

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

November/December 2022



INSIDE THIS ISSUE:

Seniors Weekly Program, COVID Supports.....	Page 2
Métis Money Moves, Filing Our Tips, Casino Volunteers Needed	Page 3
Youth Program Calendars for November & December	Page 4
Caregiver Education Program Calendar for November & December	Page 5
Cultural Addictions Program Calendar for November & December	Page 6
Elders Banquet, Flu Clinic, Christmas Programs	Page 7

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 Reception 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 Reception 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
pay down debt build savings find motivation

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

In-person @ Miywasin kitchen

email: metismoneymoves@gmail.com

Created by



Johanne Parenteau

Hosted by



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
pay down debt build savings find motivation

Wednesday, Nov 16th 1pm or

Friday, Dec 16th 1pm

In-person @ Miywasin kitchen

email: metismoneymoves@gmail.com

Created by



Johanne Parenteau

Hosted by



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 November - December 2022

Where: Miywasin Friendship Centre

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



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

Please contact Mekethia Fairbanks at (403) 878-5069 text/call to register

Next Cohort will run January and February for ages 10-13




CASINO NIGHT VOLUNTEERS NEEDED

ON NOVEMBER 23 & 24

CALL RECEPTION AT 403-526-0756 TO SIGN UP

Miywasin Youth Development Program



NOVEMBER 2022

Filling Our Tipis
(November-December Cohort)

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

Please contact Mekethia to register at (403) 878-5069
Cohort ages 13-17

New cohort will begin in January 2023 for ages 10-12

Gym Night
Please wear CLEAN-non marking running shoes.

Youth can either meet at Miywasin at 6:00pm or meet at St.Louis School at 6:25pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ages 11-17 *Events are subject to change*		1 No Programming	2 Gym Night 6:30pm-7:30pm	3 No Programming	4 Family Swimming 6:00pm-8:00pm	5
6	7 Tutor Program 5:00pm-6:00pm	8 No Programming	9 No Programming	10 Craft and Movie 4:30pm-6:00pm	11 Remembrance Day/ Office Closed	12
13	14 No Programming	15 Filling Our Tipis 4:30pm-6:30pm	16 Gym Night 6:30pm-7:30pm	17 Filling Our Tipis 4:30pm-6:30pm	18 No Programming	19
20	21 Tutor Program 5:00pm-6:00pm	22 Filling Our Tipis 4:30pm-6:30pm	23 No Programming	24 Filling Our Tipis 4:30-6:30pm	25 Teen Kitchen 4:00pm-7:00pm	26
27	28 No Programming	29 Filling Our Tipis 4:30pm-6:30pm	30 No Programming			

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

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

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

Thank you to our funders and supporters:



Alberta Provincial Family Resource Networks

Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ages 11-17 *Events are subject to change*	All events are FREE!!			1 Filling Our Tipis 4:30pm-6:30pm	2 No Programming	3
4	5 Christmas Craft 4:30pm-6:30pm	6 Filling Our Tipis 4:30pm-6:30pm	7 No Programming	8 Filling Our Tipis 4:30pm-6:30pm	9 Family Swim 6:00pm-8:00pm	10
11	12 Ginger Bread House 4:30pm-6:30pm	13 Filling Our Tipis 4:30pm-6:30pm	14 No Programming	15 Filling Our Tipis 4:30pm-6:30pm	16 Family Snow Day 4:30pm-6:30pm @ Kin Coulee	17
18	19 No Programming	20 Filling Our Tipis 4:30pm-6:30pm	21 No Programming	22 Filling Our Tipis 4:30pm-6:30pm	23 No Programming	24
25	26 No Programming	27 No Programming	28 No Programming	29 No Programming	30 No Programming	

Registration is required

Please call or text to sign up for each individual program.

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

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

Thank you to our funders and supporters:



Alberta Provincial Family Resource Networks



DECEMBER 2022

Filling Our Tipis
(November-December Cohort)

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

Please contact Mekethia to register at (403) 878-5069
Cohort ages 13-17

New cohort will begin in January 2023 for ages 10-12

Gym Night
Please wear CLEAN-non marking running shoes.

Youth can either meet at Miywasin at 6:00pm or meet at St.Louis School at 6:25pm

CAREGIVER EDUCATION PROGRAM

NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 No Programming	2 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	3 No Programming	4 Family Swim 6PM-8PM	5	6
7 Traditional Parenting Skills 1-3 P.M.	8 No Programming	9 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	10 No Programming	11 Remembrance Day Offices Closed	12	13
14 Traditional Parenting Skills 1-3 P.M.	15 No Programming	16 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	17 No Programming	18 Book Club 10:00-12:00	19	20
21 Traditional Parenting Skills 1-3 P.M.	22 No Programming	23 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	24 No Programming	25 Book Club 10:00-12:00	26	27
28 Traditional Parenting Skills 1-3 P.M.	29 No Programming	30 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom				



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.mywasin@gmail.com

All activities are FREE thanks to our funders.



MIYASIN FRIENDSHIP CENTRE
Family Centre Building
435 3RD STREET SE
Medicine Hat, ALBERTA



"Mywasin Friendship Centre"

CAREGIVER EDUCATION PROGRAM

DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 No Programming	2 Book Club 10:00-12:00	3	4
5 Traditional Parenting Skills 1-3 P.M.	6 No Programming	7 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	8 No Programming	9 Book Club 10:00-12:00	10	11
12 Traditional Parenting Skills 1-3 P.M.	13 No Programming	14 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	15 No Programming	16 Book Club 10:00-12:00 Family Snow Day 4:30-6:30 PM	17	18
19 No Programming	20 Morning & Mtn Crisis Decoding 1PM-3PM	21 No Programming	22 No Programming	23 Book Club 10:00-12:00 Offices close at 12:00PM	24	25 Merry Christmas!
26 Offices Closed	27 Offices Closed	28 Offices Closed	29 Offices Closed	30 Offices Closed	31	



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.mywasin@gmail.com

All activities are FREE thanks to our funders.



MIYASIN FRIENDSHIP CENTRE
Family Centre Building
435 3RD STREET SE
Medicine Hat, ALBERTA



"Mywasin Friendship Centre"



Cultural Addictions And Wellness Program

November 2022

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

* Requires Registration.

Contact us for more information:

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

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

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

All activities are FREE thank you to our funders.



Cultural Addictions And Wellness Program

December 2022

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

Contact us for more information:

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

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

All activities are FREE thank you to our funders.






ELDERS APPRECIATION BANQUET

Bring a dish to share with
family and friends!

Sign up with Reception
at 403-526-0756
by November 23, 2022

November 25 | 5:00 PM

Fifth Avenue Memorial United Church
476 4 St SE



Flu Vaccine Clinic

No Appointment Necessary

Wednesday, November 23
2:30pm - 4:00pm
Miywasin Kitchen (523 3 St SE)



Seniors Christmas Program

Sign up with Reception at
403-526-0756
by Friday, December 9 by 4:00 PM

The Seniors Christmas Program is available
for those 65+. Each household would
receive

- 1 - \$50 Walmart Gift Card
- 1 - \$100 Sobeys Gift Card

All program registrants will be required to
pick up their gift cards by
4:00 PM on Friday, December 16



FAMILY CHRISTMAS PROGRAM

SIGN UP WITH RECEPTION AT
403-526-0756

BY FRIDAY, DECEMBER 9
4:00 PM

The Family Christmas Program is available to families
with children 17 and under and living in the home. Each
household would receive

- 1 - \$25 Walmart Gift Card (per child)
- 1 - \$100 Sobeys Gift Card (per household)

All program registrants will be required to pick up their
gift cards by 4:00 PM on Friday, December 16



The Métis Week Proclamation signing with Mayor Linnsie Clark was on Monday, November 7, 2022. This year's Métis Weeks November 13 - November 19, 2022. The Proclamation also recognized November 16, 2022 as Louis Riel Day.

Fiddle Lessons Available
Friday, November 25, 2pm - 4pm
Saturday, November 26, 10am - 2pm
Space is limited. Sign up with Reception
at 403-526-0756

