

The Red Eagle

Ne-Chee Friendship Centre Newsletter

“Serving Indigenous people in the City of Kenora for 47 Years”

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DID YOU KNOW?



Turtle Island refers to the continent of North America.

THE NAME COMES FROM VARIOUS INDIGENOUS ORAL HISTORIES THAT TELL STORIES OF A TURTLE THAT HOLDS THE WORLD ON ITS BACK.

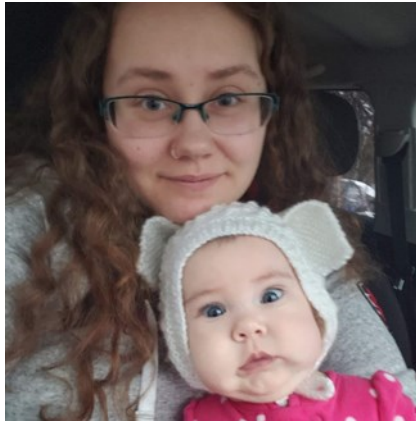


The story of Turtle Island varies among Indigenous communities, but by most accounts, it acts as a creation story that places emphasis on the turtle as a symbol of life and earth.



~STAFF RECOGNITION~

MARLA BATIUK



Marla and I have been working alongside each other for the past year at the Bail Residency Program but have known each other from around the community since we were young. Marla strives to advocate and provide the best care that she can for our residents. She cares deeply about the wellbeing and safety of all participants of the program. Marla continues to grow in her position and offers help where she can. She has become a great asset to the program, and we thank her for all her dedication thus far. Thank you for all your hard work and passion for the program! I look forward to continuing to work with you in the future to provide our residents with the best care possible!

Aden Zacharuk-Lessing, BRP & BVSP Manager

I started my employment with the Ne-Chee Friendship Centre's Bail Residency Program a little over a year ago. During my time with the Bail Residency Program, I have learned a lot about helping people and how to use resources in the area efficiently. I have greatly enjoyed my time with the Bail Residency Program and actively look forward to the future of my employment with them and Ne-Chee Friendship Centre as a whole.

Favorite Food: Sushi

Bucket List: Travel the world

Favorite Movie: Ballad of Songbirds and Snakes

Favorite Book: Harry Potter series

Things to Remember



MONDAY FEBRUARY 19, 2024

OFFICE CLOSURE
 The Ne-Chee Friendship Centre will be closed on Monday February 19, 2024
 In observance of Family Day
 We would like to wish everyone a
 Safe and Happy Family Day!



Learn the signs of heart attack

For both men and women, the most common heart attack sign is chest pain or discomfort. **However, women can experience a heart attack without chest pressure.**

Women take note, you may experience:

- Pressure or pain in the lower chest or upper abdomen
- Dizziness
- Light-headedness or fainting
- Upper back pressure
- Extreme fatigue

If you experience any of these signs, call 9-1-1 immediately.

Heart&Stroke™
heartandstroke.ca/heartsigns
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Chest discomfort
 Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort
 Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

PREVENTIVE TIPS FOR A HEALTHY HEART

www.bestcardiologistpune.com

PROGRAM EVENTS

Indigenous Artisan Craft Market 2023

In December 2023 we held a second Artisan Craft Market, where a silver collection was collected at the door, which raised a total of \$371.80.

Staff voted on a local charity to give the money to, which was the Fellowship Centre. Yaaaay!

Another Winter Market is slated for February 11, 2024, same time, same place, Call Julian at 807-568-5440 ext#225 for more info!



For more information on these events please call the NFC at 468-5440

Lifelong Care Program



Foot Spa



Drum Making w/Julian-Cultural Resource



Foot Spa



Drum Fit Class

LLC-CHRISTMAS PARTY



In the Kitchen

Here's a recipe the kids are sure to love, some healthy alternative ingredients to make these muffins appetizing for everyone. You can even make these into mini muffins and adjust the baking time to 12-14 mins.

These would be an excellent treat for the kids to take to school for a Valentines Day to share with their teacher and classmates.



Whole-Wheat Applesauce Carrot Muffins

Ingredients:

- 1 1/2 cups whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon (ground)
- 1/2 teaspoon ginger (ground)
- 1/2 teaspoon salt
- 1/2 cup butter (softened (but not melted), 1 stick)
- 1/2 cup honey
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup applesauce (unsweetened)
- 3/4 cup carrot (shredded)



1. First, preheat the oven to 350 degrees F and line your muffin pans.
2. While the oven heats, whisk together the dry ingredients (whole wheat flour, baking soda, cinnamon, ginger, and salt).
3. In a separate bowl (I use an electric mixer), beat the softened butter, honey, egg, and vanilla on medium speed.
4. Set mixer to low, then slowly beat in the flour mixture.
5. Fold in the applesauce and shredded carrots.

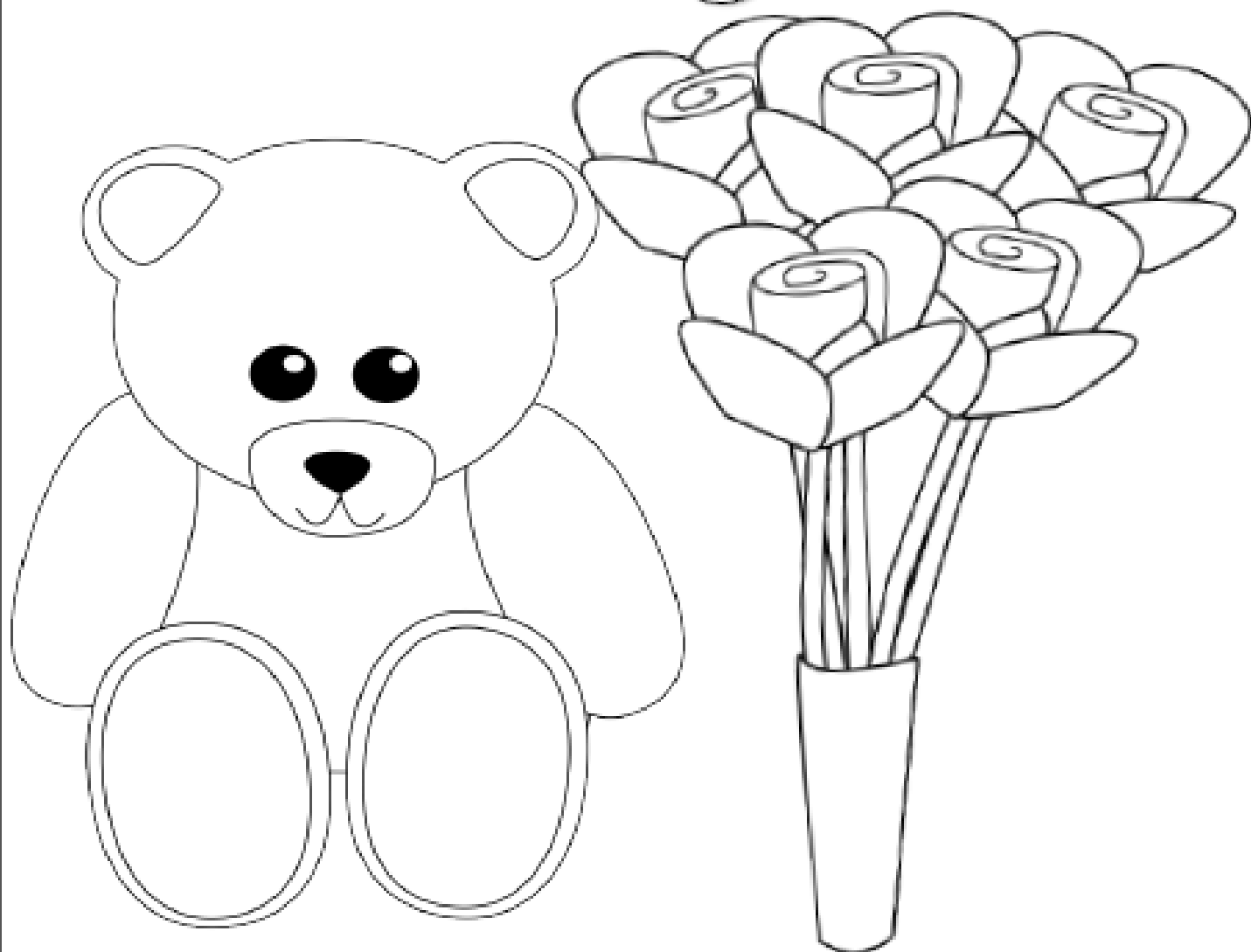
Divide batter evenly among 12 muffin cups a bake for 22-24 minutes, or until a toothpick pressed into the center comes out clean.

Prep Time: 10 Mins/Cook Time: 22 Mins/Servings:12 Muffins/Total Time: 32 Mins



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Happy Valentine's Day



©Kool Kinder

Staff Directory



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

COURT WORKERS Courthouse # 468-9657

Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	

JAIL WORKER Jail # 468-2871

Eve Capri	Drug Education & Living Worker (DEAL)	Kenora.DEAL@ontario.ca (468-2871)	Ext. 327
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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)	

BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619

Aden Zacharuk-Lessing	Interim BRP & BVSP Manager	managerassistant@nechee.org (464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Erin Redsky	Bail Residency Worker	Shared Work Email bailaftercareworker@nechee.org	
Marla Batiuk	Bail Residency Worker		
Paxton Gray	Bail Residency Worker		
Marcus McArthur	Bail Residency Worker		
Drew Roseborough	Bail Residency Worker		
Douglas Kardal	Bail Residency Worker		
Deanna Beckworth	Bail Residency Worker		
Robyn Stahls	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
Tamsen Unrau	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Theresa Jamieson (on leave)	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 (464-0386)	
Pam McNaughton	Mental Health & Addictions	MHAddictions@nechee.org	Ext. 253

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	Indigenous EarlyON Program	earlyon@nechee.org	Ext. 236
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
Vacant (Position Posted)	Wasa-Nabin Youth Program	Wasa-nabin@nechee.org	Ext. 239
Vacant (Position Posted)	Youth Life Promotion Program	youthlife@nechee.org	Ext. 240
EMPLOYMENT and EDUCATION NFC # 468-5440			
Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Nathaniel Gillman	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.