

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

July & August 2022



Local Métis citizen, Dan David placed 2<sup>nd</sup> in Archery Target Courses and 3<sup>rd</sup> in Shoot Downs.

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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

## INDIGENOUS SENIORS WEEKLY MEAL PROGRAM & SUPPORTS



Indigenous seniors 65+ to pick up or for delivery within Medicine Hat. You must pre-register for this free program. Please call Kim at 403-526-0756 to register. Pick up at Miywasin – reception area, 517 3<sup>rd</sup> Street SE between 11:00 am – 1:00 pm.

We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for up to a year), grocery gift cards, punch cards for Leisure Centre/YMCA, transportation -bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears and support with filling in forms/applications, income tax filing. These supports are available through intake only, you must book an appointment with Marlene Cadotte, BSW, RSW Counselor at Miywasin 403-526-0756.

We will continue to maintain safety protocols – hand sanitizing, wearing gloves, wearing masks and rapid test kits. If you need Personal Protective Equipment: masks, hand sanitizer, gloves and rapid test kits, 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 Kim at 403-526-0756 to register. Classes are free to Indigenous Seniors 65+.

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



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

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.**

These supports are available through intake only, you must book an appointment with Marlene Cadotte, BSW, RSW Counselor at Miywasin 403-526-0756.



**METIS NATION OF ALBERTA  
ANNUAL GENERAL ASSEMBLY  
AUGUST 5 – 7, 2022  
GREY EAGLE CASINO & RESORT  
CALGARY, AB**



**Métis Nation Local '8' Annual General Meeting is open to all MNA Lifetime card-carrying Métis citizens in our community. Please join us for the upcoming meeting and learn what is going on in our nation on Friday, September 30, 2022, at 5:30 pm at 5th Ave United Church.**

**If you do not have your local membership, please come into the office at 517 3rd Street and see Sheila to sign up, the cost is \$3/year.**



The Hills Are Alive 2022 review in pictures.



Join us next year  
June 8-11, 2023!

## Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed/ No Programming	2 No Programming	3 No Programming	4 No Programming	5 The Heritage @Dunmore	6 Gather Rodeo Equestrian
7	8 Filling Our Tips 1-3	9 Camp Miywasin 9-4	10 No Programming	11 Family Program 11-2 Waterpark	12 No Programming	13
14	15 Filling Our Tips 1-3	16 Camp Miywasin 9-4	17 No Programming	18 Family Program 11-2 EchoDale	19 No Programming	20
21	22 Filling Our Tips 1-3	23 Camp Miywasin 9-4	24 No Programming	25 Family Program	26 No Programming	27 Family Program Overnight Sign up Required
28	29 Filling Our Tips 1-3	30 No Programming	31 No Programming			

Ages 11-17

Events are subject to change

Miywasin Friendship Centre  
517-3rd St. SE  
Medicine Hat, Alberta  
T1A 0H2

Contact: CarleeEaglePlume  
Phone: (403) 526-0756  
Text: (403) 866-3366

All events are **FREE**  
Due to limited space in transportation and facility please call or text to register for each program

Thank you to our funders and supporters:



Alberta



### Filling Our Tips (July-August Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings

Please contact Carlee to register, Cohort ages 10-12

- New cohort will begin in September for ages 13-17
- Please register before September 6th 2022



## Cultural Wellness and Addiction Support Programs

## August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Heritage Day Holiday no programs	2	3	4	5 AHS Outreach HRI Team 9:30-11:30am	6
7	8 Drumming Circle 10:30-11:45 am	9 Bannock and Tea 10:30-11:45 am	10 Warrior Way's Program for Men 4pm-6pm	11	12	13
14	15 Drumming Circle 10:30-11:45 am	16 Bannock and Tea 10:30-11:45 am	17 Warrior Way's Program for Men 4pm-6pm	18 Drum Making 1-3pm Registered program call Ken	19 AHS Outreach HRI Team 9:30-11:30am	20
21	22 Drumming Circle 10:30-11:45 am	23 Bannock & Tea 10:30-11:45 am	24 Warrior Way's Program for Men 4pm-6pm	25	26	27
28	29 Drumming Circle 10:30-11:45 am	30 Bannock and Tea 10:30-11:45 am	31 Warrior Ways program IOAD Event 5-8pm Library Courtyard			

### Miywasin Friendship Centre

517 – 3rd Street SE  
Medicine Hat  
T1A 0H2

Contact us for more information:

Rae-Ann Godfrey, Crisis Support

Cultural Addiction Program

Cell: 403-952-9782

Email: [miywasin.raeann@gmail.com](mailto:miywasin.raeann@gmail.com)

Ken Turner, Cultural Addiction Counselor

Cultural Addiction Program

Cell: 403-866-2717

Email: [miywasin.kenturner@gmail.com](mailto:miywasin.kenturner@gmail.com)

Some programs require registration



"Miywasin Friendship Centre"



All activities are FREE thank you to our funders.



# PARENTING EDUCATION PROGRAM AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 STAT Closed	2 Tea & Bannock/Book Club 10:30-11:45 A.M.	3 No Programming	4 No Programming	5 No Programming	6	7
8 Drum Circle 10:30-11:45 A.M.	9 Tea & Bannock/Book Club 10:30-11:45 A.M.	10 No Programming	11 Family Programming Strathcona Splash Park & Pond	12 No Programming	13	14
15 Drum Circle 10:30-11:45 A.M.	16 Tea & Bannock/Book Club 10:30-11:45 A.M.	17 No Programming	18 Family Programming Schedule	19 No Programming	20	21
22 Drum Circle 10:30-11:45 A.M.	23 Tea & Bannock/Book Club 10:30-11:45 A.M.	24 No Programming	25 Family Programming 190	26 No Programming	27 Miywasin Family BBQ @ Camp Miywasin (Evening camping or optional Registration Required)	28
29 No Programming	30 No Programming	31 No Programming				



**Contact us to register:**

**Brooke Simon**  
Parenting Education Coordinator  
Cell: 403-952-9605  
Email: Brooke.miywasin@gmail.com

All activities are FREE thanks to our funders.



MIYWASIN FRIENDSHIP CENTRE  
517 3RD STREET SE  
5268 3RD STREET SE  
Medicine Hat, ALBERTA

Find us on  
**facebook.**  
"Miywasin Friendship Centre"

# Summer BBQ'S

- WHERE:** Camp Miywasin (in Elkwater, take Camp Road heading south by water tower)
- WHEN:** August 13 & 14, 2022
- TIME:** starts at 12:00 noon

If you would like to camp over, bring your tenting equipment or RV, call Kim 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.

