



MÉTIS NATION
BRITISH COLUMBIA

REGION 1: VANCOUVER ISLAND & POWELL RIVER

**CRITICAL SOCIAL INFRASTRUCTURE AND
FACILITIES MASTER PLAN ENGAGEMENT**

PHASE 2

DECEMBER 2023

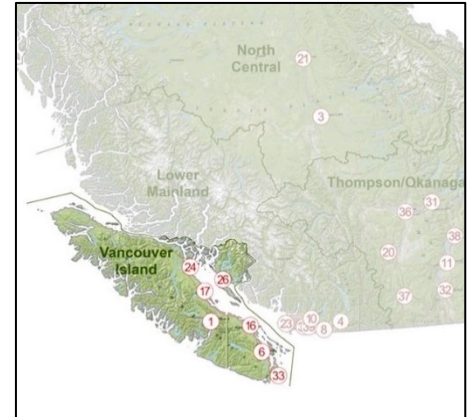
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David Nairne + Associates Ltd

REGION 1 – VANCOUVER ISLAND POWELL RIVER

Region 1: Vancouver Island Powell River BC is home to seven (7) Métis Chartered Communities including:

- Alberni-Clayoquot Métis Society (Port Alberni)
- Cowichan Valley Métis Association (Duncan)
- Powell River Métis Society (Powell River)
- Mid-Island Métis Nation Association (Nanaimo)
- Miki'siw Métis Association (Courtenay)
- North Island Métis Association (Campbell River)
- The Métis Nation of Greater Victoria Association (Victoria)



REGIONAL MÉTIS POPULATION

The following table presents the available population data for Region 1.

	Citizens*	% Total Citizens	Total Métis Population **
Alberni-Clayoquot Métis Society (Port Alberni)	274	7%	1,484
Cowichan Valley Métis Association (Duncan)	434	11%	2,332
Powell River Métis Society (Powell River)	82	2%	445
Mid-Island Métis Nation Association (Nanaimo)	939	24%	5088
Miki'siw Métis Association (Courtenay)	370	9%	1908
North Island Métis Association (Campbell River)	421	11%	2310
The Métis Nation of Greater Victoria Association (Victoria)	1404	36%	7632
Region 1: Total Population	3,924	100%	21,200

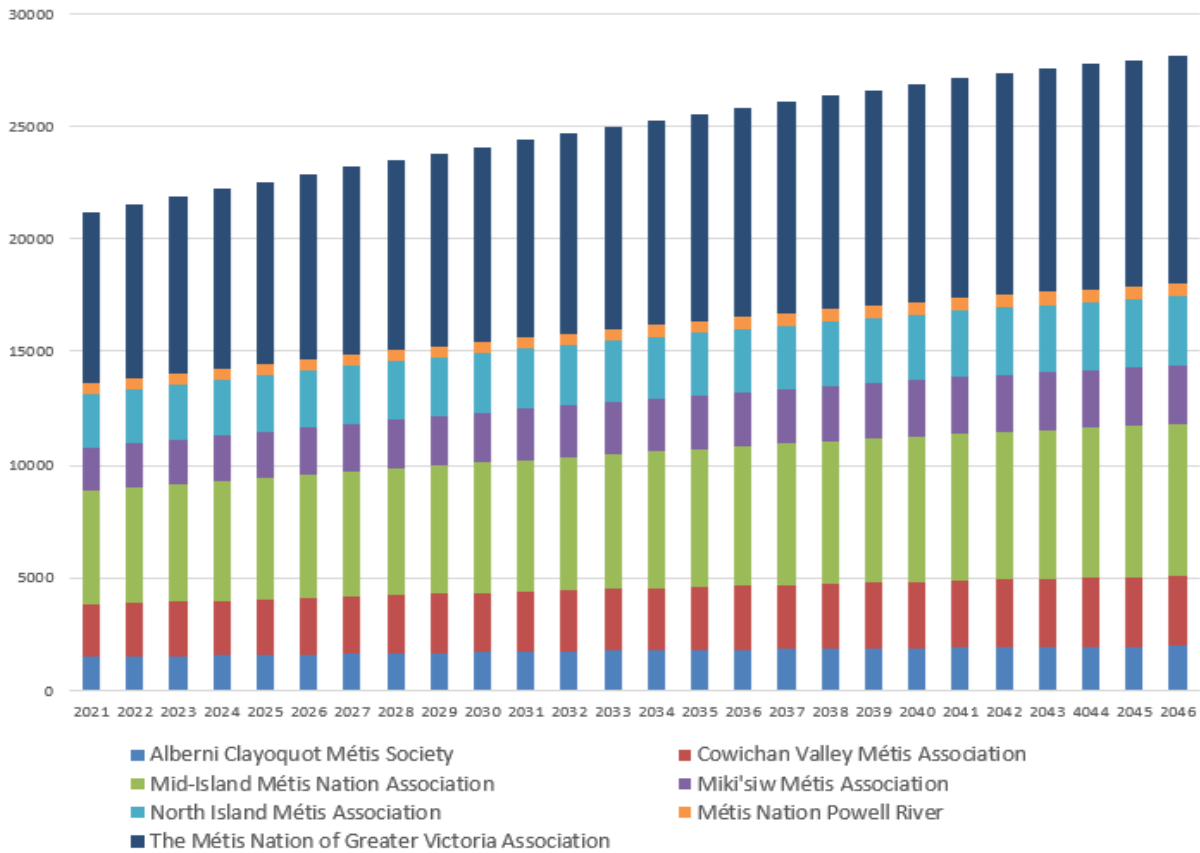
*The number of Registered Citizens by Chartered Community (Citizenship Data for Housing – June 2022)

**Total Métis Population is an estimate that includes both MNBC Citizens and Total Métis. The starting point was the number of people in this Region who identified as Métis on the 2021 Census (9,530). That total was then distributed across the Region's Chartered Communities based on the percentage of MNBC Citizens in each Chartered Community (per the June 2022 MNBC Registry data).

Sources: MNBC and Statistics Canada

Population Projections

As illustrated in the chart below, it is anticipated that the Region’s Total Métis population will increase at an average rate of 1.3%¹ per year over the next 25 years; from a population of 21,200 to 28,170. This sustained population growth will create continued demand for MNBC housing, programs, facilities, and services.



Engagement

To meet the objective of engaging MNBC Citizens, a comprehensive engagement effort was undertaken in all Regions. MNBC Citizens were offered the following opportunities to offer their perspective on Critical Social Infrastructure (CSI) needs in their communities:

- Leadership Engagement – Leadership (Presidents and Vice Presidents) workshops were held via Zoom in October and November 2022, seven (7) representatives from Region 1 attended.
- In-Person Workshops – An in-person workshop was held in Victoria and Nanaimo, BC on January 17th and 18th, 2023. 41 MNBC Citizens from Region 1 were in attendance.
- Online Workshops – Online workshops were held on January 23rd and 24th, 2023. Nine (9) Citizens from Region 1 attended the online workshops.
- Survey – 272 MNBC Citizens from Region 1 responded to the survey.

¹ Based on BC Stats growth projections for Vancouver/Island Coast Development Region

Critical Social Infrastructure Priorities

Citizens identified CSI priorities through the survey and workshops. The following summarizes the top CSI priorities by category for this region (additional detail is provided below):

- Affordable housing, and rent or income supplement program
- Community education and training spaces, cultural gathering places, and paid office staff
- Financial assistance with internet or cell phone bills, access to personal computers and training on computer software
- Financial assistance with the purchase of groceries, community gardens/greenhouses, and traditional food harvesting opportunities
- Métis culture (language, arts, harvesting and hunting) and job skills and training programs
- Personal budgeting and financial wellness programs
- Transportation to health care services and health and wellness programs

The percentages in the charts below have been developed based on the survey responses from Region 5. The bullet points underneath reflect feedback and comments gathered at the in-person and online workshops and have been organized into two (2) categories (in some instances the survey outcomes and workshop outcomes contradict each other):

1. Priorities from the workshops - A summary of the top three (3) CSI priorities Citizens identified in their in-person and online sessions
2. Other top needs from workshops - A summary of the group discussion from in-person sessions, Jamboard™ information from online sessions, and information from leadership sessions²

This feedback has been used to formulate the CSI priorities for Region 1.



This photo was taken at the Nanaimo in-person workshop held on January 18th, 2023.

The word cloud presents the top three priorities identified by Citizens during the online workshops.

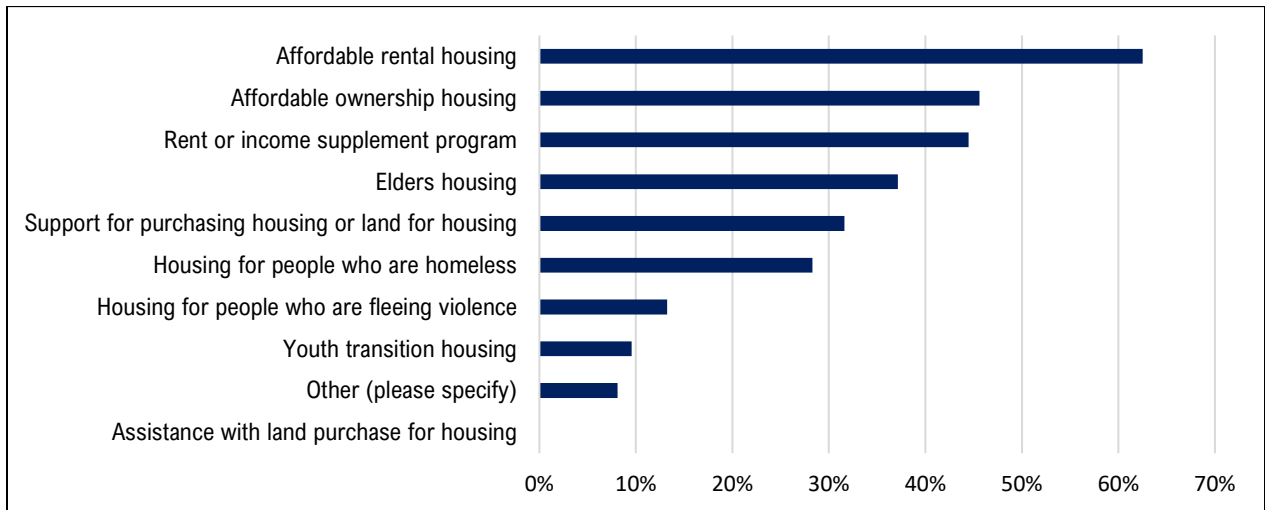


² Jamboard™ is a digital whiteboard that lets participants collaborate in real time using a web browser or mobile app. During online sessions, Citizens used Jamboard™ to provide comments and feedback on a variety of CSI-related topics.

Housing



Top housing priorities from the survey include affordable rental housing, affordable ownership housing, and rent or income supplement programs.



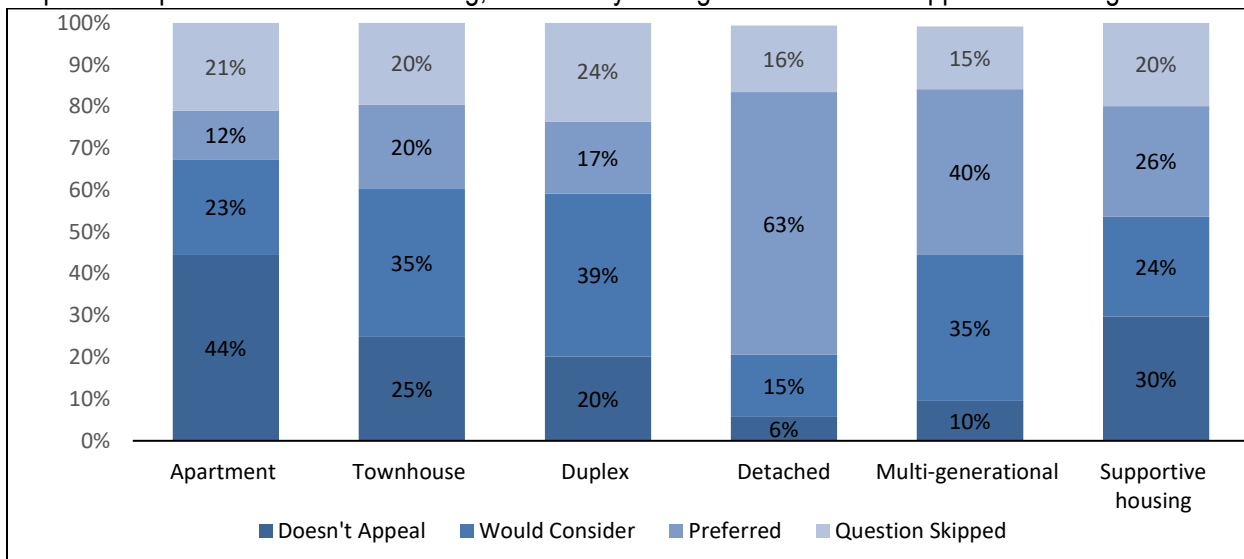
Priorities from the workshops include:

- Affordable housing options, including rental and ownership models
- Co-op housing with social supports
- Elders housing with an intergenerational component and mental health supports
- Transitional housing for youth ageing out of care

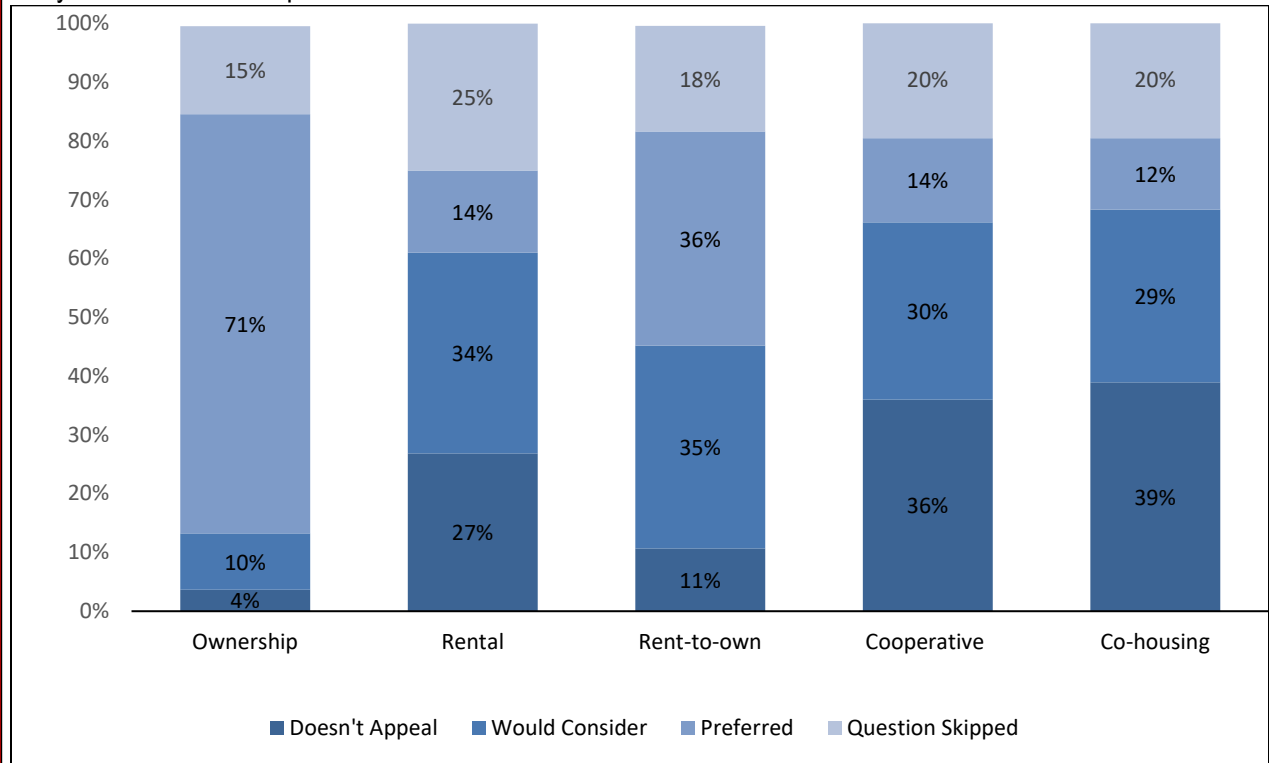
Other top needs from workshops include:

- Family sized units for multigenerational and blended families
- Métis-specific housing including MNBC owned homes available for rent
- Need a hub with various housing options, offices, and childcare
- Housing for youth, students, and young families with integrated supports

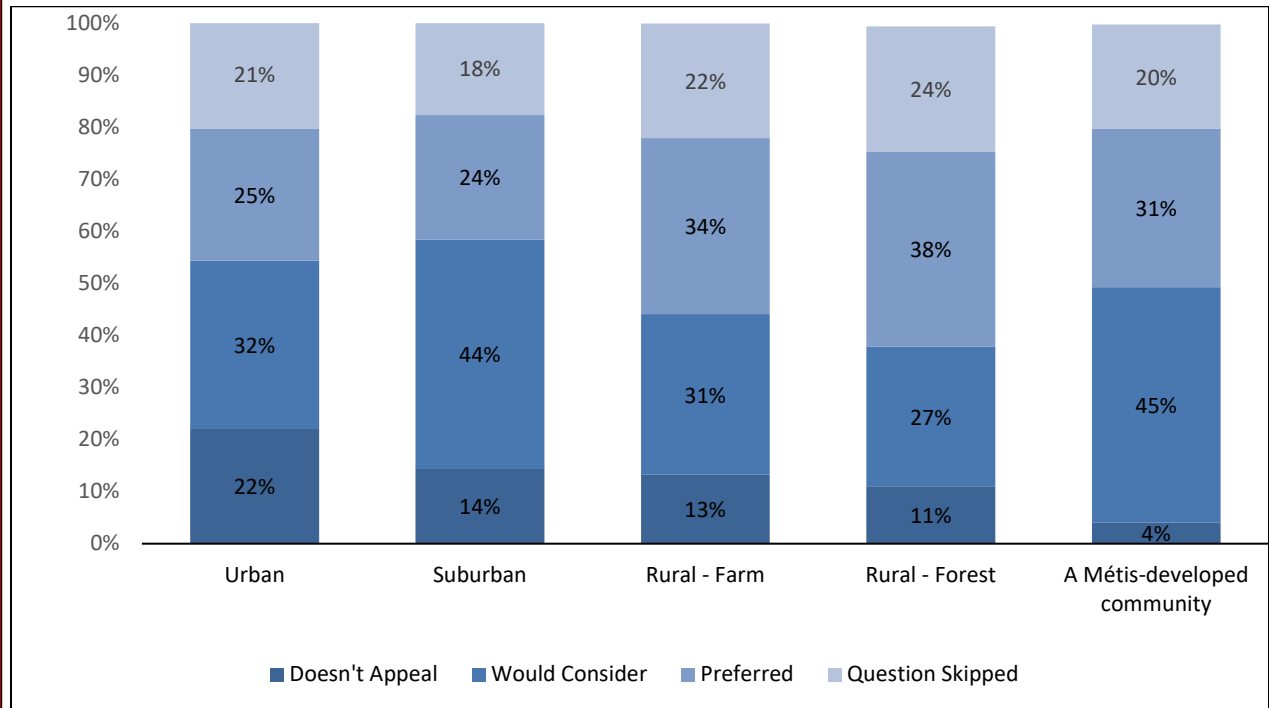
When asked to rank types of housing based on how well they would meet their family's needs, survey respondents preferred detached housing, followed by multi-generational and supportive housing.



When asked to rank ownership/rental models to meet their family's current needs, respondents were more likely to select ownership and rent-to-own.

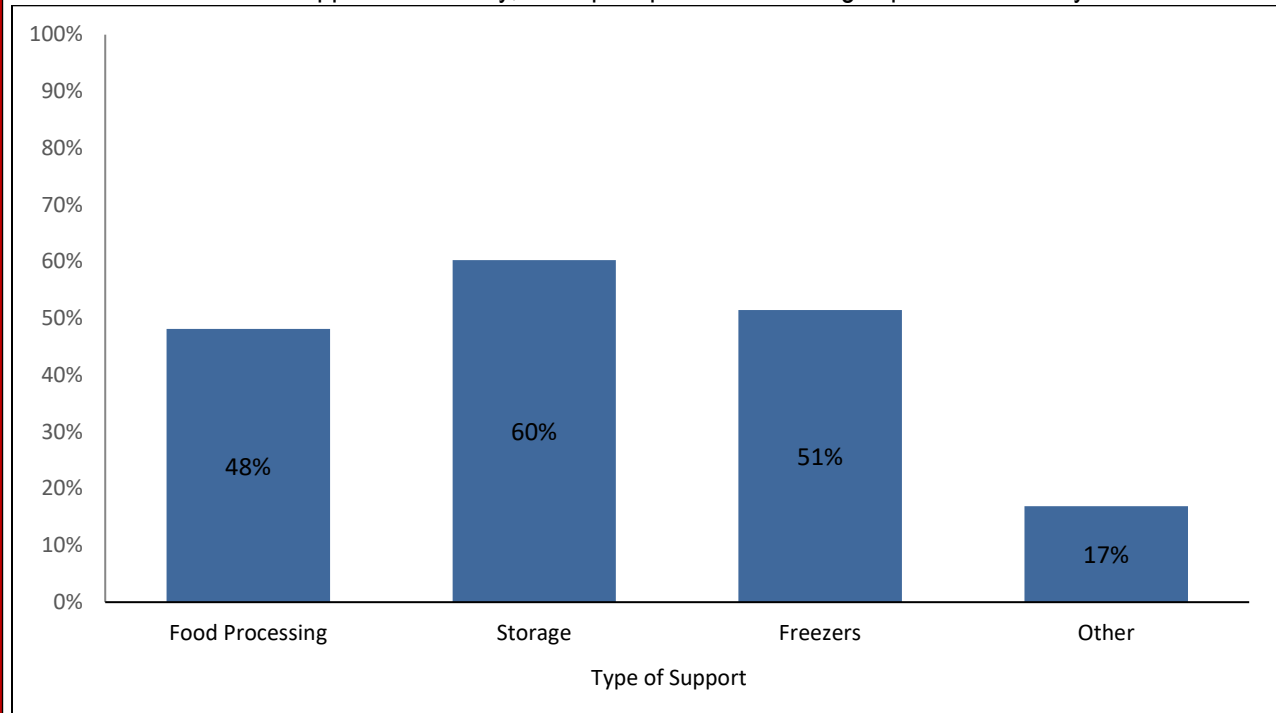


When asked which locations their family would prefer to live, respondents were most interested in rural forest or rural farm locations.





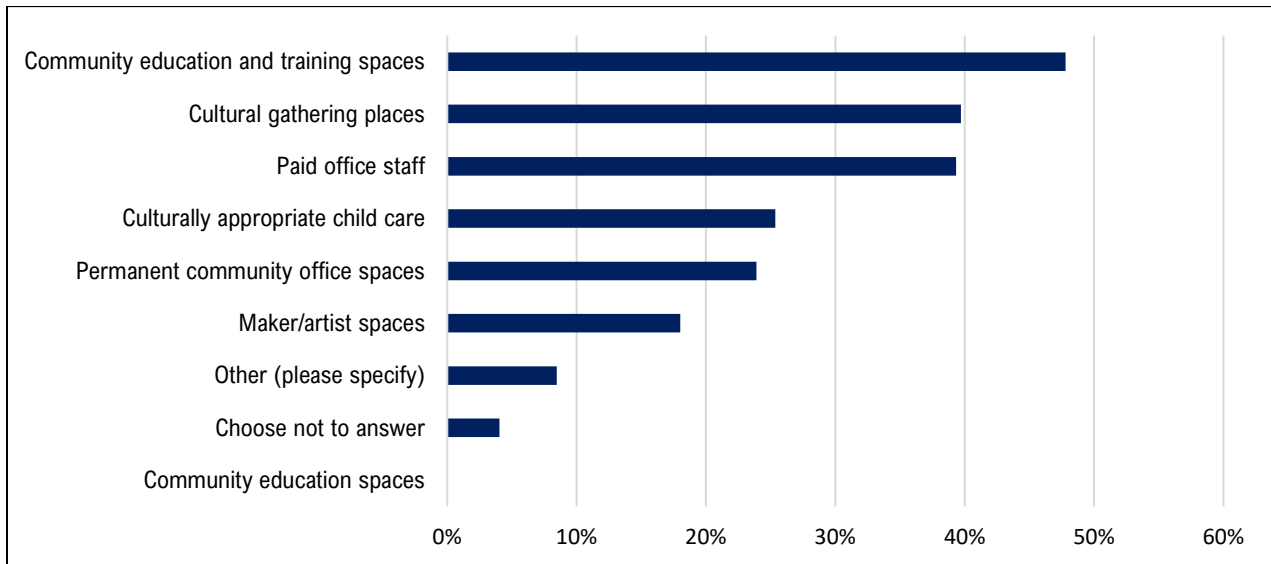
When Citizens were asked if they would prefer food processing, storage, freezers, or other amenities in or near their home to best support their family, the top response was storage space followed by freezers.



Cultural/Community Spaces



Cultural/community space priorities from the survey include community education and training spaces, cultural gathering places, and paid office staff.



Priorities from the workshops include:

- Community hall with the capacity and space to feed and host a gathering
- Community/cultural building including indoor youth facilities
- Community co-working space/office spaces to support Métis entrepreneurship and growth, networking and connection
- Métis cultural hub with a community centre, office spaces, education, housing, and health all in one place

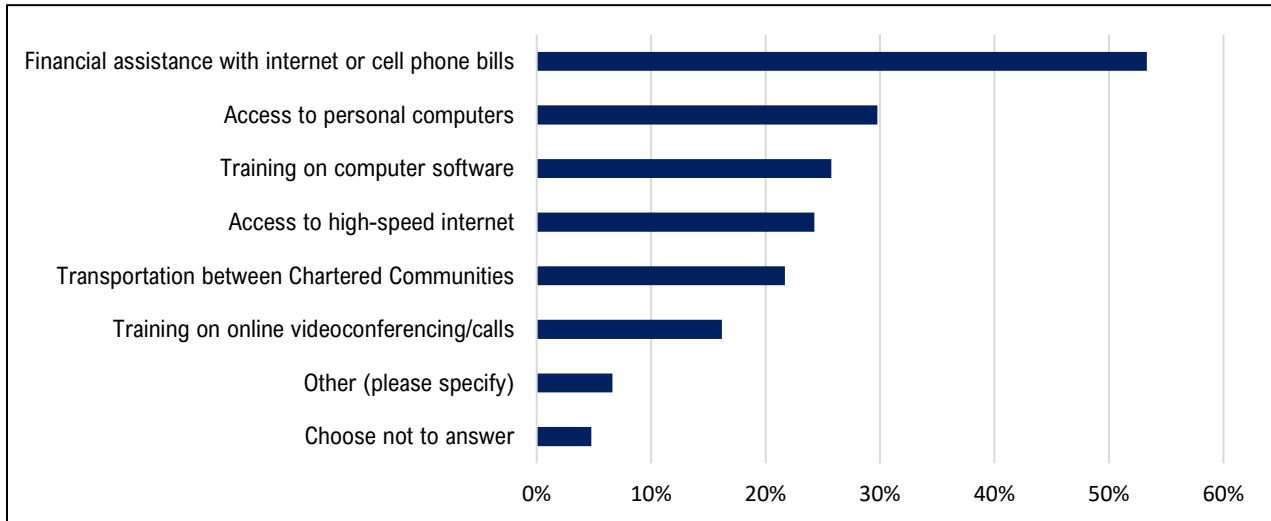
Other top needs from workshops include:

- Need full-time staff with long-term funding
- Culturally appropriate daycare
- Métis branded spaces and facilities to hold events, showcase/learn about arts, culture, and language
- Garden spaces with sacred medicine and traditional plants to facilitate knowledge sharing

Connectivity/Transportation



Connectivity/transportation priorities from the survey include financial assistance with internet or cell phone bills followed by access to personal computers and training on computer software.



Priorities from the workshops include:

- Fast internet
- Transportation support to take Citizens to appointments and community events

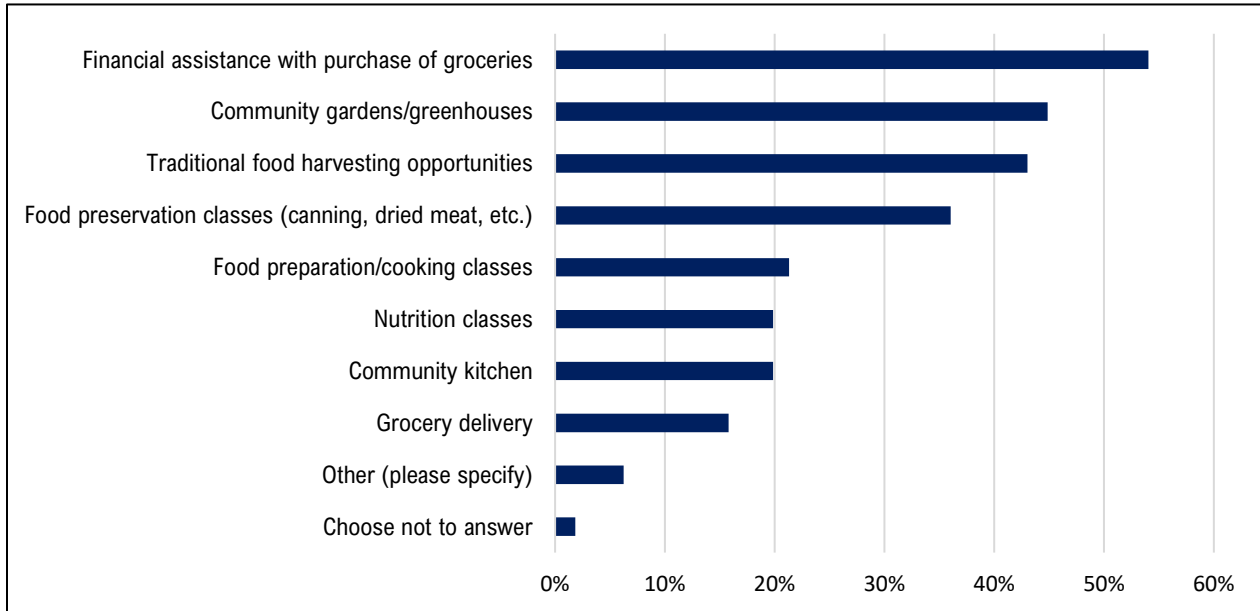
Other top needs from workshops include:

- Public transit discounts
- Need a community shuttle and rideshare programs
- Infrastructure support for online community meetings and financial support for connectivity technology
- Coordination of local newsletters needed (event announcements, news, etc.) to enhance broader community development and interaction

Food Security



Food security priorities in the survey include financial assistance with the purchase of groceries, community gardens/greenhouses, and traditional food harvesting opportunities.



Priorities from the workshops include:

- Community garden/greenhouse spaces with programs for students
- Cultural teachings by our Elders and knowledge keepers
- Farmers market/co-op for MNBC grocery store for discount pricing on purchases and financial support for groceries including gift cards
- Traditional food harvesting, preparation, and processing opportunities including spaces to do these activities (indoor and outdoor)

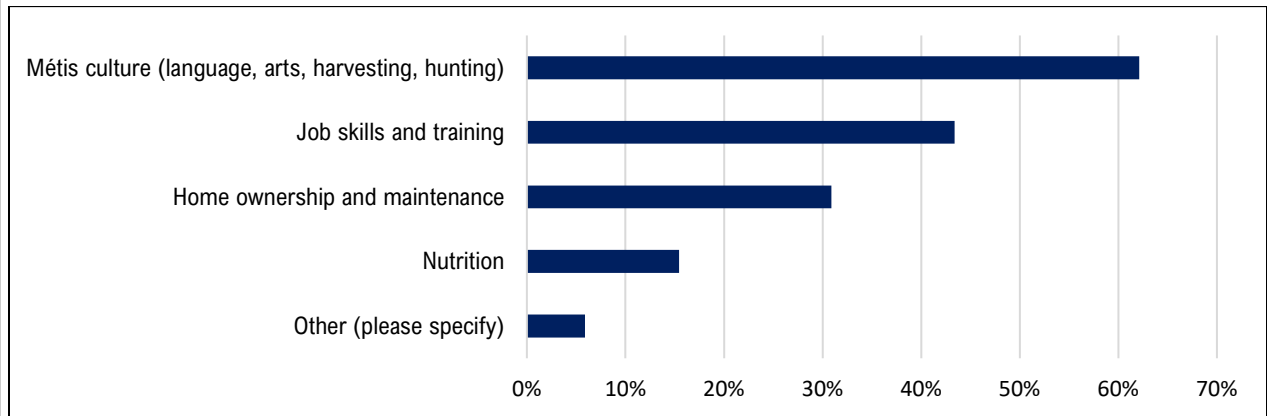
Other top needs from workshops include:

- Teach youth and Elders about growing, cooking, and nutritious eating
- Opportunities to learn about native plants – edible, medicine, etc. Need places to grow harvest and process
- Community kitchen with cooking classes, food storage, and spaces for canning
- Financial support to purchase land for agri-businesses or gardening for the community

Cultural/Personal Development Programs



Cultural/personal development program priorities in the survey are Métis culture (language, arts, harvesting and hunting) and job skills and training.



Priorities from the workshops include:

- Culture and language education programs for youth, members, and staff
- Programs for families with children
- MNBC assistance for grant writing and funding
- Regular cultural programming and events
- Intergenerational sharing

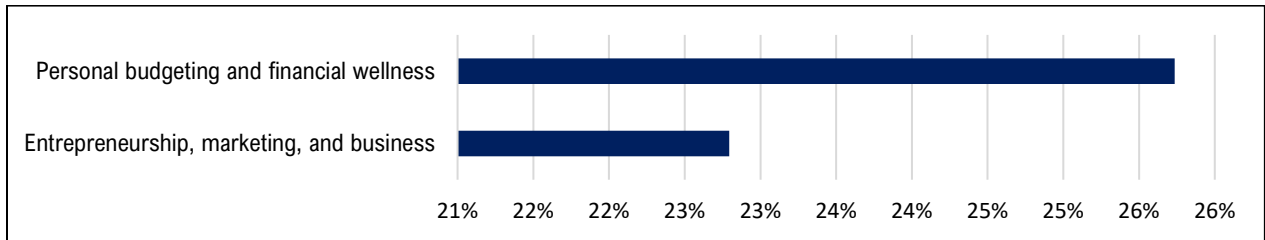
Other needs that Citizens highlighted include:

- Youth specific programs and services to get youth more involved in the community
- Paid staff to improve capacity to deliver programs including cultural training for staff/volunteers
- Partner with school districts and local organizations to improve capacity and add to existing programs
- Centralized MNBC programs (jigging/knowledge programs) that travel region to region sharing with communities that do not have those knowledge keepers locally

Economic



Providing personal budgeting and financial wellness is the top economic priority from the survey.



Priorities from the workshops include:

- Funding for education or career choices including apprenticeships and job training
- Local supports to entrepreneurs such as incubator spaces, resource centre and classes
- Agricultural land lease purchase to grow food – Métis horticulture, community gardens, Indigenous plants and teachings
- Easily navigable central business registry - a process to identify Métis Citizen businesses to access Indigenous government funding

Other needs that Citizens highlighted include:

- Improve ease of access to loans to help members build businesses (i.e., currently only an individual can apply, not a community)
- Improve computer access/video conferencing capabilities
- Explore local Métis market and vendor opportunities to showcase cultural art
- Mixed use buildings with commercial enterprises

Appendix 1 – Engagement Summary

REGION 1 – Vancouver Island Powell River

Victoria, BC
January 17th, 2023

CULTURE/COMMUNITY SPACES

- Métis cultural hub with space to learn/teach/create/buy/sell/admire, space for cooking, jigging, etc.
 - o Community kitchen and event space
- Arts and Language Centre – for education and practice
 - o Art gallery space to showcase community art
- Events including Louis Riel Day, Christmas (big for Métis), jigging nights
- Retreats (such as the local First Nations, multiple nations the men charter a bus together to have a retreat with smudging/steam/other)
- A smokehouse
- Many Métis in the area don't know that they can use the Friendship Centre
- Sport spaces – track, field, fitness equipment, appropriate for multiple generations
- Garden space and outdoor space
- Increased cultural presence in the community – will lead to increased visibility and influence with the broader community
- Totem poles and other visible features, use of the Métis flag
- Community co-working space: Co-working/office spaces to benefit Métis entrepreneurship and growth, networking and connection
 - o With highspeed internet
 - o Printing
- Disaster resilient spaces
 - o Long-term durability
- More people to share cultural knowledge and expertise
 - o Retain cultural practices
- More representation at Friendship Centre
 - o Victoria Native Friendship Centre
- Storage
- Gender inclusive sweat lodge
- Space for ceremonies
 - o Mental health and wellness aspects
- More fishing rights
- Wholistic model for MNBC community spaces – nurturing spiritual aspects
- Build online database of cultural practices

CULTURAL/PERSONAL DEVELOPMENT PROGRAMS

- Programs to maintain knowledge, harvesting practices, food preparation
- Build relationships with Indigenous Nations
- Space and facilities to run events and programs
- Programs community led. Local
- Centralized MNBC programs (jigging/knowledge programs) that travel region to region sharing with communities that don't have those knowledge keepers locally

- Accessibility
- Art programs!
 - o Language
 - o Writing
 - o Music
 - o Drama
 - o Jigging
- Métis orientation class (Métis 101)
 - o To teach those new to their history, exploring our history/impact
- Intergenerational programs + spaces
- Need to have more sweats
 - o For personal growth and serenity
 - o Lead by someone who is trained in trauma informed practices
 - o Needs to be a compassionate place
 - o Have sweats for men, women, and 2SLGBTQ+
 - o Need knowledge keepers to attend
 - o Need land – doesn't have to be fancy, just need fire and wood
- Incorporating traditions into wellness and healing
 - o Hold a stone, transfer your worries to the stone, throw the stone into the water
 - o Importance of washing your face after you cry
 - o Connection to plants – eg, Saskatoon jam and traditional plant salves
- Bring back medicine making classes – these are very precious
- Learn from knowledge keepers – ask what they would like to teach
 - o Have the lessons in person
- There is a monthly beading group at the Friendship centre
 - o Check out the events calendar online
 - o But not Métis specific
- Need a cultural rep who can bring people together to work on new and unfinished projects
- Ceremony, retreats, elders sharing
- Cultural development, events, days, wellness (history/nature harvest/learning opportunities/jigging/fiddle/traditional language/fire)
- Language
- Métis Chartered Communities building relationships with the Nations on whose land they live
- Support for entrepreneurs, businesses ed, mentorship, micro-lending support
- Training for spiritual care practitioners – or funding towards certification
- Training to be teacher of Métis knowledge (intentional mentorship)
- Up the personal education amount so that it is feasible to go for a PHD

HEALTH

- Community living health benefits
- Discount health/rec center pass

- Elder supports of all types
- Extended health care benefits
- Gender inclusive/gender affirming care
- Greater access to health care & health services
- Have Métis health authority (mental health/addictions/doctor of the day)
- Holistic health lessons + practitioners
- Mental health foundational support for youth. Culturally specific led selfcare
- Mental health workshops, safe places, mentors, Métis clinic and care
- Métis sweats, plant walls, garden, cultural groups
- Truth and reconciliation support and intergeneration rental
- Access to funding for clients needing long-term care, addiction treatment, counseling, mental health supports
 - o Preventative care, community events
 - o Support groups
 - o Telephone/online support as well as in person
- More information to be presented to citizens
- Elders are a priority group – aging population
 - o Community health building with MNBC support
 - o Multipurpose health and housing buildings
 - o Multi-generational – incorporate youth
- Home support as well as a facility for age-in-place
 - o Drivers to improve accessibility for those with mobility challenges
- MNBC health clinic
 - o Culturally appropriate/sensitive GPs/nurses
 - o How can we encourage MNBC citizens to go into health care and build inter-nation capacity?
- Need a sweat lodge
- Need to include trauma informed practice
- Weekly Métis yoga and meditation classes
- Therapy through art for Métis people
- All health programs should be informed by Métis Elders
- Would love an opportunity for a vision quest
- Want to host ceremonies – ex yuipi ceremony
 - o Bring in apprentices to lead ceremonies
- Explore options for horse healing
 - o Offered through Bridges but you have to be part of their program
- Lack of doctors in Victoria
- There is a clinic at the Friendship centre (but don't have own space at the Friendship centre)
- Need a Métis drop in clinic – would like to see this in new building
- Have seen discrimination in the medical system
 - o Doctors and nurses should have sensitivity training including what it means to be Métis
- MNBC to provide an Indigenous liaison
 - o To provide peer support to address fear and isolation – emotional support

- MNBC to provide advocate to go to the doctor or clinic when they don't know you
 - o It is especially hard in the ER to advocate for yourself
- MNGV had call outs for support (primarily for seniors for groceries and prescriptions, etc.)
 - o Keep this going, not just through the pandemic
- Métis handy man
- Have a community directory
- Host monthly business mixers with speakers and catering
- Métis children offered certain vaccinations, but not known to parents which ones
 - o All health care providers should be asking if patients are Métis
- Want to bring camping back to land
 - o Have language and jigging workshops with traditional food
- Interest in renting a lodge or camp for large Métis gatherings
 - o Connection with the land is so important
 - o Could have kayaking, canoeing, archery, and could learn genealogy around a campfire
 - E.g. renting easter seals camp, camp Thunderbird
- Rendezvous in Duncan – supposed to be annual
 - o Crafts, dancing, food, teepees, jigging
 - o Make food free
- Giving and reciprocity
 - o Should have a buy nothing group, where Citizens can let people know if they are getting rid of something
 - Could be beads, tanned hides, crafting stuff, plants
- More family doctors and skilled professionals
 - o A lot of people don't have access to a doctor and medical supports
- Funding to pay for naturopaths and other health providers
- Supports for Métis people to enter the medical field
- Métis insurance/health benefits to allow individuals to go/research where they are comfortable going – culturally sensitive and informed services
- Mental health – Métis National Council should advocate for mental health under the CAP/Daniels Decision (<https://rcaanc-cirnac.gc.ca/eng/1460635873455/1535469753556>)
 - o Hire a good lawyer
- Cultural learning/ Spiritual mentorship programs
 - o Bring in knowledge keepers from other regions in BC or other provinces

HOUSING

- Affordable housing
 - o for complex/apartments
 - o for first time home owners
 - o housing for those in need
 - o Single parents
- Co-op housing. Social network and community hub
- Elders housing; Senior support health care, multi-generational housing

- Housing for students or young people/elders etc.
- Rental assistance and mortgage program
- Retirement housing with intergenerational component and mental health supports
- Stable, affordable, accessible, housing
- Supportive housing for single men, elders
- Transition temporary housing for young people and youth out of care. Transitional housing from government care
- Secure and long-term housing
 - o Affordable home ownership
 - o Down payment assistance – matching/loan program/interest free. The biggest barrier to housing is the down payment
- A wholistic approach to a housing model
 - o Climate change
 - o Mental wellness
 - o Co-op housing
 - o Community centre
 - o Food security
 - o Community kitchen
 - o Social connections
- Combining social and life skills in housing
 - o Focus for youth
 - o Integrated programming
- Low barrier co-op housing
 - o For all demographics, supportive housing
 - o Housing first model
 - o Incorporate a place for children/youth
 - o Skills/teaching tenant rights and education/financial wellness
 - o Support and education to transition to living on their own
 - o Feeling a sense of belonging, security of your own place – mentorship through generations
- Needs to be a buy-in and investment
- Housing with community spaces built in
- Non-discriminating housing
 - o Queer specific inclusivity
- Funding/grants for environmental upgrades and landscaping adjacent to housing
- Affordable for single parents, elders, PWD clients, students
- No vacancy in Victoria; many times 4-5 unrelated adults share a 1-2 bed apartment just to be able to afford to live
- Need safety for her grandson; community and closeness with other Métis rather than individual isolation in suburbs
- Community dining space and kitchen important; potlucks
- Units fronting on a common center or square, like a family-oriented rehab facility; supportive for singles and families, and designed to encourage interaction between tenants
- Low-cost housing for students and grads

- Need for family-sized units and mixed income
- Wellness through the Ministry of Sport; sees common goals between Housing and Sport.
- Co-ops of interest, though BC Housing only allows a family to stay until the youngest turns 19. How can we ensure people aren't forced to move? Also, what happens if all the units are full and nobody wants to move out, are we back where we started?
- How will we pick tenants?
- Some young men are unable to find housing at all; they are passed over for women, perception that the men will trash the apartment
- Need Métis specific housing with community room for: monthly beading, food swap, gardening, weekly smudging, etc..
 - o Ex of community living – Rosalie's Village in Victoria
 - Buildings for Elders, single mothers, women in transitions
 - Has gardens, daycare, kitchen and spaces to gather
- Should offer financial literacy workshops and parenting workshops
- Should have space that generates income – can rent it out
- Need housing for youth aging out of government care
 - o Transitional housing, but longer term
 - o Have an auntie there for presence and emotional support
- Provide guides/support for finding housing or buying a home
 - o Could include a rental advisor
 - o Some properties are moldy – need an advocate
- Explore options for rent to own and equity sharing
 - o Ex. You pay rent and when you move you take a portion with you
- Seniors housing needs special hoist bars, ramps and chairs for up stairs

FOOD SECURITY

- Central co-op for bulk purchases
- Purchase land for growing
 - o Shared community gardens
 - o Green houses
- Gas, market, food gift cards
- Local farmers market group
- Traditional food harvesting & processing
- Space to process game
- Donation drop-off
- Plant and seed exchanges
- Land for MNBC citizens with outdoor areas for meat smoking, powwows, other
- Connect local producers similar to the local Farmer's Market Association, which provides a coupon book once a year to connect customers with vendors
- Holiday food hampers and bonus cash (some FN give \$150/person as a holiday gift)
- Community kitchens
 - o 2-3 tables

- Capacity to serve a potluck
- Run programs/classes
- Accommodate traditional foods
- Freezer for storage
- Co-op model grocery store
- Supports for individual growers – entrepreneurship
- Traditional practices associated with growing
- Centralized MNBC grocery distribution
 - Culturally appropriate foods/practices
- Explore technology advancements
 - Hydroponics
 - Vertical gardening
- Learn from knowledge keepers for food preservation
- Have more workshops
- Monthly community potlatches
- Need community kitchen with cooking classes
 - Sign up for 3 hours class and get to take the food home
 - Incentives to deter no-shows
 - If need to do virtual, deliver ingredients beforehand
- Have patio garden workshops
- If people don't want gardens on their patios, offer option to water and tend to a larger garden
 - MNBC has a gardening program, Citizens have received seeds
- There is a Métis Nation gardening group on FB
 - Connections for plant watering
- The Friendship Centre has a hamper program
 - Lots of food is given out weekly
 - Every Friday they have a soup day
- Need FB group for sharing food deals and could support co-op buying

ECONOMIC

- 1 number for all websites; an MNBC “one-stop shop” or “call centre”. Noted that call centre employees can be remote, so could be located anywhere in the province. Intake that helps citizens understand ALL the programs they are eligible for, not just the one they called about
- Agricultural land lease purchase to grow food – Métis horticulture, community gardens, Indigenous plants and teachings
- Apprenticeship, job training, Mentorship program (1 on 1)
- Funding towards helping people to buy their own home – maybe some sort of matching program
- MNBC business registry
- Display case for the MNGV shop
- Assistance getting people started as vendors (booth equipment, vending fee assistance)?
- Explore local Métis market and vendor opportunities

- Staff needed; Executive Director or admin coordinator, to include researching and promoting vendor opportunities; More funding to hire staff in Chartered Communities
 - o Distinct from funding available for operational support
- Have Métis powwows with competitions and market for Métis vendors
- Apprenticeships – There are none on the Island, just on the Mainland
- Need a link from/branch off the MNBC website for vendors and businesses to provide a platform and direct customers. (Potentially an MNBC-based platform for vendors so each vendor doesn't have to invest the time and expense in setting up their own website if they lack that capacity.)
- Promote events in ALL the communities to everyone
- Entrepreneur program (training/development)
- Need to support entrepreneurship / Advice and support
 - o Micro lending
 - o MNBC centralized educational and financial support
 - o Regional navigators
 - o Financial education
- Artists hub
 - o Workshop space AND selling space
 - o Venue that can support an art show
 - o Space that would facilitate knowledge sharing
- Central business registry
 - o A process to identify and register Métis citizen businesses to open them up to government funding reserved for Indigenous
 - o A MNBC business development corporation to back citizen businesses to help them win contracts that require high capital requirements
- MNBC work with unions and governments
- Career coaching/mentoring, sales training
 - o Culturally-informed
 - o Leadership experience and development for goal setting and growth
 - o Professional development programs
 - o Career applicant navigator
- Supporting First Nation led work in environmental conservation
 - o Training Métis citizens to work in this industry
- Relationship building and a framework to foster relationships with First Nations
- Funding for culturally informed small business classes and training
- Reintegration into the community from justice system

CONNECTIVITY/TRANSPORTATION

- Métis support to for appointments, transport, give things away, sharing, trades people, doctor
- Monthly big mixers
- Discounts on public transit

- Data-paid cellphones
- FN get .25/l off gasoline at certain stations; can that be done for Métis?
- Community bus for events, cars for rideshare, shuttles community truck (Note: Issue was having readily available and low/no cost access to transportation of people or things, more than need to expressly own these items.)
- Hotspots for Wi-fi, better internet connectivity
- Handi-dart is privatized
 - o Need to book months in advance
- Get a Nation Handi-dart or van
 - o That could operate out of certain regions or quadrants each day
 - o Vehicles need to be able to accommodate medical equipment for those with mobility issues
- Coordinate a carpool system that could go to the following places: Friendship centre, Courses or classes; Grocery stores
 - o Have a designated schedule
 - o Would increase connection within the Métis community
 - o Log on to a site to sign up for a ride
 - Have a call in option as well
 - o Need to consider insurance for people using private vehicles
 - o Include a map function, linking people with rides
 - o Include ratings and comments about environment
 - Ex smoking/non smoking, pets/no pets
- Look into a Métis car share program
- Indigenous discount for busses and ferry
- There are pockets that don't have great bus service
- Connect with Indigenous housing providers about transportation network
- Bus shelters – most don't have shelter, some have great shelters
 - o Ex of good shelter – West Saanich road
- Provide better transportation to rec centres
 - o Important for overall wellness

Rights

- Fishing and hunting rights – Harvesting cards available, but they still need a BC hunting or fishing license, to complete courses, and obey all regulations; no specific rights exist for Métis who may be subsistence hunting/fishing (such as seasonality)

Other

- Emergency management/climate and disaster resilience

Appendix 2 – Engagement Summary

REGION 1 – Vancouver Island Powell River

Nanaimo, BC
January 18th, 2023

CULTURE/COMMUNITY SPACES

- Cultural hub/central gathering place (permanent)/ Métis community centre
 - o Own a building for our Métis community with staff to run it
 - o Gathering place with chartered community, MNBC offices, childcare + common kitchen
- Community kitchen and classroom/meeting space with offices – physical facilities
 - o Kitchen
 - Capacity to feed a gathering. Also tables to accommodate a feast
 - Programs and a learning component to the kitchen space
 - Food central to our culture
 - Classes and programming
- Community supports/personnel + office
- Community/recreation centre – Métis community engagement strategy to share knowledge & resources
- Connectivity + transportation so no isolation for elders + young people
- Office space
- Youth gathering spaces – Skatepark!
 - o Quinn Lowdon made an idea-web for the multi-faceted benefits of an indoor skatepark facility at the Mid-Island Métis Association
 - o Important to get youth engaged and excited about Métis. Need to develop spaces that youth enjoy
 - o Indoor for year round access
 - o Will engage more people and introduce culture
 - o Indoor skate space attached to community centre
- Partnerships
 - o VIU has a great kitchen space that is not regularly used
- Garden spaces
 - o Communal, knowledge sharing
 - o Sacred medicine, traditional plants
- Permanent spaces
 - o Add our branding
 - o Increased comfort in the space
- Potential location is a certain 500 acres in Cedar, BC; could accommodate cultural centre, space for bison ranching and farming, powwows, more*
- Gathering space needs to be a place where the community feels safe, with housing attached
- The three communities (Mid-Island, Cowichan, Alberni-Clayoquot) have been working together on grant writing; funders like it and it helps them by distributing the work (all volunteer)
- Need full-time staff with long-term funding
- Suggest funding staff as a trial project for the three communities, potentially sharing one or two employees between them to start
 - o A previous once-per-month/once-per-week admin “fly in” was not helpful; the admin was not in community enough to become known or to know what was needed, required supervision by volunteers who then spent their time supervising

- Such a staffing program would allow the volunteers to focus on volunteer work, such as cultural events and community building
- Expressed frustration at indecision over “Hub” vs “Centre” vs. “Unnamed”; suggested a Michif word, such as Mamawapowuk – “Gathering”. Very much like the “one stop shopping” concept of office/community centre/housing/education/health in one place

CONNECTIVITY/TRANSPORTATION

- Not too much of an issue if you live in the urban centre
- Just got bus service from Nanaimo to Ladysmith
- More challenging to get places as you get older
- Making appointments is hard without knowing how you will get there and current options limit where they can take you
- Recently, driving is much more city like
 - People are impatient
 - It is dangerous
 - Need to be very aware
 - Lots of traffic
- There have been transportation options added to address the increased population, but we are feeling the heavier traffic
- There are bus options within Port Alberni, but no bus options to Port Alberni
 - It is a ridership issue
- MNBC could provide a health shuttle service (this would be more challenging in smaller communities)
 - The handi-dart is infrequent and needs to be booking well in advance of appointments
- Need volunteer run rideshare program
- Seniors have trouble parking at the hospital
 - Expensive and the machines are confusing
- Mobility is so important for well being
- Relying on volunteers is hard – especially in smaller communities. Fewer people to help deliver the same services.
- When they (MIMN) moved from downtown, they hadn’t considered that the new office was 15-minute walk from nearest bust stop. This is an important consideration; poor transit access a barrier to lower-income folks, Elders, others.
- In Nanaimo in particular, some areas are very well served with transit, others not at all.
- Parents with kids, Elders, etc. need one-stop shopping/destinations at a centre
- Connections between the Chartered Communities in the area, or in larger areas, need to be supported
- Coordination of local newsletters needed (event announcements, news, etc.) to enhance broader community development and interaction
- Seniors can’t drive at night, bus doesn’t go where they are
- People are unaware of the other Métis who may live in their area. Is there a way to connect people with their Métis neighbours?

- Need multiple smaller/satellite centres outside of Nanaimo
- Support for online community meetings
- Need decent laptops and methods of communication
 - o IT issue: Email address passwords reset periodically without warning; resetting password requires an hour or more on hold to contact IT, only for it to happen again a few weeks later. Hence not using MNBC email addresses
 - o Discussion about the SPARC cell phones; communities were not educated about the phones being burner phones, or that the average life of a phone with an unhoused person is 3-4 weeks, or that they had wi-fi functionality. Better re-rollout of the phones may increase their utility
- Have seen a program where elders were connected with shelter residents and other vulnerable people, just for conversation and cultural/spiritual connection. This is necessary

FOOD SECURITY

- Access to affordable healthy food
- Assisting citizens harvesting
- Basic nutrition
- Community garden spaces included at a cultural space, cultural teachings by our elders + knowledge keepers
- Co-op for grocery store for discount pricing on purchases
- Food security – make sure we can help our people in need have enough food
- All Métis families with children should be provided with a certain level of nutritious food
 - o The cost of lettuce and vegetables is so high – it is easier to eat unhealthy
- If we want to rejuvenate our Nation, our young kids need proper nutrition
 - o Same with seniors – cooking for one can be hard
- In Port Alberni, Costco delivers food that is close to it's expiration date, and people line up
- MNBC could organize a food hamper or wagon program
- Teach youth and seniors about cooking and nutritious eating
 - o Have a meal prep program where food is delivered and the recipient is taught to cook it
- Teach kids to grow food
- Partner with schools for community garden programs
- There is a 5-acre farm in Harewood that grows and distributes food – works with youth
 - o Food sharing program
- Sometimes it is hard to get Métis children together because they are spread out, and want to play with their friends from school
 - o Centre food programs around families
- Find ways to bring Métis people together
 - o Including fun ways to socialize
- Local First Nations (FN) have greenhouses
- Ladysmith has a successful community garden
 - o But there are not enough plots
- Need a large space with community kitchen to break down isolation

- With kitchen, games room, patio space
- Create opportunities for people to volunteer
- Hunting/fishing/harvesting
 - Important part of culture
 - Encourage people to get harvesting card with MNBC
- Concern: price and availability of healthy food (vs junk food)
- Can we buy a farm?
 - Buy/sponsor spaces in existing community gardens. Possibly support expansion of existing gardens, with volunteers and cash contributions
- Food share/Good Food Box runs on 2 farm sites locally; volunteer on the farm in exchange for food boxes. Elders in recent years cannot do it due to extreme heat midday.
- Need to build partnerships with existing organizations; we don't have the capacity to build all new everything
- Need hunting and fishing rights similar to First Nations
 - Butchering capacity – Hiring a butcher is expensive
 - Need a commercial kitchen (own or get use of one) to teach preservation techniques; MIMN has been called out in past for using a non-commercial kitchen, so does not do such classes anymore
- Courses and access to learning and education on harvesting (i.e. mushrooms, berries, etc.)
 - Education programs – rent a bus and teach people to harvest/canning
 - Improve access to facilities/locations to harvest and process food with traditional methods
- Community freezers and spaces for canning
- Funding to purchase a bison farm
 - Could have youth working on the bison farm
 - Walk in freezer
 - Community kitchen
 - Community space
 - I.e. There is one in Alberta that can potentially act as a template
- Facilities to grow and preserve and prepare food needed (community commercial kitchen)
- Opportunities to learn about native plants – edible, medicine, etc. Need places to grow and to harvest and to process.
- Early in pandemic provided hanging baskets with strawberry or tomato plants, pots with sweetgrass to apartment dwellers so they could grow something; these Métis were proud of the plants they tended and enjoyed the fruit. A low cost opportunity to provide connection to food growing, nature, and pride in success with gardening.
- Métis program to pay for fishing and hunting licenses
- MNBC subsidies
 - For food
 - Purchase freezers for people who need more space in their homes. Freezer space enhances food and financial security buy facilitating bulk food purchasing/harvesting
- Co-op MNBC grocery stores
 - Discount for Métis people (i.e. 10-15%)

HOUSING

- Community Métis housing
- Co-op housing (multi-generational)
 - o Métis housing, tiny homes or large scale all ages apartments building with community meeting space
- Cultural community housing “holistic”
- Housing assistance for youth + seniors
- Housing has to have supports attached
- Housing multi-bedroom rental to income ceiling
- Land and start up funding for housing needs
- Rental housing
- Temporary housing/ transitional housing
 - o Incorporating wellness
 - o Social components of support combined in housing
- Multi-generational
 - o Communal spaces for people to gather
- Youth aging out of foster care (spaces needed for them)
- Youth and young families
- There are issues with building code/zoning that inhibits quickly building these facilities. Can we have help from MNBC for these conversations/processes
- Destination spaces
 - o Campground/cabins
 - o To run camps at
- Housing for university students near school. To help support our youth in continuing education
- Question: is education (through STEPS and other sources) impacting housing access? (No numbers to indicate at this time, and recent housing prices would have erased gains anyway.)
- Strong interest in co-op housing, especially where a portion of rent is retained for the tenant when they move out. Alternatively, a rent-to-own, and they get a portion back if they move out before paying it in full and owning it. Either is a step up to something better and increases their mobility and ability to ensure their housing meets needs at different times of life
- What about people who are getting by, but not thriving? These people are overlooked
- Housing should require interaction between neighbours, such as cottage clusters or other approaches, instead of promoting isolation
- A path toward ownership for those who want it
- Need a hub with offices, child care, and housing together
- Heat safety – Cooling is important! One elder died at home in last heat dome, had no AC
- Important for overall health
 - o Ties into everything
- Housing is becoming unattainable
- Need MNBC to make housing that are homes and not commodities
- More housing for young families
- More Métis specific housing
- Citizens need better information about the CSI Facilities Master Plan – what is the budget

- Citizens need information about first time home ownership grants
- Need more housing to support seniors living at home
 - o With communal living space
 - o Staff in supportive housing need to treat residents well
- Everyone should be able to afford a decent and clean rental
 - o Even those with higher education and good jobs are struggling to afford homes
- Province or MNBC should own rentals, not corporations
- Housing stock is not being taken care of as well as it should be

HEALTH

- Need a Métis health advocate (could be employed by MNBC)
 - o Can help with filling in documents correctly
 - o Make sure people are not falling through the cracks
 - o Can help those that have a disability, are developmentally delayed and may not be tech savvy
 - o Métis health services advocate/guide transportation for appointments
- Health access prescription or mental health services Métis specific
- Medical clinic with doctors
- Nurturing our young families – the next 7 generations
- Physician for our community, mental health worker, family connections worker who have understanding of Métis culture, wholistic approach, space and facilities for them in the community)
- Prescription + medical supply support program
- Support to space allocation for nurse/doctor dedicated to Métis people like First Nations health
- Restorative wellness project
 - o Example of a counselling program structure in Nanaimo
 - o [Home Restorative Groups \(restorativecounselling.com\)](http://restorativecounselling.com)
- Improved corporate communications to make access easier for exiting programs and services
- Culturally enriched health spaces and services
- Elder presence throughout health programs
- Explore partnership with FNHA?
- Nurse and doctor assigned to Métis people only with a building for a nurse practitioner to provide services weekly for Métis people
 - o Funding for a nurse to set up a clinic that would provide more access to health services
- PCN program to education more nurses and medical people around Métis culture to provide culturally appropriate care
- Prescription support program and medical supply coverages
 - o Especially for seniors
 - o I.e.. Sleep apnea machines, wheelchairs, hearing aids, glasses, cataract surgery
- Métis culturally informed mental health support programs
- Improvements/changes to current programs to make them more impactful
 - o Decrease waiting periods (wait lists, hard to get into current programs)
 - o Need more instant/immediate crisis and mental health support

- Need more local support such as access to doctors within the community
- Many of the mental health facilities were shut down 30 years ago and we are seeing the affect on our homeless population now
 - There was a sense of community at Riverview
- There is a sense of community for those living on the street
- Need continuity of care
- Hard to apply for disability ex – hearing is impaired, but has one ear that works, so not eligible for disability even though it is impacting ability to work
- Need well established health outreach programs
- Métis Nations for other Provinces have an outreach team, and a nurse that can do house calls
- Would be nice to have coverage for medication ex. Diabetes medications
 - It is expensive to monitor sugar levels, as well as get the medication

ECONOMY

- Funding for community offices
- Funding for education or career choices
- Local supports to entrepreneurs such as incubator spaces, resource centre and classes
- Revenue generation (monetization) of cultural art that we already do
- Farmer's market space
- A space for elders to pass along their skills/knowledge
- Business resource center
 - Can be online
 - Economic development corporation
- Mixed use buildings with commercial enterprises
- Tourism opportunities
- It is currently hard to access loans from MNBC. This discourages entrepreneurship
- Programs/education on how to apply for loans
 - To walk people through how to get a loan from MNBC (access existing programs and services)
 - Start a business/business management education program for Métis people
- Improved loan programs at MNBC
- Improve computer access/video conferencing capabilities
 - This would help with centralized (out of MNBC HQ) business development education and programs
- Shared portal among the different chartered communities – consolidate resources

CULTURAL/PERSONAL DEVELOPMENT PROGRAMS

- Cultural awareness programs for youth
- Culture for young families with children especially
- Grant writing assistance & requirements guide

- MNBC could provide a liaison to work with people to fill out applications
- Purchase bison farm. Set up culture learning centre on site
- Métis do not have the same rights as the First Nations
 - No fishing rights
- Resource department have been working hard to get Métis rights acknowledged
- Have to be allowed to get out on the land and do it
- Elders and accomplished outdoors people should be teaching these skills
- Provide opportunities for more intergenerational gathering
- Partner with school districts
 - Need to be careful with program development – ex. Some people don't like using 3D targets for archery (like bears)
- Horticulture and plants are important
- Want to be able to apply to get an elk
 - Hard to distribute meat when everyone lives far away from each other
- Hunting should be for sustenance and not for trophies
 - Always been a part of culture to hunt
- Need space in community for people to come to and kitchen for harvesting and teaching people how to prepare
- Nanaimo has an office
- Need 3 resource centres – north, south and mid Island
 - With kitchen
 - With large plot of land
 - With operational funding and staff
- Programs to encourage youth to get involved
 - Access to land to take the youth out of urban environments and learn cultural practices associated with land
 - Funding for costs associated with destination programs such as camping (tents etc....)
- A MNBC community bus
- Getting more Métis cultural programs in schools
- Training programs for cultural presentations/education
- Funding to build archives – preserve cultural artifacts and Métis history
- A Region 1 cultural event
 - Bring Métis from all over the Island
 - Food, music, dancing
 - Celebrate our culture and share with new members and youth

OTHER (EDUCATION)

- Education for students and nurses
- Government gives free grants for nurses, but level of accountability and reporting is different for First Nations than other (Métis included)
 - Stricter reporting for Métis and non-Indigenous
- Need an education advocate for mid-Island Citizens to help students



- Education is the best investment you can make
- Start early to create an interest in lifelong learning
- There are good opportunities for trades, but we need to provide the training
- Need support from MNBC for entrepreneurs
 - o Help with business plans
- Communities need core/capacity funds