



MIKI'SIW Métis Messenger May 2022

576 – England Ave., Courtenay, BC V9N 2N3 250-871-7353
comoxvalleymetisoffice@gmail.com

Local News & Events

CULTURE NIGHT

Monday, May 16, 2022 at 6:30pm

This month we are going to do something we think the whole family can enjoy. We are going to make leather, feather shaped earrings and key chains. We supply all of the materials.

Pre-registration required by calling 250-871-7353 or emailing Myrna at the office at comoxvalleymetisoffice@gmail.com

By May 11th



TRADITIONAL HIDE TANNING WORKSHOP
JUNE 24-26, 2022
We still have some room for this great opportunity. Learn how to tan hides in the traditional way. If this is something you might be interested in please be in touch with Myrna at the office at 250-871-7353 or email comoxvalleymetisoffice@gmail.com

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Local News & Events continued

OPPORTUNITIES FOR YOUTH IN COMOX VALLEY

YOUTH ARCHERY AND CULTURE CAMP May 27 & 28, 2022

Chose to do one or both, there is no fee

Archery Camp – Friday, May 27th

3:30pm – 5pm Register and Share food. Lake Trail School
5pm – 7pm Archery Program
We can have a maximum of 20 youth – you must pre-register here

<https://isparcbc.wufoo.com/forms/zq3674w0d9bjw3/>

Culture Camp Saturday May 28th

11am – 5pm

Air Force Beach Group area activities include:

- Set up trappers tent together
- Make bannock over the fire
- Learn to smudge
- Arts and crafts with leather, paint wood and beads
- Play games like mantracker, antler toss and tomahawk throwing

To register call 250-871-7353 or email Myrna at the office at comoxvalleymetisoffice@gmail.com

EPIC COMBO

DROP IN & TRY SOMETHING EACH WEEK!

PROGRAM MENU

ACTIVITIES

Basketball Skills & Scrimmage	Apr 14
Fencing	Apr 21
Dodgeball	Apr 28
Racquet Sports	May 5
Intro to Kickboxing	May 12
Fitness	May 19
Gamer Nation	May 26
Archery Tag	June 2

FUEL

Sport Bars	Apr 28
Energy Balls	May 5
Smoothies	May 19

THE DETAILS:

FREE - DROP IN
INDIGENOUS YOUTH | 12-18YRS
 Thursdays | Apr 16 - Jun 2
 6:30 - 8:00pm
 Comox Community Centre | Gym B

FOR MORE INFO
 CALL US 250-339-2255
 OR MSG US
 @COMOXCOMMUNITYCENTRE

Generously supported by:

ISPARC
 Indigenous Sport,
 Physical Activity & Recreation Council

Island Opportunities MIKI'SIW Association Board of Directors

Vancouver Island Métis Rendezvous Opportunities



We would like to invite any interested Vendors to join us this year for the 2022 Island Rendezvous! This Event will be held September 2 & 3rd at the Cowichan Exhibition Grounds. Please contact June Graham at june-graham@shaw.ca if you have any questions or would like to reserve a spot. We encourage Métis Artisans to join us for this cultural event, it will be a great opportunity to show case your wares. Please share this with your communities, family and friends. Camping will be available on the grounds. Everyone is welcome, an excellent family event to plan for your September long weekend! Hope to see you at the Island Rendezvous.

\$20 @ Table and Donation for Door Prizes

Vancouver Island Métis Rendezvous Workshops September 3rd

Call for proposals for workshops -Workshops should be of a cultural nature
Please include in your proposal:

1. Is it a one, two or three hour workshop?
2. How many people can attend each workshop?
3. How much space do you need?
4. Do you need indoor space or could workshop be outdoors weather permitting?
5. What types of equipment do you need?
6. Do you include all supplies for the workshop?
7. What is your facilitator fee?
8. What is the fee for each participant? (if any)

All proposals should be sent to Tim Low at lowstdt@gmail.com by May 31st

Board of Directors

Executive:

Lauren Dean- President
Tom Adams
Vice President
Brad Dillen – Treasurer
Chrys Sample –
Secretary

Directors:

Myrna Logan
Women's Rep
Don Catling
Shauna McLennan
Nick Brady
Milt Swain

Elders:

Bryce Mercredi
Jo Loukes

Youth Rep:

Chloe Hatch

**Many hands
make light work**



**It's Gardening Season
MNBC Home Gardening Manual
access the document here**

<https://www.mnbc.ca/wp-content/uploads/2022/03/MNBC-Home-Garden-Program-Manual-PRINT.pdf>

If you don't have land there are opportunities:

SHARE THE HARVEST COMMUNITY GARDEN

In our Community Garden, LUSH Valley provides opportunities for education, mentorship and community connection while improving food security for our local population on the corner of 6th St and Harmston Ave in Courtenay. Has a combination of allotment and communal plots for gardeners.

The Vanier Garden, located in the Comox Valley Exhibition Grounds, produces fresh fruits and vegetables for our Good Food Box and Hot Meal Programs. In addition, this Garden hosts the LUSH Valley Seed Library, a place for collecting and distributing a variety of seeds, with aims to protect genetic diversity in our food system and promote public access to seeds.

If you're interested in getting involved, email us at communitygarden@lushvalley.org.

FRIENDSHIP COMMUNITY GARDEN Year-round gardening in our community garden site at Courtenay Elementary School. Participate in garden activities, enjoy the flavors of fresh fruits & vegetables and socialize with other families while your children play in a child-friendly environment. Call

Contact Phone: [250-338-7575](tel:250-338-7575) or Email: info@cvfsg.org



BOOSTER SHOTS FOR SENIORS AND INDIGENOUS PEOPLE

You will get an invitation from the Get Vaccinated system to book an appointment for your second booster if you are:

- 70 years and older
- 55 years and older **and** Indigenous



**MNBC Contacts:
1-800-940-1150**



**WEBSITE:
MNBC.CA**



**EMAIL
communications@
mnbc.ca**



