

"Serving Indigenous people in the City of Kenora for 46 years"

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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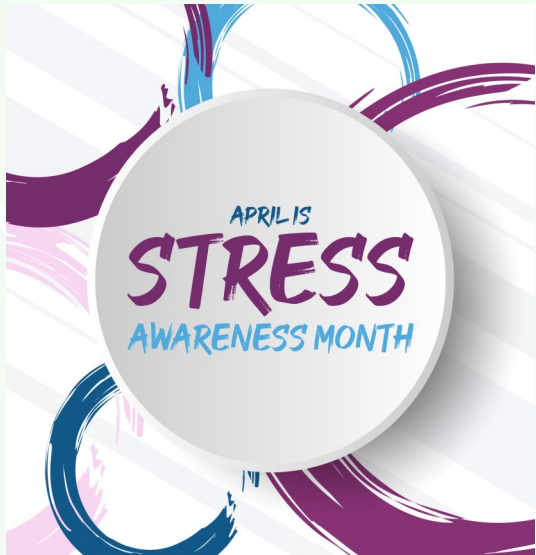
Kenora, ON P9N 1G5



Anishinaabeg (Human Beings)

It is said that Waaban, the east, is where we come from. This is what our ancestors have taught us, it has been our izhinamowin since time immemorial. Waaban represents the springtime, and the spring (source) of life. Spring is the time when new life begins and flowers begin to grow. Waabang (in the East) is where we begin our journey as Anishinaabeg (human beings) coming from the spirit world into the physical world. Our journey begins in the East when Gichi-manidoo (the Great Spirit) breathes the spirit life into us. The Great Spirit, this sum of mystery, is the one that motivates and inspires all living things in this great circle called life. We as human beings are spirits on a physical journey, until our last breath.

THINGS TO REMEMBER





TAMSEN UNRAU

LIFELONG CARE COORDINATOR

Tamsen was hired July 21, 2021, as one of our Lifelong Care Workers. Tamsen has many attributes...cheerful, pleasant, warm, and devoted just to name a few. Tamsen has one of those personalities that generates a feeling of trust and compassion which her clients in the Lifelong Care Program can attest to. She displays a very calm demeanor in all situations which is very beneficial in the work she does. Miigwetch Tamsen for all that you bring to your clients, your program and to the Ne-Chee as a whole.

Patti Fairfield, Executive Director

Hi, I'm Tamsen Unrau, I was hired July 2021, I am a caring and compassionate person and I love to help people, so my job as a Lifelong Care Worker is absolutely perfect for me. Being here for my clients through our happy, fun programming days and experiences together to being someone they can reach out to when they need help, have problems, or need a listening ear is what I love about my job. In my almost two years of being at Ne-Chee I have built amazing relationships with my clients that I will cherish forever and I look forward to continuing those relationships and building more with new clients in the future! A little about me, I was born and raised in Kenora. I have two older brothers and an identical twin sister. I was a stay at home mom to four amazing children who are all teenagers now. My wonderful partner of two years has also brought a beautiful little girl into my life. I love spending time with my family and friends and being at the lake whether I'm boating, tubing, fishing, or just sitting there listening to the waves. Summer is my favorite season but Christmas is my favorite holiday. I love travelling, especially to my favourite little Mexican Island by Cancun.

A few fun facts from Tamsen:

Hobbies: [Doing anything outdoors...walking/hiking, camping, fishing, sledding, crafts, playing basketball](#)

Favorite Quote: ["Do unto others as you would have them do unto you."](#)

Favorite Food: [BBQ steak or Chinese food](#)

Bucket List: [To see the Hollywood sign, go to Hawaii, Australia, and visit my aunt in Alabama.](#)

Favorite movie: ["Just Go With It"](#)



Kenora Ogima Binesiiyog

Visit Our Website!



Stewardship Youth Rangers



WHAT IS IT?

An awesome outdoor summer job! The program focuses on environmental ethics, professional development, diversity, inclusiveness and cultural awareness! SYRs work on a team with 3 other Ranges, an Assistant Team Lead and a Team Lead.

Follow Us!



@ogimaabinesiiyog_syr



Facebook.com/
ogimaabinesiiyog



IMPORTANT INFO:

- 8 Week Contract (July & August)
- Monday to Friday Work Schedule (8:15AM to 4:30PM)
- Hourly Wage \$15.50/hr
- Must be 16-18 years of age
- Earn 2 Co-op Credits!

APPLICATION DEADLINE - May 29, 2023

HOW TO APPLY

Please send your cover letter, resume and completed application form to:

KRISTA PROSSER

Email: krista.prosser@ontario.ca

Phone: (807) 407-9675

Ontario 



Program Announcements

Everyone Welcome!

April 21

3:30-4:30

Mink Bay Trails

1823 Trans-Canada HWY

It may still be snow covered so dress appropriately

Weather dependent see Facebook page for cancellations


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



Ne-Chee Friendship Centre

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.



Seed Starting Workshop



Come learn the connection between gardening & wellness

April 18 at 1pm

Registration Required

Ne-Chee Friendship Centre Event Space

Enter through doors next to movie theatre

Lunch Provided!

TO REGISTER
 UAHL Coordinator Calisha
 uahl@nechee.org
 468-5440 ext. 230
 facebook.com/uahInechee/



Ne-Chee Friendship Centre



SPLIT STRONG

BUILD YOUR BODY



Ne-Chee Friendship Centre

JOIN NOW

A new exercise class that will target one of the muscle groups each class

- Lower body
 - Glutes & Hammys
 - Quads & Calves
- Cardio & core
- Upper body
 - Chest, shoulder, triceps
 - Back & biceps

MONDAY WEDNESDAY & THURSDAYS

NE-CHEE FRIENDSHIP CENTRE EVENT SPACE

enter through doors next to movie theatre

APRIL 12, 13, 17, 19, 20, 24, 26 & 27 AT 6PM

CONTACT
 UAHL COORDINATOR CALISHA
 uahl@nechee.org
 468-5440 ext. 230
 facebook.com/uahInechee/

EarlyON Sioux Narrows/Nestor Falls

The EarlyON SN/NF Program would like to thank everyone who came out to enjoy a hike, hot dog roast, and skating. A special thanks to *The United Native Friendship Centre's UIHLP (Urban Indigenous Healthy Living Program)* for joining in and making traditional treats for all the participants.



Lifelong Care Program

LLC had two cultural workshops recently, with great attendance . In February Colette Surovy facilitated our Healing Blanket Workshop and we learned the meaning behind the blanket and its uses (pictures on page 7). In March our Cultural Resource Coordinator Julian Jordan and his friend Jerry Koster facilitated the Hand Drum Making Workshop. Everyone left with their beautiful hand drums and a thorough understanding of its ceremonial usage. We would like to thank our facilitators and all the participants.



Lifelong Care Program



"Human"

Permission to reprint granted by the Artist & Illustrator **Hawlii Pichette**
To learn more about the Artist and her works please visit www.urbaniskwew.com



human

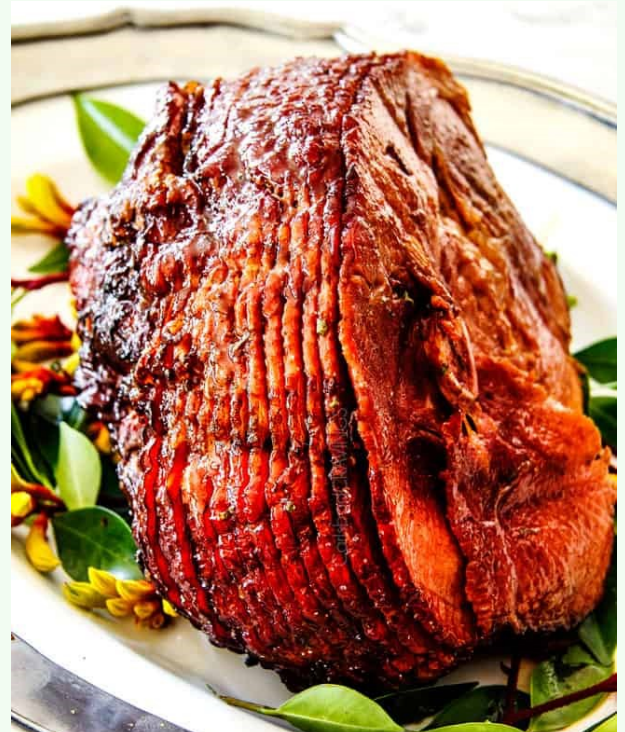
©Hawlii Pichette www.urbaniskwew.com

Honey-Mustard- Brown Sugar Spiral Ham

- *9 lb bone in spiral ham (if it comes with a sauce packet throw the packet out)
- 3/4 cup honey
- 2 tbsp orange juice
- 1/3 cup brown sugar
- 3 tbsp mustard
- *2 tbsp maple syrup (optional)

If you can't find a spiral ham, a regular bone in ham is fine. There will be thick rind on it, leave the rind on for the majority of cooking, near the end of cooking cut off the rind leaving about 1/2 inch of fat, score the fat and apply the sauce as you would for the spiral ham.

*I don't measure my ingredients I mix it all in a large measuring cup to the consistency I like, you can't go wrong on this sauce, instead of orange juice I've used pineapple, anything citrus is good.



Instructions

1. Preheat oven to 325 degrees F.
2. Place the ham in a *roasting pan, cut side down, and pour 1 cup water into the bottom of the pan. Cover the pan tightly with foil. Bake 1 1/2 hours.
3. Meanwhile, combine all the ingredients listed above and whisk well until combined.
4. Remove roaster from oven and brush the ham with approximately half the sauce. Return to oven uncovered bake 30 minutes.
5. Increase oven temp to 350 and remove ham from oven basting with the remaining sauce. Return ham to oven for another 20 minutes or until ham is well-browned and glazy; be careful to not let the glaze burn. Slice and serve.

NOTES

*I use my turkey wire rack in my roasting pan, I line the bottom of roaster with foil, and line the rack with a large piece of foil and spray it with pam cooking spray, then I use another piece of foil directly over the ham and fit it snug to the rack and wrapping the ham tight. I put the lid on my roaster. If you don't have a lid foil the roaster. The foil will make clean up much easier!

Staff Directory



For details about current job postings please visit us at www.nechee.org or find us on our facebook

COURT WORKERS Courthouse # 468-9657 NFC # 468-5440 Ext 220			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Open	Criminal Courtworker	criminalcourtwork2@nechee.org	
JAIL WORKERS Jail # 468-2871			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 301	
Eve Capri	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 327	
JUSTICE PROGRAMS NFC # 468-5440			
Rob Laurin/Brianna Boucha	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
Loy Herbacz	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 464-5849 or 470-8222)	
BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619			
Kylie Ralko	BRP & BVSP Manager	bvsp@nechee.org (464-1908)	
Aden Zacharuk-Lessing	Manager Assistant/Bail Res. Worker	managerassistant@nechee.org	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Jay Barnard	Bail Verification Supervision Worker	bvsp2@nechee.org (464-3000)	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Marla Batiuk	Bail Residency Worker	bailaftercareworker@nechee.org	
Paxton Gray	Bail Residency Worker	bailaftercareworker@nechee.org	
Marcus McArthur	Bail Residency Worker	bailaftercareworker@nechee.org	
Clement Wetelainen	Bail Residency Worker	bailaftercareworker@nechee.org	
Paula Skead	Bail Residency Worker	bailaftercareworker@nechee.org	
Marlene Vandusen	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
Tamsen Unrau	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Grant Vanasse	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Julian Jordan	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230

Staff Directory



Ne-Chee Friendship Centre

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CHILDREN and YOUTH PROGRAMS NFC # 468-5440			
Calisha Wilcott/until filled	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
*Savannah Morrison	*Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
Indigenous EarlyON program will be run in partnership with Sunny Copenace & Ashlyne Surovy			
Lauren Hansen	EarlyON/Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Sunny Copenace	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Ashlyne Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Sheri McNeill/until filled	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
Spencer Caruso (until April 30)	Youth Life Promotion Program	youthlife@nechee.org (807) 464-0482	Ext. 240
EMPLOYMENT and EDUCATION NFC # 468-5440			
Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Sheri McNeill	Indigenous Employment & Training Serv.	employmentcounsellor2@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
ADMINISTRATION NFC #468-5440			
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
BOARD OF DIRECTORS			
Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
Marlene Elder	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Jordan St.Germain	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.