

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

July 2024



**Office  
closures:  
July 1st for  
Canada Day  
and July  
25th.**

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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

*Volunteer*

# APPRECIATION BBQ

you're invited to join us



Live music - Good food & more

**Thursday, July 25th**

**1:00pm**

**Miywasin Camp**

Elkwater, AB

For More Info Call Reception 403-526-0756



# New Horizons for Seniors

## JULY 2024

CONTACT US FOR MORE INFORMATION

**MARLENE CADOTTE - SENIORS PROGRAM COORDINATOR**

CELL: 403-952-8100

ALL ACTIVITIES ARE FREE THANK YOU TO OUR FUNDERS

**DUE TO FUNDING THE GROCERY GIFT CARD PROGRAM WILL ONLY BE AVAILABLE TO THOSE 65+ EVERY TWO MONTHS. PLEASE BOOK AN INTAKE WITH SANDRA EBACH TO DETERMINE IF YOU ARE ELIGIBLE.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Happy Canada Day	3	4	5 BINGO 1:00-4:30PM	6	
7	8	9	10	11 GAMES WE PLAY 1:00-4:30PM	12 GAMES WE PLAY 1:00-4:30PM	13
14	15	16	17	18 GAMES WE PLAY 1:00-4:30PM	19 GAMES WE PLAY 1:00-4:30PM	20
21	22	23	24	25 VOLUNTEER BBQ AT CAMP MIYWASIN	26 GAMES WE PLAY 1:00-4:30PM	27
28	29	30				

PLEASE KEEP A LOOK OUT ON OUR FACEBOOK PAGE FOR FUTURE WORKSHOPS!

Please note: No Elders Lunch for July and August

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



# Cultural Connections And Wellness Program

## July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Canada Day Centre Closed</b>	2 Bannock & Tea 10:30-11:45 am	3 I am a kind man 5:00-7:00pm	4 No Programs	5 No Programs	6
7	8 Drumming Circle 10:30-11:45	9 Bannock & Tea 10:30-11:45 am	10 MH Archeology Event @ Kin Coulee Park 10-3pm <b>I am a Kind man 5:00-7:00pm</b>	11 No Programs	12 AHS outreach medical service. 9:30-11:30am	13
14	15 Drumming Circle 10:30-11:45	16 Bannock & Tea 10:30-11:45 am	17 I am a kind man 5:00-7:00pm	18 No Programs	19 No Programs	20
21	22 Drumming Circle 10:30-11:45	23 Bannock & Tea 10:30-11:45 am	24 Wellbriety 2-4pm I am a kind man 5:00-7:00pm	25 Men's Circle 6-7pm	26 AHS outreach medical service. 9:30-11:30am	27
28	29 Drumming Circle 10:30-11:45	30 Bannock & Tea 10:30-11:45 am	31 Wellbriety 2-4pm I am a kind man 5:00-7:00pm			

**Contact us for more information:**

**Ken Turner**  
Cultural Connection Program  
Cell: 403-866-2717  
Email: [ken@miywasincentre.net](mailto:ken@miywasincentre.net)

All activities are FREE thank you to our funders.



# Caregiver Education Program

## All programs require registration.

All activities are FREE thanks to our funders.

# JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NO PROGRAM HAPPY CANADA DAY	2 NO PROGRAMMING	3 CULTURAL KIDS 1:00-3:00PM (ACTIVITY: TRADITIONAL GAMES)	4 FAMILY PROGRAM 1:00-3:00 TBA	5 NO PROGRAMMING	6
7	8 CULTURAL KIDS 1:00-3:30 PM (ACTIVITY: BOKE IN THE DIST TRADITIONAL GAMES)	9 CULTURAL EXPLORERS 10:30-11:30 (ACTIVITY: BUTTERFLY HOUSE)	10 NO PROGRAMMING	11 FAMILY PROGRAM 1:00-3:00 TBA	12 NO PROGRAMMING	13
14	15 NO PROGRAMMING	16 CULTURAL KIDS 1:00-3:30 PM (ACTIVITY: SPONGE CACTUS & MAKE THE STICK JUMP)	17 BRIDGES SENSORY PLAYGROUP 10:15-11:30 AM (REGISTRATION REQUIRED)	18 FAMILY PROGRAM 1:00-3:00 TBA	19 NO PROGRAMMING	20
21	22 CULTURAL KIDS 1:00-3:30PM (ACTIVITY: NATURE WALK & ORAL STORYTELLING)	23 NO PROGRAMMING	24 NO PROGRAMMING	25 FAMILY PROGRAM STAMPEDE PARADE	26 NO PROGRAMMING	27
28	29 CULTURAL KIDS 1:00-3:30 (ACTIVITY: WISHING BOATS & PINECONE ANIMALS)	30 CULTURAL EXPLORERS 10:30-11:30 (ACTIVITY: STORY STONES AND ORAL STORY TELLING)	31 NO PROGRAMMING			

### CULTURAL KIDS-3-5YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENTS/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE) AFTER SCHOOL TIME 3-5 PM!

### CULTURAL EXPLORERS 0-3YRS.

HELP YOUR LITTLES EXPLORE CULTURE WITH THEIR PARENT/CAREGIVER BY THEIR SIDE LEARNING AND EXPLORING TOGETHER. REGISTRATION REQUIRED

### FAMILY PROGRAMMING.

PROGRAMMING IS OPEN FOR ALL CHILDREN, YOUTH, PARENTS/CAREGIVERS, AUNTIES AND UNCLES. HAVE SOME FUN AND ENGAGE IN SOME FREE, SAFE FAMILY FUN TOGETHER.

### BRIDGES SENSORY GROUP.

PARTNERSHIP BETWEEN BRIDGES PARENTING PROGRAM AND MIYWASIN FAMILY PROGRAM, ADDING AN INDIGENOUS LENSE TO SENSORY PLAY FOR OUR LITTLES.

## Miywasin Friendship Centre:

Call:(403) 526-0756

text:(403) 952-9605

Email- Shelby@miywasincentre.net



"Miywasin Friendship Centre"

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

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

# July 2024

## Weaving Wicihitowin Calendar

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
7	8	9	10		12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

For more information or to register:

register:

Cathy Roulette

Weaving Wicihitowin

Coordinator

403-526-0756

or

Cathy@mlywasincentre.net



# Miywasin Youth Development Program



## JULY 2024

### Family Programming

Programming open for all youth, families, siblings, aunts and friends to participate in free and fun summer activities

### Camp Miywasin

Located in Elkwater, Camp Miywasin is perfect for land based teachings and summer fun.

\*Due to limited space please sign up prior\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day Office Closed	2 No Programming	3 Medicine Wheel Program 1:00pm-3:00pm	4 Family Program 1:00pm-3:00pm	5 No Programming	6
7	8 No Programming	9 Camp Miywasin 9:00am-3:00pm	10 Medicine Wheel Program 1:00pm-3:00pm	11 Family Program 1:00pm-3:00pm	12 No Programming	13
14	15 No Programming	16 Camp Miywasin 9:00am-3:00pm	17 No Programming	18 Family Program 1:00pm-3:00pm	19 No Programming	20
21	22 No Programming	23 Medicine Wheel Program 1:00pm-3:00pm	24 No Programming	25 Family Program/ Volunteer BBQ TBA	26 No Programming	27
28	29 No Programming	30 Camp Miywasin 9:00am-3:00pm	31 Medicine Wheel Program 1:00pm-3:00pm	<b>*Events are subject to change* All events are FREE!!</b>		

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



**Thank you to our  
funders and  
supporters:**



**Registration is required**  
Please call or text to sign up for  
each individual program.

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

# “I am a Kind Man”

was created...to end violence towards indigenous women”



## WHAT IS “I AM A KIND MAN?”

The “I am a Kind Man” campaign was created for communities to engage indigenous men in raising awareness and understanding of violence against women, and in supporting men come together and to end violence. It is designed to offer men a safe space to begin to understand their roles and responsibilities in ending violence.

### ACTIVITIES:

Smudging, language learning, drum teachings, healing circles, learning from Elders and Knowledge Keepers, medicine harvesting, and much more.

### WHEN:

Wednesday evenings 5:00pm - 7:00pm during the months of June, July, & August.

### WHERE:

Miywasin Friendship Centre, 517 Third St SE, Medicine Hat AB T1A 0H2

### WHO:

Indigenous & non indigenous men 18+; 2 spirited individuals welcome!



**anfca**  
alberta native friendship centres association

Alberta



Contact Mekethia Fairbanks for registration or information  
mekethia@miywasincentre.net

Phone: (403) 878 5069

Email:



**STREATS**

Medicine Hat  
Skateboard  
Association

TOURISM

Medicine Hat

**OK TIRE**

Service, Repair and Tires.

StayInMedicineHat.com

**TMR**  
TRADEMARK  
ROOFING

# BEAT THE HEAT

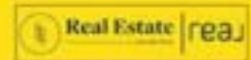


July 1st - 2024

KINSMEN  
SKATE  
PLAZA



RAILPRO



Earls  
KITCHEN + BAR

TIKI PRESS  
SCREEN PRINTING & EMBROIDERY



Niwa  
CRANE LTD.



Western  
FINANCIAL GROUP

speech & language  
works inc.



Advanced  
Counselling Inc.



servus  
credit union

Nicole Keeler &  
Jeff Paulson

SignWorks

Tim Hortons  
MEDICINE HAT & BASSIN

h@mesteadniwa.ca

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BEAT THE HEAT  
BEAT THE HEAT

BEAT THE HEAT

BEAT THE HEAT  
BEAT THE HEAT

*Save the date:*

# July 10, 2024 Kin Couleee Park

Saamis 40th Anniversary Celebration

**Performers, Activities, Displays and Tours - 10am - 3pm**



Medicine Hat



SOUTH EASTERN ALBERTA  
ARCHAEOLOGICAL SOCIETY

