



THE RED EAGLE

Ne-Chee Friendship Centre Newsletter

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

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HELLO

May



THE RIBBON SKIRT/SHIRT

RIBBON SKIRTS ARE A SYMBOL OF RESILIENCE, SURVIVAL AND IDENTITY, BUT THEIR MEANING CHANGES WITH EACH PERSON WHO WEARS ONE AND EACH PERSON WHO SHARES THEIR HISTORY. FOR INDIGENOUS PEOPLES, THE RIBBON SKIRT REPRESENTS OUR OWN PERSONAL RECLAMATION. IT REPRESENTS RECLAIMING IDENTITY, AND WEARING THAT IDENTITY PROUDLY.

I HAD TO ASK MY FRIEND WHO MAKES RIBBON SKIRTS ABOUT THE PROTOCOL AND NUMBER OF RIBBONS. SHE SAID, “RIBBON SKIRTS ARE A FORM OF EXPRESSION. THE COLORS AND NUMBER OF RIBBONS ARE UP TO THE MAKER. MANY RIBBON SKIRTS INCLUDE RAINBOW, WARM, COLD, COMPLEMENTARY, AND OTHER COLOR PALETTES THAT COMPLEMENT THE FABRIC'S DESIGN.”

THE RIBBONS REPRESENT MANY MEANINGS TO THE INDIVIDUAL, SUCH AS; THE MEANING OF THEIR ANISHINAABE NAME AND CLAN COLOURS. MANY ARE REQUIRED TO WEAR SPECIFIC COLOURS AND ATTIRE DURING DIFFERENT CULTURAL CEREMONIES.



STAFF RECOGNITION



Trish Therrien



~Restorative Justice Liaison & Community Justice Worker~



Hi, my name is Trish, I am the Indigenous Community Justice Coordinator and the Restorative Justice Liaison for Ne-Chee. This month I celebrate my 1-year anniversary with Ne-Chee, and I can honestly say that I am honoured to be a part of this amazing organization. I accepted my position here right after I graduated (at the age of 50) from the Community Justice Program at Seven Generations so I am living proof that you are never too old to learn. In my year with Ne-Chee, I have continued to grow my knowledge base and met some amazing people; co-workers, knowledge keepers, other agencies and community members that have come to me through my programs. Each one has had a role to play in how I do the work I do.

Favorite Food: Nachos, salads, or lasagna

Bucket List: Travelling and learning more about my family history.

Favorite Movie: Labyrinth

Favorite Book: Dexter Series and Game of Thrones Series

Miigwetch, Merci, Thank You,
Trish Therrien(she/her)



Trish Therrien was hired on May 23, 2023, as our Indigenous Community Justice Program Coordinator. She took on the additional role of Restorative Justice Liaison in September 2023 and now works a dual position in our Justice Department. Trish can be found at the Court house, Justice Centre, and main building working and supporting clients of both of her programs. Although Trish has only worked at Ne-Chee for 1 year, it feels as though she's always worked here, she fits in well with the Team.

Trish has the biggest heart, she truly cares about the clients she serves, co-workers and the community. She sees the best in everyone/anything, you will never hear her speak poorly or negatively about anyone. She is a dedicated employee and puts 110% effort into everything that she does.

Thank you Trish, for all your hard work and the positivity you bring to the Centre. I look forward to continuing to watch you grow within your roles and at Ne-Chee as a whole.

Miigwetch,

Brianna Boucha

Human Resources Manager

NEW STAFF INTRODUCTION

PAM MACNAUGHTON

~Mental Health & Addictions Counsellor~



Hello/Boozhoo,

I would like to introduce myself; my name is Pam MacNaughton. I am from Thunder Bay. I have a younger sister and we were raised by our mother and maternal grandmother. I lived in Thunder Bay until graduating from college. I then moved to Iqaluit, NU to work in the social services field for a few years. I returned to Northwestern Ontario, raised my family in Fort Frances and moved to Kenora in 2021, continuing to work in the helping profession.

I have been working at Ne-Chee Friendship Centre as the Indigenous Mental Health & Addictions Counsellor since February of this year. In this role, I provide mental health and addiction support to individuals who are seeking help. Working together with the individual, we complete an intake followed by a screening and assessment to decide the next steps to be taken. Individuals are offered one-on-one counselling, connections to culture and community, group programming, advocacy, referrals and wrap around case management services.

I enjoy helping people find ways to cope with issues they are struggling with. I have been told that I am easy to talk to because people feel I am genuine, compassionate, and reliable. I would like to invite you to reach out to Ne-Chee Friendship Centre if you need support for mental health and/or addiction problems.

Thank you/Miigwetch



For more information on the Mental Health & Addictions Program, please call Pam at the NFC at 807-468-5440 ext. 253



**"COURAGE IS
RESISTANCE TO FEAR,
MASTERY OF FEAR -
NOT ABSENCE OF
FEAR."
- MARK TWAIN**

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Monday May 20, 2024 in observance of Queen Victoria Statutory Holiday.

Regular office hours will resume on Tuesday May 21, 2024 at 9am.



Basic Ojibwe Words

The Four Seasons

- Winter-Biboon
- Spring-Ziigwan
- Summer-Niibin
- Fall-Dagwaagin

**A CALL
TO BE KIND**

Because compassion connects us all.

#CompassionConnects



CMHA Mental Health Week **May 6 - 12, 2024** MentalHealthWeek.ca

IF YOU KNOW ANY ONE WHO IS IN A MENTAL HEALTH CRISIS CALL:

Suicide Crisis Helpline: 9-8-8

IN KENORA-CMHA Crisis Response: 1-886-888-8988

CMHA: 807-468-4699 Toll Free: 1-866-872-0408



In The Kitchen

~6 Ingredient Tater Tot Casserole~



This is a tried and true recipe, you can't go wrong with it, it's simple and easy. The family will love it even those picky eaters and it will become a family favorite. This recipe also has many options to try different ingredients, you can try chicken, frozen veggies, whatever your palette desires.

TOTAL TIME: Prep 10 Mins/Cook Time 50 Mins/Total Time 1hr **YIELDS:** 6 Servings



Ingredients

- 1 1/2 lb Ground Beef
- 1 Onion Chopped
- 1 10oz can of Cream of Mushroom Soup
- 3/4 soup can of Evaporated Milk or Regular Milk
- 2 Cups of Shredded Cheese (divided)
- 1 Bag (32oz) of Frozen Tater Tots

Directions

Brown ground beef and onions together in a skillet until meat is cooked through and onion is soft.

Put meat onto the bottom of a 13x9 inch baking dish.

Layer about 1 1/2 cups of the shredded cheese on top of the meat.

Put the soup into a small bowl. Fill the empty soup can 3/4 full with the milk (stir it around to get the remaining soup out). Pour the mixture over the cheese.

Place the frozen tater tots over the top. Season with pepper and a little bit of salt.

Bake in a preheated oven at 350 F for about 45 minutes, adding the remaining cheese during the last couple of minutes of cooking time to melt.

Garnish with chopped green onions or chopped fresh chives, if desired.

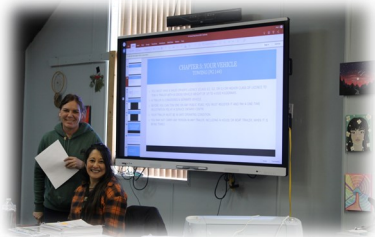
Nutrition Facts

Calories: 842, Total Fat: 43.5g, Saturated Fat: 12.6g, Cholesterol: 42mg, Protein: 19.3g, Sodium: 1951mg, Total Carbohydrates: 83.4g, Dietary Fiber: 8.6g, Total Sugars: 1.4g, Vitamin D: 3mcg, Calcium: 217mg, Iron: 2mg, Potassium: 1172mg

***Of course, these values will change if you add or omit ingredients.*

INDIGENOUS STUDENT SUCCESS PROGRAM

The Indigenous Student Success Program was very busy in the month of April. The students enjoyed a host of activities—G1 Prep Course, Anti-Vaping Workshop, bead-ing, crafting, soap stone carving, red willow tobacco and ribbon skirt making.



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



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



For our first road trip of the season we drove the clients to Falcon Lake for lunch at the newly remodeled Falcon Lake Hotel. They have new owners and menu. It is a must see.

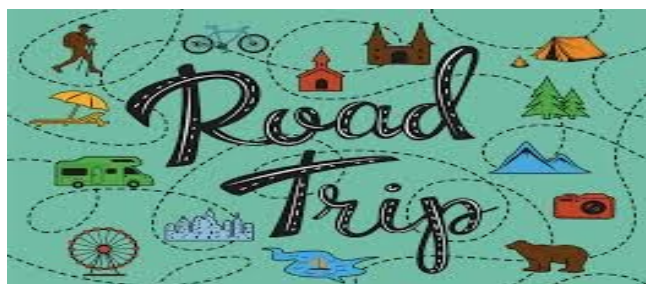
The ladies had so much fun!

In the pic, Mary and Terry are enjoying their lunch of a burger and fries. The other ladies had club house wings and salad. Falcon Lake is a frequent summer time spot that the LLC clients enjoys going to for shopping, mini put and walks on the boardwalk and the beautiful beach. Until the next one...



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.





Staff Directory



Ne-Chee Friendship Centre

COURT WORKERS Courthouse # 468-9657

Vacant	Criminal Courtworker	ccw@nechee.org	
Elaine Kewaquom	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
Loy Herbacz	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)		
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			
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 Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org (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 # 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 (464-0482)	Ext. 239
Calisha Wilcott	Youth Life Promotion Program	youthlife@nechee.org (464-0386)	

EMPLOYMENT and EDUCATION NFC # 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 (464-2163)	

ADMINISTRATION NFC #468-5440

Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482	
Brianna Boucha	Human Resources (807) 464-1394	HR@nechee.org	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	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.

