



MÉTIS NATION OF GREATER VICTORIA COMMUNITY UPDATE- November 2014:

Potluck 19 Nov 2014

We are planning to have a **loonie-toonie** at this potluck to help defray the costs of our Christmas potluck.

Also, because it is near to Christmas we are asking **artisans** to set up a table at both the Nov and Dec potluck. If you are interested in being a vendor at these events please contact Carol Grenier for more information carolgrenier@shaw.ca

We are also seeking volunteers to help plan and prepare for the Christmas potluck. If you think you are able entertain or help with the food prep or in any other way please let the office know.

Dec Potluck

Our next potluck is taking place Wednesday the 10th December in the gym of the Victoria Native Friendship Centre commencing at 5:30 pm.

WINTER WELLNESS CHALLENGE.

We have been given the opportunity to participate as a community in a **WINTER WELLNESS CHALLENGE**. There are two grant proposals that we believe will be approved very soon allowing Metis Nation of Greater Victoria to join in with First Nations Health Authority and the Aboriginal Healthy Living Program. Our first challenge will begin **November 19th at our potluck**. There will be two challenges for this date the first is **November**. For those who can grow your best moustache. For those who can't or don't want to grow one create your own moustache. Be creative it can be made from anything. There will be prizes and more for you to take part in and special treats. don't miss this!

KNOWLEDGE KEEPERS

NOVEMBER 21st & 22nd, @ the Ceremonial Hall in the First Peoples House at UVIC.
Friday night will be an evening that includes a fun interactive jigging presentation and for those who would like to observe, but not partake, there will be a beading workshop taking place as well!

Saturday is a day filled with a variety of Guest Speakers, complimentary lunch will be included
– keep posted for the exact schedule, to pick and choose the events that appeal most to you,

Please see the attached poster for more information.

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