

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

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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Migizi (Eagle)

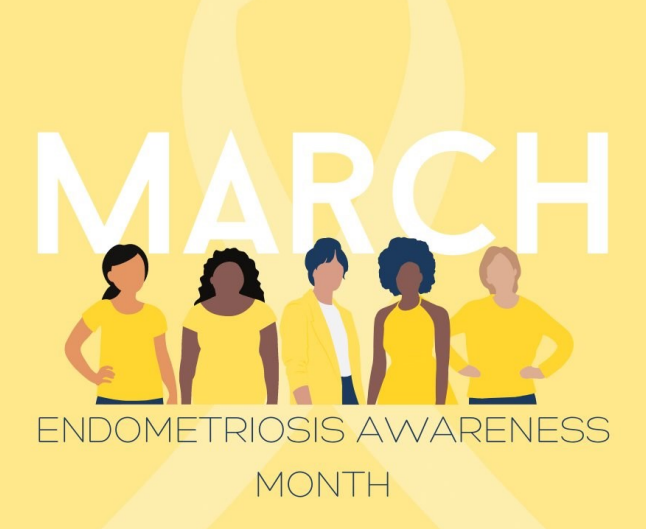
The Eagle is one of the most revered and respected Beings in Creation. These beautiful birds represent the link to Creator (Gchi Manidoo) and the connection to all that is Spiritual for the Anishinaabe People. It is taught that when we lay our tobacco (sema) the Eagle (Migizi) comes down to gather our prayers and then will soar high up into Ishpeming (above) to bring them to Creator. The Eagle Feather (Migizi Miigwaan) is a symbol of honour to the Anishinaabe. The passing of a feather to an individual is a sacred gift, that becomes a part of who they are as a person, as it is a direct connection to the Eagle, the Thunderbirds (Animikiig), and the Creator.

THINGS TO REMEMBER



MARCH 01
SELF INJURY
AWARENESS DAY

An orange ribbon is tied into a heart shape, symbolizing self-harm awareness. The background features a faint world map.



MARCH

ENDOMETRIOSIS AWARENESS
MONTH

Five diverse women are standing together, wearing yellow shirts, representing Endometriosis Awareness Month.



8
MARCH
INTERNATIONAL
WOMEN'S
DAY

A pink silhouette of a woman's head and shoulders is decorated with various pink and white flowers and butterflies.



DAYLIGHT
SAVING TIME

SPRING FORWARD
March 12, 2023

A blue alarm clock is shown with a curved arrow indicating the time is moving forward. Yellow flowers are scattered around the clock.



WORLD WATER DAY

22ND MARCH

A water tap is attached to a globe of the Earth, with water flowing out. The text 'AU-' is partially visible on the right side.



TERESA JAMIESON

NATIVE INMATE LIAISON OFFICER

Theresa was hired July 19, 2021, as our Native Inmate Liaison Officer (NILO) who works directly out of the Kenora District Jail. Theresa has many attributes...diligent, patient, engaging and humble just to name a few. For anyone who knows Theresa, they can attest to how she brings laughter to the workplace, and in the line of work we do, humour can be very therapeutic. Theresa's cultural knowledge and compassion in the work she does with those that are incarcerated is invaluable. Miigwetch, Theresa for all your strengths and wisdom that you bring to our Ne-Chee family and to the individuals that you support.

Patti Fairfield, Executive Director

A few fun facts from Theresa:

Hobbies: I'm a bit ADHD but I really enjoy gardening and everything involved in it. I learned how to preserve food so I am always growing my tomato crop for salsa. Plants are easy keepers, they like us need; food, water, sunshine, and lots of love. I am forever studying the language. Our teachings are held in there and the more I learn the more I understand our way of life. I also love fishing. I love learning new things and taking on new challenges.

Favorite Advice: The late Nancy Morrison told me to always rise as the sun meets the moon in the morning. You will start your day in alignment with all that is and it's a very sacred time of day.

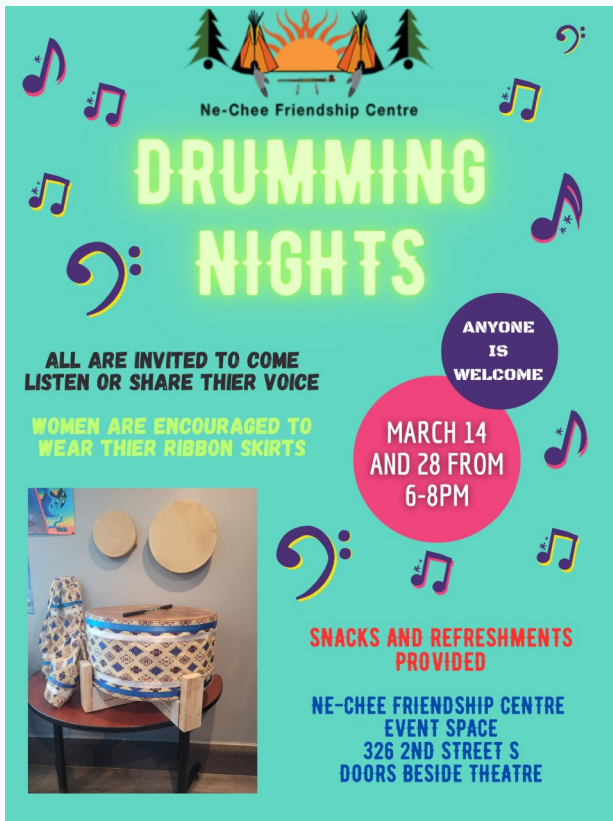
Favorite Quote: "Do what you love and love what you do" is on my kitchen wall.

Favorite Food: My favorite food is not a food but a food group in its own right-coffee! I love fresh vegetables and eat a lot of greens it balances out the coffee.

Bucket List: I would love to travel to Northern Sweden & Norway to visit my ancestral home lands. My grandfather was Indigenous there and I always get excited learning about the Sami peoples, we still have family there. When my son is older I will travel with him there to experience a homecoming beyond belief.

Favorite movie: Beaches is my favorite movie, my favorite author is Shel Silverstein.

Program Announcements



Ne-Chee Friendship Centre

DRUMMING NIGHTS

ALL ARE INVITED TO COME LISTEN OR SHARE THEIR VOICE

WOMEN ARE ENCOURAGED TO WEAR THEIR RIBBON SKIRTS

ANYONE IS WELCOME

MARCH 14 AND 28 FROM 6-8PM

SNACKS AND REFRESHMENTS PROVIDED

NE-CHEE FRIENDSHIP CENTRE EVENT SPACE
326 2ND STREET S
DOORS BESIDE THEATRE



Ne-Chee Friendship Centre

BASIC ANISHINAABEMOWIN CLASSES

With Teddy Copenace

March 17, 24 and 31

FROM 12-230PM	NE-CHEE FRIENDSHIP CENTRE EVENT SPACE 326 2ND STREET S (DOORS BESIDE THEATRE)
OPEN TO EVERYONE	Lunch and refreshments provided





Limited spots so register early
Register by calling Julian at 468-5440 ext.225



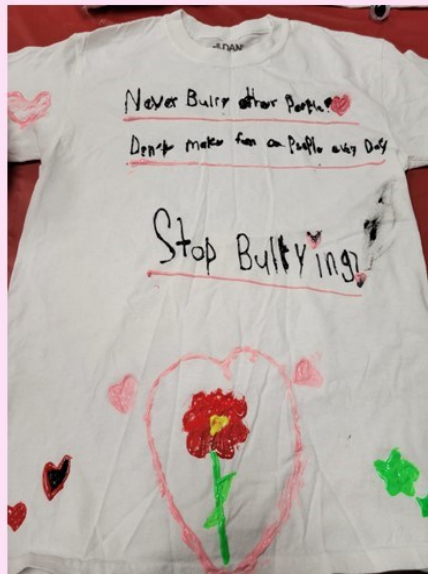
MARCH BREAK



Week of March 13-17, 2023

Mon	Tue	Wed	Thu	Fri	Notes
<p>Pancake breakfast 10-11:30am @ Ne-Chee Friendship Centre Event Space</p> <p>Matinee Movie 12pm @ Century Cinema Movie Theatre</p> <p>Popcorn & drink included with each admission</p> <p>Registration required</p>	<p>Public swim 1-3pm @ Kenora Recreation Centre</p> <p>No registration required</p> 	<p>Tubing 10am-12pm @ Evergreen Ski Hill</p> <p>LIMITED SPOTS Registration required</p> <p>Soup & bun lunch provided by Cottage Time @ 12pm limited quantity</p> <p>Transportation is available. Bus pick up @ 9:30am - Minto Resource Centre and return after lunch</p>	<p>Public skating 10:30am-12:30pm @ Kenora Recreation Centre</p> <p>No registration required</p> 	<p>Family bowling 1-3pm @ Kenora Bowling Alley</p> <p>Pizza lunch provided</p> <p>LIMITED SPOTS Registration required</p> 	<p>All events are free to attend</p> <p>Parent/guardian must attend with children aged 14 and under</p> <p>Registration deadline is March 9th</p> <p>Transportation will not be provided except for Wednesday</p> <p>Please call reception @ 468-5440 to register</p>  <p>Ne-Chee Friendship Centre</p>

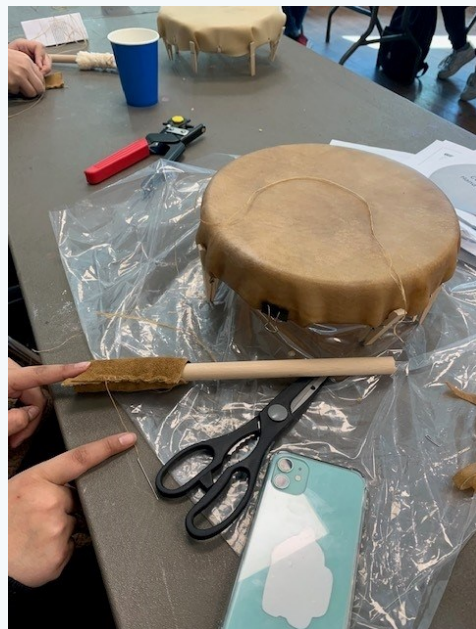
Ne-Chee Staff
PINK SHIRT DAY FEBRUARY 22, 2023



The t-shirts were made by the kids in the Wasa-Nabin & Akwe:go programs where they recently participated in an Anti-Bullying Workshop.

Indigenous Student Success Program

The ISSP would like to thank Theresa Jamieson our NILO worker, and Julian Jordan our Cultural Resource Coordinator for sharing their knowledge, teachings, and stories in the hand drum workshop. Once dried the drums will be feasted and birthed.



Indigenous Student Success Program

A retired teacher from Red Lake using the Connected North Software taught the students new painting techniques. The students painted the Northern Lights.



"Eagle"

Permission to reprint granted by the Artist & Illustrator **Hawlii Pichette**

To learn more about the Artist and her works please visit www.urbaniskwew.com



Eagle

©Hawlii Pichette www.urbaniskwew.com

Grape Salad

- 8 ounces/1package cream cheese
 - 3/4 cup plain Greek yogurt or sour cream
 - 1/3 cup granulated sugar
 - 1 tsp vanilla extract
 - 5 lbs/approximately 10-12 cups seedless grapes
 - 4 tbsp brown sugar (for topping)
 - 1/2 cup chopped pecans (for topping)
- *Versatile recipe, you could add mandarin oranges, mango, cherries, pineapple, marshmallows, candied pecans, dried fruits as a topping such as cranberries, apricots etc.



Instructions

1. Add the cream cheese, sour cream, granulated sugar, and vanilla extract to a large mixing bowl. Use an electric hand mixer to beat the mixture until smooth and creamy.
2. Thoroughly wash and dry your grapes. Add the grapes to the prepared cream cheese mixture and gently toss to coat.
3. Transfer to a large serving bowl. Cover and refrigerate for 1-2 hours, or until ready to serve.
4. Remove from the refrigerator and sprinkle with brown sugar and pecans. Serve and enjoy.

NOTES

*I use a variety of red and green grapes, and slice grapes in half (but you can leave whole)

Staff Directory



Ne-Chee Friendship Centre

For details about current job postings please visit us at www.nechee.org or find us on our facebook

COURT WORKERS Courthouse # 468-9657 NFC # 468-5440 Ext 220			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Open	Criminal Courtworker	criminalcourtwork2@nechee.org	
JAIL WORKERS Jail # 468-2871			
Pending	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 301	
Eve Capri	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 327	
JUSTICE PROGRAMS NFC # 468-5440			
Rob Laurin/Brianna Boucha	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
BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619			
Kylie Ralko	BRP Manager	bvsp@nechee.org (464-1908)	
Loy Herbacz	BVSP Coordinator/Team Lead	bailcoordinator@nechee.org (464-5849)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Jay Barnard	Bail Verification Supervision Worker	bvsp2@nechee.org (464-3000)	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Marla Batiuk	Bail Residency Worker	bailaftercareworker@nechee.org	
Paxton Gray	Bail Residency Worker	bailaftercareworker@nechee.org	
Marcus McArthur	Bail Residency Worker	bailaftercareworker@nechee.org	
Clement Wetelainen	Bail Residency Worker	bailaftercareworker@nechee.org	
Marlene Vandusen	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
Tamsen Unrau	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Open	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	Ext. 230
Kylie Ralko	Mental Health Peer Support Coordinator	bvsp@nechee.org (464-0585)	

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CHILDREN and YOUTH PROGRAMS NFC # 468-5440			
Calisha Wilcott/until filled	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
*Savannah Morrison	*Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
Indigenous EarlyON program will be run in partnership with Sunny Copenace & Ashlynn Surovy			
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
Sheri McNeill/until filled	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
Spencer Caruso (until April 30)	Youth Life Promotion Program	youthlife@nechee.org (807) 464-0482	Ext. 240
EMPLOYMENT and EDUCATION NFC # 468-5440			
Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Sheri McNeill	Indigenous Employment & Training Serv.	employmentcounsellor2@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
ADMINISTRATION NFC #468-5440			
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
BOARD OF DIRECTORS			
Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
Marlene Elder	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Jordan St.Germain	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.