

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

May 2023



The Hills Are Alive

June 8 - 11, 2023

Registration Is 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

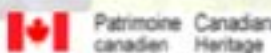
Limited un-serviced RV parking/camping: \$35/night

(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





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, May 17th 1-3pm

In-person @ Miywasin kitchen
email: metismoneymoves@gmail.com
or call/text 403-502-0529

Created by



Jo Lynn Parenteau

Hosted by



Needing or in
search of Rental
Property?

I can help.



Brandi Wilcox

403-866-6109

Miywasin.brandi@gmail.com

Facebook Page

Brandi Miywasin

MORE SENIORS
PROGRAMMING

**COMING
SOON**

STAY TUNED

LOOK FOR MORE
PROGRAMS IN
MAY



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 Carol Syrette, BSW, RSW Counselor at Miywasin 403-526-0756

CULTURAL ADDICTIONS AND WELLNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Drumming Circle 10:30-11:45am	2 Bannock and Tea 10:30-11:45am	3 Warrior Mens Circle 4:30-6:30 pm	4 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	5 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM	6
7	8 Drumming Circle 10:30-11:45am	9 Bannock and Tea 10:30-11:45am	10 No Programming	11 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	12 No Programming	13
14 <i>HAPPY Mother's DAY</i>	15 Drumming Circle 10:30-11:45am	16 Bannock and Tea 10:30-11:45am	17 Warrior Mens Circle 4:30-6:30 pm	18 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	19 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM	20
21	22 Victoria Day No Programs	23 Bannock and Tea 10:30-11:45am	24 CREE LANGUAGE BIG EAGLE ROOM MEDICINE HAT COLLEGE 1:00-3:00PM	25 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	26 No Programming	27
28	29 Drumming Circle 10:30-11:45am	30 Bannock and Tea 10:30-11:45am	31 Warrior Mens Circle 4:30-6:30 pm			

PLEASE CONTACT KEN TO REGISTER



MAY 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: Rae-ann@miywasincentre.net

All activities are FREE thank you to our funders.



Caregiver Education Program

All programs require registration.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CULTURAL EXPLORERS 10-11:30AM	2 TRADITIONAL PARENTING 1-3PM	3 NO PROGRAMMING	4 CULTURAL KIDS 2:30-3:30	5 FAMILY SWIM BOOK CLUB 10-12:00PM	6
7	8 NO PROGRAMMING	9 SHARING OUR CULTURE EVENT	10 SHARING OUR CULTURE EVENT	11 SHARING OUR CULTURE EVENT	12 BOOK CLUB 10-12:00PM	13
14	15 CULTURAL EXPLORERS 10-11:30AM	16 TRADITIONAL PARENTING 1-3PM	17 BRIDGES PARTNERSHIP PROGRAM 10-11:30AM	18 CULTURAL KIDS 2:30-3:30PM	19 BOOK CLUB 10-12:00PM	20
21	22 CULTURAL EXPLORERS 10-11:30AM	23 TRADITIONAL PARENTING 1-3PM	24 NO PROGRAMMING	25 MHPSD PARTNERSHIP PROGRAM 1-2:30PM	26 BOOK CLUB 10-12:00PM	27
28	29 NO PROGRAMMING	30 TRADITIONAL PARENTING 1-3PM	31 MHPSD PARTNERSHIP PROGRAM 10-11:30AM			



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



"Miywasin Friendship Centre"



MAY 2023

Miywasin Friendship Centre:

(403) 526-0756

Or text (403) 952-9605

All activities are FREE thanks to our funders.



Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Medicine Wheel Program 4:30pm-6:00pm	2 No Programming	3 Cym night 6:30pm-7:30pm	4 Medicine Wheel Program 4:30pm-6:00pm	5 Family Swim 6:00pm-8:00pm	6
7	8 No Programming	9 No Programming	10 No Programming	11 No Programming	12 No Programming	13
14	15 Medicine Wheel Program 4:30pm-6:00pm	16 No Programming	17 Cym night 6:30pm-7:30pm	18 Medicine Wheel Program 4:30pm-6:00pm	19 Teen Kitchen 4:00pm-7:00pm	20
21	22 No Programming	23 Medicine Wheel Program 4:30pm-6:00pm	24 No Programming	25 Medicine Wheel Program 4:30pm-6:00pm	26 No Programming	27
28	29 No Programming	30 No Programming	31 No Programming	Ages 11-17 *Events are subject to change*		All events are FREE!!



MAY 2023

Filling Our Tapis

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

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:



Did you know...

The Miywasin Friendship Centre offers free one-on-one counselling.

Call the office today to book an intake.

403-526-0756

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

