

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

June 2021



**Carlee Eagleplume performing the Butterfly Dance at the Saamis Tepee in celebration of National Indigenous Peoples Day (photo courtesy of Darcy Stach).**

### **INSIDE THIS ISSUE:**

<b>Telus Mobility For Good, Every Child Matters Vigil .....</b>	<b>Page 2</b>
<b>Seniors Weekly Program.....</b>	<b>Page 3</b>
<b>MNA COVID19 supports available .....</b>	<b>Page 4</b>
<b>Summer BBQ's at Camp Miywasin, Every Child Matters .....</b>	<b>Page 5</b>
<b>Miywasin Summer Programming &amp; COVID19 Supports .....</b>	<b>Page 6</b>

**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**

**Miywasin Staff Cell Phone Contacts (emergency/after hours):**

Marlene Cadotte, BSW, RSW - Counselor	403-952-8100
Chasity Cairns, BSW, RSW - Addictions Counselor	587-253-0105
Jolynn Parenteau, Support Worker	403-866-6109
Carol Syrette, BSW, RSW, Youth Program Manager	403-866-3366
Carlee Eagleplume, Youth Program Coordinator	403-878-5069
Brenda Mercer, Cultural Coordinator	403-878-5548



On Thursday, June 3 a vigil was held at the Saamis Tepee site to honour the 215 Indigenous children found in a mass grave at the Kamloops residential school. Many thanks to our community for the donations and support.

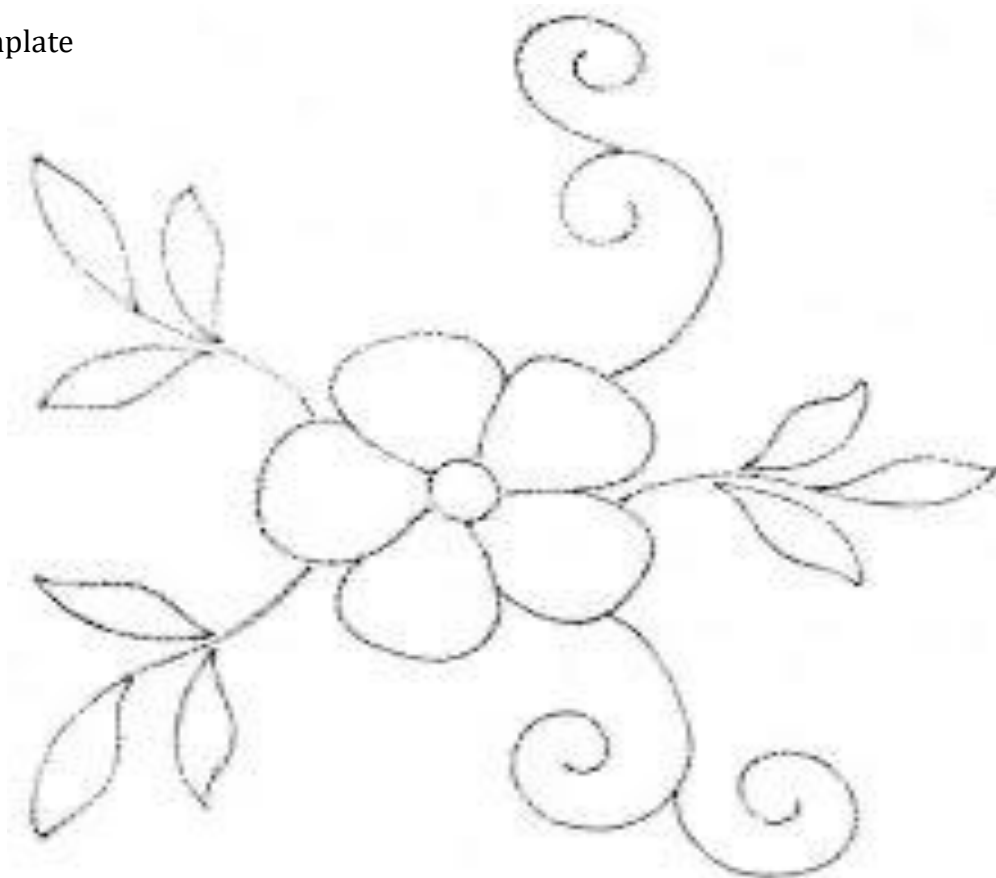
**Telus has introduced **MOBILITY FOR GOOD** pre-paid account for Women.**

Miywasin Friendship Centre still has a limited supply of phones and sim cards. This sim card once activated, includes:

**Unlimited Nationwide Talk and Text & 3 GB of data available free of charge, extended for another 6 months.**

Please contact **Jolynn** at **403-526-0756** to see if you qualify and get a phone with monthly unlimited talk, text and 3 GB of data free.





*Seniors Programs are  
back up and running.*

**YOGA  
CLASSES**

## **Seniors Weekly Meal Program**



You must pre-register for these programs. It is free to our Indigenous Seniors 65+. Those pre-registered will be able to pick up their meal on Fridays at Miywasin Centre – main reception area, 517 3<sup>rd</sup> Street SE between 10:00 am – 2:00 pm or schedule a delivery with Jolynn. Yoga classes will be scheduled with Pamela Goodine. Please call Marina at 403-526-0756 to register.





**CHECK OUT THE METIS NATION OF ALBERTA WEBSITE ON COVID 19 SUPPORTS AVAILABLE.**

[www.albertametis.com](http://www.albertametis.com)

**Every Albertan 12+ or older may book an appointment through Alberta Health Services (call 811) or at a participating pharmacy for a COVID19 first shot vaccine or for those eligible for a second shot.**



## The Métis Sash

The Métis Sash is a finger woven belt made of wool and is approximately three metres long. Traditionally, it was tied at the waist to hold a coat closed. It was also used as a scarf or as a rope.

Look at the Sash: it is a composite. It is a mixture, made up of a variety of threads. But look at the overall pattern, its interwoven fabric and its colours. The disparate elements form an integrated whole.

Our Métis culture is like the Sash. The lives of the Métis have been woven together from a variety of cultures, traditions and beliefs. For example, we are the descendants Of the English, the Scots, the French, the Cree and the Ojibway, to name a few.

We speak a variety of languages: English, Canadian French, Michif French, Michif Cree and Mashkegon. Like the Sash, the different ethnic backgrounds and different languages of the Métis blend into one another to form a rich tapestry of Métis life and culture.

This Sash is Métis.

*The historical Sash of Louis Riel, shown in the Museum of Civilization, Ottawa*



The colours of the Sash symbolize the following:  
Red – the blood of the Métis, shed over the years fighting for our inherent rights;  
Blue – the depth of our spirit;  
Green – fertility;  
White – our connection to Mother Earth and the Creator;  
Yellow – our prosperity; and  
Black – the dark period in which the Métis people had to endure dispossession and repression.

author unknown

# Summer BBQ'S

**WHERE:** Camp Miywasin (in Elkwater, take Camp Road heading south by water tower)

**WHEN:** Saturday, July 3, 2021

Saturday, August 7, 2021

**TIME:** starts at 12:00 noon

If you would like to camp over, bring your tenting equipment or RV, call Marina to book your space at 403-526-0756. Set up on the Friday and stay over till Sunday. We will have the Silver Saddle Gang entertaining us, so bring your musical instruments to join in the jam. Food and Refreshments will be provided. This is a **FREE EVENT** and open to all members.



Release of the butterflies at the Saamis Tepee site on National Indigenous Peoples Day, in honour of the 215 Indigenous children found in a mass grave at the Kamloops residential school.

# MIYWASIN Summer Programming



To get more information on the Summer Schedule of Activities, please call Carol or Carlee for the Youth Development Program, Chasity for the Parent & Caregiver Education Program and Brenda for the Cultural Traditional Trails Program at 403-526-0756.

## COVID-19 SUPPORTS Miywasin Friendship Centre

We still have 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 /computer notebooks/phone, emergency housing, deer meat, \$200 Safeway grocery gift cards – 1 per household, transportation, counseling supports, PPE supplies, \$500 Metis Nation Family Supports application and \$300 Metis Nation Seniors supports application, and other needs that may arise. Intake is by appointment only. Please call Marlene Cadotte or Jolynn Parenteau at 403-526-0756. Everyone can help stop the rise in COVID19 by staying home or if you have to go out, please wear masks and hand sanitize regularly. Please stay safe.