

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

January 2022



Medicine Hat MP Glen Motz stopped by Miywasin Centre in the new year to get instruction in making tobacco pouches from our Cultural Coordinator Brenda Mercer. He made 13 for his presentation to the Blood Tribe Chief and council. Nice job Glen!

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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

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 the new year with Pamela Goodine. Please call Kimberly at 403-526-0756 to register.

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



Metis Beadwork Pattern



NOTICE TO METIS MEMBERS

The Government of Alberta is committed to ongoing engagement with Métis in the conservation and management of the province's fisheries. We would like to inform you of upcoming engagement sessions (January 12, 13 and 19, 2022) that anyone can attend via ZOOM technology and a survey (open between January 10 and February 7, 2022) that you are also welcome to provide input to at www.alberta.ca/fisheries-engagements.aspx. The focus of the engagement and survey will be on programs associated with recreational fishing and sportfishing regulations.

The proposals for changes to the sportfishing regulations have been carefully considered and are not expected to impact Métis harvesting rights or Domestic Harvest Licences. Alberta remains committed to consulting on changes that could potentially adversely impact these rights.

Domestic fishing licences are free for Métis who are recognized by Alberta as having rights to harvest fish for food. In the past, domestic fishing licences were issued for single water bodies and only allowed for the use of a gill net. As a result of feedback received from Métis, domestic fishing licenses now recognize the use of angling gear as an alternative to a gill net for the purposes of subsistence harvest. Domestic fishing licenses now have angling regulations and conditions that are no longer tied to sportfishing regulations.

Some Métis may continue to be interested in, or utilize, the sportfishing regulations for recreational fishing. In recognition of this, the Government of Alberta would like provide awareness of engagement sessions that will be hosted by Alberta Environment and Parks. These sessions, in conjunction with an online survey, will provide Alberta recreational anglers with an opportunity to input and provide feedback on proposed changes to the sportfishing regulations on a small number of Alberta lakes and rivers. The sessions will also provide an opportunity to bring forward ideas to improve Alberta's recreational fisheries management programs.

Due to COVID19, and current Alberta Health restrictions related to social gathering limitations, and social distancing measures, these engagement sessions will be conducted online through the ZOOM platform. The dates and topics for the webinars are as follows:

- January 12 – South Region proposed Sportfishing Regulation changes
- January 13 – North Region proposed Sportfishing Regulations changes
- January 19 – Provide provincial updates on the ongoing evaluation of recreational harvest slot limits, Alberta's walleye stocking program, angler guide licensing, and ongoing developments within the walleye special harvest licensing system. Introduce the use of angling restrictions during high temperatures and low flows to relieve pressure on fish populations when stressed by environmental factors.

All three sessions run from 7:00 pm to 8:30 pm. Interested attendees can find more information on how to register, and instructions for the webinars and survey, on the fisheries engagement website (www.alberta.ca/fisheries-engagements.aspx).



Children's Program

Jan 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 CLOSED	4 No Programming	5 No Programming	6 No Programming	7 No Programming	8	9
10 No Programming	11 No Programming	12 Craft Circle: Decorate Feathers 1:00PM-3:00PM	13 No Programming	14 Baking Bannock (Air-fried) 10:00AM-12:00PM	15	16
17 Mommy & Me Balancing our Medicine Wheel 1:00PM-3:00PM	18 No Programming	19 Craft Circle: Beading 1:00PM-3:00PM	20 Music & Movement (Ribbon Ring Dancing) 1:00PM-3:00PM	21 Baking Bannock (Air-fried) 10:00AM-12:00PM	22	23
24 Mommy & Me Balancing our Medicine Wheel 1:00PM-3:00PM	25 No Programming	26 Craft Circle: DIY Can Drums 1:00PM-3:00PM	27 Music & Movement (Drumming & Song) 1:00PM-3:00PM	28 Baking Bannock (Air-fried) 10:00AM-12:00PM	29	30
31 Mommy & Me Balancing our Medicine Wheel 1:00PM-3:00PM						

**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 Wellness Program Winter 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

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: mchasicitycairns@gmail.com

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



"Miywasin Friendship Centre"



Check out Metis Nation of Alberta website for current programs and services available.

www.albertametis.com



Check out Miywasin Friendship Centre Facebook page and website for current programs, job postings, and supports available.

www.miywasincentre.net

COVID Supports still available for families, individuals, seniors!!!

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

Please join us for basic Michif lessons
Sign up for FREE

Michif Language Online Workshop



CELEBRATING METIS CULTURE

**Eight online evening sessions
Starting Thursday, Jan 20th, 2022
Please register with RMMAculture@gmail.com
For questions, please call Chelsey at 250-489-8960
or Amy at 250-581-2111**

**Proud contributors of the program include:
Miywasin Friendship Centre, Rocky Mountain Métis Association,
Prince George Library, Prince George Métis Community Association,
Kootenay South Métis Society, and Métis Nation of Alberta Region 3.**

**Please note that pre-registration is required, please register by January 19, 2022.
January 20 – March 10: (Thursdays for 8 weeks | 7:00 - 8:30 PM MT)**



CAREGIVER/PARENTING EDUCATION PROGRAM PRESENTS

MOTHERS OF TRADITION

-Develop the skills and knowledge to live as a traditional, spiritual indigenous woman.
 -Increase awareness of how intergenerational trauma interrupted our culture, language, family ties, and parenting practices among Indigenous people.
 -Learn how to apply the cultural teachings to bring healing to children, relationships and community.

Starting Tuesday, February 1, 2022 from 1-3 pm
 Location: Miywasin Kitchen
 Transportation assistance
 Separate programming for children ages 0-6

To register please contact Chasity Cairns (587) 253-0105
 OR EMAIL: mchasicitycairns@gmail.com



Miywasin Friendship Centre **Parent/Caregiver Education Program Cultural Addictions Program** **Jan 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No programming	4 No programming	5 No programming	6 No programming	7 No programming	8
9	10 No programming	11 Bannock & Tea 10:30-11:45 am Miywasin Kitchen	12 Traditional Parenting Skills Building Self-Esteem 1-3PM Men's Circle 5-7 pm	13 Mending Broken Hearts 10 am-12 pm	14 Drum Circle 10-11:30 am	15
16	17 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	18 Bannock & Tea 10:30-11:45 am Miywasin Kitchen	19 Traditional Parenting Skills Healthy Eating 1-3PM Men's Circle 5-7 pm	20 Mending Broken Hearts 1-3 pm Michil language Course 7-8:30 pm	21 Craft Circle 10-11:30 am	22
23	24 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	25 Bannock & Tea 10:30-11:45 am Miywasin Kitchen	26 Traditional Parenting Skills Budgeting 1-3PM Men's Circle 5-7 pm	27 Mending Broken Hearts 1-3 pm Michil language Course 7-8:30 pm	28 Drum Circle 10-11:30 am	29
30	31 Mommy & Me Balancing Our Medicine Wheel 1-3 PM					

Miywasin Wellness Program Winter 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 kits

Contact us for more information:
Chasity Cairns, Counselor
 Caregiver/Parenting Education Program
 Cell: 587-253-0105
 Email: mchasicitycairns@gmail.com

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

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

All programs require registration and proof of vaccination.

All activities are FREE thank you to our funders.



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



MEDICINE WHEEL AND 12 STEPS

16 WEEK ADDICTION RECOVERY PROGRAM

What: 16 week healing journey through the 12 steps of recovery utilizing the teachings of Medicine Wheel, Cycle of Life and the Four Laws of Change. Individuals will receive The Red Road to Wellbriety & Meditations with Native American Elders: The Four Seasons books, Smudge Kit and Workbook

WHEN: EVERY WEDNESDAY | 4:30 PM - 6:30 PM
 Starting February 2, 2022

Where: Miywasin Kitchen
 517 3rd Street SE

Firestarter Facilitators:
 Ken Turner, Cultural Addiction Counselor
 Chasity Cairns, Counselor

Pre-registration required:
 miywasin.kenturner@gmail.com
 Ph: 403-866-2717

**Thank you to our funder
 resources are free
 to participants.**

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MIYWASIN Youth Development Program

January 2022 ***ALL EVENTS ARE FREE***



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 No Programming	4 Among Us 4:30-6:30pm	5 No Programming	6 Bingo 4:30-6:00pm	7 Swim at FLC 6-8pm	8
9	10 STEM 4:30-6:00pm Full	11 FOT 4:30-6:30pm	12 No Programming	13 FOT 4:30-6:30pm	14 No Programming	15
16	17 STEM 4:30-6:00pm Full	18 FOT 4:30-6:30pm	19 No Programming	20 FOT 4:30-6:30pm	21 Indian Tacos & Karaoke 4-6pm	22
23	24 STEM 4:30-6:00pm Full	25 FOT 4:30-6:30pm	26 No Programming	27 FOT 4:30-6:30pm	28 No Programming	29
30	31 STEM 4:30-6:00pm Full					

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:



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

