

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

November 2024

**The Miywasin
Friendship Centre will
be closed November 4
for staff training. As
well as November 11 for
Remembrance 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

**MIYWASIN FRIENDSHIP CENTER
ALONG WITH OUR PARTNERS
INVITES YOU TO**



MÉTIS WEEK 2024

MONDAY
18
11:00AM
Metis Flag raising at City Hall, Pizza lunch to follow @ Miywasin

TUESDAY
19
6:30PM
At Esplanade Bannock contest and Metis Kitchen Party

WEDNESDAY
20
5:00PM
Elders banquet, dinner and fiddlers @ 5th Ave Church
Please RSVP to 403-526-0756

TUESDAY & WEDNESDAY
19/20
9:00AM-3:00PM
Fiddle lessons with JJ Guy & Gordon Stobbe
Please RSVP

FRIDAY & SATURDAY
22/23
10:00AM-4:00PM
Indigenous Market @ MHC

**Enquire and RSVP with Miywasin
Friendship Centre 403-526-0756**



LA GAALET (BANNOCK) CONTEST

BAKED

VS

FRIED



Try them all and vote for your favourite
Prizes for best baked and best fried recipes!

NOVEMBER 19
2024

6:30pm

ESPLANADE
ARTS & HERITAGE CENTRE

To register: reception@miywasincentre.net or
403-526-0756

Metis Kitchen Party to follow



Twin Fiddles
Gordon Stobbe and JJ Guy



Miywasin Friendship Centre presents



Fiddle Lessons

In honor of Metis Week, Miywasin is hosting Gordon Stobbe & JJ Guy to offer free fiddle lessons.

November 19 & 20 2024

Please RSVP with
Reception
(403) 526-0756
517 3rd Street
SE, Medicine Hat



Twin Fiddles
Gordon Stobbe and JJ Guy



New Horizons for Seniors

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO 1:00-4:30PM	2
3	4 OFFICE CLOSED	5	6	7	8 GAMES WE PLAY 1:00- 4:30PM	9
10	11 REMEMBRANCE DAY OFFICE CLOSED	12	13	14	15 ELDERS LUNCHEON MIYWASIN KITCHEN @ 12:00PM	16
17	18 FLAG RAISING AT CITY HALL	19 BANNOCK CONTEST AT ESPLANADE	20 ELDERS BANQUET	21	22 GAMES WE PLAY 1:00- 4:30PM	23
24	25	26	27	28	29 GAMES WE PLAY 1:00- 4:30PM	30

**Friday, November 15, 2024 - Pork Loin, Apple Sauce, Mashed Potatoes,
Mixed Vegetables, Lemon Meringue Tarts**

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

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

Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ages 11-17 *Events are subject to change*			All events are FREE!!			
3	4	5	6	7	8	9
Programming	No Programming	No Programming	Gym Night 6:00pm-7:00pm	Medicine Wheel Program 4:30pm-6:00pm	No Programming	1
10	11	12	13	14	15	16
Office Closed/ No Programming	No Programming	No Programming	Medicine Wheel Program 4:30pm-6:00pm	Medicine Wheel Program TBD time	No Programming	2
17	18	19	20	21	22	23
Metis Week Celebration						
24	25	26	27	28	29	30
No Programming	No Programming	No Programming	Medicine Wheel Program 4:30pm-6:00pm	Medicine Wheel Program 4:30pm-6:00pm	No Programming	

Check out our facebook page and newsletter for more information!

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

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

"Miywasin Friendship Centre"

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

Thank you
to our
funders and
supporters:



Tutoring programming
Every Wednesday from 6:00pm-8:00pm drop in tutoring for grades 7-12.
Contact Cathy Roulette for more information
(403) 580-9916







Gym Night
Please wear CLEAN-non marking running shoes.
Please meet at St.Louis School at 6:00pm or contact for transportation in advance



Cultural Connections

And Wellness Program

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No Program	2
4 Office closed, No programming	5 Service Canada/ CRA 9:30-12:00	6 Drum Circle 5:00-6:30 	7 I AM A KIND MAN 6:00-8:00	8 Indigenous Remembrance Day 	9
11 Closed for Remembrance Day 	12 Bannock & Tea  1:00 - 2:30 pm Open to all	13 AHS Outreach Team 10:30-11:30 Drum Circle 5:00-6:30 	14 I AM A KIND MAN And Elder's Connection 5:00-7:00	15 No Program	16
18 No Program <i>Melts Week</i>	19 No Program <i>Melts Week</i>	20 No Program <i>Melts Week</i>	21 No Program <i>Melts Week</i>	22 No Program <i>Melts Week</i>	23
25 Drum Circle 10:30-11:45 	26 Bannock & Tea  1:00 - 2:30 pm Open to all	27 Drum Circle 5:00-6:30 	28 I AM A KIND MAN 6:00-8:00	29	30

Contact us for more information:

Mekethia Fairbanks
Cultural Connections
Coordinator
Cell: (403) -878-5069
Email:
Mekethia@miywasincentre.net

Andrew Spotted Bull
I Am A Kind Man
Cell: (403)-866-2717
Email:
Andrew@miywasincentre.net

I Am A Kind Man

is a gender-based violence program that educates Indigenous youth and men through the 7 grandfather teachings of Humility, Gravy, Feasts, Wisdom, Truth, Respect, and Love



All activities are FREE. Thank you to our funders.





Caregiver Education Program



NOVEMBER 2024

All programs require registration.

All activities are FREE thanks to our funders.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FAMILY PROGRAMMING	2
3	4 NO PROGRAMMING	5 CULTURAL KIDS 3:30-4:00 [ACTIVITY: BANNOCK OVER THE FIRE & GOAL STORYTELLING]	6 CULTURAL EXPLORES 10:30-11:30 [ACTIVITY: SCENTED PLAYDOUGH & LEAF CROWNS]	7 TRADITIONAL PARENTING 4-5:30 PM [ACTIVITY: MEGOC WHEEL STORY OF THE HOOP DANCER]	8 NO PROGRAMMING	9
10	11 REMEMBRANCE DAY OFFICE CLOSED	12 CULTURAL KIDS 3:30-4:00 [ACTIVITY: GIANT BIRDS NEST & NATURAL WOODLAND ANIMALS]	13 BRIDGES SENSORY PLAYDOUGH 10-11:30 AM (REGISTRATION REQUIRED)	14 TRADITIONAL PARENTING 4-5:30 PM [ACTIVITY: BUDY'S ROCK STORY]	15 NO PROGRAMMING	16
17	18 MIYWASIN COMMUNITY EVENT METIS WEEK	19 MIYWASIN COMMUNITY EVENT METIS WEEK	20 MIYWASIN COMMUNITY EVENT METIS WEEK	21 MIYWASIN COMMUNITY EVENT METIS WEEK	22 MIYWASIN COMMUNITY EVENT METIS WEEK	23
24	25 NO PROGRAMMING	26 CULTURAL KIDS 3:30-4:00 [ACTIVITY: CLASS WHISTLES & STEIN BIRD NESTS]	27 CULTURAL EXPLORES 10:30-11:30 [ACTIVITY: NATURAL THREADING & FALL SENSORY BOTTLES]	28 TRADITIONAL PARENTING 4-5:30 PM [ACTIVITY: SAVINGS FEAST]	29 NO PROGRAMMING	30



CULTURAL KIDS-3-6YRS.
HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE) AFTER SCHOOL TIME 3-6 PM

CULTURAL EXPLORES-6-9YRS.
HELPING INFANTS AND TODDLERS EXPLORE AND EXPERIENCE CULTURE THROUGH READING, CRAFTING AND CULTURAL ACTIVITIES WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE)

TRADITIONAL PARENTING
PARENTS/CAREGIVERS CONNECT BACK TO TRADITIONAL TEACHINGS WHILE PASSING THE TRADITIONAL VALUES & TEACHINGS TO THEIR KIDDOOS. REGISTRATION REQUIRED AFTER-SCHOOL HOURS (4-5:30)

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

Weaving Wicihitowin For Learning

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Family Swim Big Marble Go 6-8pm	2
3	4 Office closed	5 No Programming	6 Tutoring 6-8pm	7 Rattle Making Workshop 2 of 2 Registration Required	8 No Programming	9
10	11 Remembrance Day Office closed	12 No Programming	13 Tutoring 6-8pm	14 No Programming	15 No Programming	16
17	18	19	20	21	22	23
			Metis Week			
24	25 No Programming	26 No Programming	27 Tutoring 6-8pm	28 No Programming	29 No Programming	30

November 2024



For more information
please contact:
Cathy Roulette
403-580-9916
or

cathy@miywasincentre.net