

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

September 2020

### Metis Nation of Alberta Supports for Back to School



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**Métis Nation Local 8: (403) 504-4060**

**Miywasin Friendship Centre (Medicine Hat): (403) 526-0756**

**Métis Urban Housing: (403) 504-4062**

**Miywasin Centre - 517 3<sup>rd</sup> Street SE, Medicine Hat, T1A 0H2**



# Meewashun Michif Language Camp



**October 15 - 18, 2020**

**Miywasin Friendship Centre is pleased to host a four-day overnight camp at Eagles Nest Ranch focusing on the Metis Language - Michif and Metis Culture. This is a free camp for those interested in learning the Michif language in a variety of ways.**

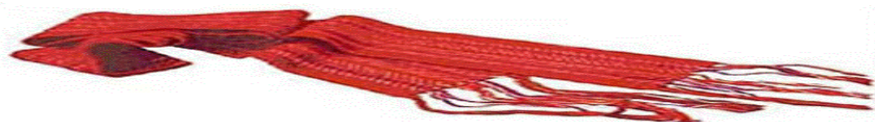
**Participants will learn through dance, music, storytelling, language resources, cookbooks and fun activities with the jiggerman dolls and wooden spoons. Language instruction will be provided by Michif speakers - Norman Fluery, Marie Schoenthal, Harriet and Edwin St. Pierre. Daniel Gervais will be teaching the spoons, jiggerman dancing dolls and fiddle music, along with JJ Guy; bring your musical instruments if you have them.**

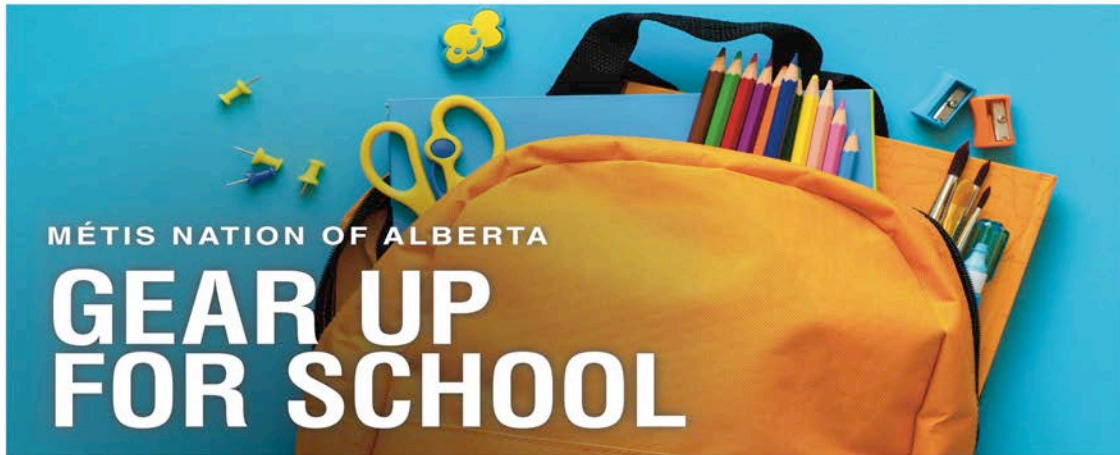
**We will be providing all resources, meals and accommodations. There is limited spots available and will be on a first come first serve basis. Priority will be given to Metis families and youth wanting to reconnect with their cultural heritage.**

**COVID19 Safety procedures will be in place and will require participants to wear facemasks, use hand sanitizers and practise physical distancing.**

**To register, please call Marina at 403-526-0756.**

*This program is sponsored by the Government of Canada Indigenous Languages and Cultures Program - Indigenous Languages Component.*





## DO YOU HAVE A CHILD GOING INTO HEAD START, KINDERGARTEN, GRADE 1, OR GRADE 2?

We are offering our **FREE** school supply kits again to assist Métis families for the 2020-21 school year!

With the announcement from the Alberta government that school will be back in session this fall, we recognize many parents/guardians must decide whether their children will return to face-to-face instruction at school or continue learning at home. This program is supporting children and families in all scenarios of back to school learning.

To register, visit [albertametis.com/cfs](http://albertametis.com/cfs) and fill out the application.

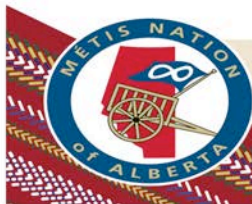
### Qualifications for the program include:

- Applicant or child must be a citizen of the MNA
- Complete the online form on or before August 23, 2020
- Provide documents requested in the application form upon pick up
- Be able to pick up the school supplies from your MNA Regional Office




Looking for more information? Email [mnacfs@metis.org](mailto:mnacfs@metis.org) today!

Not a citizen of the Métis Nation of Alberta?

Call us to start the application process.



Métis Nation of Alberta · Provincial Office  
Delia Gray Building · 11738 Kingsway Avenue · Edmonton  
780-455-2200 · 1-800-252-7553 · [albertametis.com](http://albertametis.com)

 @abmetis   @albertametis



**Stay Informed!**  
Sign up for our  
newsletter:  
[albertametis.com/  
events](http://albertametis.com/events)

**We have received a limited number of backpacks in the Miywasin Centre office.**

Please call Marina at 403-526-0756 to register and pick up.



# YOGA CLASSES



*Yoga classes are facilitated by qualified instructor - Pamela Goodine.  
Class times are subject to change so please call ahead to register.*

## **YOGA FOR SENIORS 65+**

A gentle yoga class, focusing on stretching, relaxation and improving balance!

Exercises will be done from a chair and standing, with support if needed.

You will not be required to lie on the floor, unless requested by the group for more advanced yoga program.

You must pre-register for these classes as Pandemic protocols are in place and class size is limited! We will provide hand sanitizing and masks.

Monday and Thursday, 10:30 am – 11:30 am

Miywasin centre at 523 3<sup>rd</sup> Street SE

Space is limited to 4 per class; call Marina at 403-526-0756 to register.



# Hot Meals on Cart Wheels Trail for Seniors 65+



Miywasin Friendship Centre will be making weekly hot meals FREE to Indigenous seniors 65+ for delivery within Medicine Hat or pick up. You must pre-register for this program. It is free to our Indigenous Seniors 65+. Please call Marina at 403-526-0756 to register. Those pre-registered will be able to pick up their meal package from 11:30 am – 12:30 pm on Fridays at Miywasin Centre, 523 3<sup>rd</sup> Street SE. Everyone must follow pandemic safety protocols – hand sanitizing, wearing gloves and wearing masks. If you need Personal Protective Equipment – masks, hand sanitizer and gloves, please let us know and we will prepare packages for delivery. For those requiring delivery service, meals will be delivered on Friday afternoons from 1:00 pm – 3:00 pm.

## **Veiner Centre Memberships**

**Are you a senior 50+, Indigenous and would like to get socially active with other seniors in our community? We are now offering to pay your membership fee to the Veiner Centre. Please call Marina at 403-526-0756 to register.**

*Seniors Programs sponsored by the Government of Canada – New Horizons for Seniors Program.*





Check out the many programs available to Metis Citizens through Metis Capital Housing. (Qualifying income for the home ownership and home repair programs has increased to \$150,000 combined household income.):

- Home Repair Program
- Rent Supplement Program
- Student Rent Supplement Program
- Down Payment Assistance Program

Visit the website at <http://www.metishousing.ca>

# Miywasin Traditional Parenting Skills Program

**What:** Miywasin Traditional Parenting Skills Program utilizes ‘two eyed seeing’ approach which integrates Indigenous and Western Ways of Knowing. Parents/caregivers will gain knowledge about their/child’s identity, intergenerational trauma and impacts on parenting, values, traditions, ceremony, stages of development/traditional stages of development, parenting styles and communicating with our children, five forms of discipline, building self-esteem in ourselves and children, healthy eating, budgeting and support systems (community vs. natural supports).

Separate programming for children 0-6 years: Storytime with Kookum and cultural crafts.

Participants will receive workbooks, supplies, and certificate after completing this 12-week program. For each week parent attends will receive “\$10 Gift Card”, transportation will also be provided if needed.

Please be advised during COVID-19 pandemic individuals will require to follow COVID-19 protocol i.e. wear mask and sanitize.

**When:** Starting Monday, September 14, 2020  
1:00 p.m. - 3:00 p.m.

This is an open group which mean individuals may start at any time.  
\*Must complete all 12 weeks to receive certificate of completion\*

**Where:** Miywasin Kitchen/Cultural Room

**Who:** Indigenous Parents/Caregivers (First Nations, Metis, Inuit, Non-Status);  
Non-Indigenous parents/caregivers with Indigenous children aged 0-18;  
Foster parents



Alberta Family Resource Network

Please contact **Chasity Cairns or Brenda Mercer**

to register or for more information:

Office phone #: 403-526-0756 ext 109

Cell phone #: 587-253-0105

Email: [mchacitycairns@gmail.com](mailto:mchacitycairns@gmail.com) or [brendamercer64@gmail.com](mailto:brendamercer64@gmail.com)

On September 30th show your support

# ORANGE SHIRT DAY

Communities across Canada and First Nations coast to coast will come together in the spirit of reconciliation and wear orange shirts in honour of Residential School survivors and hope for a better future.



Orange shirt Day t-shirt artwork designed by Timothy Foster, a Gitksan artist from the house of Niisto in the Lax Seel clan.



\$20.00

**Order yours today**  
**Call 403-526-0756**



\$40.00


Youth XS, Youth S, Youth M, Youth L, Youth XL, S, M, L, XL, 2XL, 3XL, 4XL

**Miywasin Friendship Centre will be selling these t-shirts and hoodies as a fundraiser and in honour of residential school survivors. To order please call Marina at 403-526-0756. They will be available in September while supplies last.**

**Check out our new website at [www.miywasincentre.net](http://www.miywasincentre.net)**





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 No Programming	2 Wellbeing Check In Via Zoom 4:30-5:30pm	3 No Programming	4 No Programming	5
6	7 Labour Day Office Closed	8 Filling Our Tips 4:30-6:30pm Max 6 Youth	9 No Programming	10 Filling Our Tips 4:30-6:30pm Max 6 Youth	11 No Programming	12
13 Drum Making Workshop Full 10am-2pm	14 Medicine Wheel 4:30-6:30pm Max 6 Youth	15 Filling Our Tips 4:30-6:30pm Max 6 Youth	16 No Programming	17 Filling Our Tips 4:30-6:30pm Max 6 Youth	18 No Programming	19 Highway Clean up 9am-2pm
20	21 Medicine Wheel 4:30-6:30pm Max 6 Youth	22 Drumming in the Park 10am-12pm	23 Wellbeing Check in Via Zoom 4:30-5:30pm	24 No Programming	25 Buffalo Tour 7am-5pm	26
27	28 Medicine Wheel 4:30-6:30pm Max 6 Youth	29 Filling Our Tips 4:30-6:30pm Max 6 Youth	30 Orange T-Shirt Day Kin Coulee Band shell 5-7pm	**Events are subject to change**		

Miywasin Centre  
517—3rd St. SE  
Medicine Hat  
Alberta



"Miywasin Youth Development Program"

Contact: Carol or Carlee  
Phone: (403) 526-0756  
Text: (403) 866-3366

If you would like to register for any of the Zoom Sessions please email Carol Syrette at carolsyrette@gmail.com

#### COVID-19 Pandemic Services

- ◆ Weekly Wellbeing Check in
- ◆ Counseling Via Phone or/zoom
- ◆ Access to traditional Medicines
- ◆ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters.



Alberta



## Cultural Addictions Counseling Parent/Caregiver Education Program

# Sep 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10-12pm Sharing Circle-Open Group Kin Coulee Park	2 1-4 pm Mending Broken Hearts	3 1-3 pm Craft Circle	4	5	6
7 Labour Day Office Closed	8 10-12pm Sharing Circle-Open Group Kin Coulee Park	9 1-4 pm Mending Broken Hearts	10 1-3 pm Craft Circle	11	12	13 10 am-2 pm Drum Making Workshop
14 1-3 pm Traditional Parenting Skills	15 10-12pm Sharing Circle-Open Group Kin Coulee Park	16 1-4 pm Mending Broken Hearts	17 1-3 pm Craft Circle	18	19	20
21 1-3pm Traditional Parenting Skills	22 10am-12pm Drumming In the Park	23 1-4 pm Mending Broken Hearts	24 1-3 pm Craft Circle	25 Buffalo Tour-Kainai First Nations 7am-7pm	26	27
28 1-3pm Traditional Parenting Skills	29 10-12pm Sharing Circle - Open Group Kin Coulee	30 1-4 pm Mending Broken Hearts 5-7 pm Orange Shirt Day Kin Coulee Band Shell				

MIYWASIN FRIENDSHIP CENTRE  
517 - 3RD STREET SE  
MEDICINE HAT, AB T1A 0H2



"Miywasin Friendship Centre"

Contact: Chasity/Brenda  
To register OR for more information  
Office: (403) 526-0756  
Cell: (587) 253-0105  
Email: [mchasitycairns@gmail.com](mailto:mchasitycairns@gmail.com)  
[brendamercer64@gmail.com](mailto:brendamercer64@gmail.com)

#### COVID-19 PANDEMIC SERVICES:

- Counseling by appointment only.
- Access to traditional medicines
- Deliver Face masks/Gloves/hand sanitizer

Need transportation to attend programming please contact Chasity.

Want to keep connected with Miywasin find out what services we are offering monthly? Sign up for our very own "Riel Issues Newsletter" we can mail or add you to our email list.

All activities are FREE thank you to our funders.



Family Resource Network





**COVID-19 SUPPORT PROGRAMS**  
**Available through Metis Nation**  
**&**  
**Miywasin Friendship Centre**



COVID19 funding supports for Metis, First Nations and Inuit that need help with rental relief, utility bill arrears, phone bill arrears, prescription medications filled, staying connected with Internet/Chrome Book/cell phone, emergency housing, deer meat, \$200 Safeway grocery gift cards, transportation, counseling supports and filling out applications for COVID19 funding supports through Metis Nation of Alberta and Metis Capital Housing. There may be other needs that arise in your intake session that we can help with. Please don't hesitate to call. The Metis Nation and Miywasin Friendship Centre are here to help.

Appointments may be booked with qualified counselor, Marlene Cadotte, BSW, RSW and are strictly confidential.

If you or someone you know needs assistance during this pandemic, please call Miywasin Friendship Centre at 403-526-0756 and book your appointment through Marina Greier at the reception desk.