



# The Red Eagle

Ne-Chee Friendship Centre Newsletter

*"Serving Indigenous people in the City of Kenora for 47 Years"*

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## THE OTTER

THE OTTER (NIGIG) IS BOTH AN AQUATIC AND LAND MAMMAL. VERY SLEEK LOOKING AND PLAYFUL. OTTERS ARE KNOWN TO BE CRAFTY AND VERSATILE. THEIR WIDE DIET INCLUDES WATER ANIMALS AND INSECTS AS WELL AS A FEW LAND CREATURES. IN OJIBWE CULTURE THE OTTER IS UNDERSTOOD TO BE A MESSENGER. THE OTTER IS ALSO PERCEIVED TO BE THE FIRST MEDICINE BAG AS THE OTTER HAS SACRIFICED ITSELF TO BE THE FIRST CONTAINER OF THE MEDICINE BAGS. FOR THE MARTEN CLAN, OTTERS CAN BE WARRIORS, HUNTERS OR EVEN STRATEGISTS.

# Things to Remember

## **Ne-Chee Friendship Centre Holiday Hours**

The office will be closed to the public during the Christmas holidays but will be operating on a skeleton crew basis to take calls ONLY.

Skeleton Crew hours of operation from  
January 2, 2024 to January 5, 2024  
from 9am-12:30pm and 1:00 pm to 4:30pm

**\*\*Regular Office Hours will Resume on January 8, 2024.**

### WINTER BLUES

Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return. Sometimes, these mood changes are more serious and can effect how a person feels, thinks and behaves.

Here are some tips to shake off those winter blues.



### SHAKE OFF THE WINTER BLUES



KEEP ACTIVE, EXERCISE

LIGHT THERAPY



EAT YOUR WAY HAPPIER



SOCIAL CONNECTIONS



GET OUTSIDE

@BCSMICHIGAN

### January is Alzheimer's Awareness Month

Did you know that  
25,000 new cases of  
dementia are diagnosed  
every year in Canada?

Source: Alzheimer's Society British Columbia



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



# Indigenous Veteran's Day Pow Wow 2023



# Lifelong Care Program

## DRUM FIT CLASS AT THE METIS NATION



## In the Kitchen

Anything pretty much goes with this holiday favorite. What ever snack you have in your cupboard could be used in this fun and easy recipe.



### REINDEER SNACK MIX

#### Ingredients

- 2 cups Bugles
- 2 cups pretzel sticks
- 2 cups cheese-flavored snack crackers
- 1 cup bite-sized shredded wheat
- 1 cup Corn Chex
- 1 cup pecan halves
- 1/2 cup butter, cubed
- 1 tablespoon maple syrup
- 1-1/2 teaspoons Worcestershire sauce
- 3/4 teaspoon Cajun seasoning
- 1/4 teaspoon cayenne pepper

**TOTAL TIME:** Prep. 10 mins. Bake: 1hr plus cooling time: Makes 12 Servings (2 1/4 Quarts)

*“Rudolph and his pals will be dashing, dancing and prancing to gobble up this savory snack mix. Humans also will enjoy the buttery, perfectly seasoned and wonderfully crunchy combination. —Taste of Home Test Kitchen”*

1. Preheat oven to 250°. Place first 6 ingredients in a large bowl. In a microwave, melt butter; stir in remaining ingredients. Drizzle over snack mixture; toss to combine. Transfer to an ungreased 15x10x1-in. pan.
2. Bake 1 hour, stirring every 15 minutes. Cool completely before storing in an airtight container.

#### Nutrition Facts

3/4 cup: 239 calories, 16g fat (6g saturated fat), 21mg cholesterol, 331mg sodium, 22g carbohydrate (2g sugars, 2g fiber), 3g protein.





# Staff Directory



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</b>			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	
<b>JAIL WORKER # 468-2871</b>			
Eve Capri	Drug Education & Living Worker (DEAL)	Kenora.DEAL@ontario.ca (468-2871) ext 327	
<b>JUSTICE PROGRAMS NFC # 468-5440</b>			
Trish Therrien	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	Ext. 220
Trish Therrien	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)	
<b>BAIL RESIDENCY &amp; BAIL VERIFICATION AND SUPERVISION # 468-4619</b>			
Aden Zacharuk-Lessing	Temporary 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		
Catherine Toth	Bail Residency Worker		
VACANT	Bail Residency Cook/Life Skills		lifskills@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
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)	

# 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. 235
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
Open	Wasa-Nabin Youth Program		
Open	Youth Life Promotion Program		

## 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.