nations have named the Métis “The Flower Beadwork People”.



December 11th - Christmas Mitten making

The holiday season has always been a very special time for Métis families. A family-oriented people, the Métis often didn't have money to buy expensive presents, but instead made practical items with much love.

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.

Here are some pictures from our October Mamawi gathering, Fish Scale Art was amazing to learn.



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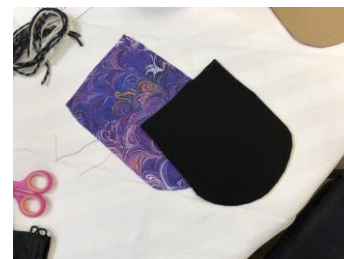
Housing and Childcare



NIMA and MNBC have been busy planning exciting stuff with the housing development. Surveys and reports are being completed on the land in preparation for the architectural planning. A call for an architectural firm went out mid-October and we are now in the process of choosing from the submissions. Once we have a firm, we will let you know who we are working with. Once the architects are chosen, we can start the process of planning the building layout and look. The development will include childcare facilities, housing, and an office for NIMA. Thanks so much to those who have completed the housing survey. This helps us understand the needs of the community. If you have not had a chance to complete the survey yet, please feel free to contact us.

Announcements

NIMA would like to thank all the Métis seniors who attended Kayhkway Chi Miichihk (kay-qway chi me-chick) in Campbell River on Sunday, October 30th. This was the first luncheon NIMA hosted. The next Kayhkway Chi Miichihk in Campbell River will be in February 2023. A big thank you to Kathi Camilleri for coming down on October 30th and talking about healing and what we can do as Métis to build cultural ties and a personal toolkit for how to begin to move forward from profound events we have experienced.



Welcome to Alex Lumley, the new Nurse Practitioner for the Mount Waddington area. Alex will be complementing the Nurse Practitioner services alongside Lisa Greer for Port Hardy region. He will be attending NIMA's Louis Riel Day celebration on Wednesday, November 16th at the Sacred Wolf Friendship Centre from 3:00 - 8:00 pm.

The NIMA office will be closed December 19th, 2022 - January 2nd, 2023 for Christmas break.

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Connect with MNBC's Vancouver Island Health Contacts



Kelsey Todd (she/her)

MNBC Regional Mental Health Navigator – Vancouver Island

Email: ktodd@mNBC.ca

Cell: (250) 264-8200

Phone: (604) 557-5851 ext: 8872

NIMA is hosting a drop-in time with Kelsey Todd for members on the first Friday of every month from 10:30 am – 2:30 pm in Room A123A at the Robron Centre.

2022 schedule – Nov 4th, Dec 2nd

Yvonne Houssin (she/her)

MNBC Regional Health Coordinator – Vancouver Island

Email: yhoussin@mNBC.ca

Cell: 250)464-9760

Phone: 604-557-5851

NIMA is hosting a drop-in time with Yvonne Houssin for members on the third Friday of every month from 12:00 pm – 2:00 pm in Room A123A at the Robron Centre.

2022 schedule – Nov 18th



office@nimetis.com
health@mNBC.ca



MÉTIS NATION
BRITISH COLUMBIA

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November/Noovvambor 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jigging (monthly) Robron 6:00-7:00 NEW!	2	3	4 Drop-in Mental Health Support Services with Kelsey from MNBC 10:30-2:30	5
6	7	8	9	10 La Zhoornii poor Iii Saaldaa (Remembrance Day)	11 La Zhoornii poor Iii Saaldaa (Remembrance Day)	12
13 Mamawi – Robron 5 Petal Flower 1:00-3:00	14 Flag Raising at Spirit Square 11:00	15 Louis Riel Day – Port Hardy (SWFC) 3:00-8:00	16	17	18 Drop-in Health Support Services with Yvonne from MNBC 12:00-2:00	19
20 Louis Riel Day – Campbell River (Robron) 1:00-5:00	21	22	23	24	25	26
27	28 NEW! Piititkway (Pee-itk-way) (monthly) – Robron 4:00-8:00	29	30			

MICHIF

Remembrance Day – La Zhoornii poor Iii Saaldaa

Remembrance - Kishkishiwin

Come in - Piititkway

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December/Disaanbr 2022

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					1 Drop-in Mental Health Support Services with Kelsey from MNBC 10:30-2:30	2 3
4	5	Jigging – Robron 6:00-7:00				9 10
11 Mamawi – Robron Méfis Christmas Mittens 1:00-3:00	12					16 Ugly Christmas Sweater Bowling 1:00-3:00
18	19					23 24
25 Li Zhoor di Nowel (Christmas)	26					30 31

MICCHIF

Winter – l'ivayr

Christmas – Li
Zhoor di Nowel

Mittens – lili pchit
mitenn

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