

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

March 2024



**THE MIYWASIN
FRIENDSHIP CENTRE
WILL BE CLOSED MARCH
29TH GOOD FRIDAY &
APRIL 1ST.**

INSIDE THIS ISSUE:

The Hills Are Alive Poster.....	Page 2
Casino Poster.....	Page 3
New Horizons for Seniors Calendar.....	Page 4
Caregiver Education Program Calendar.....	Page 5
Youth Development Program Calendar.....	Page 6
Cultural Addictions & Wellness Program Calendar.....	Page 7
Cultural Program Calendar.....	Page 8

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 6 - 9, 2024



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 5, 2024 (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, Donna Hiller-Turk, Don Sawchuk, Wally Garrioch, Cathy Sproule, and 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 \$75 deposit to reserve your place. Registration capped at 150 participants.

Early Bird Registration 4 DAY PASS: \$200.00 After May 1, 2024: \$300.00

DAILY PASS: \$75 FAMILY RATES AVAILABLE: (3 or more, deduct \$25 pp)

BUNKHOUSE CABINS: \$40/night

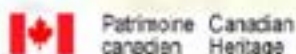
Limited un-serviced RV parking/camping: \$50/night

(Fees inc. instruction, cultural activities, meals & concerts)

COVID Rapid testing and PPE supplies available upon request.

For more information or to register call Keritha Saddleback @ 403-526-0756

Visit our Website at www.miywasincentre.net





CASINO
NIGHT
VOLUNTEERS
NEEDED

ON APRIL 8 & 9

CALL RECEPTION AT 403-526-0756 TO
SIGN UP



New Horizons for Seniors



MARCH 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Happy St. Patrick's Day	4	5	6	7	1 BINGO 1:00-4:00PM	2
10	11	12	13	14	8 SENIORS GIFTCARD AT MIYWASIN KITCHEN 11:00-4:00PM	16
17	18	19	20	21	15 ELDERS LUNCHEON AT THE MIYWASIN KITCHEN 12:00PM	23
24	25	26	27	28	22 GAMES WE PLAY 1:00-3:00PM	30
31 EASTER					29 GOOD FRIDAY OFFICE CLOSED	

ELDERS LUNCH MENU:

FRIDAY, MARCH 15TH, 2024 - STEAK N' PEPPERS IN TOMATO SAUCE, RICE, TOSSED SALAD, APPLE CRUMBLE & ICE CREAM



Caregiver Education Program



All programs require registration.

All activities are FREE thanks to our funders.

MARCH 2024



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 EXPLORERS 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
	COLLEGE PROGRAM DRUMMING & TRADITIONAL SONGS 10-11:45	MOTHER OF TRADITION 1-3PM (LESSON BUILDING RELATIONSHIPS)	CULTURAL EXPLORERS 10:30-12:00 (FEELINGS AND EMOTIONS)	NO PROGRAMMING	NHPSO PLAYGROUP 1:00-2:30PM (ACTIVITY: DRUMMING & JIGGING) BIG MARBLE GO	
10	11	12	13	14	15	16
	READING CIRCLE 10:00-10:45 (STORY: "THE DIAMOND STICK")	CULTURAL EXPLORERS- SENSORY BUS	NO PROGRAMMING	NO PROGRAMMING	NO PROGRAMMING	
17	18	19	20	21	22	23
	NO PROGRAMMING	NO PROGRAMMING	BRIDGES SENSORY PLAYGROUP 10-11:30 AM	CULTURAL EXPLORERS 10:30-12:00 (OUTDOOR EXPLORE)	CULTURAL KIDS 3-5	
24	25	26	27	28	29	30
	NO PROGRAMMING	NO PROGRAMMING	NO PROGRAMMING	CULTURAL EXPLORERS/EASTER PARTY 10:30-12:00	HOLIDAY GOOD FRIDAY	
31						



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

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



"Miywasin Friendship Centre"

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

Miywasin Youth Development Program



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		All events are FREE!!				
	Ages 11-17					
	Events are subject to change					
3	4 No Programming	5 Medicine Wheel Program 4:30pm-6:00pm	6 No Programming	7 Medicine Wheel Program 4:30pm-6:00pm	8 No Programming	9 No Programming
10	11 No Programming	12 No Programming	13 Gym Night 6:30pm-7:30pm	14 Medicine Wheel Program 4:30pm-6:00pm	15 No Programming	16 No Programming
17	18 Medicine Wheel Program 4:30pm-6:00pm	19 Filling Our Tips 4:30pm-6:30pm	20 Medicine Wheel Program 4:30pm-6:00pm	21 Filling Our Tips 4:30pm-6:30pm	22 No Programming	23 No Programming
24	25 Medicine Wheel Program 4:30pm-6:00pm	26 Filling Our Tips 4:30pm-6:30pm	27 Gym Night 6:30pm-7:30pm	28 Filling Our Tips 4:30pm-6:30pm	29 No Programming/ Office Closed	30 No Programming/ Office Closed

MARCH 2024

Filling Our Tips (March & April Cohort)

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

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

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



Alberta

Provincial Family Resource Networks


Thank you to our funders and supporters:

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



Cultural Addictions And Wellness Program

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Program	2
3	4 Drumming Circle 10:30 - 11:45	5 Bannock & Tea 10:30- 11:45 am	6 No Program	7 Wellbriety 7:30- 4:30 Warriors Circle Cooking/Nutrition 6:00 /7:30pm	8 AHS outreach medical service. 9:30- 11:30am	9
10	11 Drumming Circle 10:30 - 11:45	12 Bannock & Tea 10:30- 11:45 am	13 No Program	14 Wellbriety Registered program 1:30-3:30	15 No Program	16
17	18 Drumming Circle 10:30 - 11:45	19 Bannock & Tea 10:30- 11:45 am	20 No Program	21 Wellbriety Registered program Warriors Circle Cooking/Nutrition 6:00 /7:30pm	22 AHS outreach medical service. 9:30- 11:30am	23
24	25 Drumming Circle 10:30 - 11:45	26 Bannock & Tea 10:30- 11:45 am	27 No Program	28 Wellbriety Registered program 1:30-3:30	29 Good Friday No Programs	30
31						

Contact us for more information:

Ken Turner

Cultural Connection Program

Cell: 403-866-2717

Email: ken@miywasincentre.net

All activities are **FREE** thank you to our funders.











Cultural Program



MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						2 Ribbon Skirts *Registration required*
3	4	5	6	7	8	9
10	11	12	13 Smudge boxes 4-6pm *Registration required*	14	15	16
17 Happy St. Patrick's Day 	18	19	20	21	22	23
24/31 	25	26	27	28	29 Good Friday Office Closed	30

FOR MORE INFORMATION
OR
TO REGISTER FOR A PROGRAM
CONTACT:

CATHY ROULETTE
WEAVING WICHITOWIN
COORDINATOR
403-526-0756

ALL ACTIVITIES ARE FREE
THANK YOU TO OUR FUNDERS



Programs with registration required are on a first come first serve basis