

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

February 2024



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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



MEDICINE HAT

Ancestors Reburial Project



The Medicine Hat Ancestors Reburial Project Team invites Indigenous Elders, Knowledge Keepers, and interested community members to join us

**Wednesday, February 21st
1-3 PM**

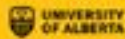
Panel presentation and discussion:

"Welcoming our Ancestors home"

& an invitation for **community conversation** regarding the reburial of Medicine Hat Ancestors

RSVP | amyconnochie@hotmail.com 250.581.2111

PROJECT PARTNERS AND SPONSORS



Explore these questions and more:

How should the ceremony for the reinterment proceed?

What time of day should the ceremony take place?

How should the Ancestors be transported to Medicine Hat?

Join us for a **Blanket Exercise**

**Thursday, February 22nd
10 AM-2 PM**

Gain a new understanding of colonization. For a more impactful experience, please **bring your own blanket** that can be placed on the floor and stood upon.



Please rejoin us in the evening for a banquet to share a meal and listen to the experiences of our Elders

**Harmony in Gathering:
Renewing the Spirit, Building Strength**
Thursday, February 22nd | 5:30 PM

Please RSVP

HOSTED BY



ESPLANADE
ARTS & HERITAGE CENTRE

Location:
401 1 St SE | Studio Theatre

Renewing the Spirit of Truth and Reconciliation

Join us for the **KAIROS Blanket Exercise**
Thursday, February 22nd | 9 AM-12 PM

The KAIROS Blanket Exercise is an experiential learning tool based on participatory education methodology that explores the historic and contemporary relationship between Indigenous and non-Indigenous peoples in the land we now know as Canada.

Who should attend:

Service Providers and those interested in promoting reconciliACTION in our community.

For a more impactful experience, **please bring your own blanket** that can be placed on the floor and stood upon.



Please rejoin us in the evening for a
banquet in honour of residential school survivors

Harmony in Gathering: Renewing the Spirit, Building Strength
Thursday, February 22nd | 5:30 PM

Interactive Storytelling led by emcee Lance Scout
with special guest Winston Wadsworth

Enquire/RSVP: info@miywasincentre.net or 403.526.0756

Maarsij
Miigwech
Thank you



SENIORS 2024 LUNCHEON MENU

Friday, January 19, 2024

Perogies, Cabbage Rolls, Sausage, Tossed Salad, Blueberry Cheesecake

Friday, February 16, 2024

Pork Loin, Apple Sauce, Mashed Potatoes, Mixed Vegetables, Lemon Squares

Friday, March 15, 2024

Steak n' Peppers in Tomato Sauce, Rice, Tossed Salad, Apple Crumble & Ice Cream

Friday, April 19, 2024

Tomato Sausage Polenta, Coleslaw, Pineapple Slice

Friday, May 17, 2024

Deep Dish Taco Squares, Caesar Salad, Mixed Berry Tarts & Whipping Cream

Friday, June 21, 2024

Bison Chili, Potato Salad, Macaroni Salad, Fresh Fruit, Assorted Cookies & Squares

SENIORS SUPPORTS

All seniors welcome to come to Miywasin Friendship Centre for once-a-month hot meal program. We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for as long as funding lasts), punch cards for Leisure Centre/YMCA, transportation -bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears and support with filling in forms/applications. These supports are available through intake only, you must book an appointment with Carol Syrette, MSW, RSW Counselor at Miywasin 403-526-0756.

For Income Tax Filing and Seniors Activity Programs, please call Marlene Cadotte at 403-952-8100.





New Horizons for Seniors

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

CONTACT US FOR MORE INFORMATION

MARLENE CADOTTE -
SENIORS PROGRAM
COORDINATOR
CELL: 403-952-8100

ALL ACTIVITIES ARE FREE THANK YOU TO OUR FUNDERS



ANFA AND NEW HORIZONS FOR SENIORS
NATIONAL INDIAN BROTHERHOOD - NIB TRUST
AB CULTURE DAYS


ELDERS LUNCH MENU:

FRIDAY, FEBRUARY 16TH, 2024 - PORK LOIN, APPLE SAUCE, MASHED POTATOES, MIXED VEGETABLES & LEMON SQUARES



Cultural Addictions And Wellness Program

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Wellbriety Registered program 1:30-3:30	2 No Program	3
4	5 Drumming Circle 10:30 - 11:45	6 Bannock & Tea 10:30- 11:45 am	7 Rattle Making part 2	8 Wellbriety Registered program Warriors Circle Cooking/Nutrition 6:00 /7-30pm	9 AHS outreach medical service. 9:30- 11:30am	10
11	12 Drumming Circle 10:30 - 11:45	13 Bannock & Tea 10:30- 11:45 am	14 No Program	15 Wellbriety Registered program 1:30-3:30	16 No Program	17
18	19 No program Family Day	20 No Program Healing & Reconciliation	21 No Program Healing & Reconciliation	22 No Program Healing & Reconciliation	23 No Program Healing & Reconciliation	24
25	26 Drumming Circle 10:30 - 11:45	27 Bannock & Tea 10:30- 11:45 am	28 No Program	29 Wellbriety Registered program Warriors Circle Cooking/Nutrition 6:00 /7-30pm		

Contact us for more information:

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

All activities are FREE thank you to our funders.





MIYWASIN
YOUTH
DEVELOPMENT
PROGRAM

FILLING OUR TIPIS

YOUTH RESILIENCY PROJECT



Alberta

WHO WE ARE?

We are a department of the Miywasin Friendship Centre in Medicine Hat, AB that serves the needs of urban indigenous and non indigenous youth through our myriad of youth programming, activities, & events.

WHAT IS FILLING OUR TIPIS?

It is a youth resiliency project aimed at increasing mental wellness as well as strengthen familial, cultural, and community connections through the use of the Cree Tipi Pole teachings.



ACTIVITIES INCLUDE:

Smudging, language learning, acquiring traditional knowledge from various indigenous communities, drum teachings, indigenous style crafting.

WHEN:

Every Tuesday & Thursday during the months of March and April 2024.


WHERE:

Miywasin Friendship Centre

WHO:

Indigenous and non indigenous youth ages 11-17

CALL MEKETHIA FAIRBANKS
FOR MORE INFO AND
REGISTRATION

 (403) 878 5069

 mekethiafairbanks.miywasin@gmail.com

Miywasin Youth Development Program

February 2024



Filling Our Tipis

(January- February Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi pole teachings.

Please contact Mekethia for information, questions and to register at (403) 878-5069

New cohort will be in March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ages 11-17						
Events are subject to change						
All events are FREE!!						
4	5 No Programming	6 Filling Our Tipis 4:30pm-6:30pm	7 Medicine Wheel Program 4:30pm-6:00pm	8 Filling Our Tipis 4:30pm-6:30pm	9 No Programming	10
11	12 Medicine Wheel Program 4:30pm-6:00pm	13 Filling Our Tipis 4:30pm-6:30pm	14 No Programming	15 Filling Our Tipis 4:30pm-6:30pm	16 No Programming	17
18	19 Office Closed/No Programming	20 No Programming	21 No Programming	22 No Programming	23 No Programming	24 Traditional Trails TBA
25	26 No Programming	27 Filling Our Tipis 4:30pm-6:30pm	28 Gym Night 6:30pm-7:30pm	29 Filling Our Tipis 4:30pm-6:30pm		

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: Addison Dehart
Phone or text (403) 878-5548

Thank you to our funders and supporters:

Gym Night
Please wear CLEAN- non marking running shoes.
Meet at St. Louis School at 6:25pm

Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

FEBRUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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- READING CIRCLE**
COME ENJOY A COFFEE AND READING WITH YOUR LITTLES. ALL INDIGENOUS CHILDREN'S BOOKS WITH TEACHINGS EACH WEEK.
- CULTURAL KIDS-3-6YRS.**
HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM (AFTER-SCHOOL TIME)
- PARENTS MUST STAY ON SITE!**
REGISTRATION REQUIRED
- CULTURAL EMPLOYERS 0-3YRS.**
HELP YOUR LITTLES EXPLORE CULTURE WITH THEIR PARENT/CAREGIVER BY THEIR SIDE LEARNING AND EXPLORING TOGETHER.
REGISTRATION REQUIRED
- MOTHERS OF TRADITION-**
HELPING PARENTS/CAREGIVERS CONNECT BACK TO THEIR ROOTS AND BRING TRADITION BACK TO THEIR CHILDREN
REGISTRATION REQUIRED
- FAMILY PROGRAMMING.**
PROGRAMMING IS OPEN FOR ALL YOUTH, FAMILIES, TO PARTICIPATE IN FREE FAMILY ACTIVITIES.

Miywasin Friendship Centre:
Call:(403) 526-0756
text:(403) 952-9605
Email-Shelby@miywasincentre.net

Miywasin Friendship Centre
435-3rd St. SE
Medicine Hat, Alberta
(Programming Address)

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

Find us on **facebook.**

Community Housing

"Miywasin Friendship Centre"



Cultural Program FEBRUARY 2024

FOR MORE INFORMATION
PLEASE CONTACT:
Cathy Roulette
Cultural Coordinator
403-526-0756

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
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Valentines Day (Feb 14)

INTRO TO READING 1:30 - 4:30
REGISTRATION REQUIRED
LIMITED SPOTS (Feb 10)

DREAMCATCHERS 3-6PM
REGISTRATION REQUIRED
LIMITED SPOTS (Feb 26)

ANCESTORS REBURIAL PROJECT 1-3PM
ESPLANADE (Feb 21)

Blanket Exercise 9am-12pm
Banquet 5:30
REGISTRATION REQUIRED
LIMITED SPOTS (Feb 22)

Thank you to our funders & supporters:



TO REGISTER FOR A PROGRAM PLEASE CALL 403-526-0756
OR EMAIL CATHY@MIYWASINCENTRE.NET

CLASS SIZES ARE LIMITED AND ARE ON FIRST COME FIRST SERVE BASIS