

April 2022



"Serving Indigenous people in the City of Kenora for over 44 years"

# The Red Eagle

*Ne-Chee Friendship Centre Newsletter*

Sugarbushing Moon

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

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

### Note our Address Change

326 2nd St. South

Kenora, ON P9N 1G5



WAABINONG-Spirit Keeper of the EAST.

This is spring, it is a place of new beginnings, the dawn of a new day, and birth. Our stage of life is "baby", many of the qualities of babies are echoed in this season.


Innocence, trust, vulnerability, wonder, and curiosity can be found or reclaimed during this season. Seeds are pushing their way through the earth striving to grow. In order for babies, plants, or trees to grow and blossom they must be tended and nurtured. The same holds true for you and any dreams, ideas, or ways of being that you are hoping to give birth to.

And so, we correlate Spirit with all that is called Nature, because it is life itself. When we follow natural law, it never lets us down.

# THINGS TO REMEMBER



**OFFICE CLOSED**  
Friday April 15 & Monday April 18  
We wish you a Happy Easter!



**National Immunization Awareness Week**  
April 23-April 30, 2022



**HAPPY EARTH DAY** 22 APRIL

*Eat healthy stay healthy*  
**World Health Day**  
*7 April*

- STAY HEALTHY!
- HAVE FUN!
- BE POSITIVE!
- EAT WELL!
- MAKE GOOD CHOICES!
- TAKE CARE OF YOURSELF!





# SHERMAN KABESTRA

## FAMILY COURTWORKER

Sherman was hired July 24, 2019, as our Family Courtworker. Sherman left the Friendship Centre on October 1, 2021, to take another job, however we were fortunate enough that Sherman came back to the Friendship Centre on January 10, 2022, to resume his position as Family Courtworker. Sherman works diligently on behalf of those navigating the Justice system and is collaborative in his approach. Sherman has many attributes, he is sincere, genuine, humble, and patient, just to name a few. All of us at Ne-Chee Friendship Centre are happy that Sherman returned to our family/team as he is a valuable employee and we missed him when he was gone.

Patti Fairfield, Executive Director

I am a band member of Asubpeeschoseewagong First Nation (Grassy Narrows) but I have lived in Kenora most of my life. Working at the Ne-Chee Friendship Centre I have created a network of strong and healthy relationships with many different programs where we come together and help our youth as a team. I have a 2-year Police Foundations Diploma from Seven Generations Educational Institute and I also completed a 2-year Community & Justice Services Course. I have a background in working with child and family service agencies such as Wabaseemong Child Welfare Authority and Kitapinoonijiiminaanik Family Services. These experiences working with children and youth, is why I chose to work in this position, Family & Youth Courtworker. I am passionate about working with youth and making a difference in their lives.

Sherman Kabestra Jr.

Hobbies: **Online gaming, long car rides, fishing, cooking, working out.**

Best Advice: **“Help others and give back when you can, and don’t expect anything in return.”**

Favorite Food: **Anything Barbequed!**

Bucket List: **Travel around Europe with my daughters.**

# ISSP Indigenous Student Success Program



Students from ISSP spent a day ice fishing out on Matheson Bay. It was windy and freezing cold but they had a good time!



# Bail Residency



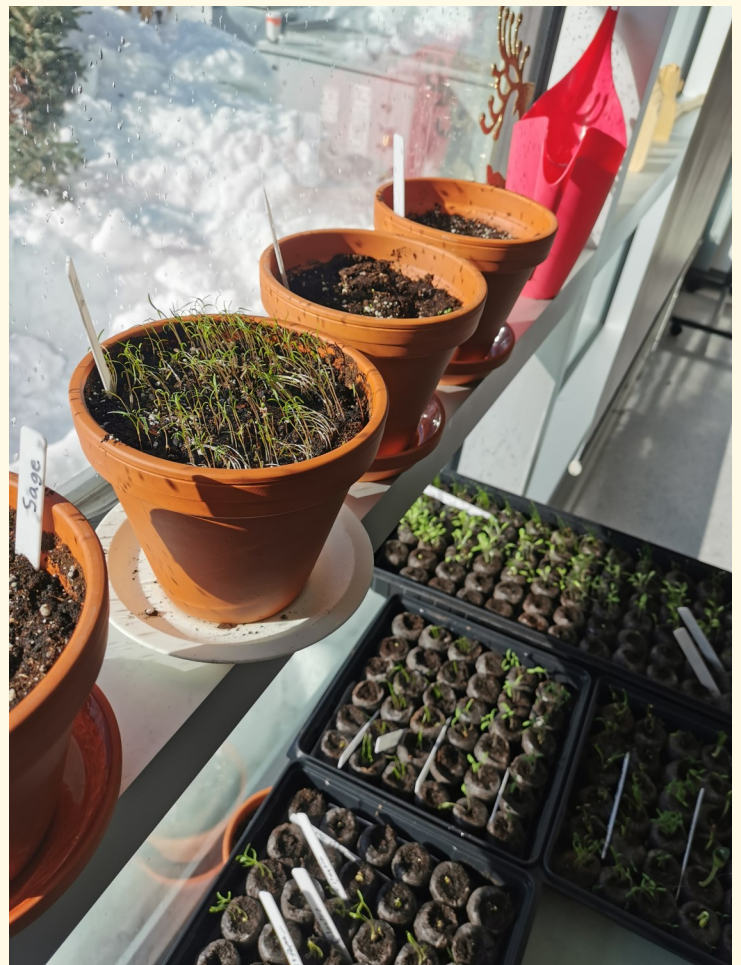
Bail Residents had a great time ice fishing.



# Life Skills At the Bail Residency



The Bail Residents and the Bail Residency Cook/Life Skills, Dylan Ricklef, planted a vegetable garden. Stay tuned, we'll keep our readers up to date with the garden's progress.



# Lifelong Care

Some Lifelong Care clients celebrated St. Patrick's Day with traditional Bangers, Mash, and Cabbage along with a game of Bingo. For this simple recipe please visit page 8.



# In the Kitchen With Lifelong Care

## BANGERS and MASH with CABBAGE

1. Preheat oven to 350 F. Arrange pork in casserole dish and coat with Greek Salad Dressing. Bake uncovered for approximately 45 minutes.
2. Make mashed potatoes however you normally do.
3. Chop cabbage and boil until tender; strain.
4. Fry cabbage in a skillet with butter, salt, and pepper until lightly browned.
5. Serve and enjoy!

### Ingredient List

- Pork Banger Sausage (any pork sausage will do)
- Bottle of Greek with Feta Salad Dressing (not the creamy kind, buy the vinaigrette kind, or make your own)
- 1 head of cabbage
- Butter
- Salt & Pepper to taste

\*There are no quantities as you can decide how much butter you like in your potatoes or how much you need to fry cabbage. Same with the salad dressing, it will be dependent on the size of casserole dish and how many sausages you have.





# Pancake Breakfast



Over the March break, the Children's Programs and the Lifelong Care Program hosted a pancake breakfast in the Event Space. On the menu were pancakes, bacon, and fresh fruit.

Sheri McNeill, Coordinator for the Akwe:go Children's Program, was welcomed by the grade 5/6 class at Evergreen Public School. The students learned about the Seven Grandfather Teachings, in particular about The Turtle and the Teaching of Truth. The Turtle represent truth because it is grounded, methodical, detailed, and careful, all important attributes for those speaking the truth.



# Program Announcements



Ne-Chee Friendship Centre

## ZUMBA NIGHTS

Come have fun dancing while getting a workout!

**April 21**  
**5:30-6:30pm**

Ne-Chee Friendship Centre  
Event Space

*enter through door beside movie theatre*  
Instructor: Nadine Seymour  
Registration required

Contact  
UAHL coordinator Calisha  
uahl@nechee.org  
facebook.com/uahlnechee  
468-5440 ext 230

Everyone Welcome!

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April 1  
3:30pm  
Tunnel Island

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April 8,  
3:30pm  
Vernon Nature Trails

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April 22,  
3:30pm  
Mink Bay Trails

Contact  
UAHL Coordinator Calisha  
uahl@nechee.org  
facebook.com/uahlnechee  
(807) 468-5440 ext 230



# Trail Time

Want to get out and explore the Kenora area? Join us as we hike different trails around the city. Enjoy the great outdoors and get your steps in for the day. Come prepared for the weather.




Ne-Chee Friendship Centre

## Plant-Powered Cooking

April 8 & 22  
4:30-6:00 pm

Learn plant based recipes & nutrition  
Sign up is required, 10 spots available  
Zoom Virtual Event  
Ingredients are provided  
Sign up needed by April 4 & 18

To Register:  
UAHL Coordinator Calisha  
uahl@nechee.org  
facebook.com/uahlnechee/  
468-5440 ext 230



Ne-Chee Friendship Centre

# Yoga

Join our group sessions for FREE Classes with  
Yoga Instructor Laurie Lindroos

**April 7 & 28**  
**5:00-6:15pm**

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Ne-Chee Friendship Centre Event Space

Enter through door next to movie theatre

**Registration Required**

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**TO REGISTER**  
UAHL COORDINATOR CALISHA  
U AHL@NECHEE.ORG  
FACEBOOK.COM/U AHLNECHEE  
468-5440 EXT. 230

# Staff Directory



For details about current job postings please visit us at [www.nechee.org](http://www.nechee.org) or find us on our facebook page.

<b>COURT WORKERS Courthouse # 468-9657 NFC # 468-5440</b>			
Amy Kristalovich	Criminal Courtworker (464-0585)	criminalcourtwork2@nechee.org	Ext. 256
Sherman Kabestra	Family Courtworker	familycourtwork@nechee.org	Ext. 233
<b>JAIL WORKERS Jail # 468-2871</b>			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca (468-2871) ext 231	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 314	
Open	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 315	
<b>JUSTICE PROGRAMS NFC # 468-5440</b>			
Open	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	Ext. 245
Brianna Boucha	Restorative Justice Liaison	RJLiaison@nechee.org (464-0069)	Ext. 220
Robert Laurin	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
<b>BAIL RESIDENCY &amp; BAIL VERIFICATION AND SUPERVISION # 468-4619</b>			
Brianna Boucha (Temp)	BVSP Team Lead/Bail Residency Manager	bvsp@nechee.org (464-1908)	
Loy Herbacz	Bail Verification & Supervision Worker	bailcoordinator@nechee.org (464-5849)	
Meagan Lacombe	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Dayna Jamieson	Bail Residency Worker	bailaftercareworker@nechee.org	
Chris Bennett	Bail Residency Worker	bailaftercareworker@nechee.org	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
Cass King	Bail Residency Worker	bailaftercareworker@nechee.org	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Jake Tellier	Bail Residency Worker	bailaftercareworker@nechee.org	
Tyson Skead-Stevens	Bail Residency Worker	bailaftercareworker@nechee.org	
Dylan Ricklef	Bail Residency Cook/Life Skills	lifeskills@nechee.org	
<b>HEALTH PROGRAMS NFC # 468-5440</b>			
Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (407-1443)	Ext. 228
Tamsen Unrau	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Emily O'Connor	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Open	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230
Amy Kristalovich	Mental Health Peer Support Coordinator	criminalcourtwork@nechee.org (464-0585)	Ext. 256

# Staff Directory



For details about current job postings please visit us at [www.nechee.org](http://www.nechee.org) or find us on our facebook page.

<b>ADMINISTRATION NFC # 468-5440</b>			
Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Janet Shodin	Administrative Assistant	reception@nechee.org	Ext. 221
<b>CHILDREN and YOUTH PROGRAMS NFC # 468-5440</b>			
Sheri McNeill	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
Stacey Francis	Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
Lauren Hansen	EarlyON/Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Sunny Copenace	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Open	Indigenous Children's Wellness Program	icw@nechee.org	Ext. 238
Dalaney Smith	Wasa-Nabin Youth Program	wasanabin@nechee.org	Ext. 230
David Friesen	Youth Life Promotion Program	youthlife@nechee.org (807) 464-0482	Ext. 240
<b>EMPLOYMENT and EDUCATION NFC # 468-5440</b>			
Open	Apatisiwin Employment Counsellor	employmentcounsellor@nechee.org	Ext. 248
Open	Apatisiwin Youth Employment Counsellor	youthemployment@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
<b>BOARD OF DIRECTORS</b>			
Vanessa Baxter	President	Board Email: bod@nechee.org	
Keith Singleton	Vice President		
Ramona Sawatzky	Secretary/Treasurer		
Jennifer Beilner	Board Member		
Alicia McCready	Board Member		
Brandy Armer	Board Member		

## Vision Statement

To improve the quality of life for Indigenous People living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian Society and which respects Indigenous distinctiveness.