

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

May 2025

# Almost Full!

## Get your registrations in for the Hills Are Alive 2025



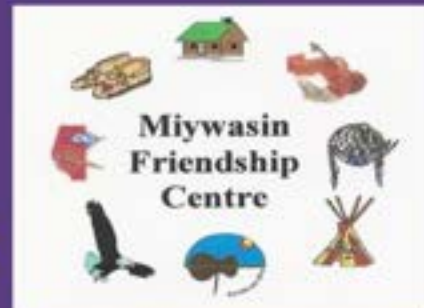
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Métis Nation Local 8: (403) 504-4060  
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756  
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2



# Miywasin Friendship Centre & Sagesse



**Join us!**

**For more details, contact:  
sandra@miywasincentre.net  
403-526-0756**

## Finding Our Voices

This 6-week program provides support and opportunities to connect with peers while focusing on issues related to self-esteem and effective communication.



**Impact of  
Self-image**



**Effective  
Communication**



**Shame &  
Compassion**



**Healthy  
Relationships<sup>2</sup>**

# LUNAR ROOTS



## MOON CEREMONY CIRCLE FOR WOMEN AND LGBTQS2+

Join us in fostering culture and  
community while harnessing the  
power of lunar cycles



PLEASE CONTACT TO REGISTER  
SHELBY: 403-952-9605  
TERAH: 403-866-6109

**\*517 3RD STREET SE\***

**MEDICINE HAT @ 6PM - 8:30PM**



MIYWASHI  
FRIENDSHIP  
CENTRE





# New Horizons for Seniors

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	30	31

**MAY 2025**

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

**Friday, May 16, 2025 - Shepherds Pie, Coleslaw & Strawberry Tarts**

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

# Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ages 11-17</b>				<b>All events are FREE!!</b>		
<b>*Events are subject to change*</b>						
4	5	6	7	8	9	10
	Cultural Event TBA	No Programming	No Programming	No Programming	Family Swim 6:00pm-8:00pm	
11	12	13	14	15	16	17
	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	
18	19	20	21	22	23	24
	Office Closed/No Programming	Medicine Wheel Program 4:30pm-6:00pm	YW25+ 4:30pm-6:00pm	Medicine Wheel Program 4:30pm-6:00pm	No Programming	
25	26	27	28	29	30	31
	No Programming	No Programming	Medicine Wheel Program 4:30pm-6:00pm	Medicine Wheel Program 4:30pm-6:00pm	No Programming	



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

**Contact: Addision Dehart**  
or Joanne Jones  
**Phone or 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:**



Provincial Family  
Resource Networks



## May 2025



### Young Women & 2 Spirit Group

Coming together to empower our young women and 2 spirit relatives through culture and connection. Registration is required

### 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

# May 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1 I Am A Kind Man 6:00 - 8:00	2 Recovery AB (AHS) 10:30 - 11:30	3	4
5 Drum Circle 10:30 - 11:45	6 Tea & Bannock 1:00 - 3:30	7 Drum Circle 5:00 - 6:30	8 Wellbeing 3:00 - 4:30 I Am A Kind Man 6:00 - 8:00	9	10	11
12 Drum Circle 10:30 - 11:45	13 Tea & Bannock 1:00 - 3:30	14 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	15 Wellbeing 3:00 - 4:30 Community I Am A Kind Man 6:00 - 8:00	16 Recovery AB (AHS) 10:30 - 11:30	17	18
19 Victoria Day	20 Genealogy Info Session 9:00 to 11:00 Tea & Bannock 1:00 - 3:30	21 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	22 Wellbeing 3:00 - 4:30 Community I Am A Kind Man 6:00 - 8:00	23	24	25
26 Drum Circle 10:30 - 11:45	27 Tea & Bannock 1:00 - 3:30	28 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:00 - 8:00	29 Wellbeing 3:00 - 4:30 Community I Am A Kind Man 6:00 - 8:00	30 Recovery AB (AHS) 10:30 - 11:30	31	1

## Contact

### Program Information

**Mekethia Fairbanks,**  
Cultural Connections Coordinator  
Email: mekethia@miywasincentre.net  
Phone: 403-878-5069

**Andrew Spotted Bull,**  
I Am A Kind Man Coordinator  
Email: andrew@miywasincentre.net  
Phone: 403-866-2717

Thanks to our funders, all programs are free





# Caregiver Education Program

## All programs require registration.

All activities are FREE thanks to our funders.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4					1 NO PROGRAMMING	2 NO PROGRAMMING	3
5		50-78 SENIORS GROUP SCHEDULED WESTWOOD SCHOOL REGISTRATION IS REQUIRED	6 GRANDPARENTS GROUP SCHEDULED AMERICAN SPACE CULTURAL KIDS 3:30-5:00	7 CULTURAL EXPLORERS 11:00-12:30	8 TRADITIONAL PARENTING 4-5:30 PM	9 FAMILY SWIM 6-8	10
11			13 CULTURAL KIDS 3:30-5:00	14 BRIDES SENIORS PLAYGROUP 10-11:30 AM REGISTRATION REQUIRED	15 TRADITIONAL PARENTING 4-5:30 PM	16 NO PROGRAMMING	17
18		19 LUNAR ROOTS 6:00-8:30PM REGISTRATION REQUIRED	20 GRANDPARENTS GROUP SCHEDULED VENUES CENTRE CULTURAL KIDS 3:30-5:00	21 CULTURAL EXPLORERS 11:30-12:30	22 TRADITIONAL PARENTING 4-5:30 PM	23 NO PROGRAMMING	24
25		26 READING CIRCLE 10:00-11:30 MHPL CASTLE REGISTRATION IS REQUIRED	27 NO PROGRAMMING	28 NO PROGRAMMING	29 NO PROGRAMMING	30 NO PROGRAMMING	31



Miywasin Friendship  
Centre  
617-3rd St. SE  
Medicine Hat, Alberta  
T1A 0H2

Miywasin Children's  
Centre  
435-3rd St. SE  
Medicine Hat, Alberta  
T1A 0H2

## MAY 2025

**CULTURAL KIDS-3-6YRS.**  
HELPS CHILDREN EXPLORE CULTURES WHILE HAVING THEIR PARENTS/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE) AFTER SCHOOL TIME 3-5 PM!

**CULTURAL EXPLORERS-0-3 YRS.**  
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 KIDDS. AFTERSCHOOL HOURS (4-5:30)

**READING CIRCLE**  
JOIN US AT MHPL FOR READING CIRCLE ONCE A MONTH TO ENJOY INDIGENOUS BOOKS/LITERACY AND SONGS. REGISTRATION REQUIRED

**PARTNERSHIPS**  
JOIN US OUT IN THE COMMUNITY WITH OUR PARTNERSHIPS. SO 78- IS A SENIORS GROUP PARTNERSHIP WITH ELP TO GET OUR LITTLE READY FOR SCHOOL. BRIDGES: SENIORS GROUP AGES 0-6. GRANDPARENTING GROUP: SUPPORT GROUP FOR GRANDPARENTS RAISING THEIR GRANDCHILDREN AND HAVING HEALTHY RELATIONSHIPS WITH THEIR ADULT CHILDREN. REGISTRATION REQUIRED


**LUNAR ROOTS**  
THE CREATION OF A MOON CEREMONY CIRCLE IS A SACRED SPACE WHERE WOMEN AND LIGHTS\* FROM THE COMMUNITY CAN GATHER TO ALIGN WITH THE ENERGY OF THE MOON, SET INTENTIONS, AND FOSTER DEEPER CONNECTIONS WITH OURSELVES, OUR COMMUNITY AND OUR CULTURE. WOMEN 18+ (PLEASE NO CHILDREN FOR THIS GROUP)

Shelby:  
Call:(403) 526-0756  
text:(403) 932-9605  
Email: Shelby@miywasincentre.net

"Miywasin Friendship Centre"

# Weaving Wicihitowin For Learning

## MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Michif Lessons 7:00 - 8:30	6	7 Tutoring 6-8pm	8	9 Family Swim 6-8pm	10
11 Mother's Day 	12 Michif Lessons 7:00 - 8:30	13	14 Tutoring 6-8pm	15	16	17
18	19 <b>Victoria Day Office Closed</b>	20	21 Tutoring 6-8pm	22	23	24
25	26 Michif Lessons 7:00 - 8:30	27	28	29	30	31

For more information:  
Cathy Roulette  
403-580-9916  
or  
cathy@miywasincentre.net





# Registration Form

Please read carefully. Form must be filled out for each participant.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE (if under 18)      Male      Female

Parent or Guardian must accompany minors and complete a form.

Check box that applies:

- Fiddle    Guitar    Mandolin    Piano    Banjo  
 Fiddleman Doll   \* Capote Making   \* Hand Drum  
 Digging/Square Dance    Cultural Crafts    Ukulele

SKILL Level (for Instruments):

- Beginner    Moderate    Advanced

Do you require an instrument?    Yes    No  
 (Only limited supply of fiddles available).

**Accommodations** (space is limited and it is shared accommodations; available on a first come – first serve basis; bring your own bedding):       none required

- Bushhouse (\$40 per person, per night)      \_\_\_\_\_  
 Number of nights: \_\_\_\_\_ x \$40.00      \_\_\_\_\_  
 RV/Tenting (\$40 per RV/rent):      \_\_\_\_\_  
 Number of nights: \_\_\_\_\_ x \$40.00      \_\_\_\_\_  
 Cost (not including accommodations):      \_\_\_\_\_  
 4 day pass: \$125/per person, early registration      \_\_\_\_\_  
 After May 1, 2025 \$300/per person      \_\_\_\_\_  
 (\$25 p/p off for families of 3 or more)      \_\_\_\_\_  
 Daily pass: \$75/per person x number of days      \_\_\_\_\_  
 \*Drum making kit: add \$100 per kit      \_\_\_\_\_  
 \*Moccasin Making Inc. supplies \$75      \_\_\_\_\_  
 \*Capote Making Blanket: add \$50 per blanket      \_\_\_\_\_  
 Total:      \_\_\_\_\_

RV Parking available – pre-booking required.

\$75 non-refundable deposit to reserve your registration. Registration is capped at 150 people.

Meals, instruction, cultural activities, and concerts are included for registered participants. Only cheque or money order payable to MyWasin Society will be accepted via mail; EFT, cash, cheque and all credit cards accepted at event.

**Cancellation Policy - No refunds after May 31, 2025.**

**Please Note:** we can longer accommodate everyone's dietary needs but will try and provide a worked and nutritious menu. Please feel free to bring your own dietary supplements.

## LOCATION:

The Hills are Alive Music and Dance Cultural Fest is located in the southern foothills past Cypress Hills Inter-Provincial Park – Alberta at Eagles Nest Ranch. Coming from the East on Highway #1, turn left onto Highway #41, go past Elkwater, turn right at Township Road #74 (Thelma Rd), then right onto Eagles Nest Ranch Road. Coming from West (Medicine Hat) on Highway #1, turn right onto Eagle Butte Road in Dunmore, turn left onto Township Road #73A (Thelma Rd) and left onto Eagles Nest Ranch Rd. Signage will be posted during event.



\*THAA = The Hills are Alive Music and Dance Cultural Fest

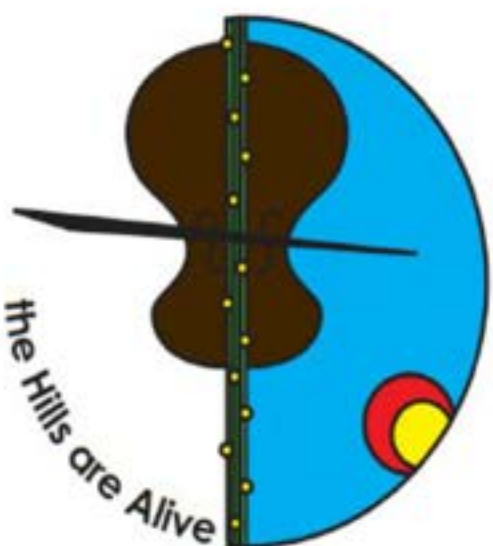
For Park Campground reservations go online at:

[www.albertaparks.ca](http://www.albertaparks.ca)

For motel accommodations contact Elkwater Lake Lodge at (403) 893-3811 or toll free at 1-888-893-3811. For more information on The Hills are Alive Music and Dance Cultural Fest, please contact Kertha Saddleback at MyWasin Centre (403) 526-0756 or [mywasinfriendshipcentre01@gmail.com](mailto:mywasinfriendshipcentre01@gmail.com).

**Sorry No pets allowed onsite at Eagles Nest Ranch.**

MyWasin Friendship Centre 517 3<sup>rd</sup> St. SE  
 Medicine Hat, AB T1A 0H2  
 Ph. (403) 526-0756 Fx. (403) 504-4064



# Cultural Fest

Featuring

## Music and Dance

# Workshops

## June 12-15, 2025

Sponsored by:

- Medicine Hat Métis Trading Company Society
- Métis Nation of Alberta, Local 8
- MyWasin Friendship Centre (Medicine Hat)
- UPFP-PSS