

Strawberry Moon
Ode'imini-giizis



JUNE 2024

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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National Indigenous People's Day

National Indigenous People's Day was once called National Aboriginal Solidarity Day. June 21st is a very significant time of year for Indigenous People as it is the summer solstice, the longest day of the year.

- In 1982, the National Indian Brotherhood, now the Assembly of First Nations, called for the creation of National Aboriginal Solidarity Day
- In 1995, the Sacred Assembly, a national conference of Indigenous and non-Indigenous people chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Indigenous Peoples
- Also in 1995, the Royal Commission on Aboriginal Peoples recommended the designation of a National First Peoples Day

On June 21, 2017, the Prime Minister issued a [statement](#) announcing the intention to rename this day National Indigenous Peoples Day.

National Indigenous Peoples Day is part of the [Celebrate Canada](#) program, which also includes Saint-Jean-Baptiste Day on June 24, Canadian Multiculturalism Day on June 27 and Canada Day on July 1.

The Government of Canada provides funding opportunities for community [celebratory events](#), as well as for [commemorations on the National Day for Truth and Reconciliation](#).

~Government of Canada Website~

STAFF RECOGNITION



Deanna Beckworth



~Bail Residency Worker~



Deanna started at the Bail Residency April 13, 2022 as a casual worker. It did not take long to see how eager Deanna was to invest herself more and become a full-time worker at the Program. Deanna is truly a kindhearted individual who cares about others and is there to support them anyway she can. Deanna expresses how she deeply cares about the wellbeing and safety of all participants at the program each and every day. Deanna is one to never shy from a challenge and pushes herself to advocate for the clients here at the Residency and their wellbeing. Deanna has been a great asset to the program, displaying flexibility in evolving situations and accounting for important milestones for all program participants. Deanna continues to be a huge asset to the program, and we thank her for all her dedication and hard work thus far.

Patti Fairfield, Executive Director

Hi! I am Deanna. My favourite food is sushi. My favourite movie... hmm, I'm not really a movie buff. I like true crime and documentaries. My favourite book is my Bible. I enjoy spending time with my husband, Gavin and our six children. I also enjoy hiking, working out, growing food and medicine and learning various ways to preserve food. I have two full time jobs and am known as a workaholic. I also homeschool four of my children.

NEW STAFF INTRODUCTION

 Pamela Loeb 

~Lifelong Care Worker~



My name is Pamela Loeb, and I am filling in temporarily as one of the Lifelong Care Workers covering a Parental Leave.

I'm originally from Manitoba, and grew up in a quaint little town west of Winnipeg. My favorite things to do as a child were minibike and snowmobile riding. I came to Kenora approximately 10 years ago. I've tried a few different occupations, from Pinecrest to the cemetery and the last few years as an EA for Jordan's Principle at SJP. I am also a volunteer at the Kenora Sexual Assault Centre. My current hobbies are gardening, reading and anything that has to do with crafting.

I happened upon the posting for the Lifelong Care position accidentally, and it immediately resonated with me. Providing support to individuals in a manner that encourages growth, community inclusion and cultural traditions are an important part of anyone's wellbeing. I am grateful to be a part of a Centre that is so diverse and brings like-minded people together trying to promote harmony and wellbeing in everyone. I am looking forward to meeting new people and having a lot of fun and adventures with the clients and staff!



For more information on the Lifelong Care Program, please call Pam at the NFC at 807-468-5440 ext. 227

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Friday June 21, 2024 in recognition of National Indigenous Peoples Day.

Please join us on June 21st at the Whitecap Pavilion for NIPD Honouring our Graduates PowWow.
Hosted by Bimose Tribal Council, WNHAC and Ne-Chee Friendship Centre

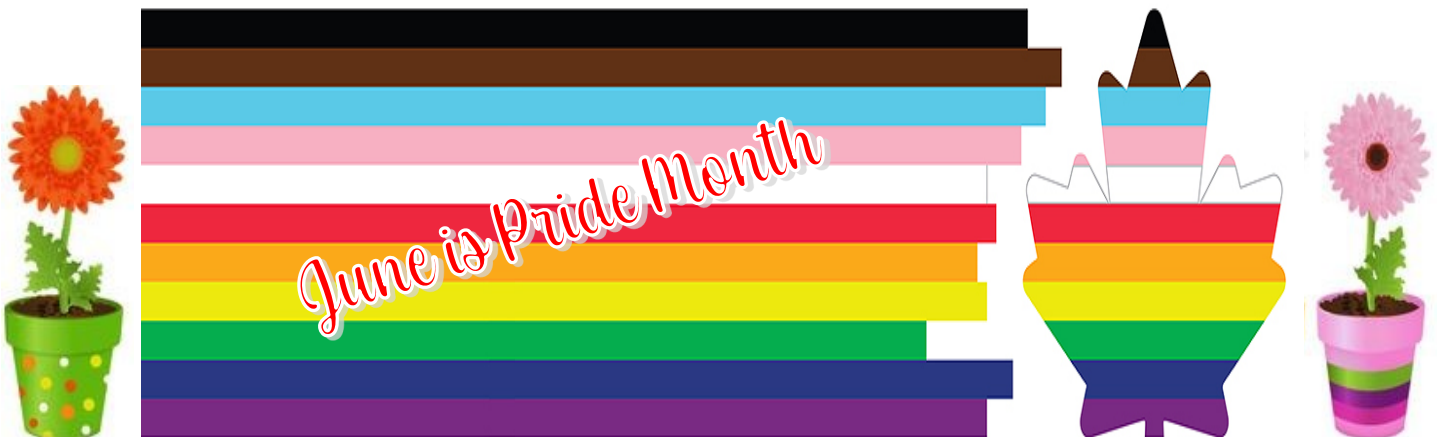
The Main Office will re-open Monday June 24th, 2024 at 9am.



Basic Ojibwe Words

Weather

- It's raining - Gimiwan
- It's sunny - Waaseyaa
- It's cool - Dakiyaa (magad)
- It's hot - Gizhaate
- It's windy - Noodin





In The Kitchen

~Best Bannock Recipe~



Bannock is a flour-water combination bread, fried over a fire, that originated with Indigenous Peoples. Bannock is a staple food of the Indigenous Peoples of Canada, and variations of this recipe are part of traditional meals all across the country.



Ingredients

4 cups all-purpose flour
2 tbsp baking powder
1 tsp salt
1 ½-2 cups warm water
1/4 cup lard or butter (for baked bannock) OR
1/4 cup oil for cooking (for stovetop bannock)

Directions

- In a large bowl, stir together the flour, baking powder and salt.
- For baked bannock: Make a well in the middle of the flour mixture and pour in the water, then stir just until combined.
- Spread the dough into a greased or parchment-lined 9×13-inch pan and drop three dollops of lard (or butter) onto the top of the batter. Bake in a preheated 400 °F oven for 20-25 minutes, turning once to brown the other side.
- For stovetop bannock: Gradually add enough water to moisten the ingredients and bring the mixture together in a ball. Turn the dough out onto a lightly floured surface and gently knead about 10 times.
- Shape the dough into round patties about ½-inch thick. Cook on an oiled skillet for 3-4 minutes per side, until golden brown.



PROGRAM EVENTS

Bail Residency



The Bail Residency guys out doing their part for Earth Day by cleaning up the streets of downtown. Way to go guys!!

We didn't get before pics because they were just too quick! They did a great job and spirits were good even with the rain!



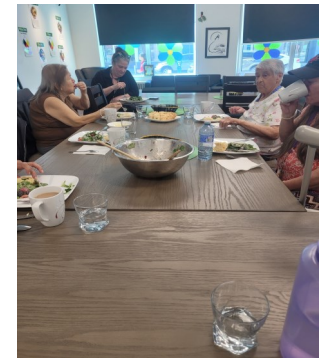
Lifelong Care Program

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



Chair Yoga and Chai Tea with Pamela
Bannock Making with Carolyn

The ladies were introduced to a new activity, which they enjoyed. Also, they made Chai Tea as well as Bannock w/ chives and cheese, delicious!
Chair yoga will be held once a month!
Way to go ladies :)



With the temps climbing we want our seniors to be safe and well, please take the time to know the differences in heat Exhaustion and Heat Stroke.
Stay Cool, Hydrated & Informed



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.



Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



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 contact Carolyn at 807-468-5440 Ext. 228 OR Pamela at Ext. 227



On May 15th LLC Clients had a Crystal Bead Crafting day.
Here are some of the finished items. Bet those will be beautiful shining in the sun



MOOSEHIDE CAMPAIGN 2024

Ne-Chee Friendship Centre, joined together in ceremony and solidarity, with KACL's Dylan Shumka-White, Kenora OPP, Students from Beaver Brae, Ne-Chee's own Indigenous Student Success Program and Elder Cathy Lindsey, to end gender-based violence. The walk started at the Kenora Rotary Peace Park MMIWG monument and ended at Ne-Chee Friendship Centre's Building #2. Miigwetch to all that participated.



National Indigenous History Month

FAMOUS INDIGENOUS CANADIANS

There are so many influential Anishinaabe out there showing the world how resilient we are with their rich talents.

Graham Green-Actor/Tantoo Cardinal/Adam Beach-Actor/Jody Wilson Raybould-Pm-BC, Lawyer, Former Chief/Robbie Robertson-Musician/Jennifer Podemski-Actress, Producer/Susan Aglukarc-Singer/Tommy Prince-War Hero/Ashley Callingbull-Model/Chief Dan George-Chief, Actor/Wes Studi-Actor/Tom Jackson-Actor, Singer/Richard Wagamese-Novelist/Jordan Tooto-Former NHL Hockey Player/Angela Chalmers-Track & Field Athlete.

INDIGENOUS INVENTIONS

Again, the Anishinaabe from many tribes across the Americas have had an impact on our daily lives with their contributions in inventions such as:

Rubber, Kayaks & Canoes, Snowgoggles, cable suspension bridges, Bunk Beds, Baby Bottles, Anesthetics & Topical Pain Relievers, Syringes, Hammocks, Oral Contraceptives, Mouthwash, Shoe Spikes/Crampons, Toboggans, Chewing gum, Petroleum Jelly as well as Suppositories.

So, next time you come into contact with one of these items, you can proudly say, my people invented this .

INDIGENOUS FOLKLORE

Indigenous culture and beliefs vary from tribe to tribe but these lore features many legendary creatures and supernatural entities that were understood as beneficial to humanity but just as many that posed serious threats to be avoided. These beings, although frightening, often served an important cultural function in warning the people away from danger or encouraging their appreciation of the power of the Spirit World. You may have heard of some or all? Ogoopogo, Skin-Walker, Wendigo, Flying Head, Two-Face, Great Horned Serpent, Katshituashku, Bakwas, Teihihan and Bigfoot.

DID YOU KNOW?

Native Americans already had large and complex societies.

Native Americans had harvest celebrations, feast traditions and holidays of their own.

Not all tribes have pow wows.

Native Americans spoke over 300 languages.

The first newspaper in Native American began publishing in 1828.

Native Americans cultivated many of the world's important crops.

Chief John Smith from Cass Lake Minnesota was reputed to be 137 yrs old. He was known as the "old Indian"

BALONEY & BANNOCK By Perry McLeod-Shabogessic

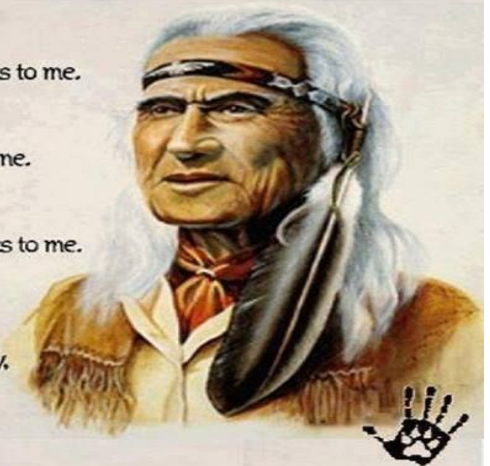


I haven't spoken to my wife in 5 days... I didn't want to interrupt her while she was talking!!!

redroad@onlink.net

The beauty of the trees,
the softness of the air,
the fragrance of the grass speaks to me.
The summit of the mountain,
the thunder of the sky,
the rhythm of the sea, speaks to me.
The faintness of the stars,
the freshness of the morning,
the dewdrop on the flower, speaks to me.
The strength of the fire,
the taste of salmon,
the trail of the sun,
and the life that never goes away,
they speak to me
And my heart soars.

- Chief Dan George



Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Vacant	Criminal Courtworker	ccw@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	

JUSTICE PROGRAMS NFC # 807-468-5440

Trish Therrien	Indigenous Community Justice	communityjustice@nechee.org (807-464-4371)	Ext. 245
Trish Therrien	Restorative Justice Liaison	RJLiaison@nechee.org (807-464-0069)	Ext. 245
Robert Laurin	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Loy Herbacz (on leave)	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 807-464-5849 or 807-470-8222)	
Elizabeth Wilson	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

Patti Fairfield	Interim BRP/BVSP Manager	aces@nechee.org (807-407-2482)	
Aden Zacharuk-Lessing	BVSP Coordinator	bailcoordinator@nechee.org (807-464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org (807-464-1854)	
Marla Batiuk	Bail Residency Worker	Shared Work Email bailaftrcareworker@nechee.org	
Marcus McArthur	Bail Residency Worker		
Drew Roseborough	Bail Residency Worker		
Douglas Kardal	Bail Residency Worker		
Deanna Beckworth	Bail Residency Worker		
Erin Redsky	Bail Residency Worker		
Cassandra Sinclair	Bail Residency Worker		
VACANT	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills		lifeskills@nechee.org

HEALTH PROGRAMS NFC # 807-468-5440

Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (807-407-1443)	Ext. 228
Pamela Loeb	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 Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org (807-464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org	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

Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
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
Rachel McGraw	Akwe:go Children's Program	akwego@nechee.org	Ext. 239
Rachel McGraw	Wasa-Nabin Youth Program	wasanabin@nechee.org (807-464-0482)	Ext. 239
Calisha Wilcott	Youth Life Promotion Program	youthlife@nechee.org (807-464-0386)	

EMPLOYMENT and EDUCATION NFC # 807-468-5440

Dorothy Krainyk	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 (807-464-2163)	

ADMINISTRATION NFC # 807-468-5440

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/Reception	OfficeAdmin@nechee.org	Ext. 221

NFC 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.

