

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

October 2022

Reminder:

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 **Tuesday, September 27, 2022, at 5:30 pm at Medicine Hat College.** Potluck to start at 5:30 and meeting to follow.

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.



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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 & SUPPORTS



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

We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for up to 2 years), punch cards for Leisure Centre/YMCA, transportation - bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears, income tax filing, and support with filling in forms/applications. 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 tests 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 have delivered. Yoga classes with Pamela Goodine are by appointment only. Please call Michelle 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,
traditional meat,
utility arrears, transportation/bus fare,
counselling supports COVID-19 funding applications, and more.

The Métis 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 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
healthy eating on a budget
pay down debt build savings find motivation

Next class: Wednesday, Oct 19th 1-4pm

In-person @ Miywasin kitchen
email: metismoneymoves@gmail.com

Created by



JoLynn Parenteau

Hosted by



Special Guest



Alison Van Dyke
Food Security Coordinator



Join us in
celebrating
Alberta Culture Days

Metis Kitchen Party

Sunday, September 25, 2022
1-3pm
Police Point Park

2016 and 2011 Canadian
Grand Master Fiddle
Champion
"Daniel Gervais"

Metis Jigging

Bannock Over the Fire



MH Interpretive Program
Managed by The Grasslands Naturalists
403-529-6225 mhip@natureline.info



OCTOBER 20 - 23, 2022

MICHIF LANGUAGE CAMP


ALL MEALS, ACCOMMODATIONS, AND RESOURCES ARE
INCLUDED FOR THIS FREE CAMP

TO REGISTER - CALL MICHELLE @ 587-253-0105

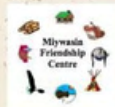



Join us in celebrating Alberta
Culture Days

MIYWASIN FRIENDSHIP CENTRE DEMONSTRATION POW WOW



Saturday, September
24, 2022 1-3pm
Saamis Tepee



Filling Our Tipis Youth Resiliency Project

What: Youth Resiliency project aimed at increasing mental wellness as well as strengthening familial, cultural, and community connections through use of the Cree Tipi Pole Teachings.

Activities Included: Smudge, Elders Wisdom, Cultural Teachings, Rattle Making, as well as Youth and Caregiver joint programming

When: Tuesday and Thursday from 4:30-6:30 pm September - October 2022

Where: Miywasin Friendship Centre

Who: Indigenous and Non-Indigenous Youth ages 13-17



**** Pre-registration required****

Please contact Carlee EaglePlume at (403) 866-3366 text/call to register

Next Cohort will run November and December for ages 10-12



Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Tutor Program 5:00pm-6:00	4 Filling Our Tipis 4:30-6:30pm	5 No Programming	6 Filling Our Tipis 4:30-6:30pm	7 Family Swimming 6:00-8:00pm	8
9	10 Thanksgiving Office Closed	11 Filling Our Tipis 4:30-6:30pm	12 No Programming	13 Filling Our Tipis 4:30-6:30pm	14 No Programming	15
16	17 No Programming	18 Filling Our Tipis 4:30-6:30pm	19 No Programming	20 Filling Our Tipis 4:30-6:30pm	21 Teen Kitchen 4:00-7:00pm	22
23	24 Family Pumpkin Carving 4:30-6:00pm	25 Filling Our Tipis 4:30-6:30pm	26 No Programming	27 Filling Our Tipis 4:30-6:30pm	28 No Programming	29
30	31					

Ages 11-17

Events are subject to change

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

Contact: Carlee EaglePlume
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 Provincial Family Resource Networks



OCTOBER 2022

Filling Our Tipis
(September-October Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings
Please contact Carlee to register at (403) 866-3366

New cohort will begin in November for ages 10-12



Cultural Addictions and Wellness Program

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Drumming Circle 10:30am-11:45am	4 Bannock & Tea 10:30-11:45 am	5 • Warrior Ways Men's Circle 4:30pm-6:30pm	6 • Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 (pm)	7 No Programming	8
9	10 STAT HOLIDAY NO- PROGRAMMING	11 Bannock & Tea 10:30-11:45 am	12 • Warrior Ways Men's Circle 4:30pm-6:30pm	13 • Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 (pm)	14 AHS outreach medical services 9:30am-11:30am	15
16	17 Drumming Circle 10:30am-11:45am	18 Bannock & Tea 10:30-11:45 am	19 • Warrior Ways Men's Circle 4:30pm-6:30pm	20 • Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 (pm)	21 No Programming	22
23	24 Drumming Circle 10:30am-11:45am	25 Bannock & Tea 10:30-11:45 am	26 • Warrior Ways Men's Circle 4:30pm-6:30pm	27 • Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 (pm)	28 AHS outreach medical services 9:30am-11:30am	29
30	31 Drumming Circle 10:30am-11:45am					

• Requires Registration.



LOCATED:
517 3rd St SE,
Medicine Hat, AB
T1A 0H2

Contact us for more information:

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

Rae-Ann Godfrey, Crisis Support
Cell: 403-952-9782
Email: Miywasin.raeann@gmail.com

Davie James, Cultural Coordinator
Cell: 403-878-5548

All activities are FREE thank you to our funders.



CAREGIVER EDUCATION PROGRAM

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Traditional Parenting Skills 1-3 P.M	4 Book Club 3:00-4:00 P.M	5 Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	6 No Programming	7 Family Swim 6-8 P.M	8	9
10 No Programming, Happy Thanksgiving!	11 Book Club 3:00-4:00 P.M	12 Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	13 No Programming	14 No Programming	15	16
17 Traditional Parenting Skills 1-3 P.M	18 Book Club 3:00-4:00 P.M	19 Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	20 No Programming	21 No Programming	22	23
24 Traditional Parenting Skills 1-3 P.M Family Pumpkin Carving 4:30-6:00 P.M	25 Book Club 3:00-4:00 P.M	26 Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	27 No Programming	28 No Programming	29	30/31 There will be no programming Monday October 31st!



Book Club: From the Ashes by Jesse Thistle
Limited books available-Registration Closed

Contact us to register:

Brooke Simon
Caregiver 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
526B 3RD STREET SE
Medicine Hat, ALBERTA



"Miywasin Friendship Centre"



NATIONAL DAY FOR TRUTH & RECONCILIATION

September 30

Medicine Hat College, in partnership with the Miywasin Friendship Centre, will be hosting an outdoor community event at the Medicine Hat campus.

LOCATION

Medicine Hat College

- Please bring a lawn chair if you are planning to stay for the duration of the event.

- Free parking

SCHEDULE

4:00PM

Welcome & Prayer

4:15PM

Walk for Reconciliation

5:00PM

Sharing and Blanket Ceremony
Honour Song

6:00PM

Round Dance

