

August 2022



*"Serving Indigenous people in the City of Kenora for 45 years"*

# The Red Eagle

*Ne-Chee Friendship Centre Newsletter*

Ricing Moon

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Shawanong -Spirit Keeper of the South.

We are in the final month of summer. On the medicine wheel south is where we find Sage. Sage is used for releasing what is troubling the mind and for removing negative energy. It is used for cleansing homes & sacred items.

Little mouse is also located in the south. While he may not travel far, he knows intimately his immediate surroundings. Little mouse is a good housekeeper. There is a place for everything and he knows exactly where it is. Consider your own household. Is it in order? Are you able to locate what you need at a moment's notice? Little mouse can teach you everything about keeping an ordered house both in the physical realm and within your mind.

# THINGS TO REMEMBER





# LAUREN HANSEN

## EARLYON PROGRAM COORDINATOR (SIOUX NARROWS/NESTOR FALLS)

Lauren was hired August 30, 2020, as our EarlyON Coordinator in Sioux Narrows/Nestor Falls. She works parttime in this position, parttime as a nurse at the hospital and assists with a family camp business all while having a family of her own. Lauren has many attributes...outgoing, warm, thoughtful, and responsible, just to name a few.

Lauren has established great relationships with her families that attend her programming and is very creative in what she offers to the children and caregivers. There are some great pictures that display the fun the families have at programming that you can check out on Facebook at [Ne-Chee Friendship Centre-Earlyon Sioux Narrows and Nestor Falls.](#)

Miigwetch Lauren for your dedication to the EarlyON program and to those that attend programming.  
Patti Fairfield , Executive Director

A few fun facts about Lauren:

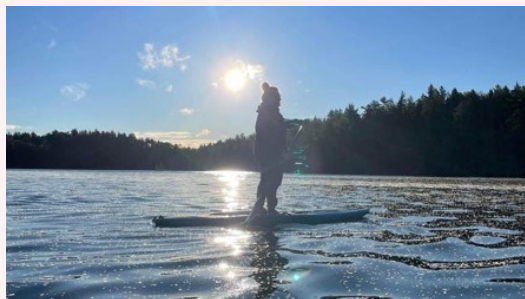
Hobbies: [Fishing, hiking, swimming, paddle boarding, snowmobiling and hockey.](#)

Favorite Quote: [Take the good with the bad, smile with the sad, love what you've got, and remember what you've had. Always forgive, never forget, learn from mistakes but never regret. People change, things go wrong, just remember, life goes on.](#)

Favorite Food: [Fresh Lake Trout or Walleye](#)

Bucket List: [Travel somewhere tropical with my family.](#)

Most recent read: [Girl Wash Your Face by Rachel Hollis](#)



# EarlyON Sioux Narrows/Nestor Falls



Families in the Sioux Narrows/Nestor Falls area enjoyed a day of “fun in the sun” with the EarlyON program.



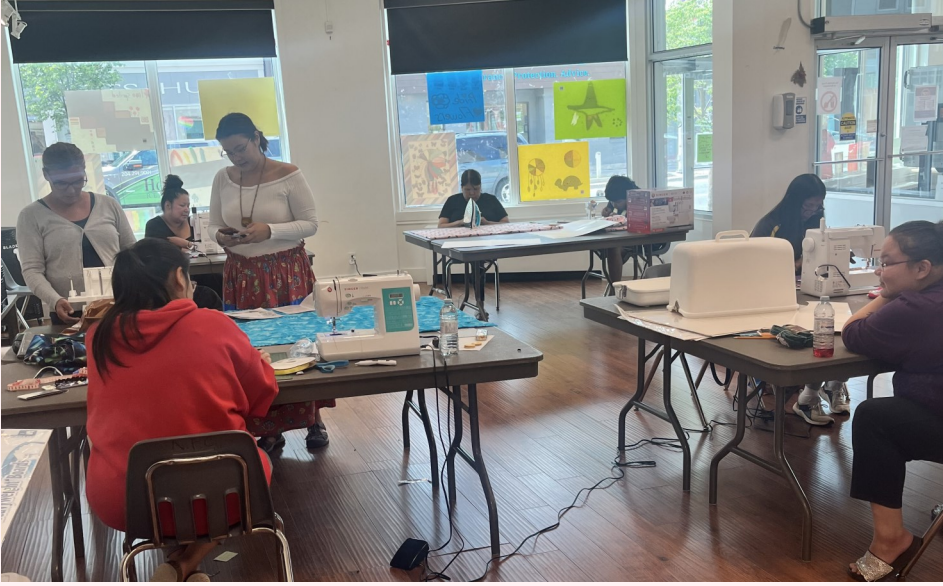
# Kizhaay Anishinaabe Niin (I'm a Kind Man) Program



Clients in the Kizhaay Anishinaabe Niin (Kind Man) Program graduated after completing the required 12 week training. They celebrated with a cruise on the MS Kenora. Lifelong Care Clients joined in and attended the ceremony.

For more information on either of these programs see our staff directory on Page 11 and 12.

# Children's Programs



Parents in the Indigenous Healthy Babies Program & the Family Support Program participated in Regalia Making.



# Children's Programs



Families from the Children's Programs enjoyed a beach day at Coney Island. To learn more about our programs visit our website at [www.nechee.org](http://www.nechee.org).



# Lifelong Care Program



Lifelong Care clients have been busy this summer. They went to Falcon Lake, West Hawk, MS Kenora Cruise, and to Redden's for lunch.





# Staff Event July 14th, 2022



NFC staff took an afternoon to BBQ and enjoy the warm weather out at Rushing River



## Bruschetta

- Crostini/French bread/baguette/tortillas/pita
  - 1/4 cup extra virgin olive oil
  - 1 1/2 TBSP minced fresh garlic
  - 3-4 cups diced tomatoes (remove most seeds/pulp)
  - 1/2 cup diced onion
  - 1/4 cup freshly grated parmesan
  - 1/2 tsp salt
  - 1 tsp oregano
  - 1/4 cup chopped basil ribbons (chiffonade)
- \*optional\* Balsamic vinegar (to make it a glaze cook balsamic over medium heat until it reduces and thickens or you can buy balsamic glaze, I keep both on hand)
- \*Tomatoes can be mixed variety, cherry, yellow, etc.
- \*Basil is best fresh but I've used dry



## Directions

1. In a bowl add tomatoes, onions, basil, parmesan, lightly toss to mix.
2. In a separate bowl combine olive oil, garlic, salt, oregano. Pour over the tomatoes.
3. Serve on baguette or bread of choosing. (warm bread or toast your choice)
4. Drizzle with balsamic vinegar glaze.

\*top with shredded cheese and melt under broiler, or replace parmesan with ricotta. Add diced olives/fennel/capers etc. This is a base mixture which can be altered easily.

# Staff Directory



Ne-Chee Friendship Centre

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

<b>COURT WORKERS Courthouse # 468-9657 NFC # 468-5440 Ext 220</b>			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Open	Criminal Courtworker	criminalcourtwork2@nechee.org	
<b>JAIL WORKERS Jail # 468-2871</b>			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 315	
Pending	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca	
<b>JUSTICE PROGRAMS NFC # 468-5440</b>			
Open	Indigenous Community Justice	communityjustice@nechee.org	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>			
Kylie Ralko	BRP Manager	bvsp@nechee.org (464-1908)	
Loy Herbacz	BVSP Coordinator/Team Lead	bailcoordinator@nechee.org (464-5849)	
Meagan Lacombe	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
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	
Anthony Hanstead	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
Kylie Ralko	Mental Health Peer Support Coordinator	bvsp@nechee.org (464-0585)	

# Staff Directory



Ne-Chee Friendship Centre

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<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/Susanna Steiner	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	wasa-nabin@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>			
Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Pending	Indigenous Employment & Training Serv.	youthemployment@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
<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>BOARD OF DIRECTORS</b>			
Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
Keith Singleton	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Marlene Elder	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.