

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

March 2023



## The Hills Are Alive

June 8 - 11, 2023

Registration filling up fast

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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 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, 2023: \$225.00**

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

**BUNKHOUSE CABINS: \$35/night**

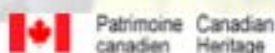
**Limited un-serviced RV parking/camping: \$35/night**

**(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](http://www.miywasincentre.net)**





**Marlene Cadotte, BSW, RSW**

**After 22 years serving as the Miywasin Counselor, Marlene has moved on to retirement. She has however volunteered to come in and do Income Tax returns for our clients at no cost. If you would like to book an appointment to get your income taxes done, please call Kim at 403-526-0756.**

**THANK YOU, MARLENE, for all your excellent years of service to Miywasin and the Indigenous community.**



**Next Métis Nation Local 8 Board Meeting**



**Tuesday, February 28, 2023  
7:00 pm at Miywasin Centre Kitchen  
All Members Welcome.**



# 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. Funds are limited, not all requests can be approved.



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.

Funds are limited, not all requests can be approved.

**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
<b>Ages 11-17</b> <b>*Events are subject to change*</b>			1 Medicine Wheel Program 4:30pm-6:00pm	2 No Programming	3 Family Swim 6:00pm-8:00pm	4
5	6 No Programming	7 Youth & Elder Painting Must Register!	8 Gym Night 6:30pm-7:30 pm	9 No Programming	10 No Programming	11
12	13 No Programming	14 Filling Our Tipis 4:30pm-6:30pm	15 No Programming	16 Filling Our Tipis 4:30pm-6:30pm	17 Family Program TBA	18
19	20 Medicine Wheel Program 4:30pm-6:00pm	21 Filling Our Tipis 4:30pm-6:30pm	22 Gym Night 6:30pm-7:30 pm	23 Filling Our Tipis 4:30pm-6:30pm	24 No Programming	25
26	27 No Programming	28 Filling Our Tipis 4:30pm-6:30pm	29 No Programming	30 Filling Our Tipis 4:30pm-6:30pm	31 No Programming	

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



## MARCH 2023

### Filling Our Tipis (March-April 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 July 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

## MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Craft Circle 11:00-2:00 (Lunch Provided)	2 No Programming	3 Book Club 10:00-12:00 Family Swim 5-8 PM	4
5	6 No Programming	7 Mothers of Tradition 1-3 PM	8 No Programming	9 No Programming	10 Book Club 10:00-12:00	11
12	13 No Programming	14 Mothers of Tradition 1-3 PM	15 Bridges Partnership Program 10:00-11:30AM	16 No Programming	17 Book Club 10:00-12:00 Family Program TBA 1:00-3:00PM	18
19	20 No Programming	21 Mothers of Tradition 1-3 PM	22 No Programming	23 No Programming	24 Book Club 10:00-12:00	25
26	27 No Programming	28 Mothers of Tradition 1-3 PM	29 MHPSD Partnership Program 10:00-11:30AM	30 No Programming	31 Book Club 10:00-12:00	



Book Club:

Tilly and the Crazy Eights

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

## March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Warrior Down Recovery Program 4:30-6:30 pm		AHS Outreach Medical Services 9:30-11:00am	
5	6	7	8	9	10	11
	Drumming Circle 10:30-11:45 am	Bannock & Tea 10:30-11:45 am	Warrior Down Recovery Program 4:30-6:30 pm			
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	
	Drumming Circle 10:30-11:45 am	Bannock & Tea 10:30-11:45 am	Warrior Down Recovery Program 4:30-6:30 pm		AHS Outreach Medical Services 9:30-11:00am	

**Contact us for more information:**

**Ken Turner, Addiction Counselor**  
Cultural Addiction Program  
Cell: 403-866-2717  
Email: [miywasin.kenturner@gmail.com](mailto:miywasin.kenturner@gmail.com)

**Rae-Ann Godfrey, Crisis Support**  
Cell: 403-952-9782  
Email: [Miywasin.raeann@gmail.com](mailto:Miywasin.raeann@gmail.com)

All activities are FREE thank you to our funders.



**YOUTH**  
GYM NIGHT  
**MARCH 8 & 22**  
6:30PM- 7:30PM  
CONTACT YOUTH PROGRAM STAFF  
FOR MORE INFORMATION

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](mailto:miywasinfriendshipcentre01@gmail.com)