

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

March 2022



Our thoughts and prayers go out to the Ukrainian people



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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.

Although pandemic safety protocols are easing within our province, we will continue to maintain 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 you to take with you or deliver. Yoga classes with Pamela Goodine are by appointment only. Please call Kimberly at 403-526-0756 to register. Classes are free to Indigenous Seniors 65+.

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



MIYWASIN Youth Development Program March 2022 **ALL EVENTS ARE FREE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AGES 10 - 17 **Events are subject to change**		1 Filling Our Tipi's 4:30-6:30pm	2 No Programming	3 Filling Our Tipi's 4:30-6:30pm	4 Swimming at Big Marble Go Centre 6-8pm	5
6	March 7-11, 2022 Journey Towards Healing and Reconciliation Conference – Virtual Format Registration: miywasincentre.net					12
13	14 Drum Stick Making 4:30-6:30pm	15 Filling Our Tipi's 4:30-6:30pm	16 No Programming	17 Filling Our Tipi's 4:30-6:30pm	18 Swimming at Big Marble Go Centre 6-8pm	19
20	21 Movie and Craft 4:30-6:30pm	22 Filling Our Tipi's 4:30-6:30pm	23 No Programming	24 "A Journey In Rainbow Moccasins" 5:45-7:30pm	25 No Programming	26
27	28 Board Games Night 4:30-6:00pm	29 Filling Our Tipi's 4:30-6:30pm	30 No Programming	31 Filling Our Tipi's 4:30-6:30pm	Community Foundation of Southeastern Alberta	

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



A Journey Towards Healing and Reconciliation Event for Youth, Caregivers and those that support youth

**March 24, 2022
5:45pm-7:30pm Virtual ly
Registration:
miywasincentre.net**

A Journey in Rainbow Moccasins

This visual timeline is accompanied with the storytellings of a 2Spirit/Gender-Fluid artist and storyteller Ozhawa Anung Kwe/Yellow Star Woman AKA Teddy. Ozhawa/Teddy walks us through their story of art, healing through oppression, living with depression and intergenerational learning. This workshop combines humor, decolonization of gender and sexuality, and supports for people who identify as 2Spirit, Lesbian, Gay, Bisexual, Queer, Questioning, Trans/Transgender, etc.



**IMPACTFUL
GUEST SPEAKERS**



**CONNECTION
TO CULTURE**

**JOIN US TO SPARK CHANGE
FOR THE NEXT
SEVEN GENERATIONS**

**SEVENTH ANNUAL
JOURNEY TOWARDS HEALING
AND RECONCILIATION CONFERENCE
VIRTUAL FORUM**



MARCH 7-11, 2022

FREE REGISTRATION NOW OPEN!

miywasincentre.net/healingreconciliationconference





Miywasin is hosting

COVID-19 Vaccine Clinic

WEDNESDAY, MARCH 23 | 2:00PM - 4:00PM

517 3 ST SE, MEDICINE HAT
CALL KIM AT 403-526-0756 TO REGISTER



Everyone who receives their shot will get a \$50 Walmart gift card.



COVID Supports still available for families, individuals, seniors for the month of March 2022!!!

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.

We also have a limited supply of COVID19 Rapid Tests available. Please call Miywasin Friendship Centre at 403-526-0756 to register for COVID19 supports.



Métis Money Moves

MAKING CHANGE FOR
THE NEXT SEVEN GENERATIONS

Budgeting 101

In this FREE course, you will learn how to:
create a household budget
manage your income
pay down debt build savings find motivation

Next class: Wednesday, March 16th 1-3pm

email: jolynn.parenteau@gmail.com

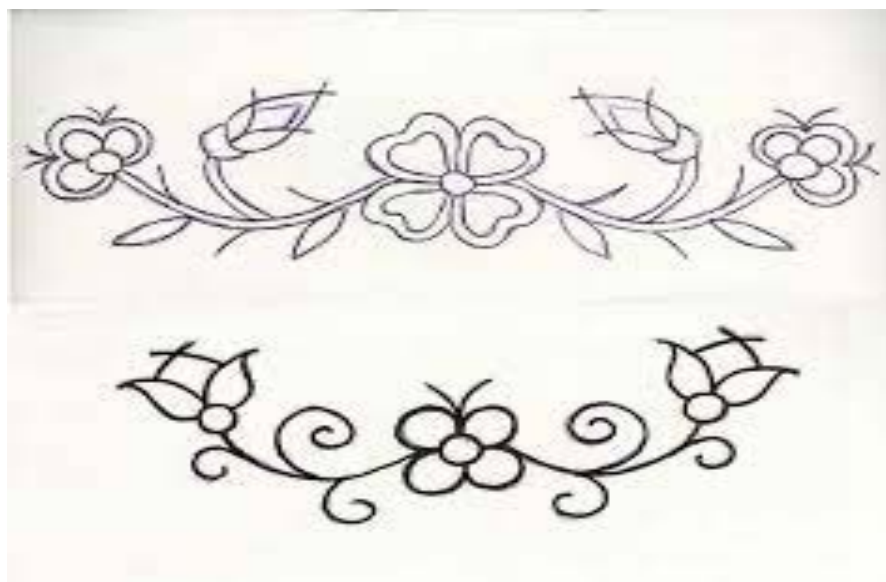
Created by



Hosted by



Metis Flower Beadwork Patterns



Children's Program

Mar 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drop In (Registration still required) 10:30-11:45 am Drumming & Song 1-3 pm	2 12 Steps Support Care 4:30-6:30 pm	3 Drop In (Registration still required) 1-3 PM	4 NO PROGRAMMING	5
6	7 TH ANNUAL JOURNEY TOWARDS HEALING AND RECONCILIATION CONFERENCE MARCH 7-11 TH , 2022 PLEASE REGISTER ONLINE AT: http://miywasincentre.net/healingreconciliationconference					12
13	14 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	15 Drop In 10:30-11:45 am Drumming & Song 1-3 pm 7-9 yr olds: DRUM STICK MAKING 5-7 PM	16 12 Steps Support Care 4:30-6:30 pm	17 Drop In (Registration still required) 1-3 PM	18 NO PROGRAMMING	19
20	21 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	22 Drop In (Registration still required) 10:30-11:45 am Drumming & Song 1-3 pm	23 12 Steps Support Care 4:30-6:30 pm	24 Drop In (Registration still required) 1-3 PM	25 Baking Bannock 10-11:30 am	26
27	28 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	29 Drop In (Registration still required) 10:30-11:45 am Drumming & Song 1-3 pm	30 12 Steps Support Care 4:30-6:30 pm	31 Drop In (Registration still required) 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:

Brooke Simon, Children's Program Coordinator
Children's Program (0-6 Years)
Cell: 403-952-9605
Email: brooke.miywasin@gmail.com

MIYWASIN FRIENDSHIP
CENTRE'S CHILDREN CENTRE
526B - 3RD STREET SE
MEDICINE HAT, ALBERTA



All programs require prior registration.

THE HILLS ARE ALIVE



Music and Dance Cultural Fest

June 9 – 12, 2022



*Learn to play a musical instrument, make a capote, dance a jig, weave a sash, and become immersed in Métis Culture – all of this in the beautiful setting of the southern foothills past
Cypress Hills Interprovincial Park – Alberta at Eagles Nest Ranch.*

MUSIC AND DANCE CULTURAL FEST - Registration and BBQ begins on Wednesday, June 8, 2022 (BBQ \$5.00).

Daily – workshops: fiddle, guitar, piano, banjo, jigging, drum making, capote making, sash finger weaving, beading, jiggerman dolls, spoons, native crafts; Métis cultural venues, learn Michif, silent auctions; and music resources available from our instructors.

EVENING CONCERTS FEATURING: Gordon Stobbe, JJ Guy, Daniel Gervais, Don Sawchuk, Cathy Sproule, Alex Kusturok, Donna Hiller-Turk, Wally Garrioch, Breanna Lizotte, Kelly McLaughlin.

Location: Eagles Nest Ranch, coming from the East on Highway 1: turn left (South) on Highway 41, turn right onto Thelma Road, turn right to Eagles Nest Ranch Road. Coming from the West on Highway 1: turn right and head South down the Eagle Butte Road in Dunmore, turn left at Thelma Road, turn left at Eagles Nest Ranch Road. Signs will be posted.

CULTURAL FEST REGISTRATION FEES: Non-refundable \$50 deposit to reserve your place. Registration capped at 150 participants.

Early Bird Registration 4 DAY PASS: \$150.00 After May 1, 2022: \$200.00

DAILY PASS: \$50 FAMILY RATES AVAILABLE BUNKHOUSE CABINS: \$35/night

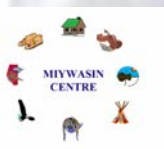
Limited un-serviced RV parking/camping: \$35/night

(Fees inc. instruction, cultural activities, meals & concerts)

COVID19 protocols in place, you must be vaccinated, PPE supplies and rapid testing available.

For more information or to register call Kim Desjarlais @ 403-526-0756

Visit our Website at www.miywasincentre.net



Patrimoine Canadien
canadien Heritage





Parent/Caregiver Education Program Cultural Addictions Program

Mar 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mommy & Me Balancing Our Medicine Wheel 1-3 PM	1 Bannock & Tea 10:30-11:45 am Mothers of Tradition 1-3 pm Miywasin Kitchen	2 Medicine Wheel & 12 Steps 4:30-6:30 pm	3 NO PROGRAMMING	4 NO PROGRAMMING	5
6	7 TH ANNUAL JOURNEY TOWARDS HEALING AND RECONCILIATION CONFERENCE MARCH 7-11 TH , 2022 PLEASE REGISTER ONLINE AT: http://miywasincentre.net/healingreconciliationconference					12
13	14 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	15 Bannock & Tea 10:30-11:45 am Mothers of Tradition 1-3 pm Miywasin Kitchen	16 Medicine Wheel & 12 Steps 4:30-6:30 pm	17 NO PROGRAMMING	18 NO PROGRAMMING	19 MOCCASIN MAKING 10 am-3pm
20 MOCCASIN MAKING 10 am-3pm	21 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	22 Bannock & Tea 10:30-11:45 am Mothers of Tradition 1-3 pm Miywasin Kitchen	23 Medicine Wheel & 12 Steps 4:30-6:30 pm	24 NO PROGRAMMING	25 DRUM CIRCLE 10-11:30 AM	26
27	28 Mommy & Me Balancing Our Medicine Wheel 1-3 PM	29 Bannock & Tea 10:30-11:45 am Mothers of Tradition 1-3 pm Miywasin Kitchen	30 Medicine Wheel & 12 Steps 4:30-6:30 pm	31 NO PROGRAMMING		

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



"Miywasin Friendship
Centre"

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: mchastycairns@gmail.com

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

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

All programs require registration.

All activities are FREE thank you to our funders.



Calling All Metis Harvesters

On behalf of the Metis Nation Local 8 Harvesting Captain, Darcy Stach.

We are asking all Metis Harvesters in our area to register with Metis Nation Local 8 so that we can send you updated information and invitations to Harvester's meetings.

Please call Kim at 403-526-0756 to register.

