

Boiling Sap Moon  
Iskigamizige-giizis



April  
2024

# The Red Eagle

Ne-Chee Friendship Centre Newsletter

*"Serving Indigenous people in the City of Kenora for over 47 Years"*

## In This Issue

- ◆ Staff Recognition p. 2
- ◆ New Staff Introduction p. 3
- ◆ Things to Remember p. 4
- ◆ In the Kitchen p. 5
- ◆ Program Events p. 6
- ◆ Indigenous Employment & Training Services p. 7
- ◆ Lifelong Care Program p. 8
- ◆ Coloring Page Printable p. 9
- ◆ March Break/Cultural p. 10
- ◆ Staff Directory p. 11/12

Tel:(807)468-5440

Fax:(807)468-5340

Email: [reception@nechee.org](mailto:reception@nechee.org)

Website: [www.nechee.org](http://www.nechee.org)

326 2nd St. South, Kenora, ON P9N 1G5

## TURTLE ISLAND

The name, Turtle Island is known as North and Central America and is used by many Indigenous People's who believe that their land was formed on the back of a turtle.

Although many versions of this story exist, the belief in the Creation Story tells of a time when the planet was covered in water. Various animals tried to swim to the bottom of the Ocean to collect dirt to create land and were unsuccessful. The Muskrat was the last to try, it swam deep for a long time, finally the Muskrat resurfaced clutching wet soil in its paws. Sadly, the muskrat did not survive its harrowing task. Nanabush, a supernatural being with the power to create life, took the soil from the Muskrats' clutches and placed it on the Turtle's back. With this act, a mass of ground, trees, and mountains etc., started to form on the turtles' back. And so became Turtle Island.

With other similar creation stories, some will feature a turtle, and some indicate to a pregnant Sky Woman, while others feature a Raven and others an ocean spirit called, Sedna.

Just to point out, there is no right or wrong version, everyone has their own belief.



# STAFF RECOGNITION

## Marcus McArthur

### ~Bail Residency Worker~



“ I have been working within this program for a little over a year now and I am grateful to have had the chance to make a difference in my community no matter how big or small that might be. Through this program I hope to gain the wisdom and experience to fulfil my life further. I enjoy bringing positive aspects of my personality into the workplace such as tactfulness and humour. My plans for this year are to keep on working and putting efforts into making this program an enjoyable experience for all of our program participants.”



I met Marcus approximately two years ago when he started at the Bail Residency Program as a casual worker. It was not long after starting here that Marcus was eager to invest himself more and become a full-time worker at the program. Marcus has truly grown and developed both himself and the program's well-being for all residents that we serve. Marcus expresses how he deeply cares about the well-being and safety of all residents of the program each and every day. Marcus has gone above and beyond helping where he can at the residency, and furthermore, has done the same with all residents. Marcus has been a great asset to the program, displaying flexibility in evolving situations and accounting for important milestones for all residents. Marcus has become a huge asset to the program and we thank him for all his passion, dedication, and hard work thus far.

Aden Zacharuk-Lessing

BVSP Coordinator

# NEW STAFF INTRODUCTION



Boozhoo/Hello,

My name is Rachel McGraw, and I started my employment with NFC in late February as the Wasa-Nabin Youth Coordinator. My goal with the Wasa-Nabin program is to provide youth with opportunities to explore their interests, goals, and overall growth through programming that centers on personalized development. I also hope to help bridge relationships between youth and the community around them – so that in this way they have the knowledge, resources, and access to support in their lives now and as well as into the future. Additionally, I wish to become a part of the supportive and positive atmosphere that my fellow Ne-Chee program coordinators have already established within the Centre and the community.

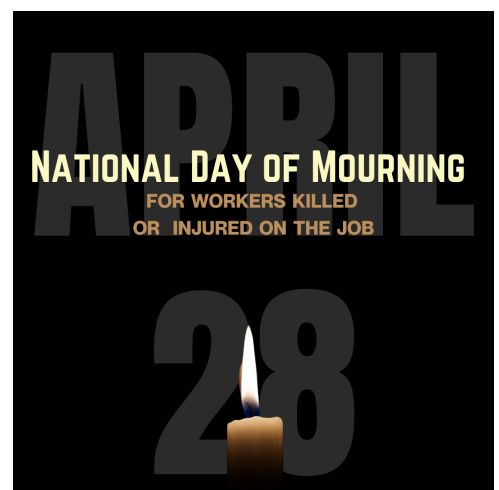
A little about myself, my Indigenous roots stem from Berens River First Nation and Aundeck Omni Kaning First Nation. I am currently on my healing journey of reintegrating the traditional cultural knowledge and history of our Indigenous community into my life – whether that be through traditional cultural teachings, ecological knowledge, language, educational pursuits, and more. I would describe myself as a compassionate, easy-going, adaptable, honest, and ambitious person with a caring, loyal, and soft personality. Lastly, I was driven to the field of social services because it has always been a goal of mine to work with youth and be a supportive hand during transitional times in their lives.

# ~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on March 29 and on April 1st, 2024 in observance of Good Friday and Easter Monday.

Regular office hours will resume on Tuesday April 2nd, 2024 at 9am.

Happy Easter long weekend!



# In The Kitchen

## ~Dill Chicken Soup~



**TOTAL TIME:** Prep/Total Time: 30 Mins **YIELDS:** 6 Servings-2 Quarts



### Ingredients

- 1 tablespoon canola oil
- 2 medium carrots, chopped
- 1 small onion, coarsely chopped
- 2 garlic cloves, minced
- 1/2 cup uncooked whole wheat orzo pasta
- 1-1/2 cups coarsely shredded rotisserie chicken
- 6 cups reduced-sodium chicken broth
- 1-1/2 cups frozen peas (about 6 ounces)
- 8 ounces fresh baby spinach (about 10 cups)
- 2 tablespoons chopped fresh dill or 1 table-spoon dill weed
- 2 tablespoons lemon juice
- Coarsely ground pepper, optional

### Directions

1. In a 6-qt. stockpot, heat oil over medium heat. Add carrots, onion and garlic; sauté until carrots are tender, 4-5 minutes.
2. Stir in orzo, chicken and broth; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes. Stir in peas, spinach and dill; return to a boil. Reduce heat; simmer, uncovered, until orzo is tender, 3-4 minutes. Stir in lemon juice. If desired, top each serving with coarsely ground pepper.

### Nutrition Facts

1-1/3 cups: 198 calories, 6g fat (1g saturated fat), 31mg cholesterol, 681mg sodium, 20g carbohydrate (4g sugars, 5g fiber), 18g protein.

\*Diabetic Exchanges\*: 2 lean meat, 1 starch, 1 vegetable, 0.500 fat.

# PROGRAM EVENTS

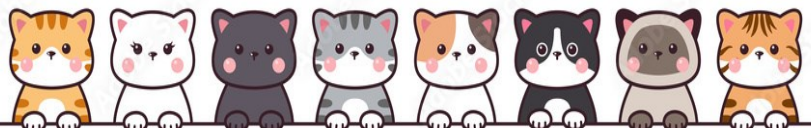
## \*Bail Retreat-Minaki Yurt Adventures\*



During the March Break the male bail residents went on a retreat to Minaki Yurt Adventures with the Kizhaay & Cultural Resource Programs. All who participated had a great time taking in fishing and exploring the great outdoors of beautiful Minaki, Ontario. The weather was absolutely gorgeous the whole time out there.



## Artisan Winter Market Silver Collection Goes Tooooo....



### ARTISAN WINTER MARKET

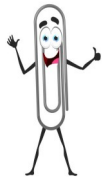
Another Market was held February 11 and a staff vote to donate the Silver Collection proceeds of \$117.15 went to



**The Kenora Cat Shelter!**



What a purr-fect gift



# THANK YOU

TO ALL THE BUSINESSES AND ORGANIZATIONS

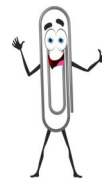
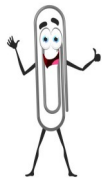
- Abinoojii
- Youth Wellness Hub
- Kenora Chiefs Advisory
- Grand Council Treaty 3
- Creighton Youth Services
- Confederation College
- WNHAC
- KACL
- Ministry of Natural Resources and Forestry
- Shoonyaa Wa Biitong
- KSAC
- City of Kenora
- Bimose Tribal Council
- Ontario Parks
- Niiwin Wendaanimok
- Canadian Tire
- Amik
- LOTW District Hospital
- LOTW Brew Co
- Treaty 3 Police



Ne-Chee Friendship Centre

## INDIGENOUS EMPLOYMENT & TRAINING SERVICES JOB FAIR

Our gratitude is overflowing for the incredible local businesses and organizations that joined our Job Fair, that was held on March 14, 2024.



Join Us WE'RE HIRING!



If you would like to learn more about what Indigenous Employment & Training Services offers please contact Dorothy at 807-468-5440- Ext. 248

For current Ne-Chee Friendship Centre job postings please visit our website at [www.nechee.org](http://www.nechee.org) or find us on Facebook.

**\*\*Our Employment office has a Job/Career Board, come, drop by and have a look\*\***

# Lifelong Care Program



If you think you might benefit from this program or if you know someone who might be interested in being a part of this program please contact Carolyn at 807-468-5440 Ext. 228



Our Cultural Resource Coordinator Julian Jordan hosted this event for the LLCP clients. The clients learned how to make medicine bags. They did a great job and of course, had a fabulous time!!



On March 15, the clients enjoyed a Foot Spa. Foot Spa's are held monthly. Those beautiful smiles say it all, don't they.



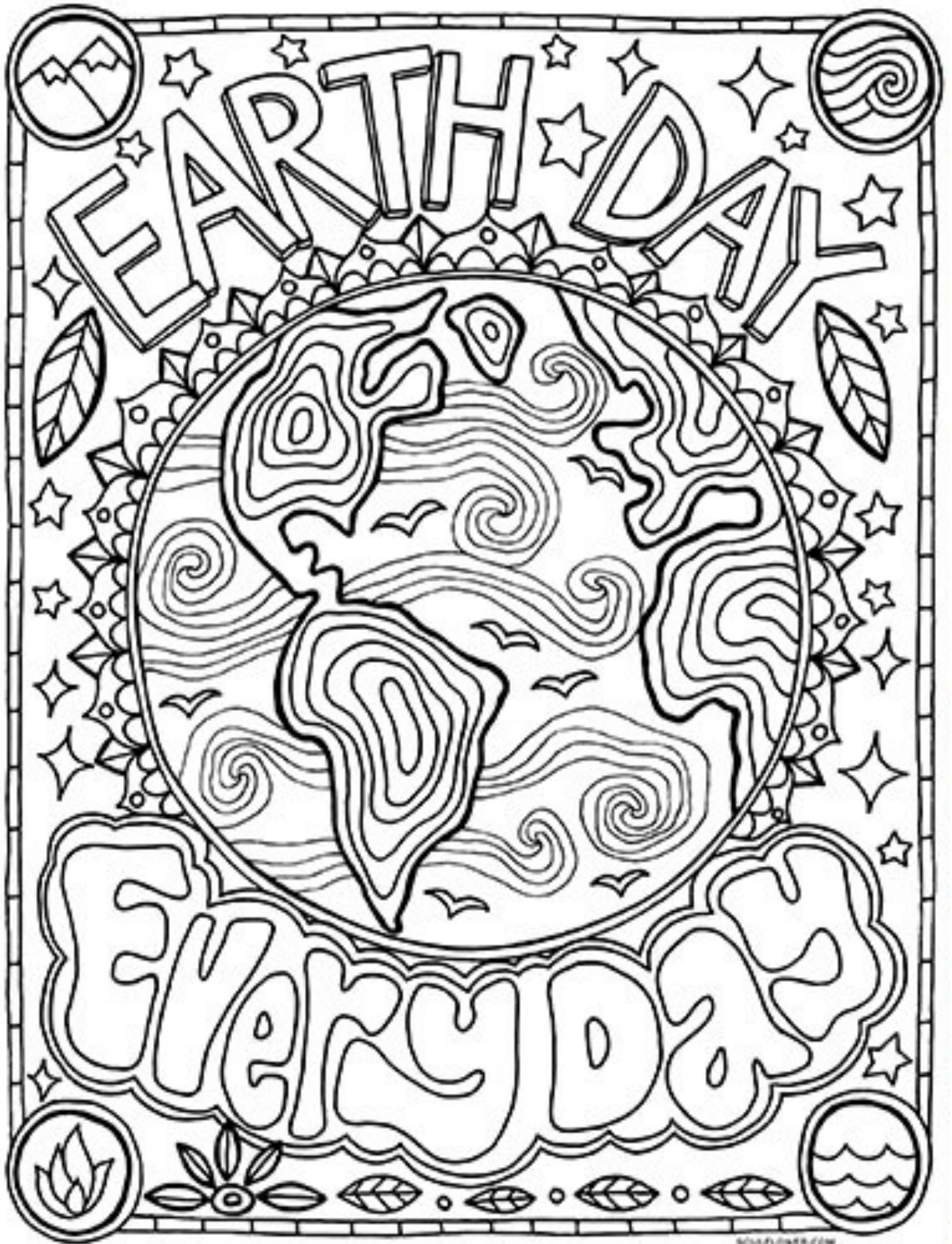
## About our Program

The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages who have physical disabilities, serious health issues, those who are frail/elderly or looking for socialization.

## Programming Includes:

Weekly exercise/Bingos with lunch/Outdoor seasonal activities/Assistance with medical appointments/Transportation/Referrals to access community based services/Nutritional support/Family support and Friendly visits.





50VAFLOWER.COM

# MARCH BREAK ACTIVITIES 2024



March Break was a great success, lots of participants. Sadly one of the activities was cancelled due to weather. We were not able to get a lot of pics with the busyness of the activities—from pancakes to Kung Fu Panda, Pool shenanigans to the Sportsplex, all that participated in each of these events I am sure had loads of fun. Thank you to all the organizers, etc



## CULTURAL TEACHINGS WITH CATHY FOBISTER



On March 18, the students from our ISSP Program and clients of the Kizhaay Program took part in Cultural teachings by Cathy Fobister. They got to learn about the 4 scared medicines; fire/shkaabe; sweat lodge teachings and protocols and the 8 grandfather teachings.

# Staff Directory



## COURT WORKERS Courthouse # 468-9657

Brianna Boucha	Criminal Courtworker 468-5440 ext 222	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	

## JUSTICE PROGRAMS NFC # 468-5440

Trish Therrien	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	Ext. 245
Trish Therrien	Restorative Justice Liaison	RJLiaison@nechee.org (464-0069)	Ext. 245
Robert Laurin	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Loy Herbacz	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 464-5849 or 470-8222)	
Elizabeth Wilson	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org (cell 456-2754 or 470-8222)	

## BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619

Patti Fairfield	Interim BRP/BVSP Manager	aces@nechee.org (407-2482)	
Aden Zacharuk-Lessing	BVSP Coordinator	bailcoordinator@nechee.org (464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Marla Batiuk	Bail Residency Worker	Shared Work Email bailaftercareworker@nechee.org	
Marcus McArthur	Bail Residency Worker		
Drew Roseborough	Bail Residency Worker		
Douglas Kardal	Bail Residency Worker		
Deanna Beckworth	Bail Residency Worker		
VACANT	Bail Residency Worker		
VACANT	Bail Residency Worker		
VACANT	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills	lifeskills@nechee.org	

## HEALTH PROGRAMS NFC # 468-5440

Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (407-1443)	Ext. 228
Vacant (Temp Contract)	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Vacant (Temp Contract)	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
VACANT	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org (464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org	Ext. 253

For information on Ne-Chee Friendship Centre Programs please visit our website at [www.nechee.org](http://www.nechee.org)

# Staff Directory



## CHILDREN and YOUTH PROGRAMS NFC # 468-5440

Calisha Wilcott/until filled	Akwe:go Children's Program	akwego2@nechee.org (464-0386)	
Savannah Morrison	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Lauren Hansen	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Savannah & Ashlynn	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 235
Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel McGraw	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 239
VACANT	Youth Life Promotion Program	youthlife@nechee.org (464-0482)	Ext. 240

## EMPLOYMENT and EDUCATION NFC # 468-5440

Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
VACANT	Indigenous Employment & Training Serv.	employmentcounsellor2@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org (464-2163)	

## ADMINISTRATION NFC #468-5440

Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482	
Brianna Boucha	Human Resources (807) 464-1394	criminalcourtwork@nechee.org	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Lisa Savoyard/Kathy Friesen	Administrative Assistant	reception@nechee.org	Ext. 221

## BOARD OF DIRECTORS

Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
Jordan St. Germain	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Marlene Elder	Board Member		

## *Our Mission*

Ne-Chee Friendship Centre will provide a safe, caring and culturally respectful approach to wholistic health while inspiring a sense of community for all Indigenous People of Kenora.

