

December

Little Spirit Moon

(Mnidoons Giizis Oonhg)



Ne-Chee Friendship Centre



December
2024

The Red Eagle

Ne-Chee Friendship Centre Newsletter

“Serving Indigenous people in the City of Kenora for over 48 Years”

In This Issue

- ◆ Staff Recognition p. 2
- ◆ Things to Remember p. 3
- ◆ Office Christmas Schedule p. 4
- ◆ Community Christmas Dinner p. 5
- ◆ In the Kitchen p. 6
- ◆ Lifelong Care Program p. 7
- ◆ Indigenous Veterans Day Pow Wow p.8-10
- ◆ Staff Directory p. 11/12



December’s moon is referred to as the “Little Spirit Moon.” December’s moon, represents a time of healing and focusing on good health, so one may achieve “mino bamaadaziwin—The way of a good life.” This is the time to spread positive energy to our friends and family.

Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

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

STAFF RECOGNITION

Rachel McGraw

~Wasa-Nabin and Akwe:go Children's Programs~



Rachel McGraw was hired as our Wasa-Nabin Worker on February 26, 2024, and took on the additional position of Akwe:go Youth Program Worker in May. Rachel works with Indigenous youth 7-18 years of age.

Rachel is very hard working, sincere and is a positive role model for her youth clients.

She cares deeply about the youth that she works with and is always coming up with fun, educational and culture-based activities.

Thank you, Rachel, for your dedication, positivity and for all that you bring to the Ne-Chee team!

Miigwetch,
Brianna Boucha
Human Resources Manager

Hi! My name is Rachel McGraw and I am the Akwe:go Children's and Wasa-Nabin Youth worker for the Ne - Chee Friendship Centre. Since starting my position at Ne-Chee I have been introduced to many talented and caring people. I am grateful to be a part of a team that is so helpful, mindful, and fun! I also feel that I've grown alongside the children and youth that I work with and have enjoyed learning about all their interests.

Facts about me:

A few hobbies that I like to do are puzzles with friends, read all kinds of books, and spending time with my family.

My Favorite quote is

"Books are my friends, my companions. They make me laugh and cry and find meaning in life"

From the book Eragon by Christopher Paolini.

Picking just one Favorite food is really difficult, because I love so many kinds, but to name a couple would be any kind of baked good (I know that's a lot but there are so many good ones haha) and pasta dishes!

One thing on my bucket list is to visit Japan. I have a huge love for the anime that they create so I would love to visit locations that inspired some of the shows I've watched as well as some movies like Your Name or those by Studio Ghibli.

My Favorite book is Book One of the Inheritance Cycle: Eragon by Christopher Paolini. I had read it in my youth and just absolutely loved the world he created. It's a high fantasy book filled with adventure, dragons, elves, dwarves, magic, love, friendships, and hard truths. It will always be a book/series that I go back to again and again. A funny side story is when the last book came out, I refused to read it for almost a year just because I didn't want it to be over – that's how much I loved and wanted more of this series (I re-read the series during this time). Definitely try and give it a read!

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on December 20th for a Staff Event.

We will be operating on a skeleton crew basis, taking phone calls ONLY from December 23, 2024 until January 6, 2025.

Please note Phones will NOT be answered December 25th, 26th & January 1st!



BASIC OJIBWE WORDS

Winter – Bboon

Merry Christmas – Mina Niibaanamaan

It is Christmas – Niibaanama'e-giizhigad

HAPPENING IN DECEMBER

- December 1st – Rosa Parks Day
- December 2nd – Special Education Day
- December 4th – Santa's List Day
- December 7th – National Pearl Harbour Remembrance Day
- Dec 10th – Human Rights Day
- Dec 18th – Bake Cookies Day
- December 20th – National Ugly Christmas Sweater Day
- December 21st – First Day of Winter
- December 25th – Christmas Day
- December 27th – Make cut-out snowflake day
- December 31st – New Years Eve





Ne-Chee Friendship Centre Holiday Hours

We will be operating on a skeleton crew basis, taking phone calls only from Dec 23rd – Jan 3rd.

December 20th –Closed for a staff event.

December 23rd - 9:00am to 12:30pm & 1:00pm to 4:30pm

December 24th - 9:00am to 12:30pm

December 25th & 26th- CLOSED

December 27th – 9am to 12:30pm & 1:00pm to 4:30pm

December 30th – 9:00 am to 12:30pm & 1:00pm to 4:30pm

December 31st – 9:00am to 12:30pm

January 1st – CLOSED

January 2&3rd – 9:00am to 12:30pm and 1:00pm to 4:30pm

January 6th – Regular office hours Resume

MERRY CHRISTMAS AND HAPPY NEW YEAR





**YOU ARE INVITED TO JOIN US FOR
NE-CHEE FRIENDSHIP CENTRE'S**
Annual Community Christmas Dinner

Saturday December 7th, 2024

2:00-6:30 PM

300 McClellan Ave

(Former Legion Building)

Please use Matheson Street Doors

EVERYONE WELCOME

Transportation will be provided if you live in the Minto Area.

(Must book with Ne-Chee reception, by December 4th, 2024, for the ride)

Bus will leave the Family Resource Centre, 1181 Minto Ave, at 2:00pm

return trip will leave Ne-Chee at 6:15pm.

Enjoy an afternoon of

Christmas Carols with Chris Louis Skead from Shadow Junction

Children's Activities and Games

And a special visit from SANTA





In The Kitchen

Christmas Morning Hot Chocolate



Cook Time: 6 Min

Total Time : 6 Min

Servings: 4

Ingredients

4C Milk

1/2C Sweetened Condensed Milk

1/4C Instant Hot Cocoa Mix

2TBSP White Sugar

2TSP Vanilla Extract



Directions

Heat Milk in a saucepan over medium heat for three minutes. Pour in condensed milk, hot chocolate mix, sugar and vanilla extract. Stir constantly until mixture is warmed through and the sugar is dissolved, about three minutes.

If you feel that the hot chocolate is not chocolaty enough, add 1 TSP of unsweetened Cocoa powder, stir to mix. Serve immediately.

Per serving: 307 Calories

9g Fat

5g Saturated Fat

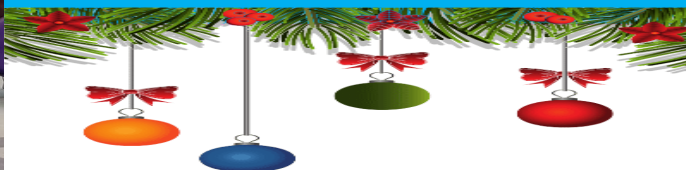
33mg Cholesterol

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 OR Pamela at Ext. 227



On Thursday's LLC Coordinators and clients attend the Metis Nation, for Drum fit.



About our Program

The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages and genders 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.

Indigenous Veterans Day Pow Wow November 8th, 2024



Ne-Chee Friendship Centre held its Annual Indigenous Veterans Day Pow Wow, November 8th at our Building #2 (Former Legion). Thank you to all those that came out to remember and celebrate the day.







Staff Directory



COURT WORKERS Courthouse # 807-468-9657

VACANT	Criminal Court worker	criminalcourtwork@nechee.org	
Elaine	Criminal Court worker	criminalcourtwork2@nechee.org	

JUSTICE PROGRAMS NFC # 807-468-5440

Trish	Indigenous Community Justice	communityjustice@nechee.org (807-464-4371)	Ext. 245
Trish	Restorative Justice Liaison	RJLiaison@nechee.org (807-464-0069)	Ext. 245
Rob	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Vacant	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 807-464-5849 or 807-470-8222)	
Elizabeth	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org (cell 807-456-2754 or 807-470-8222)	

BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 807-468-4619

Kylie	BRP/BVSP Manager	bvsp@nechee.org	
Aden	BVSP Coordinator	bailcoordinator@nechee.org (807-464-3000)	
Cass	Bail Supervision Case Manager	bailcasemanager@nechee.org (807-464-1854)	
Cassandra	Bail Residency Worker	Shared Work Email bailaftrcareworker@nechee.org	
Marcus	Bail Residency Worker		
Drew	Bail Residency Worker		
Douglas	Bail Residency Worker		
Deanna	Bail Residency Worker		
Erin	Bail Residency Worker		
Joey	Bail Residency Worker		
VACANT	Bail Residency Worker		
Catherine	Bail Residency Cook/Life Skills		lifeskills@nechee.org

HEALTH PROGRAMS NFC # 807-468-5440

Carolyn	Lifelong Care Program	lifelongcare@nechee.org (807-407-1443)	Ext. 228
Pamela	Lifelong Care Program	lifelongcare2@nechee.org (807-407-1442)	Ext. 227
Vacant (Temp Contract)	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
VACANT	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha	Urban Aboriginal Healthy Living	uah.ylp@nechee.org (464-0386)	
Pam	Mental Health & Addictions	MHAddictions@nechee.org (456-2508)	Ext. 253

For information on Ne-Chee Friendship Centre Programs please visit our website at www.nechee.org

Staff Directory



CHILDREN and YOUTH PROGRAMS NFC # 807-468-5440

Rachel	Akwe:go Children's Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Savannah	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Lauren	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807)276-4425	
Isabella	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 240
Ashlynn	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel	Wasa-Nabin Youth Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Calisha	Youth Life Promotion Program	uahl.ylp@nechee.org (464-0386)	

EMPLOYMENT and EDUCATION NFC # 807-468-5440

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

ADMINISTRATION NFC # 807-468-5440

Patti	Executive Director	aces@nechee.org (407-2482)	
Brianna	Human Resources	hr@nechee.org	Ext. 222
Aurea	Finance	finance@nechee.org	Ext. 224
Crystal	Office Administrator/Reception	reception@nechee.org	Ext. 221

NFC BOARD OF DIRECTORS

Ramona	Chair		
Marlene	Vice Chair		
Brandy	Secretary/Treasurer		
Diane	Board Member		

To contact the Board of Directors— Send to 326 Second Street South, Kenora, ON P9N 1G5. Put to the Attention of: NFC Board of Directors

For NFC Job postings please visit our Website at www.nechee.org

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.