



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
- ◆ New Staff Introduction p. 3
- ◆ Things to Remember p. 4
- ◆ In the Kitchen p. 5
- ◆ ISSP Graduation p. 6 & 7
- ◆ Lifelong Care Program p. 8 & 9
- ◆ Medicine Teachings (KACL) p. 10
- ◆ NIPD p. 11
- ◆ Puzzle Page p. 12
- ◆ Staff Directory p. 13/14

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Miin-Giizis (Meehn) Berry Moon



The seventh moon of Creation is Raspberry Moon, *“when great changes begin”*. During this moon phase the raspberry plants provide their fruit. By learning gentleness and kindness, like the raspberry canes, we may pass through the thorns and harvest the fruits. Learning gentleness and kindness is especially important in raising our families.

STAFF RECOGNITION

Elaine Kewaquom

Criminal Court Worker



Elaine Kewaquom was hired as our Indigenous Criminal Courtworker on July 24, 2023, and works directly out of the courthouse.

Elaine is patient, non-judgmental, persistent, and compassionate, all of which make her an excellent Courtworker. Anyone who knows Elaine will tell you she has a great sense of humour and loves to laugh. You'll often hear Elaine's laughter before you see her. She has a way of making everyone feel welcome and at ease. She is always up for a challenge and is willing to go the extra mile when it comes to working with the people she supports.

We are very fortunate to have Elaine as a worker and appreciate the many gifts she brings to the ICW program and to Ne-Chee as a whole. Miigwetch Elaine!

Brianna Boucha
Human Resources Manager

NEW STAFF INTRODUCTION

Natalie Bonneteau

Employment Counsellor

Indigenous Employment & Training Services



My name is Natalie Bonneteau and I recently became an employment counsellor here at Ne-Chee Friendship Centre. I am so excited to have this opportunity. As an employment counsellor I can empower people to pursue their goals and to achieve their ambitions by giving them the means to do so. Our funded and non-funded programs essentially remove the barriers that prevent employment and education. Recently I attended a job fair, and I asked a young man at my booth what he wanted to be when he grew up. He said he wanted to go to college, but he wasn't sure how to even begin the process. He had not heard of Ne-Chee Friendship Centre until then and so I explained to him the various ways that the Indigenous Employment and Training Services program could help him with his goal. When he left, he had a huge smile! I look forward to seeing him again with that same smile, holding a diploma! So, a few fun facts about me! I have been married for 19 years this September and I have two children (Chris and Daniel). I graduated from Red River Polytechnic with a Culinary Arts Diploma. I still love to cook but Gordon Ramsey would probably yell at me, A LOT! I was a level two apprentice carpenter, and I worked in the trade for over 6 years. I have a green belt in Karate. I love scary movies! I can't sing but I love to dance...also, I can't dance! In all seriousness, I am so happy to be here at Ne-Chee Friendship Centre. I cannot wait to learn and grow as an employment counsellor and to be part of the reconciliation process which is so vital. I am inspired by all of the staff here and I look forward to working with all of you. Miigwetch



For more information on Employment and Training Services, please call Natalie at the NFC at 807-468-5440 Ex. 247

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Monday July 1st, 2024 for Canada Day.

Regular office hours will resume on Tuesday July 2nd, 2024 at 9am.



Basic Ojibwe Words

Happy Canada Day

Happy -- Minawaanigwad.

Canada -- Zhaaganaashiiwaki.

Day -- Giizhig.



National Blueberry Month is an annual observation during the entire month of July.





In The Kitchen

Best Ever Blueberry Cobbler



TOTAL TIME: Prep: 20 Mins/Cook Time: 35 Mins/Total Time:55Mins **YIELDS:** 6Servings

Ingredients



3C Fresh Blueberries
1/3C Orange Juice
3TBSP White sugar
2/3C All Purpose Flour
1/4TSP Baking Powder

1 Pinch of Salt
1/2C butter, softened
1/2C Sugar
1 Egg
1/2TSP Vanilla Extract

Directions

1. Preheat oven to 375 Degrees F.
2. Mix Blueberries, Orange Juice and 3TBSP Sugar in 8inch square baking dish.
3. Mix Flour, Baking Powder and Salt in a small bowl.
4. Cream Butter and 1/2C Sugar in large bowl until light and fluffy. Beat in egg and Vanilla. Gradually add flour mixture, stirring until all ingredients are combined.
5. Drop spoonful's of batter over the blueberry mixture, covering as much filling as possible.
6. Bake in the preheated oven until topping is golden brown and filling bubbles, 35-40 Minutes.
7. Serve with a dollop of whip cream.

Store any leftovers in an airtight container for up to three days, or freeze for up to one month by wrapping the leftovers in storage wrap and aluminum foil.

Nutrition Facts

Per Serving: 336 Calories;

Total Fat: 17G;

Total sugars: 31G;

Recipe credit: AllRecipes.com

INDIGENOUS STUDENT SUCCESS PROGRAM

The Indigenous Student Success Program was very busy in the month of June. On June 7, graduates of 2024 attended their Graduation Ceremony at Andy Lake Resort. Congratulations to our 2024 Graduates and best wishes for all your future endeavours.



For more information on the Indigenous Student Success Program call: (807)-464-2163
OR Email: education@nechee.org

INDIGENOUS STUDENT SUCCESS PROGRAM



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 call 807-468-5440 Ext. 227 or 228



LLC Clients and Coordinators attended Sioux Narrows for the day on June 14th. Shopping and lunch were in order.



About our Program

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

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 call 807-468-5440 Ext. 227 or 228



On Monday June 17th, LLC Clients went on an excursion to West Hawk Lake. While there they met a bike rider, riding for independent Media.



Lunch was had at the Hi-Point Restaurant. You can tell by the smiles that it was an enjoyable day.



Medicine Teachings



On May 28th, Office Administrator, Crystal Page provided a Medicine Teaching session to KACL service users and staff. They were instructed on how to harvest the medicine and perform smudging. Here are a few KACL attendees. Their smiles indicate that it was an enjoyable and valuable learning experience. All attendees were given their own smudge bowl and medicine bundle to take home after.



NATIONAL INDIGENOUS PEOPLE'S DAY

Ne-Chee Friendship Centre partnered with Bimose Tribal Council and WNHAC again this year, for National Indigenous People's Day & Honouring our High School Graduates Pow Wow on June 21st. Miigwetch to all those that came out to help us celebrate the day.



BIMOSE
TRIBAL COUNCIL



WAASEGIIZHIG
NANAANDAW'EYEWIGAMIG

ACROSS

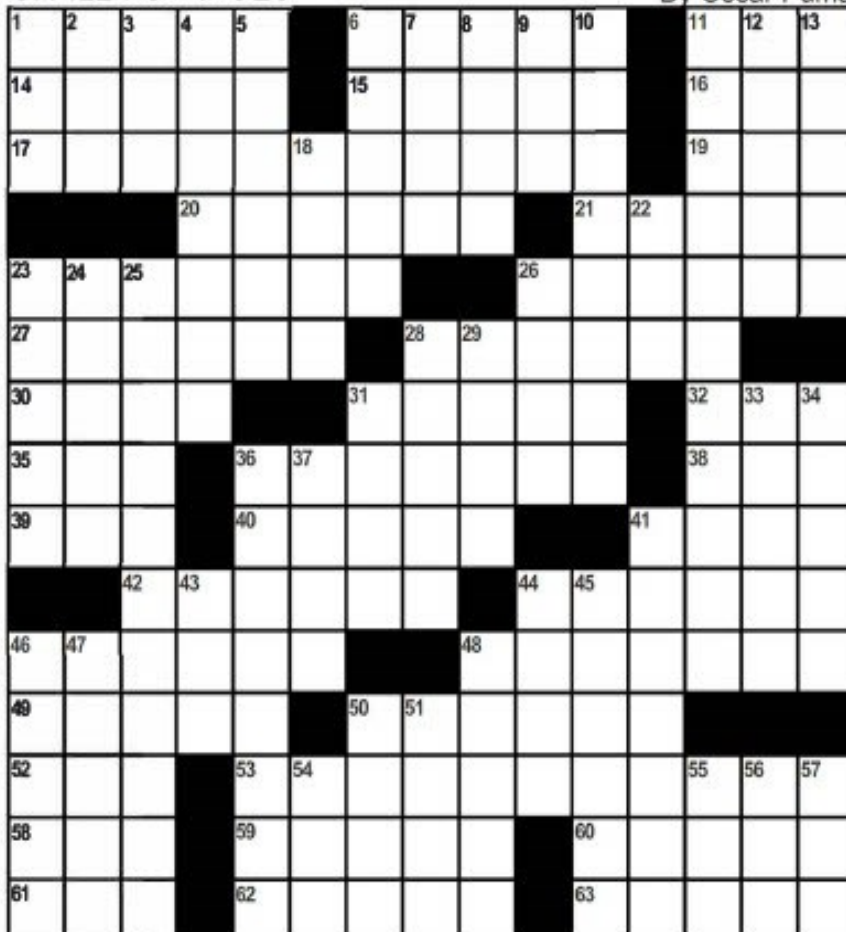
- | | |
|---|-----------------------------------|
| 1) Biting remarks | 38) Couple in Rome |
| 6) Improvise | 39) Early afternoon |
| 11) Loser's place? | 40) "Forget it!" |
| 14) Certain Alaskan | 41) Do, for example |
| 15) Exotic jelly flavor | 42) Angora attractor |
| 16) Homophone for "hymn" | 44) Drunk, in slang |
| 17) Turns a registered nurse into a RN? | 46) Fence openings |
| 19) Genetic info carrier | 48) Verbal nouns |
| 20) Auto radiator cover | 49) Committee head |
| 21) Revises, as copy | 50) Magellan or Bering |
| 23) Marching rhythm | 52) No longer in the USAF |
| 26) Casual slacks | 53) Construct on a smaller scale |
| 27) Disinclined | 58) Munched |
| 28) Satellite connection | 59) How many respond to an insult |
| 30) Barely beats | 60) Low point |
| 31) Flogging whip | 61) ___ de deux |
| 32) Name passer, perhaps | 62) Varieties |
| 35) It paves the way | 63) Forgo a big wedding |
| 36) Frigid spikes | |

DOWN

- 1) Cry heard during wool shearing
- 2) Priest's wear
- 3) Soldier in Lee's army, briefly
- 4) Fast food staple
- 5) Rears of ships
- 6) Catlike
- 7) Kind of income
- 8) Like some shows
- 9) "___ been meaning to tell you ..."
- 10) Inning extenders
- 11) Becomes constricted
- 12) It's spotted in Westerns
- 13) Accumulate
- 18) Bad habit, so to speak
- 22) Kipling's "Gunga ___"
- 23) Part of a Pound poem
- 24) Birdlike
- 25) Undervalues
- 26) Board game name
- 28) Open, as an aspirin bottle
- 29) "Roly" follower
- 31) New Zealand bird
- 33) Exposed
- 34) Can't forgo
- 36) Pause at intervals
- 37) Bamboozles
- 41) On the fence
- 43) "A laddin" prince
- 44) Airplane assignment
- 45) Like the Godhead
- 46) Leftover piece
- 47) Certain sorority member
- 48) Asa and Spalding
- 50) Impertinent person
- 51) Game piece, often
- 54) Like some wintery roads
- 55) Altar avowal
- 56) Energy
- 57) "... ___ he drove out of sight"

SMALL POTATOES

By Oscar Puma



Staff Directory



COURT WORKERS Courthouse # 468-9657

Open Position	Criminal Courtworker	criminalcourtwork@nechee.org	
Trish Therrien (Temp)	Criminal Courtworker	criminalcourtwork2@nechee.org	

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
VACANT (Temp Contract)	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 464-5849 or 470-8222)	
Elizabeth Wilson	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org (cell 456-2754 or 470-8222)	

BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619

Patti Fairfield	Interim BRP/BVSP Manager	aces@nechee.org (407-2482)		
Aden Zacharuk-Lessing	BVSP Coordinator	bailcoordinator@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		
Marcus McArthur	Bail Residency Worker			
Drew Roseborough	Bail Residency Worker			
Douglas Kardal	Bail Residency Worker			
Deanna Beckworth	Bail Residency Worker			
Cassandra Sinclair	Bail Residency Worker			
VACANT	Bail Residency Worker			
VACANT	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
Pamela Loeb	Lifelong Care Program	lifelongcare2@nechee.org (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 Sinclair	Urban Aboriginal Healthy Living	Uahl.ylp@nechee.org (464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org (456-2508)	Ext. 253
Vacant	Mental Health & Addictions Assistant		

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

Staff Directory



Ne-Chee Friendship Centre

CHILDREN and YOUTH PROGRAMS NFC # 468-5440

Rachel McGraw	Akwe:go Children's Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Savannah Morrison	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Lauren Hansen	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Savannah & Ashlynn	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 235
Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel McGraw	Wasa-Nabin Youth Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Calisha Sinclair	Youth Life Promotion Program	uahl.ylp@nechee.org (464-0386)	

EMPLOYMENT and EDUCATION NFC # 468-5440

Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Natalie Bonneteau	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	hr@nechee.org (807) 464-1394	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Crystal Page	Administrative Assistant	reception@nechee.org	Ext. 221

BOARD OF DIRECTORS

Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
OPEN	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Marlene Elder	Board Member		

For NFC Job Postings please see 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

