



## MÉTIS NATION OF GREATER VICTORIA COMMUNITY UPDATE-NOV 2011:

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Our next **potluck is taking place on Wednesday the 16th NOVEMBER at the Friendship Centre** 231 Regina Avenue commencing at 5:30 pm.

This potluck will have some special guests from other cultural communities within Greater Victoria and there is more information on our guest participation later in the the newsletter.

The Nov potluck is also the potluck where we do our fundraising for our Christmas potluck . If you would like to donate any baking for the bake sale, the loonie – toonie and the silent auction they are appreciated and Thank You.

We ask that you bring your own cutlery and dishes to help keep reduce the use of foam, plastic or paper disposable items.

**IF YOU ARE ATTENDING THE POTLUCK WE ASK ALSO THAT YOU PARK ONLY ON THE SPORTS FIELD SIDE OF THE PARKING LOT OR ON THE STREET. ALSO WOULD YOU PLEASE ENTER THE FRIENDSHIP CENTRE FROM THE LOWER DOOR OFF THE PARKING LOT.** The potluck is held in the gym at the far end of that corridor.

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**MNGV HOSTS MULTICULTURAL PRESENTATION AT POTLUCK :**

*.Connecting Cultures is proud to announce the first multicultural arts engagement event for the project, “Seeing It Through Your Eyes 2”. Métis Nation of Greater Victoria (MNGV) will host the first event on November 16<sup>th</sup> from 5:30 – 9:30 at 231 Regina St. (Victoria Native Friendship Centre) in the gym (entrance around back by the basketball court). MNGV will also be celebrating **Louis Riel Day** on this day. The evening will be filled with interesting **Métis culture, food, loonie/toonie fundraising**. **10 artists** from the, “Seeing It Through Your Eyes 2” project will be gathering information to create art work based on this evening. After the end of the **multicultural events (five in total)** hosted by other multicultural groups in Victoria (Portuguese, Italians, Ukrainian, & Filipino Communities) a **final art show** will celebrate multiculturalism in greater Victoria. Don’t miss this first event in this series! Everyone is welcome – pass the info on! For more information visit [www.healthandsocialdevelopment.com](http://www.healthandsocialdevelopment.com) or phone 250-920-0373*

**EACH PARTICIPANT COMMUNITY IS ASKED TO ANSWER 5 QUESTIONS ABOUT THEMSELVES SUCH AS . .**  
Describe five things you would like others to know about your culture;

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**FOR UVIC STUDENTS**

**Relaxation and Meditation**

When you are a student, staying grounded and managing stress can be a challenge. This half-hour guided relaxation/meditation group will help you reconnect with yourself and provide some tools to ground yourself in the present moment. No meditation or guided relaxation experience necessary.

Every Monday  
(October 24 to December 13, 2011)  
Choose between drop-in sessions starting at: 10:30am or 11:30am

Located at the Counselling Office in the FPH General Office  
Facilitated by Sylvie Cottell, Counsellor for Indigenous Students

**Questions? More Information? Please contact:**

Sylvie Cottell at [inafic@uvic.ca](mailto:inafic@uvic.ca)

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**Engaging Youth in Preventing Violence Against Woman and Girls**

Date: Nov 19-20, 2011

Time: Saturday (4-7pm) & Sunday (10am-3pm)

Location: Tsawout First Nation, 7728 Tetayut Road, Saanichton, BC

Questions? Or, to register please contact [ainjil@antidotenetwork.org](mailto:ainjil@antidotenetwork.org) or [carol@antidotenetwork.org](mailto:carol@antidotenetwork.org)

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**RECYCLE – HELP NEEDED**

THE NEXT RECYCLE DAY IS THIS SATURDAY NOV 12TH AND SOME HELP IS NEEDED. THE PACIFIC MOBILE DEPOT TENTS WILL BE BEHIND THE ARCHIE BROWNING ARENA IN ESQUIMALT AND AS IT IS AN OUTDOOR VENUE PLEASE REMEMBER TO WEAR WARM CLOTHES. WE HELP SORT PLASTICS BROUGHT INTO THE DEPOT FROM 9 AM UNTIL NOON AND IT IS FUN. PLEASE LET ME KNOW IF YOU CAN HELP AND THANK YOU. BARB

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**OUR CHRISTMAS POTLUCK will be held on DEC 14th AT VNFC AND THERE ARE PLANS FOR GOOD FOOD, ENTERTAINMENT AND SANTA.**

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Contact MÉTIS NATION OF GREATER VICTORIA:  
[MNGV@TELUS.NET](mailto:MNGV@TELUS.NET)