

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

November 2020



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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 3rd Street SE, Medicine Hat, T1A 0H2



Meewashun Michif Language Camp

Masks On!



Plexiglass table shields!



Dancing Metis Jiggerman Dolls!



Jigging Fun!



Fiddle Music!

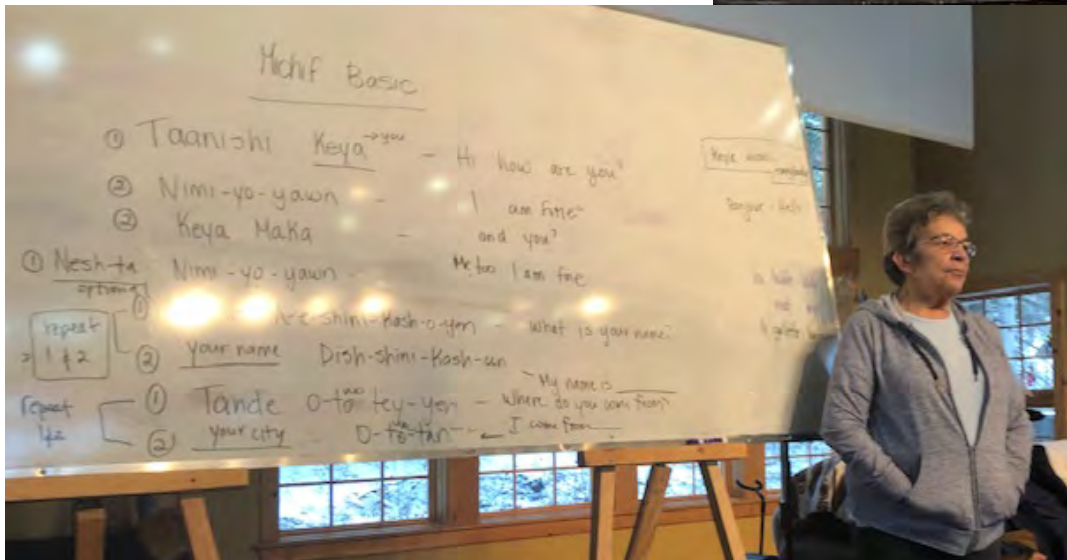


An amazing time was had by all that attended the Meewashun Michif Language Camp held October 15 – 18, 2020 at Eagles Nest Ranch. With COVID19 protocols in place, it was a safe and thoroughly enjoyable time.



Michif Language Resources!

Telling Our Stories with Doreen Bergum!



Learning our Michif Language with Harriet St. Pierre and Marie Schoenthal!



Singing along with Metis Recording Artist Dorothy Walker, accompanied by 2 time Canadian Grand Master Fiddle Champion Daniel Gervais and JJ Guy on guitar!



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 Friday, 10:30 am – 11:30 am

Miywasin centre at 523 3rd 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 12:00 pm – 1:00 pm on Fridays at Miywasin Centre, 523 3rd 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 – 2:00 pm.

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



Support Local Metis Businesses

If you are a local Metis Entrepreneur and have your own business and would like it promoted in our newsletter for free, please email Jeannette at mjeannettehansen@gmail.com. We Support Local Metis Business!

Estate Firearms

Medicine Hat and Area



Firearms Consultation & Management Services

Specializing in Estates

I provide a free service for those who have lost a loved one or those who are uncomfortable dealing with firearms and firearm related accessories. After having several folks who were put in this position and having no where to turn, it became apparent there is a need for this service within our community. I have been involved in the shooting sports and industry for more than 50 years. References provided at request. Please call Darcy at 403-502-2464 or email: stachgd@telus.net with your inquiry. Thank you, I look forward to talking to you.

Darcy Stach



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	3 Filling Our Tipis 4:30-6:00pm	4 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	5 Filling Our Tipis 4:30-6:00pm	6 No Programming	7	
8	9 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	10 Filling Our Tipis 4:30-6:00pm	11 Remembrance Day 	12 Filling Our Tipis 4:30-6:00pm	13 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	14	
15	16 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	17 Filling Our Tipis 4:30-6:00pm	18 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	19 Filling Our Tipis 4:30-6:00pm	20 No Programming	21	
22	23 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	24 Filling Our Tipis 4:30-6:00pm	25 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	26 Filling Our Tipis 4:30-6:30pm	27 No Programming	28	
29	30 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	*AGES 10 - 17* **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


Due to regulations PRE-REGISTRATION is required

COVID-19 Pandemic Services

- ♦ Access to Traditional Medicines
- ♦ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Filling Our Tipis 4:30-6:00pm	2 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	3 Filling Our Tipis 4:30-6:00pm	4 No Programming	5
6	7 Medicine Wheel Group A 4:30-6:00pm Max 6 Youth	8 Filling Our Tipis 4:30-6:00pm	9 Medicine Wheel Group B 4:30-6:00pm Max 6 Youth	10 Filling Our Tipis 4:30-6:00pm	11 No Programming	12
13	14 Cookie Decorating 4:30-6:30pm Max 6 Youth	15 Holiday Movie 4:30-6:30pm Max 6 Youth	16 Holiday Craft 4:30-6:30pm Max 6 Youth	17 Something Festive 4:30-6:30pm Max 6 youth	18 No Programming	19
20	21 No Programming	22 No Programming	23 No Programming	24 Christmas Eve 	25 Christmas Day 	26 Boxing Day
27	28 No Programming	29 No Programming	30 No Programming	31 No Programming	*AGES 10 - 17* **Events are subject to change**	

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517—3rd St. SE
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Filling Our Tipi's (Nov — Dec Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings.

In the NEW year:
Filling Our Tipi's Jan-Feb 2021 Cohort

Please contact Carol to register

COVID-19 Pandemic Services

- ♦ Access to Traditional Medicines
- ♦ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters



METIS CAPITAL HOUSING SURVEY

Recently we mailed out a Housing Survey to be filled out and returned in the paid postage envelope. This survey is anonymous and does not require your name. From the information gathered it would help us develop programs to meet the housing needs of our community. Currently we have 4 new programs: Home Repair Program, Rent Supplement Program, Student Rent Supplement Program and Homebuyers Program. We are also looking at a partnership with the City of Medicine Hat to build a new Metis Seniors Housing Complex. All of these services and projects are based on community needs, so it is imperative that we get your feedback. If you have not received a survey, you may contact Jeannette Hansen at 403-526-0756, by email at mjeannettehansen@gmail.com or drop by Miywasin Centre to pick up a survey at 517 3rd Street SE, Medicine Hat. As your representative on the Metis Urban & Metis Capital Housing Boards, I look forward to a strong response from our community so that we may continue to meet our housing needs.

*Jeannette Hansen
Secretary of the Board
Region 3 Representative*

**MICHIF MUSIC
&
PLAY WITH GINA**

November 21
10AM-1PM

MIYWASIN FRIENDSHIP CENTRE
CONTACT CHASITY OR GINA
mchasitycairns@gmail.com
miywasin.glevasseur@gmail.com

517-3rd Street S.E. Family Resource Network 403-526-0756

COVID 19 STANDARDS
LIMITED SPACES
FIRST COME FIRST SERVE

Made with PosterMyWall.com



COVID-19 SUPPORT PROGRAMS



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/ChromeBook/cell phone, emergency housing, bison meat, \$200 Safeway grocery gift cards, transportation/bus fares, 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.



Cultural Addictions Counseling Parent/Caregiver Education Program

Nov 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 1-3 pm Traditional Parenting Skills "Communicating with our children"	3 10-12pm Sharing Circle Miywasin Kitchen	4 1-4 pm Mending Broken Hearts	5 1 pm-3 pm Craft Circle Miywasin Kitchen	6	7	8 
9 1-3 pm Traditional Parenting Skills "5 Forms of Discipline"	10 10-12pm Sharing Circle Miywasin Kitchen	11 1-4 pm Mending Broken Hearts	12 1 pm-3 pm Craft Circle Miywasin Kitchen	13	14	15
16 1-3 pm Traditional Parenting Skills "Building self-esteem in ourselves & children"	17 10-12pm Sharing Circle Miywasin Kitchen	18 1-4 pm Mending Broken Hearts	19 1 pm-3 pm Craft Circle Miywasin Kitchen	20	21 10-1pm Michif Songs with Gina	22
23 1-3 pm Traditional Parenting Skills "Healthy Eating"	24 10-12pm Sharing Circle Miywasin Kitchen 1-3pm Heart of the Water Song & Drumming	25 1-4 pm Mending Broken Hearts	26 1 pm-3 pm Craft Circle Miywasin Kitchen	27	28	29
30 1-3 pm Traditional Parenting Skills "Budgeting"						

On behalf of Miywasin Friendship Centre we want to thank all the Canadians that served and continue to serve, to protect our country and freedom.



Counseling with Chasity by appointment only.

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.

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



Contact: Chasity or Gina
To register OR for more information
Office: (403) 526-0756
Cell: (587) 253-0105
Email: mchasitycolms@gmail.com
Miywasin.glevasseur@gmail.com

