MÉTIS NATION OF GREATER VICTORIA COMMUNITY UPDATE-Feb 2014:

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The Metis Nation of Greater Victoria's Metis Youth Leadership Retreat

The Metis Nation of Greater Victoria's Metis Youth Leadership Retreat will be in Ucluelet from March 6th-9th at the C&N Backpackers Hostel.

If you are interested in attending, please message Jodi: beniukjl@gmail.com or Paige: paigepmoran@gmail.com and we will send over the registration form.

Details on the activities we will be doing at the retreat will be updated soon.

Please note, this is a drug and alcohol free retreat

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Recycle

Help is needed for recycle this *Saturday 8 Feb 2014*. We will be behind the Archie Browning Arena in Esquimalt at the back of the parking lot from 9 AM until Noon. the sorting of recyclables by MNGV Volunteers is a community fundraising event to help keep the office open.

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Looking for Participants for the MNGV team in the Times Colonist 10K Run/Walk

For the last 2 years MNGV has had a team participating in the Times Colonist 10K Run/Walk. We would like you to be part of our team. There will be an information session in the **MNGV office** at the Victoria Native Friendship Centre on **Thursday 6 Feb at 6:30 PM**. If you can not make the info session but are interested in participating, please contact the office mngv@telus.net so that you can be part of the group.

MNGV's participation in this event is supported by Aboriginal Healthy Living and Aboriginal Sport Med and they would like people to participate in the 13 week training program which begins first week of February ending on race day. The program offers training tips for walking and running; injury prevention tips, goal setting and monitoring beginning to end. Community interaction is part of the preparation for the event so people will be asked to participate in community walks planned throughout the training period.

For more info please contact the MNGV office mngv@telus.net

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Metis Student Circle at Camosun College

Session Three –Wednesday February 12, 2014 from 12:30 - 2pm
Session Four –Wednesday February 26, 2014 from 12:30 - 2pm
For more information and to Register contact romypritchard@gmail.com.

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MÉTIS ROLE MODEL LUNCH SERIES

Wilna Thomas Cultural Centre Lansdowne Campus of Camosun College from 12 noon—1pm
Feb. 6th and 20th, March 6th and 20th.
For more information contact romypritchard@gmail.com

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Tour Ross Bay Cemetery and learn about some of our Metis Heritage on Sunday 16 Feb. 2014

Feb. 17 will be Louis Riel Day, in Manitoba, so the Old Cemetery Society of Victoria will highlight some of our Metis pioneers at the Ross Bay Cemetery on this first-ever tour coordinated by Fern Perkins, descendant of Isabella Ross, a famous Metis woman in Victoria. Attending is a good way to learn more about our Metis heritage and participate in the Old Cemetery Society 's first tour of the season.

The tour takes place on Sunday, 16 Feb 2014. Participants are asked to meet at 1:50 pm in front of Oregano's in the Fairfield Plaza for the 2 pm tour. The cost is $5 for non-members of the Old Cemeteries Society (OCS) and $2 for members. Wear warm clothes and shoes for wet weather. The tour lasts about 90 minutes. Rain or shine.

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Jigging

Please note Feb 10 is a holiday so there will no jigging

Jigging has started and there will be 2 sessions in February. the dates are February 17th and the 24th. The dancing begins at 6:30 pm in the gym of the Victoria Native Friendship Centre, 231 Regina Ave.

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Please Note

The office will be closed on Wednesday 12 Feb 2014

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Our next Potluck will be on Feb 19th at the Victoria Native Friendship Centre

The March Potluck will be at the First Peoples House University of Victoria on March 19th

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Contact MÉTIS NATION OF GREATER VICTORIA: MNGV@TELUS.NET OR 250 380 6070