

“Serving Indigenous people in the City of Kenora for 45 years”

# The Red Eagle

Ne-Chee Friendship Centre Newsletter

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Gookooko’oo (Owl) are they a good omen?

This of course depends on who you ask. However they are important creatures in many cultures. Some think of the owl as a mystical, or magical creature that represents wisdom, good luck and prosperity. In the Anishinaabe Culture, Gookooko’oo is an omen of death or a big life change. They bring messages and help those who have died. Gookooko’oo are eternal teachers, they represent the energy of the wise elders and ancestors who have previously walked the land. Wendy Makoons Geniusz wrote an academic paper titled “Gookooko’ooq: Owls and Their Role in Anishinaabe Culture”, it’s worth a read and can be found online.



# THINGS TO REMEMBER

**OFFICE CLOSED**  
**Monday February 20**  
We wish you a safe Family Day Weekend



Free Fishing February 18-20th!  
No license required, for details visit the Ministry of Natural Resources.



**WEAR RED CANADA**

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE

**WEARREDCANADA.CA**  
#WearRedCanada  
#HerHeartMatters  
@CWHHAlliance



**JOIN US! | FEBRUARY 13**

**SPEAK UP**  
*Stand together*  
**STOP BULLYING**

FEBRUARY 22 is Pink Shirt Day!  
#LIFTEACHOTHERUP  
Choose to be Kind



# ERIN REDSKY

## BAIL RESIDENCY WORKER

Erin started her position as a Bail Residency Program Worker on June 14th, 2021. Erin does an exceptional job working with our residents and is always offering a helping hand to her peers. She performs her job responsibilities with ease and can most commonly be seen going above and beyond those duties. Erin has a calm and inviting personality which allows her to build therapeutic bonds with our clients. This, in turn, guides them towards their overall growth and success. Erin is a kind, reliable and dedicated individual and we are so lucky to have her as part of our program and team!

Thank you/Miigwetch,

Kylie Neniska, Bail Residency Manager/Mental Health Peer Coordinator

A few fun facts from Erin:

Hobbies: [I love to paint and write!](#)

Favorite Quote: [“Don’t let yesterday take up too much of today.”](#)

Favorite Food: [Spaghetti](#)

Bucket List: [Travel to the United Kingdom](#)

Favorite book or movie: [Grease](#)



# Program Announcements



Ne-Chee Friendship Centre



HAND-DRUM MAKING  
**WORKSHOP**

CHILD CARE AND LUNCH PROVIDED  
LIMITED SPOTS AVAILABLE

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21 FEB 2022 FROM 12-4PM

PLEASE CONTACT SUNNY  
468-5440 EXT.236 OR  
JULIAN EXT.225

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TRANSPORTATION PROVIDED UPON PRIOR REQUEST



Ne-Chee Friendship Centre

## DRUMMING NIGHTS



OPEN TO EVERYONE

A LIGHT SUPPER WILL BE PROVIDED FOLLOWED BY DRUMMING



**FEBRUARY 14 AND 28**

FROM 6-8PM

NE-CHEE FRIENDSHIP CENTRE  
326 SECOND STREET S  
EVENT SPACE  
(DOORS BESIDE THEATRE)




Ne-Chee Friendship Centre

## MINO MIIKANA TRADITIONAL PARENTING CLASS

Learn from Elders about the Grandfather teachings & the connection to parenting while walking a good path.

**CHILDCARE & LUNCH PROVIDED**

FEB 4, 9, 16, 23 & MARCH 2, 9  
10AM-12:30PM

COMMITMENT TO ALL 5 WEEKS IS REQUIRED.

TO REGISTER CONTACT EMILY  
807-468-5440 EXT.226



Ne-Chee Friendship Centre

## RABBIT LAKE SKATING

Come for an afternoon skate! All ages and experience levels welcome

February 17  
4:00 pm

Rabbit Lake Skating Trail  
Located at Rabbit Lake Beach

- Dress for the weather
- A small number of children's skates will be available
- Event is weather dependent
- Watch Facebook page for updates & cancellations.

**Contact**  
UAHL Coordinator Calisha  
uahln@nechee.org  
facebook.com/uahlnnechee/  
468-5440 ext 230





# Indigenous Student Success Program

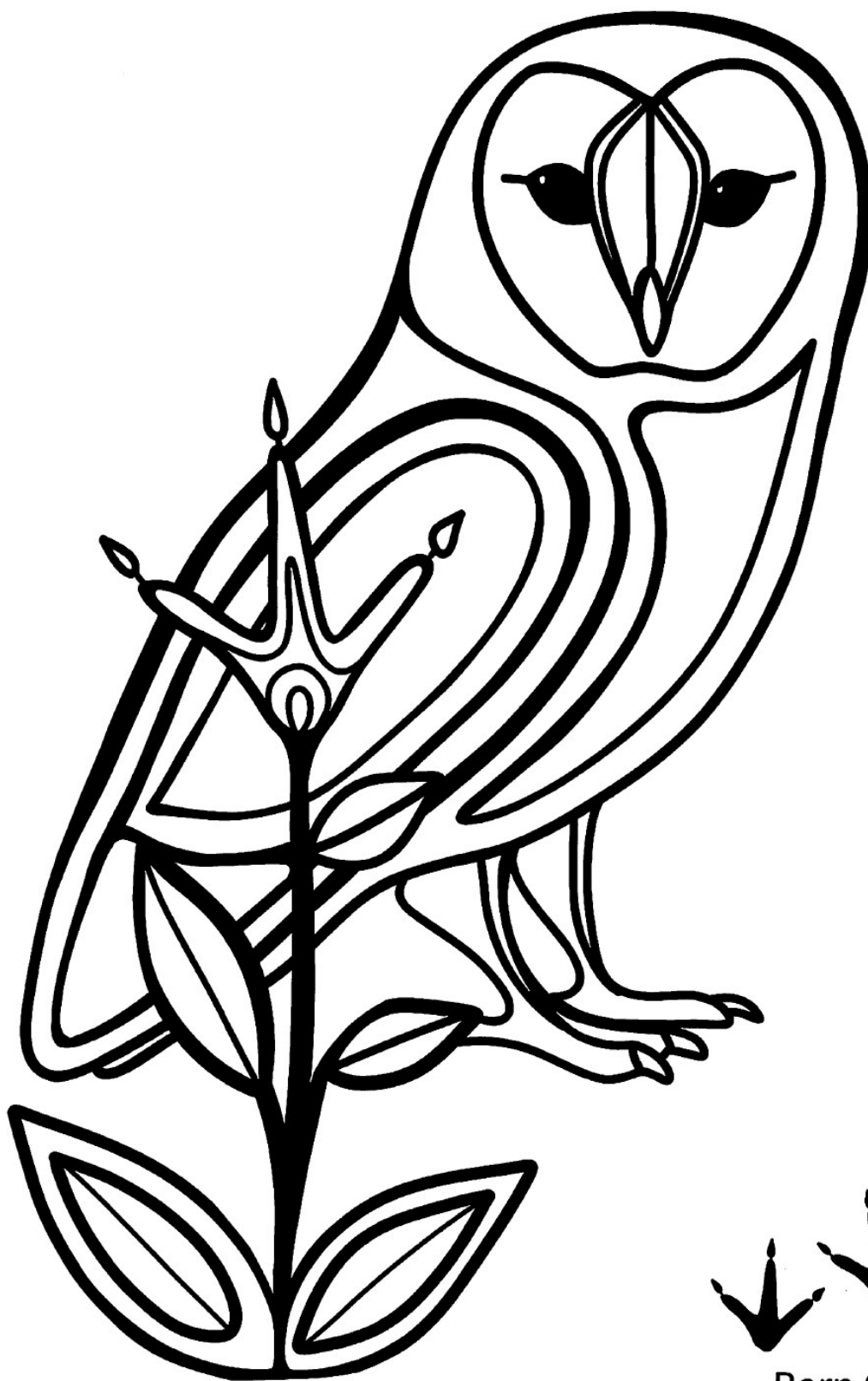
ISSP has had a busy New Year. Thank you to Burton & Sara from Borealis Sled Dog Adventures for coming to Kenora and giving our students the opportunity to experience dog sledding. We would also like to thank Chris from Fragile Glass for coming to the Friendship Centre and teaching us how to use enamel paint, the finished product turned out beautifully.



# "Barn Owl"

Permission to reprint granted by the Artist & Illustrator **Hawlii Pichette**

To learn more about the Artist and her works please visit [www.urbaniskwew.com](http://www.urbaniskwew.com)



Barn Owl

©Hawlii Pichette [www.urbaniskwew.com](http://www.urbaniskwew.com)

## Creamy Chicken Enchiladas

- 1 pk (10) large soft tortillas wraps
- 2 tbsp flour
- 3tbsp butter
- 1/2- cup milk (I use half cream and half milk)
- 1/2 cup chicken stock (mix chicken stock and milk together)
- 1 cup sour cream
- 5 cups cooked cubed or shredded chicken
- 1/4 cup taco sauce/or salsa (medium, hot, your choice)
- 1/2 package cream cheese cut into cubes
- \*4 cups cheese shredded (I use a mixture of cheddar & mozzarella) \*
- 1tbsp chilli powder
- 1 diced red pepper
- 1 small diced yellow onion
- 1 small diced tomato
- \*optional\* Monterey jack cheese would be good too.
- \*Versatile recipe, use jalapenos, green chilis, whatever you like



Directions: pre-heat oven to 350 F

1. In a pot melt butter and add flour, stir for a few minutes. Add milk/stock mixture and cook till thickened, if too thick add more milk/or cream to the consistency you like.
2. Add cream cheese to mixture and heat over low/medium heat till melted, then add sour cream and stir.
3. \*Add taco sauce. This is solely dependent on your taste, if you like hot, spicy, mild etc. You can add more than a 1/4 cup or less it's whatever you like. Add Chili powder to sauce.
4. In a frying pan sauté onions and peppers till softened, I use olive oil to fry, use whatever oil you like. Add the chicken and mix together, add one cup of the sauce to the pan and most of the shredded cheese, give a stir to incorporate and remove from heat.
5. Spray a 9x13 pan and 8x8 pan with cooking spray/pam, if you don't have smaller pan use a pie plate
6. Spoon chicken mixture into tortillas and roll placing seam side down in pan.
7. Sprinkle tortillas with remaining shredded cheese( can add more or less depending on what you like)
8. Pour remaining cheese sauce over the tortillas. Spread evenly with spatula.
9. Cover with foil and bake 30 minutes, uncover after 30 and bake 10 more minutes.
10. Garnish with additional toppings such as, diced tomatoes, diced green onions, sour cream/salsa etc.

# 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

## 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

Pending	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

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

Kylie Ralko	BRP Manager	bvsp@nechee.org (464-1908)	
Loy Herbacz	BVSP Coordinator/Team Lead	bailcoordinator@nechee.org (464-5849)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Jay Barnard	Bail Verification Supervision Worker	bvsp2@nechee.org (464-3000)	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
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	
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
Open	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
Kylie Ralko	Mental Health Peer Support Coordinator	bvsp@nechee.org (464-0585)	



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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 & Ashlynn 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
Ashlynn 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	
Brandy Armer	Secretary/Treasurer		
Marlene Elder	Board Member		
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.