

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

September 2021



**Going Green...Miywasin Centre installed new solar panels on the roof.**

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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**



# Youth Development Program

September 2021 Calendar of Activities \*\*ALL EVENTS ARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>*Ages 10 - 17*</b>		1 No Programming	2 No Programing	3 No Programming	4
**Events are subject to change**						
5	6 Labor Day STAT Office Closed	7 Harry Potter 4:30-6:30pm	8 No Programming	9 Harry Potter 4:30-6:30pm	10 Teen Kitchen 4-7pm Personal Pizzas	11
12	13 Medicine Wheel Program 4:30-6:00pm	14 FOT "Guidance" 4:30-6:30pm	15 No Programming	16 Saratoga Designation @ Saratoga Park 5-7pm	17 No Programming	18
19	20 Medicine Wheel Program 4:30-6:00pm	21 FOT 4:30-6:30pm	22 No Programming	23 FOT 4:30-6:30pm	24 No Programming	25
26	27 Medicine Wheel Program 4:30-6:00pm	28 FOT 4:30-6:30pm	29 No Programming	30 FOT National Day for Truth & Reconciliation TBA		

**PRE-REGISTRATION is required.**

**Registration forms and consent forms are required**

**Thank you to our funders and supporters:**



Alberta Provincial Family Resource Networks

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



Find us on:  
**facebook**  
"Miywasin Youth Development Program"

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



## Caregiver/Parenting Education Program Cultural Addictions Program

**Sep 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 1-3 pm Traditional Parenting Skills 5-7pm Men's Circle	2 No programming	3 1-3 pm Craft Circle with Brenda @ MHPL	4	5
6 Labour Day Office Closed	7 10-12pm Bannock & Tea Friendship Circle Miywasin Kitchen	8 1-3 pm Traditional Parenting Skills 5-7 pm Men's Circle	9 No programming	10 1-3 pm Craft Circle with Brenda @ MHPL	11	12
13 1-3 pm Mothers of Tradition MHPL Honor Currie Room	14 10-12pm Bannock & Tea Friendship Circle Miywasin Kitchen	15 1-3 pm Traditional Parenting Skills 5-7 pm Men's Circle	16 No programming	17 1-3 pm Craft Circle with Brenda @ MHPL	18	19
20 1-3 pm Mothers of Tradition MHPL Honor Currie Room	21 10-12pm Bannock & Tea Friendship Circle Miywasin Kitchen	22 1-3 pm Traditional Parenting Skills 5-7 pm Men's Circle	23 No programming	24 1-3 pm Craft Circle with Brenda @ MHPL	25	26
27 1-3 pm Mothers of Tradition MHPL Honor Currie Room	28 10-12pm Bannock & Tea Friendship Circle Miywasin Kitchen	29 1-3 pm Traditional Parenting Skills 6pm Standing Buffalo Film-MHPL	30 National Day of Truth & Reconciliation TBA	<b>All activities are FREE thank you to our sponsors and partnerships.</b>		

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



"Miywasin Friendship Centre"



Alberta Provincial Family Resource Networks



### Miywasin Wellness Program

Ends September 31, 2021  
\*Access while you can\*

#### Fall Book Club

- Indigenous Books for All Ages

#### Wellness Packages

- Indigenous colouring books (all ages), crafts, paint by number, etc.
- Smudge kit

**Need transportation to attend programming please contact Chasity or Ken.**

To Register or need more information:

Chasity Cairns, Counselor  
Caregiver/Parenting Education  
Cell: 587-253-0105  
Email: [mchascitycairns@gmail.com](mailto:mchascitycairns@gmail.com)

Ken Turner, Cultural Addition Counselor  
Cultural Addictions Program  
Cell: 403-866-2717  
Email: [miywasin.kenturner@gmail.com](mailto:miywasin.kenturner@gmail.com)

Brenda Mercer, Cultural Coordinator  
Cultural Program  
Cell: 403-878-5548  
Email: [Brenda.miywasin@gmail.com](mailto:Brenda.miywasin@gmail.com)

## INDIGENOUS SENIORS WEEKLY MEAL PROGRAM



Miywasin Friendship Centre will continue to make weekly 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 on Fridays at Miywasin Centre – main reception area, 517 3<sup>rd</sup> Street SE between 10:00 am – 2:00 pm.

Pandemic safety protocols still in effect – 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 you to take with you or deliver.

Yoga classes TBA for September with Pamela Goodine. Please call Marina at 403-526-0756 to register.

*Seniors Programs sponsored by ANFCA COVID Relief program.*



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

[www.albertametis.com](http://www.albertametis.com) look under Programs & Services, Health Programs, then COVID19 Information & Resources.

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





# COVID-19 Supports available for Metis, First Nations and Inuit:

Rent relief & emergency housing,  
grocery gift cards & traditional meat,  
utility & phone bill arrears, staying connected online,  
prescription medications filled, transportation/bus fare,  
counseling supports, COVID-19 funding applications, and more.  
**The Metis Nation and Miywasin Friendship Centre are here to help.**



Need assistance during this pandemic?

Call **Miywasin Friendship Centre**

**403-526-0756**

to register for COVID-19 Support.

Following health and safety guidelines,  
we will deliver supports to your home.

In partnership with



Employment and  
Social Development Canada

Emploi et  
Développement social Canada

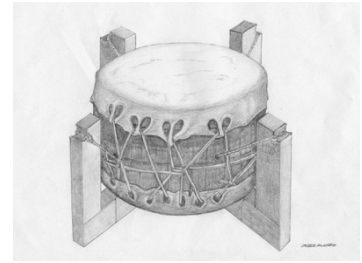


National Association  
of Friendship Centres  
Association nationale  
des centres d'amitié



## Alberta Culture Days

### *Miywasin Singers*



*Featured left to right: Ken Turner, Brooke Simon, Chasity Cairns, Carlee Eagleplume, Carol Syrette, Jolynn Parenteau, and Rae Ann Godfrey.*

*Next performance will be for Pop Up Parks – Alberta Culture Days event at Medalta Potteries September 11 at 4:30 pm.*



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.

**Order yours today  
Call Marina at  
403-526-0756.**



**New logo design by Metis artist, Geo Leask.**





**MNA 93<sup>rd</sup> Annual General Assembly  
August 20 – 22, 2021**

**Nine members from our local took in the assembly at Metis Crossing near Smokey Lake, Alberta. A very important meeting was held on the Friday to discuss the ‘Otipemisiwak Metis Government Constitution’. There will be community engagements set up so more Metis citizens may take part in the discussion and development of our constitution which will form the basis of our Government of the Metis Nation within Alberta. We will post those dates when the consultation comes to our community. We encourage all Metis citizens to take part.**



**Metis Crossing located on the North Saskatchewan River. Over 1000 people took in the 93<sup>rd</sup> Annual General Assembly at Metis Crossing.**







# **\*Miiyaashin Michif Culture & Language Camp**



**October 21-24, 2021**

**Miywasin Friendship Centre is pleased to host a four-day overnight camp at Eagles Nest Ranch focusing on Michif, the Language of the Metis 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 – Marie Schoenthal, Amy Cross and others TBA. Daniel Gervais will be teaching the spoons, jiggerman dancing dolls and fiddle music, along with JJ Guy and Dorothy Walker; bring your musical instruments if you have them. Doreen Bergum will teach the dances of the Metis. Darcy McRae will provide genealogy resources and Metis history presentation.**

**We will be providing all resources, meals, and accommodations. There are only 25 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 practice physical distancing. We also require everyone 12 & up to provide proof of double COVID19 vaccinations.**

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

**\*Miiyaashin means 'it is good'.**

**Spelling taken from the Norman Fleury Michif Dictionary 2013.**

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

