

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

September 2024

**The Miywasin Friendship  
Centre will be closed  
September 2nd for  
Labour Day.**

**We will also be closed  
September 30th for  
National Truth &  
Reconciliation Day**

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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

CELEBRATE

# Alberta Culture Days

IN POLICE POINT PARK

2024

**SAT SEPT 21**  
1:00 - 3:00 PM

**Pow Wow Dancers**

Cultural Craft

Bannock Over the Fire

EVERYONE WELCOME

**SUN SEPT 22**  
1:00 - 3:00 PM

**Métis Fiddle Music**

Métis Jigging & Spoons

Bannock Over the Fire

BRING A LAWN CHAIR

HOSTED BY



Managed by the Society of Grasslands Naturalists

SUPPORTED BY



AlbertaCultureDays.ca

Discover • Experience • Celebrate



# CASINO VOLUNTEERS NEEDED

**SEPTEMBER 21 & 22, 2024**  
**PLEASE CALL 403-526-0756**



## SENIORS 2024 LUNCHEON MENU

Friday, September 06, 2024

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

Friday, October 25, 2024

Baked Tacos, Caesar Salad, Mixed Berry Tarts & Whipping Cream

Friday, November 15, 2024

Pork Loin, Apple Sauce, Mashed Potatoes, Mixed Vegetables, Lemon Meringue Tarts

Friday, December 13, 2024

Quiche, Farmers Sausage, Tossed Salad, Chocolate Ice Cream Sundae

Friday, January 17, 2025

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

## 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 six months), transportation - bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears and support with filling in forms /applications. These supports are available based on income and need, through intake only, you must book an appointment with Sandra Ebach, 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

## SEPTEMBER 2024

1	2	3	4	5	6	7
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Office Closed				ELDERS LUNCHEON MIYWASIN KITCHEN @ 12:00PM	
8	9	10	11	12	13 BINGO 1:00-4:30PM	14
15	16	17	18	19	20 GAMES WE PLAY 1:00- 4:30PM	21
22	23	24	25	26	27 GAMES WE PLAY 1:00- 4:30PM	28
29	30					

**Friday, September 6th 2024 - Steak n' Peppers in Tomato Sauce,  
Cucumber Salad, Apple Crumble & Ice-Cream.**

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

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.**



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



# Cultural Connections

## And Wellness Program

## September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Bannock & Tea 1:00 -3:30 pm	4 I Am A Kind Man 5 - 7 pm	5	6	7
8	9	10 Bannock & Tea 1:00 -3:30 pm	11 I Am A Kind Man 5 - 7 pm	12 Drum Making Workshop 1:00 -4:00 pm	13 AHS Outreach Medical Service 9:30-11:30am	14
15	16	17 Bannock & Tea 1:00 -3:30 pm	18 I Am A Kind Man 5 - 7 pm	19	20	21
22	23	24 Bannock & Tea 1:00 -3:30 pm	25 I Am A Kind Man 5 - 7 pm	26	27 AHS Outreach Medical Service 9:30-11:30am	28
29	30					

**I Am A Kind Man**

Contact:

Mekethia Fairbanks

Cell: 403-878-5069

Email: mekethia@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.

# SEPTEMBER 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	18	19	20	21
22	23	24	25	26	27	28
29	30					

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

**CULTURAL EXPLORES-0-3YRS.**  
HELPS INFANT AND TODDLERS EXPLORE AND EXPERIENCE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM  
**(PARENTS MUST STAY ON SITE)**

**MOTHERS OF TRADITION-**  
HELPING PARENTS/CAREGIVERS CONNECT BACK TO THEIR CULTURE, REPAIRING TRAUMA & ADDICTIONS, STRENGTHENING HEALTHIER FAMILY DYNAMICS.  
**REGISTRATION REQUIRED**

**TRADITIONAL PARENTING.**  
PARENTS/CAREGIVERS CONNECT BACK TO TRADITIONAL TEACHINGS WHILE PASSING THE TRADITIONAL VALUES & TEACHINGS TO THEIR KIDDOOS.  
**REGISTRATION REQUIRED**  
**AFTERSCHOOL HOURS 14-3:30!**

**READING CIRCLE.**  
COME ENJOY A COFFEE AND READ WITH YOUR LITTLES. ALL INDIGENOUS CHILDREN'S BOOKS WITH TEACHINGS EACH WEEK.

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

**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)



"Miywasin Friendship Centre"



# Miywasin Youth Development Program

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7
	No Programming/ Office Closed	Medicine Wheel Program 4:30pm-6:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	
8	9	10	11	12	13	14
	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	
15	16	17	18	19	20	21
	FOT With Jen Ferguson 4:30pm-6:30pm	Medicine Wheel Program 4:30pm-6:00pm	No Programming	No Programming	No Programming	Indigenous Celebration 1:00pm-3:00pm
22	23	24	25	26	27	28
Metis Kitchen Party 1:00pm-3:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	
29	30	Ages 11-17 *Events are subject to change* All events are FREE!!				
	National Day for Truth and Reconciliation					

Miywasin Friendship Centre  
 517 3rd St. SE  
 Medicine Hat, Alberta  
 T1A 0H12

Contact: Addison Dehart  
 Phone: (403) 526-0756  
 Text: (403) 878-5548  
 Registration is required

Please call or text to sign up for each individual program.

Thank you to our funders and supporters:



Community Foundation of Southern Alberta



Provincial Family Resource Networks

Park

Both event are free and open to the public, bring a lawn chair and dancing shoes.  
**Both event located at Police Point**



## Alberta Culture Days

Join us for two culture filled days this month!

Saturday September 21 2024 from 1:00-3:00pm for Pow Wow Dancers, Cultural Crafts and Bannock over the fire.

Sunday September 22 2024 from 1:00-3:00pm for Metis Fiddle Music, Metis Jigging and Bannock over the fire.



$\frac{2}{3}$   $e=2.79$

# SCHOOL WORK STRESSING YOU OUT? WE CAN HELP!

$\frac{1}{n} \times$   $3a$

Miywasin Friendship Centre is  
now offering Tutoring for  
Indigenous youth Gr. 7-12

$2x^2 + 3$

WHERE: MIYWASIN KITCHEN  
WHEN: EVERY WEDNESDAY 6PM - 8PM  
STARTING SEPTEMBER 18, 2024  
(UNLESS OTHERWISE POSTED)  
\*LIGHT SNACK WILL BE PROVIDED\*  
Drop in basis - limited spots available

$\frac{1}{n} \times$

FOR MORE INFORMATION PLEASE  
CALL/EMAIL:  
CATHY 403-526-0756  
OR  
CATHY@MIYWASINCENTRE.NET

$\frac{1}{n} \times$

\*Miywasin Friendship Centre is not responsible for  
lost/stolen items\*

$9$



# Weaving Wichitowin



**SEPTEMBER 2024**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Office Closed	3 NO PROGRAMMING	4 NO PROGRAMMING	5 NO PROGRAMMING	6 NO PROGRAMMING	7
8	9 NO PROGRAMMING	10 NO PROGRAMMING	11 NO PROGRAMMING	12 NO PROGRAMMING	13 NO PROGRAMMING	14 Ribbon Shirt & Skirt Workshop 10am-4pm
15	16 NO PROGRAMMING	17 NO PROGRAMMING	18 Tutoring 6-8pm	19 Tutoring 6-8pm	20 NO PROGRAMMING	21 CULTURAL DAYS @POLICE POINT PARK 1-3PM
22	23 NO PROGRAMMING	24 NO PROGRAMMING	25 Tutoring 6-8pm	26 Tutoring 6-8pm	27 NO PROGRAMMING	28
29	30 NATIONAL DAY FOR TRUTH & RECONCILIATION					

For more information contact:

Cathy Roulette  
403-580-9916  
(cell)  
or

Cathy@miywasin  
centre.net

ALL ACTIVITIES ARE FREE THANK YOU TO OUR FUNDERS



\*Please note that registration is required for the ribbon shirt & skirt workshop.