

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

June 2025



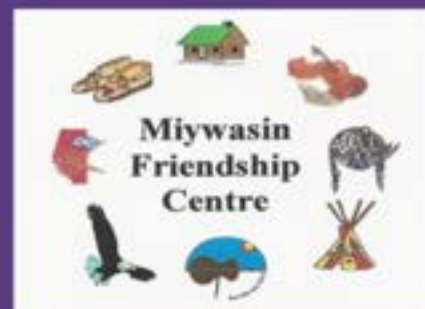
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Métis Nation Local 8: (403) 504-4060  
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756  
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2



# Miywasin Friendship Centre & Sagesse



**Join us!**

**For more details, contact:  
[sandra@miywasincentre.net](mailto: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 @ 4:30-6:30 PM**





# New Horizons for Seniors

**JUNE 2025**

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	31				

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.



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

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

# Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	No Programming	Medicine Wheel Program 4:30pm-6:00pm	No Programming	Medicine Wheel Program 4:30pm-6:00pm	<b>Day of Friendship</b> See poster for details	
8	9	10	11	12	13	14
	No Programming	No Programming	No Programming	<b>The Hills Are Alive</b>	<b>The Hills Are Alive</b>	<b>The Hills Are Alive</b>
15	16	17	18	19	20	21
<b>The Hills Are Alive</b>	Office Closed/No Programming	Office Closed/No Programming	Office Closed/No Programming	Office Closed/No Programming	No Programming	
22	23	24	25	26	27	28
	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*				
	No Programming	All events are FREE!!				

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

Miywasin Friendship

Centre

517-3rd St. SE

Medicine Hat, Alberta

T1A 0H2

**Contact: Joanne Jones**

**Text or Call: (403) 878-5548**

**Or**

**Addison Dehart**

**Text or Call: (403) 866-3375**

# JUNE 2025



## The Hills Are Alive

Music and Dance Cultural Fest,

June 12-15 2025.

Learn to play a musical instrument, cultural craft, dance a jig and become immersed in Metis Culture!

**\*There is a cost for this event\***

Please call Miywasin Centre for more information and to register. (403) 526-0756

Thank you to our funders

and supporters:

Alberta Provincial Family Resource Networks







# CULTURAL CONNECTIONS PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Drum Circle 10:30am - 12:00pm	3 Bannock & Tea 1:00pm - 3:00pm Community IAAJOM 6:00pm - 8:00pm	4 Drum Circle 5:00pm - 6:30pm Men's IAAJOM 6:30pm - 8:00pm	5	6	7
8	9 No Programming	10 No Programming	11 No Programming	12 No Programming	13 No Programming	14
15	16 No programming	17 No Programming	18 No Programming	19 No Programming	20 No Programming	21
22	23 Drum Circle 10:30am - 12:00pm	24 Bannock & Tea 1:00pm - 3:00pm Community IAAJOM 6:00pm - 8:00pm	25 Drum Circle 5:00pm - 6:30pm Men's IAAJOM 6:30pm - 8:00pm	26	27	28
29	30 Drum Circle 10:30am - 12:00pm	1 No Programming	2 No Programming	3 No Programming	4 No Programming	5

**NOTE**

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

**Andrew Spotted Bull**  
I Am a Kind Man Support Worker  
Email: andrew@miywasincentre.net  
Phone: 403-866-2717

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

anfca  
alberta native friendship  
centres association

Alberta  
Provincial Family  
Resource Networks

\*The Community I Am A Kind Man Sessions are open to everyone regardless of gender.



# Caregiver Education Program

## All programs require registration.

All activities are FREE thanks to our funders.



### JUNE 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	NO PROGRAMMING	GRANDPARENTS GROUP 10:00-12:00 KIM COOPER FIRE PIT	NO PROGRAMMING	NO PROGRAMMING	DAY OF FRIENDSHIP EVENT	
8	9	10	11	12	13	14
	NO PROGRAMMING	MIYWASIN CLOSED HILLS ARE ALIVE EVENT	MIYWASIN CLOSED HILLS ARE ALIVE EVENT	MIYWASIN CLOSED HILLS ARE ALIVE EVENT	MIYWASIN CLOSED HILLS ARE ALIVE EVENT	MIYWASIN CLOSED HILLS ARE ALIVE EVENT
15	16	17	18	19	20	21
MIYWASIN CLOSED HILLS ARE ALIVE EVENT	OFFICE CLOSED	GRANDPARENTS GROUP 10:00-12:00 WIENERS CENTRE	CULTURAL EXPLORERS 10:30-11:30 (activity included FREE!)	OFFICE CLOSED	OFFICE CLOSED	
22	23	24	25	26	27	28
	NO PROGRAMMING	CULTURAL KIDS 3:00-4:30	BRIDGES LUNAR ROOTS 10:30-12:00 PM (registration required)	TRADITIONAL PARENTING 4-5:30 PM	NO PROGRAMMING	
29	30					
	CULTURAL KIDS 1:30-2:30					



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

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

### CULTURAL KIDS-3-6YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENTS/CAREGIVER WITH THEM  
(PARENTS MUST STAY ON SITE)  
AFTER SCHOOL TIME 3-4:30 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 KIDS.

AFTERSCHOOL HOURS (4-5:30)

### PARTNERSHIPS

BRIDGES: SENSORY GROUP AGES 0-8, 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 LGBTQ2+ 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) 952-9605

Email: [Shelby@miwasincentre.net](mailto:Shelby@miwasincentre.net)

"Miywasin Friendship Centre"

# Weaving Wicihitowin For Learning

## JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Michif Language Lessons 7-8:30pm	3	4 Tutoring 6-8pm	5	6	7
8	9	10	11 THAA	12 THAA	13 THAA	14 THAA
15	16 Office Closed due to THAA	17 Office Closed due to THAA	18 Office Closed due to THAA	19 Office Closed due to THAA	20	21 National Indigenous Peoples Day
22	23	24	25	26	27	28
29	30	1	2	3	4	5

For more information:

Cathy Roulette  
403-580-9916 Text/Call  
or  
cathy@miywasincentre.net





# COMMUNITY CONNECTIONS CALENDAR

## June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM			SOCIAL CLUB 5:30 - 8:30 PM	RECOVERY ALBERTA AHS 10:30 - 11:30AM DAY OF FRIENDSHIP LUNCH (SEE POSTER)	
8	9	10	11	12	13	14
	MIYWASIN FRIENDSHIP CENTRE CLOSED DUE TO HILLS ARE ALIVE					
15	16	17	18	19	20	21
	WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	MIYWASIN FRIENDSHIP CENTRE CLOSED DUE TO HILLS ARE ALIVE				
22	23	24	25	26	27	28
	WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM			SOCIAL CLUB 5:30 - 8:30 PM		
29	30	1	2	3	4	5
	WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM					

### Contacts

Holly Gould Holly@miywasincentre.net	Offering compassionate support in housing, recovery counselling, community connection, and a path to wellness for all.
Sandra Ebach Sandra@miywasincentre.net	
Terah Clarke Terah@miywasincentre.net	
Cobey Roberts Cobey@miywasincentre.net	
Mekethia Fairbanks Mekethia@miywasincentre.net	
Amberly Dell Amberly@miywasincentre.net	

## FOUR DIRECTIONS TEAM

Guided by Compassion, Grounded in Community, Growing in Resilience

# MIYWASIN FRIENDSHIP CENTRE



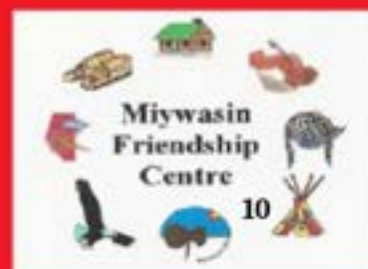
## Wellbriety Meetings

Mondays, 6:00 p.m. - 8:00 p.m.

\*NO MEETING JUNE 9th\*

*Join us for our weekly Wellbriety 12 step meeting. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, The Cycle of Life and the Four Laws of Change.*

For more information, please contact  
Sandra or Cobey at 403-526-0756





## Otipemisiwak Métis Government News

**In the 2025 Spring Medicine Hat Métis District Election, District Captain candidates Heather Seale and Dave Trotter shared statements about their goals and promises if they become leaders of the District Council. Don't forget to vote between June 16-23<sup>rd</sup> in person, electronically or by mail. For more information, go to [www.metiselectionsab.com](http://www.metiselectionsab.com).**

OMG Election- Dave Trotter for Captain of District #2 Medicine Hat Battle River.

Hello friends, family and Metis citizens.

My name is Dave Trotter, I am running for the position of District Captain of the Otipemisiwak Government for area #2 Battle River Territory / Medicine Hat Metis District. I am dedicated to being a voice for the community and addressing its needs and aspirations.

I have been a member of the Metis Nation of Alberta for forty-three years.

1982 - I joined the Metis Nation of Alberta.

- Volunteer for Bingo and Casinos
- I am a harvester, and I sit as a board member for the MNA #8

1994 - I was instrumental in developing the first harvesting policy along with five other Metis from all over Alberta. This document was turned over to the MNA head office where it sat in limbo. Years later the MNA head office acted on our harvest policy and brokered a harvest agreement, but only for Northern Alberta.

1996 - I proposed that the MNA get rid of the old red membership cards (which anyone could buy over the counter) in favor of a new membership ID card with a bar code that was backed by your genealogy.

My platform for Southern Alberta Medicine Hat District #2.

- Pursue Harvesting Rights for the Metis in Southern Alberta.
- Lobby the OMG Government to lobby the Alberta Provincial Government to implement a duty to consult policy for industry.
- Education and trades funding for families in need
- Family cost of living support ease financial stress and burden.
- Promote industry to use Metis owned businesses (would fall under duty to consult)
- Mental Health Addiction Services.
- Develop a working relationship with the other OMG areas to develop business opportunities and generate enough revenue that all positions, for example council are paid positions.
- Pursue the prospect of Otipemisiwak Health Division in Developing an Organ Donor Data base for Metis Citizens.
- I am very concerned about protecting the environment for our younger generation.

Thank you,  
Dave Trotter  
403-548-1641  
[davetrotter@platinum.ca](mailto:davetrotter@platinum.ca)



## **Heather Seale – Candidate for Medicine Hat Metis District Captain**

Heather (Schnell) Seale is a proud Métis woman, born and raised in Medicine Hat, where she and her husband Chuck raised their three daughters—the seventh generation to live here. Her Métis roots run deep, tracing back to 1765 through the Cocking, Sinclair, McKay, Favell, Ballenden, and Cook families. She descends from John Richards McKay and Harriet Ballenden, whose mothers were sisters—daughters of John Favell Jr. and Tittameg. Her lineage has shaped her life and continues to guide her.

As a full-time mother, Heather has dedicated herself to raising her family with strong values, community-mindedness, and leadership. Family has always been at the heart of Métis culture, and Heather's commitment to nurturing the next generation reflects this core tradition. Her community involvement is extensive and heartfelt—it includes coaching and managing youth sports teams and volunteering with the Dunmore Equestrian Society's Country Pet Visits to seniors' homes and Hippo-therapy programs, which use horse movement to support children's speech development. These experiences reflect her adaptability, compassion, and deep-rooted dedication to community well-being.

Heather has a deep passion to learn and share traditional Métis culture and knowledge, her special focus is on harvesting, preparation and the use of natural medicines and foods. She believes connection to Métis culture and land-based practices are essential to the cultural preservation and spiritual well-being of future generations.

Heather is honoured to be considered for the role of Medicine Hat Metis District Captain with the Otipemisiwak Métis Government, she is eager to represent her community, safeguard Métis traditions, and advocate for valuable resources and opportunities for Métis citizens.

