

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

April 2023



The Hills Are Alive

June 8 - 11, 2023

Registration Almost Full

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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

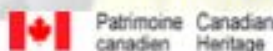
Limited un-serviced RV parking/camping: \$35/night

(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



COMMUNITY
Comedy

CONWAY KOOTENAY
"SMUDGE PAN"

DERRIC STARLIGHT

**ESPLANADE
MAIN THEATRE**

PAY WHAT YOU WILL AT
TIXX.CA

MARCH 30, 2023 6 PM

MORE SENIORS
PROGRAMMING

**COMING
SOON**

STAY TUNED

LOOK FOR MORE
PROGRAMS IN
MAY

Needing or in
search of Rental
Property?
I can help.

Brandi Wilcox
403-866-6109
Miywasin.brandi@gmail.com

Facebook Page
Brandi Miywasin

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, April 19th 1-3pm
In-person @ Miywasin kitchen
email: metismoneymoves@gmail.com

Created by

JoLynn Parenteau

Hosted by

MIYWASIN
FRIENDSHIP
CENTRE

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 |
|--|---|---|-----------------------------|---|-------------------------------------|----------|
| Ages 11-17 *Events are subject to change* | | All events are FREE!! | | | | 1 |
| 2 | 3 Medicine Wheel Program 4:30pm-6:00pm | 4 No Programming | 5 Gym Night 6:30pm-7:30 pm | 6 No Programming | 7 No Programming/ Office Closed | 8 |
| 9 | 10 No Programming/ Office Closed | 11 Filling Our Tipis 4:30pm-6:30pm | 12 No Programming | 13 Filling Our Tipis 4:30pm-6:30pm | 14 Family Swim 6:00pm-8:00pm | 15 |
| 16 | 17 Medicine Wheel Program 4:30pm-6:00pm | 18 Filling Our Tipis 4:30pm-6:30pm | 19 Gym Night 6:30pm-7:30 pm | 20 No Programming | 21 No Programming | 22 |
| 23 | 24 No Programming | 25 Filling Our Tipis 4:30pm-6:30pm | 26 No Programming | 27 Filling Our Tipis 4:30pm-6:30pm | 28 Family Program TBA | 29 |
| 30 | | | | | | |

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

Thank you to our funders and supporters:



APRIL 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

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

Caregiver Education Program

All programs require registration.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------|---|---|---|---|----------|
| | | | | | | 1 |
| 2 | 3 No Programming | 4 Traditional Parenting Skills 1:00-3:00pm | 5 Craft Circle 11:00am-2:00pm Registration Required | 6 MHPSD Partnership Program 1:00-2:30pm | 7 No Programming/ Office Closed | 8 |
| 9 | 10 No Programming/ Office Closed | 11 Traditional Parenting Skills 1:00-3:00pm | 12 Bridges Partnership Program 10:00-11:30pm Cultural Kids 2:30-3:30pm | 13 No Programming | 14 Book Club 10:00-12:00 Family Swim 6-8pm | 15 |
| 16 | 17 Cultural Explores 10:00-11:30am | 18 Traditional Parenting Skills 1:00-3:00pm | 19 No Programming | 20 No Programming | 21 Book Club 10:00-12:00 | 22 |
| 23 | 24 No Programming | 25 Traditional Parenting Skills 1:00-3:00pm | 26 MHPSD Partnership Program 10:00-11:30am | 27 No Programming | 28 Family Program TBA | 29 |
| 30 | | | | | | |

APRIL 2023



Book Club:
Tilly and the Crazy Eights
Limited books available-
Registration Closed

Contact us to register:

Miywasin Friendship Centre:
(403) 526-0756
Or text (403) 952-9605



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



"Miywasin Friendship Centre"

All activities are FREE thanks to our funders.



CULTURAL ADDICTIONS AND WELLNESS PROGRAM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------------------------------------|--------------------------------------|--|--------------------------------------|--|----------|
| 1 HAPPY EASTER | | | | | | 1 |
| 2 | 3 Drumming Circle 10:30-11:45 | 4 Bannock and Tea 10:30-11:45 | 5 Warrior Down Mens Recovery Program 4:30-6:30 pm | 6 Arts and Crafts 10:30-11:45 | 7 Holiday Centre Closed | 8 |
| 9 | 10 Holiday Centre Closed | 11 No Programming | 12 Warrior Down Mens Recovery Program 4:30-6:30 pm | 13 Arts and Crafts 10:30-11:45 | 14 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM | 15 |
| 16 | 17 Drumming Circle 10:30-11:45 | 18 Bannock and Tea 10:30-11:45 | 19 Warrior Down Mens Recovery Program 4:30-6:30 pm | 20 Arts and Crafts 10:30-11:45 | 21 No Programming | 22 |
| 23 30 | 24 Drumming Circle 10:30-11:45 | 25 Bannock and Tea 10:30-11:45 | 26 Warrior Down Mens Recovery Program 4:30-6:30 pm Blackfoot Language Program TBD | 27 Arts and Crafts 10:30-11:45 | 28 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM | 29 |



APRIL 2023



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

All activities are FREE thank
 you to our funders.



CASINO NIGHT VOLUNTEERS NEEDED

ON APRIL 9 & 10

CALL RECEPTION AT 403-526-0756 TO
SIGN UP

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



Sign up now for email edition by emailing
 us at
info@miywasincentre.net