

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

Nov & Dec 2021



Miywasin Groupies with actor Joel Oulette.

INSIDE THIS ISSUE:

Miywasin Youth Program November & December Calendars	Page 2
Miywasin Parenting/Childcare Program November Calendars	Page 3
Seniors Weekly Program, MNA COVID19 supports available	Page 4
COVID19 Supports through Local 8 & Miywasin Friendship Centre	Page 5
Film Premiere of 'Abducted'	Page 6
Miiyaashin Michif Culture Camp Pics.....	Page 7
Family Christmas Supports.....	Page 8

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



Youth Development Program

November 2021 Calendar of Activities **ALL EVENTS ARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Among Us 4:30-6:30pm	2 FOT Myths & Facts 4:30-6:30pm	3 No Programming	4 FOT "Strength and Spirituality" 4:30-6:30pm	5 FOT "Good Child Rearing" Family Swim at FLC 6-8 pm	6
7	8 FOT "Respect" Buffalo Doll Making 4:30-6:30pm	9 Board Game Night 4:30-6:30pm	10 No Programming	11 Remembrance Day Office Closed	12 No Programming	13
14	15 FOT "Hope" True Colors 4:30-6:30pm	16 FOT "Faith" Vision Boards 4:30-6:30pm	17 No Programming	18 FOT "Humility and Guidance" 4:30-6:30pm	19 FOT "Happy" Painter Girl 4:30-6:30pm *Sign up*	20
21	22 FOT "Love" MHWSS Button Making 4:30-6:30pm	23 Dream Catcher Christmas Wreaths 4:30-6:30pm	24 No Programming	NAFC Youth Forum in Victoria No Programming		
28	29 No Programming	30 No Programming				

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

Alberta Provincial Family Resource Networks



PRE-REGISTRATION is required.

Registration forms and consent forms are required

Thank you to our funders and supporters:

MIYWASIN Youth Development Program

December 2021

ALL EVENTS ARE FREE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 No Programming	2 Christmas Movie 4:30-6:30pm	3 Family Swim AT FLC 6-8pm	4
5	6 Christmas Ornaments 4:30-6:30pm	7 Christmas Trivia 4:30-6:30pm	8 No Programming	9 FOT "Thankfulness and Sharing" 4:30-6:30pm	10 Cookie Decorating 4:30-6:30pm	11
12	13 Christmas Craft 4:30-6:30pm	14 Christmas Minute to Win It 4:30-6:30pm	15 No Programming	16 Ginger Bread House 4:30-6:30pm Sign Up	17 Christmas Dinner and Games 4-7pm	18
19	20 No Programming	21 No Programming	22 No Programming	23 No Programming	24 No Programming	25 Christmas Day
26 Boxing Day	27 No Programming	28 No Programming	29			

Miywasin Centre
517—3rd St. SE
Medicine Hat
Alberta
T1A 0H2



"Miywasin Youth Development Program"

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

Alberta Community Foundation of Southeastern Alberta



AGES 10 - 17

Events are subject to change

PRE-REGISTRATION is required.


Registration forms and consent forms are required

Thank you to our funders and supporters:



Cultural Addictions Counseling Parent/Caregiver Education Program

Nov 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mothers of Tradition in Miywasin Kitchen 1-3 pm	2 Bannock & Tea 10:30 - 11:45am in Miywasin Kitchen	3 Traditional Parenting Skills 1-3 pm Miywasin Kitchen Men's Talking Circle 5-7pm @ Miywasin Kitchen	4 Sharing Circle via ZOOM 10 am-12pm Mending Broken Hearts 1-3 pm	5 Craft Circle in Miywasin Kitchen 10 am-12 pm	6	7
8 Mothers of Tradition in Miywasin Kitchen 1-3 pm	9 Bannock & Tea 10:30 - 11:45am in Miywasin Kitchen	10 Traditional Parenting Skills 1-3 pm Miywasin Kitchen Men's Talking Circle 5-7pm @ Miywasin Kitchen	11 OFFICE CLOSED Remembrance Day 	12 Craft Circle in Miywasin Kitchen 10 am-12 pm	13	14
15 Mothers of Tradition in Miywasin Kitchen 1-3 pm	16 Bannock & Tea 10:30 - 11:45am in Miywasin Kitchen	17 Traditional Parenting Skills 1-3 pm Miywasin Kitchen Men's Talking Circle 5-7pm @ Miywasin Kitchen	18 Sharing Circle via ZOOM 10 am-12pm Mending Broken Hearts 1-3 pm	19 Craft Circle in Miywasin Kitchen 10 am-12 pm	20	21
22 Mothers of Tradition in Miywasin Kitchen 1-3 pm	23 Bannock & Tea 10:30 - 11:45am in Miywasin Kitchen	24 Traditional Parenting Skills 1-3 pm Miywasin Kitchen Men's Talking Circle 5-7pm @ Miywasin Kitchen	25 Sharing Circle via ZOOM 10 am-12pm Mending Broken Hearts 1-3 pm	26 Craft Circle in Miywasin Kitchen 10 am-12 pm	27	28
29 Mothers of Tradition in Miywasin Kitchen 1-3 pm	30 Bannock & Tea 10:30 - 11:45am in Miywasin Kitchen	All classes require prior registration due to COVID-19 protocols & exemption program. If you require more information, please don't hesitate to call or email.				

MIYWASIN FRIENDSHIP CENTRE
517 - 3RD STREET SE
526B - 3RD STREET SE
MEDICINE HAT, AB



All activities are FREE thank you to our funders.



Miywasin Wellness Program

Fall Book Club

- Indigenous Books for All Ages

Wellness Packages

- Indigenous Colouring Books (all ages), crafts, paint by number, positive affirmation journals etc.
- Smudge kit

If you need a laptop to access programming, please contact 403-526-0756.

Contact: Chasity Cairns, Counselor
Caregiver/Parenting Education Program
Cell: 587-253-0105
Email: mchasitycairns@gmail.com


Brenda Mercer, Cultural Coordinator
Cultural Program
Cell: 403-878-5548
Email: Brenda.miywasin@gmail.com

Ken Turner, Cultural Addictions Counselor
Cultural Addictions Program
Cell: 403-866-2717
Email: miywasin.kenturner@gmail.com



Children's Program

Nov 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 1-3PM Drumming & Song	2 Drop In Care 10 am-12 pm (Registration Required)	3 1-3PM Air Fried Fry Bread	4 No Programming	5 10 am-12 pm Music & Movement	6	7
8 1-3PM Toilet paper roll Totem Poles	9 Drop In Care 10 am-12 pm (Registration Required)	10 1-3PM Nature Walk, Tobacco teaching	11 OFFICE CLOSED Remembrance Day 	12 10 am-12 pm Music & Movement	13	14
15 1-3PM Talking Sticks & Sharing Circle	16 Drop In Care 10 am-12 pm (Registration Required)	17 1-3PM Every Child Matters handprint canvas	18 No Programming	19 10 am-12 pm Music & Movement	20	21
22 1-3PM Sand Paintings	23 Drop In Care 10 am-12 pm (Registration Required)	24 1-3PM Inukshuks	25 No Programming	26 10 am-12 pm Music & Movement	27 Craft Circle Dreamcatchers Youth (Age 7-9) 10 am-12 pm	28
29 1-3PM Rain Sticks	30 Drop In Care 10 am-12 pm (Registration Required)	All classes require prior registration due to COVID-19 protocols & exemption program. If you require more information please don't hesitate to call or email.				

MIYWASIN FRIENDSHIP CENTRE
526B - 3RD STREET SE
MEDICINE HAT, AB T1A 0H2



Miywasin Wellness Program

Fall Book Club

- Indigenous Books for All Ages

Wellness Packages

- Indigenous Colouring Books (all ages), crafts, paint by number, positive affirmation journals etc.
- Personal Hygiene & winter items - hats, gloves/mittens.
- Smudge Kit

If you need a laptop to access programming, please contact 403-526-0756.

Programming is for children 0-6 or otherwise specified.

Contact: Brooke Simon
Children's Program Coordinator
Phone: 587-554-6837
Email: brooke.miywasin@gmail.com

Contact: Chasity Cairns, Counselor
Caregiver/Parenting Education Program
Cell: 587-253-0105
Email: mchasitycairns@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 Kimberly 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 3rd Street SE between 11:00 am – 1:00 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 November & December with Pamela Goodine. Please call Kimberly at 403-526-0756 to register.

Seniors Programs sponsored by COVID Relief programs sponsored by ANFCA and Government of Canada.



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

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 or booster 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



'Abducted' featuring local Medicine Hat actor, Joel Oulette, is a gritty drama about "an inner-city teenage boy's life turned upside-down when his drug-running sister goes missing. Lakota's sudden disappearance leaves Derrick to piece together the clues of her abduction. Derrick experiences visions which he struggles to understand but which help him on his quest to find her. As he gets close to finding his sister, Derrick ends up in the fight of his life" (IMDb).

Available on Amazon Prime



Miywasin Centre staff were able to take in the Premiere of the movie at the Esplanade on Saturday, November 6.



Starting from bottom left: Film Producer – Sharlene Millang, Joel Oulette and Jeannette Hansen, Joel with mom Laurie Oulette on left and Marlene Cadotte and Jeannette Hansen on either side, film director and writer – Dan Foreman.



Miiyaashin Michif Culture & Language Camp



TAANISHI SONG
HELLO SONG
(to the tune of 'Hello to My Lou My Darling')
Li maa ooshpayaashayawa: aan Michif
We are singing this song in Michif
Itwayshkanookew aan Michif Norman Fleury
Translated in Michif by Norman Fleury
Li maa ooshpayaashayawa par Faye Maurice pi Norman Fleury aan Aanglay
The words are written by Faye Maurice and Norman Fleury in English

Taanishi. Taanishi kiiya?	Hello. How are you?
Taanishi. Taanishi kiiya?	Hello. How are you?
Taanishi. Taanishi kiiya?	Hello. How are you?
Taanishi kiiya anoosh?	How are you today?
Ji bayn. Kiiya maaka?	I'm good. How about you?
Ji bayn. Kiiya maaka?	I'm good. How about you?
Ji bayn. Kiiya maaka?	I'm good. How about you?
Ni chikaytayn niya!	I am really happy!
Aashtum. Aashtum oota.	Come. Come here.
Aashtum. Aashtum oota.	Come. Come here.
Aashtum. Aashtum oota.	Come. Come here.
Aashtum oota shaymaak.	Come here right now.
Plihtikway moon aamil.	Come in my friend.
Plihtikway moon aamil.	Come in my friend.
Plihtikway moon aamil.	Come in my friend.
Miitsho pi minihkway.	Eat and drink.
Maarsii. Kishchi maarsii.	Thank you. Thank you very much.
Maarsii. Kishchi maarsii.	Thank you. Thank you very much.
Maarsii. Kishchi maarsii.	Thank you. Thank you very much.
Kishchi maarsii Koohkoom.	Thank you very much Grandma.
Miina kawaapamatin.	I will see you again.
Miina kawaapamatin.	I will see you again.
Miina kawaapamatin.	I will see you again.
Kawaapamatin dimaen.	See you again tomorrow.



31 people took in the Michif Camp at Eagles Nest Ranch. Featured bottom left, JJ Guy on fiddle and Daniel Gervais teaching spoon playing, Tanishi Song, Wally Garrioch on guitar and JJ Guy and Daniel Gervais on fiddle, Michif Language Instructors – Marie Schoenthal and Norman Fleury. Stay tuned for another Michif camp in 2022.



Another year has passed, and we are still in this pandemic. Once again, we will not be meeting in person. In lieu of this, Metis Nation Local 8, Miywasin Friendship Centre, TC Energy and COVID19 Supports through Alberta Native Friendship Centres and Government of Canada are working together to try and make your Christmas special this year.

Please call Kimberly at 403-526-0756 to register your family for a \$200 Sobeys gift card and each child a \$50 Walmart gift card. Please register by Friday, December 10, 2021, so that we may get our deliveries out to you in time for Christmas.

Sponsored by:



Metis Nation Local 8



Miywasin Friendship Centre



ANFCA



Miywasin Centre will be CLOSED on the following dates:

Closed Wednesday, December 22; Friday, December 24 through to Monday, December 27, 2021 and re-open on Tuesday, December 28, 2021.

Closed Friday, December 31, 2021 and Monday, January 3, 2022 and re-open on Tuesday, January 4, 2022.

We wish everyone safe and happy holidays and look forward to seeing you in the New Year.