



MIKI'SIW Métis Messenger

October 2022

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

Local News & Events

NOTICE OF THE MIKI'SIW MÉTIS ASSOCIATION
ANNUAL GENERAL MEETING
SUNDAY, OCTOBER 16, 2022
12 NOON LUNCH WILL BE SERVED

YOU MUST RSVP FOR LUNCH BY OCTOBER 9, 2022
by emailing comoxvalleymetisoffice@gmail.com or
phoning 250-871-7353

1:30 PM – ANNUAL GENERAL MEETING
IN PERSON - Comox Valley Legion
Activity Room 2nd floor, 1825 Comox Ave., Comox, BC

Ordinary Members in good standing (fee up to date) will be eligible to vote

Business to be covered:

- Election of Directors – 6 Directors Terms Ending – **TO NOMINATE YOU MUST FILL OUT AND SUBMIT A NOMINATION FORM BY NOON ON OCT. 14, CONTACT OFFICE FOR DETAILS**
- Changes to by-laws (see below)

For more information or to find out membership fee status please contact the office at 250-871-7353 or comoxvalleymetisoffice@gmail.com

Inside This Issue

Local News, Events	1-2
Board of Directors	3
MNBC News	4



Local News & Events continued

Spirit Walk 2022

The MIKI'SIW Metis Association partnered with the Indigenous Women's Sharing Society to organize the second Spirit Walk. This year we were able to have an opening Ceremony and changed the start and finish spot to SIMMS Park. We had 1397 walkers. People were given a quiz and could complete the quiz by finding the information posted on large posters in the Downtown as they walked. We also accepted donations for the Orange Shirt Society, that total came to \$731.80. It was a great event



Welcome to our Traditional Food Reconciliation Event

OCTOBER 13TH, 2022

From 1:00pm to 5:00pm

Sit down meal at 3:30-4:00pm

K'omoks First Nation will be holding a Traditional Food Reconciliation Event in partnership with Lush Valley!

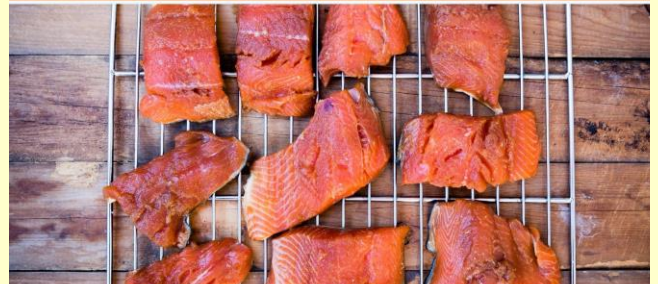
We will get a small glimpse into different teachings during this time.

Pitcook, salves, storyteller, weaver, butterfly fish, teas, and so-on!

Please come and connect with our Nation

For more information, please contact

Lisa.Bowie@komoks.ca or Maurita@lushvalley.org



A recap of the Highlights that the Board of Directors has been working on over the past year

- Strategic Planning
- Supported Monthly Cultural Nights for Members
- Attended Métis Nation Governing Assembly Meetings
- Hosted a traditional Hide Tanning Workshop for members
- Hosted a Youth Archery Camp and Cultural Camp
- Distributed COVID tests and supplies for members
- Began monthly Elders Luncheons
- Allocated funding for tutoring for students in need
- Participated in Indigenous Meetings with Providence Health
- Supplied sashes for all SD#71 Graduates
- Initiated our participation in the Farmers Market Nutrition Coupon Program that provided 10 spots for families or pregnant persons and 10 spots for seniors/elders.
- Hosted a Member BBQ for Indigenous Peoples Day
- Started a Metis specific Library for our members to utilize
- Helped to support the Vancouver Island Métis Rendezvous
- Reviewed the Resolutions for the Metis Nation BC AGM

The Annual General Meeting is a great time to gather and bring your ideas to the organization

IF MEMBERS ARE IN NEED OF HELP TO ACCESS PROGRAMS OFFERED BY MÉTIS NATION BC OR APPLY FOR CITIZENSHIP; MYRNA, THE PROGRAM COORDINATOR MAY BE ABLE TO ASSIST YOU BY HELPING TO NAVIGATE THE SYSTEMS AND CONNECTING YOU TO THE RIGHT PEOPLE AT MÉTIS NATION BC AT 250-871-7353 OR COMOXVALLEYMETISOFFICE@GMAIL.COM

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***



MÉTIS NATION BC MINISTRY OF ELDERS

Métis Elders and Seniors Assistance Program (MESAP)

The MESAP will aid lower-income Métis Citizens Elders & Seniors purchase essential to help low-income Elders/Seniors purchase health-related necessities that are not covered by BC Medical Services Plan (MSP). The funds can be used by Elders/Seniors for the purchase of items including hearing aids, dentures, walkers, glasses, and more.

Elders Temporary Financial Support



MNBC Ministry of Elders is assisting our low-income Métis Elders/Senior Citizens whose income has been impacted by COVID-19. The program is to assist Métis Elders/Seniors to obtain groceries, household needs, or medications.

ELIGIBILITY

Must be a registered Métis Nation BC Citizen. Those who have submitted applications for citizenship and are in the process are considered. Low-Income Métis Elders/Senior Citizens who are 60 years of age or more who are:

- Single/widowed/divorced with an income of \$28,150 or less may qualify up to \$500.
- Married/common-law households with a combined income of \$48,432 or less may qualify up to \$750.
- The application must demonstrate how COVID-19 has impacted the applicant's income or ability to obtain groceries, household needs, or medications.

LIMITED FUNDS AVAILABLE

<https://www.mnbc.ca/portal/login/>

If you need assistance in applying for these supports, please contact Myrna at the office.



MNBC Contacts:
1-800-940-1150



WEBSITE:
MNBC.CA



EMAIL
communications@
mnbc.ca



2022 Métis Every Child Matters T-Shirt. Designed by Métis artist, Nevada Lynn available by online order through Metis Nation BC



A note from the artist:

Contemplation and prayer guided the Baby Moccs design. The central moccasin image was based off of photo of Métis artist, Randi Nelson's childhood moccasins. I placed them over the moon as a reminder that Indigenous children were especially vulnerable and unsafe at night and many used the cover of darkness to try to escape. Grandmother moon is also a powerful source of friendship, wisdom and guidance and I imagine her shining into the beautiful faces of all Indigenous children from the past, present and future. Lastly, I included cedar for its strength and purifying properties.

