

June 2022



"Serving Indigenous people in the City of Kenora for 45 years"

# The Red Eagle

*Ne-Chee Friendship Centre Newsletter*

Strawberry Moon

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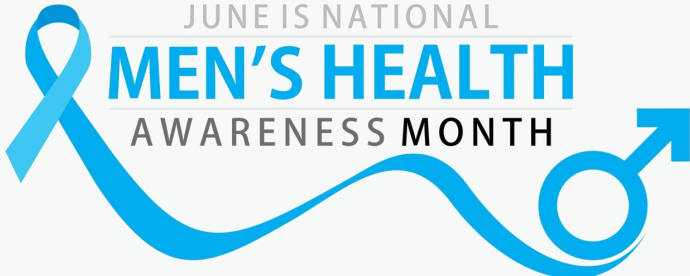
Kenora, ON P9N 1G5



Shawanong -Spirit Keeper of the South.

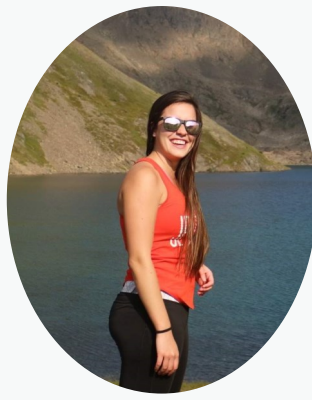
We are now in early summer. Our stage of life on the medicine wheel is Youth. Youth are in the quandary stage -not old enough to be an adult but no longer a child, they may be searching for what they had to leave behind in their childhood and also struggling with their identity, "Who am I? Where do I come from?" Youth are in the wandering and wondering stage of life. In this direction we are reminded to look after our spirits by finding that balance within ourselves and to pay attention to what spirit is telling us. And so the youth reminds us to be mindful in our struggles, to remember our humble beginnings as the child, and to nurture the youth themselves, who are searching, because they are still growing and in need of our guidance and protection.

# THINGS TO REMEMBER



JUNE 19th, 2022





# CALISHA WILCOTT

## URBAN ABORIGINAL HEALTHY LIVING PROGRAM WORKER

Calisha was first hired on October 21, 2019, to cover a worker's leave in our Urban Aboriginal Healthy Living Program. The Friendship Centre was fortunate in that we were able to keep Calisha permanently in this position as of February 20, 2020. From the time she was first hired she started from the ground running and has demonstrated how creative she is in offering a variety of activities through her program. Calisha has many attributes...authentic, dependable, productive, and an achiever, just to name a few. Calisha truly embodies the word valuable, as she has proved over the last couple of years what a truly valued employee she is. She can always be counted on as a team player to her fellow co-workers and never hesitates to contribute wherever she can. Chi Miigwetch Calisha for your genuineness and for all the strengths that you bring to the Friendship Centre and the people you work with.

Patti Fairfield , Executive Director

Hi, I'm Calisha Wilcott and have been the Urban Aboriginal Healthy Living Worker since 2019. I was born and raised here in Kenora, however I was lucky enough to attend university to study kinesiology in Thunder Bay and also spent a few months living in Alaska. I have always been active and loved sports growing up, so when this job opened up it seemed like the perfect fit for me. I love that every day in the office is different and all the different programming options I am able to offer. Having the opportunity to be active with many members of the community has been great. I'm so grateful for all the wonderful colleagues and community members I've met through this job. When I'm not busy at work I love to spend time outside with my partner, our dog and the rest of my family; spending time on the lake, travelling and exploring the wonderful Northwestern Ontario.

Hobbies: **Playing hockey, fishing, travelling and adventuring**

Favorite Quote: **"Be not afraid of greatness. Some are born great, some achieve great, and some have greatness thrust upon them" ~ William Shakespeare~**

Favorite Food: **Seafood or Pasta. Even better together!**

Bucket List: **Road Trip across New Zealand**

# Ne-Chee Friendship Centre

## ANNUAL GENERAL MEETING

If interested in becoming a member please email [aces@nechee.org](mailto:aces@nechee.org) to request a membership form.

- In order to have voting rights at the AGM, membership needs to be approved 30 days in advance
- Two Board vacancies to be filled
- Youth (non-voting) position to be filled
- You must reside off reserve and live in Kenora or surrounding area to be a member – copy of By-Laws available upon request

**JUNE 20, 2022 @ 6:00 PM**  
326 Second Street South  
Door beside the Movie Theatre



For more information please email: [aces@nechee.org](mailto:aces@nechee.org)

# SPRING FEAST

May 13th, 2022

NFC would like to thank Howard Copenace our Centre Elder, and the Drummers for the opening Ceremonies and Blessings. We would like to thank commercial fisherman Patrick Seymour for the pickerel and Mike Porter who prepared it. Thank you to the NFC staff who brought in food items to be shared and the volunteers who helped to serve. It was a huge success and over 100 hundred people were served.



# ISSP Indigenous Student Success Program

Day 1 of the “Front Country Camping Certification Course” ISSP students learned knot tying and paddle skills. Thank you to David Friesen and Calisha Wilcott.



# Bail Residency

The theme for Tabletop Gaming For Wellness Nights was “making compromises”. Residents played Catan, in this game players must trade resources to build their territories. Just like in real life we need to help each other to succeed.



Residents also had a craft day where they made a variety of items.



# Program Pics



Clients in the Lifelong Care Program were treated to a Mother's Day Lunch.



Children in the Little Leaders Program painted pictures that read Ziigwan Waabigwan, which means Spring Flowers.



# In the Kitchen At the Bail Residency

## Ingredient List

1. 1 package chopped bacon
2. 1 large onion diced
3. 1 medium carrot diced
4. 3 stalks of celery diced
5. 6-8 medium red potatoes chopped
6. 1 tbsp dried thyme leaves
7. 1 tbsp garlic powder
8. 2 tsps onion powder
9. 1.25 litres chicken stock
10. 1/4 tsp black pepper
11. 1 litre 2% milk (use half heavy cream, half milk for extra creamy soup)
12. 3-4 whole bay leaves (remove once cooked)
13. 2 tbsp all purpose flour
14. 2 cups grated cheddar cheese

\*toppings (optional) reserve some bacon and grated cheese to top with when serving. Other toppings could include, croutons, diced chives/green onions.



Updated photo on the Bail Residency Herb garden.

## Directions

1. Heat a large soup pot on medium high heat, cook the bacon until crispy. Remove some bacon for later and drain excess fat, but leave enough to cook the diced vegetables. Add onions, carrots, celery and cook about 4-6 minutes.
2. Add flour and spices, mix well. Next add stock, potatoes, and milk. Bring to a boil and then decrease heat and simmer on low for 20-25 minutes until the potatoes are soft. Use a potato masher to break apart the potatoes, leaving some chunks for texture. Soup should be fairly thick, and then add the grated cheese. Reserve some grated cheese for garnish. Top with reserved bacon and cheese then serve.

# Program Announcements

"The fundamentals learned in this program are eye opening, thought provoking and all are delivered in a first nations perspective"



NE-CHEE FRIENDSHIP CENTRE IS OFFERING THE

## Healing Spirit Program

FRIDAY, JUNE 03, 2022

9:00 AM- 4:00PM  
NE-CHEE FRIENDSHIP CENTRE

326 2ND STREET SOUTH  
THIRD FLOOR  
(Chipman Street entrance, up the ramp)

Facilitated by: **Jason Bailey** (Strong Hearted Wolf, Turtle Clan), SSW, DSP.

Please contact Brianna at 464-0069 or [rjliaison@nechee.org](mailto:rjliaison@nechee.org) to register.

Seats are limited, lunch will be provided.



Nechee Friendship Centre



## Nanda-Gikendan

"Seek To Learn"

Fathers parent group

Are you a dad or an expecting dad and would like to partake in some cultural teachings about parenting? Would you like to learn how to make a rattle or a drum?

Please join us!  
4 part-program  
June 9th, 23rd & July 7th,  
21st @ 12pm - 4pm

All Materials, lunch and transportation provided.

Please call or email to register with Sunny Copenace  
Phone: (807) 468-5440 ex. 236

email:  
[familysupport@nechee.org](mailto:familysupport@nechee.org)



Nechee Friendship Centre



# PRIDE TIE-DYE IN THE PARK

ANICINABE PARK  
JUNE 18 • 1-3PM

Shirts available while supplies last or bring your own!

Light refreshments & lawn games provided.

Bring your beach gear!

Questions? Contact HW Coordinator Emily  
468-5440 ext.226 • [healingandwellness@nechee.org](mailto:healingandwellness@nechee.org)



## WE ARE OPEN INDIGENOUS EMPLOYMENT & TRAINING SERVICES

326 SECOND STREET SOUTH  
MONDAY TO FRIDAY  
9:00-NOON 1:00-4:30



Ne-Chee Friendship Centre

# 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

<b>COURT WORKERS Courthouse # 468-9657 NFC # 468-5440</b>			
Amy Kristalovich	Criminal Courtworker (464-0585)	criminalcourtwork2@nechee.org	Ext. 256
Brianna Boucha	Criminal Courtworker (464-0069)	criminalcourtwork@nechee.org	Ext. 220
Sherman Kabestra	Family Courtworker	familycourtwork@nechee.org	Ext. 233
<b>JAIL WORKERS Jail # 468-2871</b>			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca (468-2871) ext 231	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 315	
Open	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 315	
<b>JUSTICE PROGRAMS NFC # 468-5440</b>			
Open	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
<b>BAIL RESIDENCY &amp; BAIL VERIFICATION AND SUPERVISION # 468-4619</b>			
Kylie Ralko	BVSP Team Lead/Bail Residency Manager	bvsp@nechee.org (464-1908)	
Open	Bail Verification & Supervision Worker	bailcoordinator@nechee.org (464-5849)	
Meagan Lacombe	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Chris Bennett	Bail Residency Worker	bailaftercareworker@nechee.org	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
Cass King	Bail Residency Worker	bailaftercareworker@nechee.org	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Jake Tellier	Bail Residency Worker	bailaftercareworker@nechee.org	
Tyson Skead-Stevens	Bail Residency Worker	bailaftercareworker@nechee.org	
Dylan Ricklef	Bail Residency Cook/Life Skills	lifeskills@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
Emily O'Connor	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Open	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230
Amy Kristalovich	Mental Health Peer Support Coordinator	criminalcourtwork@nechee.org (464-0585)	Ext. 256

# 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 page.

<b>CHILDREN and YOUTH PROGRAMS NFC # 468-5440</b>			
Sheri McNeill	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
Stacey Francis	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	Indigenous Children's Wellness Program	icw@nechee.org	Ext. 238
Dalaney Smith	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
David Friesen	Youth Life Promotion Program	youthlife@nechee.org (807) 464-0482	Ext. 240
<b>EMPLOYMENT and EDUCATION NFC # 468-5440</b>			
Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Open	Indigenous Employment & Training Serv.	youthemployment@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
<b>ADMINISTRATION NFC #468-5440</b>			
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
<b>BOARD OF DIRECTORS</b>			
Vanessa Baxter	President	Board Email: bod@nechee.org	
Keith Singleton	Vice President		
Ramona Sawatzky	Secretary/Treasurer		
Jennifer Beilner	Board Member		
Brandy Armer	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.