



Taanishi kiiyawow,

MÉTIS 12 DAYS OF CHRISTMAS

NIMA IS PUTTING TOGETHER A MÉTIS RENDITION OF THIS CLASSIC CHRISTMAS SONG. DO YOU HAVE A CHILD WHO WOULD LIKE TO ILLUSTRATE A PAGE? SEND IN THEIR SUBMISSION BY AUGUST 30TH. PLEASE INCLUDE THEIR NAME AND AGE, AS WELL AS PARENT/GUARDIAN CONTACT INFORMATION.

PICK THE PAGE(S) THAT YOU WOULD LIKE TO ENTER IN:

- 12 RED RIVER CARTS**
- 11 FIDDLERS**
- 10 JIGGERS**
- 9 HIDES BEING TANNED**
- 8 BISON**
- 7 PEOPLE BEADING**
- 6 TRAPPERS**
- 5 FIRE BAGS**
- 4 BANNOCK**
- 3 RIBBON SKIRTS**
- 2 BEAVER HATS**
- 1 SASH**
- ...IN A BIRCH TREE**

Submit your entries either in person or to events@nimetis.com
There will be a small prize for those that are chosen!

Jooyet 2024 Newsletter



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Womxn's Programming

Kick Boxing:

Monday kick boxing classes are held at Pure Martial Arts and Fitness from 4:30PM-5:30PM. Reminder these classes are open to all NIMA womxn. **From January 2024-September 2024 NIMA members who attend a minimum of three sessions a month will receive a reimbursement for up to \$100 each month for a fitness class.**

Book Club:

The next book club meeting will take place on Saturday, September 7th from 11:30AM-1:00PM, lunch will be provided, we will be discussing *The Northwest is Our Mother* by Jean Teillet. Free for NIMA womxn.

Reclaiming the Matriarch:

Our next Mamawi will take place on Saturday, September 7th from 1:00PM-4:00PM. In September we will be making scissor cases. Please contact the office to RSVP.

Mxn's Programming

The next Mxn's Group will be taking place in September, stay tuned for the details in the next newsletter.

50+ Programming

Kayhkway Chi Miichihk:

Our next Kayhkway Chi Miichihk will be taking place on Saturday, September 28th from 11:00AM-3:00PM. More details will follow in the next newsletter.

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 (Métis Patient Navigator) or Eric de Montarnal (Health Manager).

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Nutrition Essentials Presented by: Campbell River & District Primary Care Network Registered Dietitian - Confused by conflicting messages about nutrition? Get clarity with Nutrition Essentials. Explore what, when, and how much to eat for optimal health. Whether you're a beginner or a nutrition enthusiast, this class will be worth your time! To register, call or text 250-204-3939 or register at [Eventbrite](#).

Culture

Lispaas:

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, July 5th from 1:00PM-3:00PM.

Piihtikway:

Piihtikway is on hold until September.

Laarb Kawmaekit 2.0

September Sessions

- Canning at Robron ***NEW DATE*** Saturday, September 14th 9:00AM-3:00PM
- Gauntlet Mittens (Must have attended Rabbit tanning) Saturday, September 21st 9:00AM-3:00PM

Housing

On July 11th from 6:00PM-8:30PM, Lisa-Marie will be hosting a Frugal 101 workshop. What does it mean to be frugal in one sentence? Put simply: Learning how to be frugal with money means that you save where you can so that you can spend where you want.

Do you want to learn tips on how to stretch your income to make your budget go further? Are you trying to save up for a large purchase, and aren't sure where to start? Participants will be going home with budgeting sheets, as well as a small gift for attending. Please RSVP if you would like to join. If you think you will attend the session, start saving any images/cutouts that you would like to add because everyone will have the opportunity to create a vision board. Open to NIMA Members and Associates.

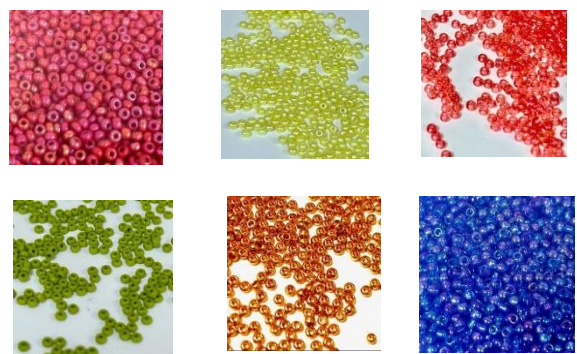
Summer Card Games

On July 30th and August 27th NIMA will be hosting a card games night at Robron from 6:00PM-8:00PM.

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NIMA has just had a shipment of NEW t-shirts and hoodies, available in both ADULT and YOUTH sizes. We also have new orange shirts, available in all sizes! Head on over to our website www.nimetis.com to check them out or stop by the office Tuesday-Friday 9:30AM-1:30PM to check out all our amazing items.



Jooyet/July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Lispaas at Robron 1:00PM-3:00PM	6 Lake Fishing Day Trip
7	8 Wild Womxn at Pure 4:30PM-5:30PM	9	10	11 Frugal 101 at Robron 6:00PM-8:30PM	12	13
14	15 Wild Womxn at Pure 4:30PM-5:30PM	16	17	18	19	20 NIMA Staff at FiLoMi Days Event
21	22 Wild Womxn at Pure 4:30PM-5:30PM	23	24	25	26	27
28	29 Wild Womxn at Pure 4:30PM-5:30PM	30 Card Games Night at Robron 6:00PM-8:00PM	31			



Aaoo/August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
		OFFICE CLOSED FOR STAFF HOLIDAYS				
11	12	13	14	15	16	17
		OFFICE CLOSED FOR STAFF HOLIDAYS				NIMA staff at Orca Fest and Vancouver Island Rendezvous
18	19 Wild Womxn at Pure 4:30PM-5:30PM	20	21	22 Womxn's Matriarch Retreat	23 Womxn's Matriarch Retreat	24 Womxn's Matriarch Retreat
25 Womxn's Matriarch Retreat	26 Wild Womxn at Pure 4:30PM-5:30PM	27 Card Games Night 6:00PM-8:00PM	28	29	30	31