

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

February 2023



The Hills Are Alive

June 8 - 11, 2023

Registration now open

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Métis Nation Local 8: (403) 504-4060
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2

THE HILLS ARE ALIVE



Music and Dance Cultural Fest

June 8 – 11, 2023



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 7, 2023 (BBQ \$5.00).

Daily - workshops: fiddle, guitar, piano, banjo, ukulele, 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, Patti Kusturok, 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 Dummore, 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, 2023: \$225.00

DAILY PASS: \$60 FAMILY RATES AVAILABLE (3 or more, deduct \$25 pp)

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 or provide proof from Dr. and PCR test within 2 days of arrival and with rapid testing available daily, PPE supplies will be available.

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

Visit our Website at www.miywasincentre.net



ARE YOU FINDING IT HARD TO
GET A FAMILY DOCTOR? ARE
WAIT TIMES TOO LONG?

According to Alberta Health Statistics, you are not alone.

***Please join us in collaboration
with Alberta Health Services***

February 3 & 17

9:30-11:30 a.m

Located In the Miywasin Kitchen

Alberta Health Services Harm Reduction
Intervention Team is offering medical
assistance to those in need.

Walk in services include:

- Harm Reduction supplies
- Resource Navigation
- Naloxone Training
- STBBI testing
- Prescriptions
- Wound care



Contact Us

Ken Turner

403-866-2717

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 - taxi voucher, rental arrears, utility arrears, income tax filing, and support with filling in forms/applications. These supports are available through intake only, you must book an appointment with Liberty Emkeit, 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 Reaching Home programs funded by Government of Canada.



Reaching Home Supports still available for families, individuals, seniors

Rent relief & emergency housing,
traditional meat,
utility arrears, transportation,
counselling support, 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 Liberty Emkeit, BSW, RSW Counselor at Miywasin 403-526-0756

Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Gym Night 6:30pm-7:30 pm	2 Filling Our Tips 4:30pm-6:30pm	3 Family Swim 6:00pm-8:00pm	4
5	6 Medicine Wheel Program 4:30pm-6:00pm	7 Filling Our Tips 4:30pm-6:30pm	8 No Programming	9 Filling Our Tips 4:30pm-6:30pm	10 No Programming	11
12	13 No Programming	14 Filling Our Tips 4:30pm-6:30pm	15 Gym Night 6:30pm-7:30 pm	16 Filling Our Tips 4:30pm-6:30pm	17 No Programming	18
19	20 Office Closed/No Programming	21 Filling Our Tips 4:30pm-6:30pm	22 No Programming	23 Filling Our Tips 4:30pm-6:30pm	24 Family Program TBA	25
26	27 Medicine Wheel Program 4:30pm-6:00pm	28 No Programming	Ages 11-17 *Events are subject to change*		All events are FREE!!	

Registration is required

Thank you to our funders and supporters:

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

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

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



FEBRUARY 2023

Filling Our Tips (January-February Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings
Please contact Mekethia to register at (403) 878-5069

New cohort will begin in March 2023

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 FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Programming	2 No Programming	3 Book Club 10:00-12:00 Family Swim 9-8 PM	4
5	6 No Programming	7 Medicine Wheel 1-3 PM	8 No Programming	9 No Programming	10 Cultural Program Registration Required (10:00-3:00)	11
12	13 No Programming	14 Medicine Wheel 1-3 PM	15 Cultural Kids (Drumming & Songs for ages 1-6) 2:30-3:30PM	16 No Programming	17 Book Club 10:00-12:00	18
19	20 Office Closed HAPPY FAMILY DAY	21 No Programming Family Centre Closed	22 No Programming Family Centre Closed	23 No Programming Family Centre Closed	24 Book Club 10:00-12:00 Family Program 10:30-12:00	25
26	27 No Programming	28 Mothers of Tradition 1-3 PM				



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



"Miywasin Friendship Centre"



Cultural Addictions And Wellness Program

February 2023

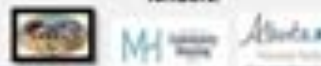
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Warrior Down Recovery Program 4:30-6:30 pm	2 Wellbeing Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 pm	3 AHI Outreach Medical Services 9:30-11:00am	4
5	6 Drumming Circle 10:30-11:45 am	7 Bannock & Tea 10:30-11:45 am	8 Warrior Down Recovery Program 4:30-4:30 pm	9 Wellbeing Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 pm	10	11
12 Drumming Circle 10:30-11:45 am	13 Bannock & Tea 10:30-11:45 am	14 Bannock & Tea 10:30-11:45 am	15 Warrior Down Recovery Program 4:30-4:30 pm	16 Wellbeing Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 pm	17 AHI Outreach Medical Services 9:30-11:00am	18
19 Office Closed No Programming	20 Office Closed No Programming	21 Bannock & Tea 10:30-11:45 am	22 Drum Making 1-3pm Registration required Ken 403-866-2717	23 Wellbeing Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 pm	24	25
26 Drumming Circle 10:30-11:45 am	27 Drumming Circle 10:30-11:45 am	28 Bannock & Tea 10:30-11:45 am				

Contact us for more information:

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

Boe-Ann Godfrey, Crisis Support
Cell: 403-933-8782
Email: miywasin.boeann@gmail.com

All activities are FREE thank you to our funders.



Did you know you could receive an email newsletter instead of by mail?



Sign up now for email edition by emailing us at miywasinfriendshipcentre01@gmail.com