

Freezing Over Moon
Gashkadino-Giizis



The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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Gashkadino-Giizis (Freezing over Moon)

This moon phase is the time of year when the earth and creatures are preparing to fast and slow down reminding us to prepare ourselves spiritually for the coming months.



STAFF RECOGNITION

Pamela MacNaughton

Mental Health and Addictions Worker



Pam was hired as our Mental Health & Addictions counsellor on February 12, 2024. Pam provides mental health and addiction support to those seeking help. She provides both one-on-one and group supports, not only to her clients, but anyone that visits the Centre, in immediate need.

Pam is extremely dedicated to the individuals she supports and always treats everyone with kindness, respect and compassion. When faced with a challenge, you can always count on Pam to find a solution. Pam is very knowledgeable in her field and is always upgrading her skills. She has a calming demeanor and goes above and beyond to help her co-workers and clients.

Migwetch Pam for all the gifts and knowledge you bring to the team and Ne-Chee as a whole, you truly are a valued employee.

Brianna Boucha , Human Resources Manager

Hello, my name is Pam MacNaughton. I am the Indigenous Mental Health & Addictions Counsellor at Ne-Chee Friendship Centre. I am happy to be part of the Ne-Chee team where we help people set wellness goals and support them to achieve their goals.

In my free time I enjoy time spent alone reading or in nature. I also enjoy socializing with others and participating in group activities. I recently tried the sport of axe throwing & learned that I have a good arm!

My favorite color is purple. My favorite things to do are spending time with my family and getting pedicures. One thing on my bucket list is to visit New York City. My favorite foods are steak and seafood.

The best advice I was given was to not sell myself short and to know my own worth.

My favorite quote is Today I choose:

to connect with myself a little more deeply.

to understand that sometimes life hurts but I can choose how to move on from that hurt.

to hold space for those who hold space for me.

to let go of other people's projections, it's not always personal.

to breathe more deeply.

to acknowledge my own beautiful journey.

to be intentional with my choices.

to see where I can do better, too.

to stay in my own lane and enjoy where I'm at.

me.

Unknown source.



Ne-Chee Friendship Centre

**NE-CHEE FRIENDSHIP CENTRE
INDIGENOUS VETERANS DAY POW WOW
FRIDAY NOVEMBER 8, 2024**

**300 McClellan Ave (Former Legion building)
(Use Matheson Street Entrance)**

Time: 12:00pm - 3:00pm

Grand Entry to start at 1pm

**Invited Drums: Ogitchidaa from Wauzhushk Onigum
and Hanisha from Whitefish Bay
Host Drum: Wab-shke-ga-bo-week
Elder/MC: Howard Copenace**

Arena Director: Alex Copenace

Soup & Bannock will be provided

Lest We Forget...



~THINGS TO REMEMBER~

Join us November 8th, 2024 in recognition of Indigenous Veterans Day. The Pow Wow will be held at 300 McClellan Avenue. Use Matheson Street Doors to access the Auditorium.

Basic Ojibwe Words

Remembrance Day in Canada—
Gimikwenimaanaanig Zhaaganaashii-wakiing

a battle, a war - miigaadiwin

November—gashkadino-giizis



Wacky Celebrations of November

- **Nov. 1:** National Cook for Your Pets Day
- **Nov. 6:** Zero-Tasking Day
- **Nov. 9:** National Scrapple Day
- **Nov. 16:** National Button Day
- **Nov. 21:** World Hello Day
- **November** is Banana Pudding Lovers Month

DAYLIGHT SAVINGS— Don't forget to change your clocks back one hour

November 3RD



ORIGIN OF MONTH NAMES: **NOVEMBER**

From the Latin word *novem*, “nine,” because this had been the ninth month of the early Roman calendar.



THE OLD
FARMER'S ALMANAC

Kímmapiiyipitssini: the Meaning of *Empathy*



NOV. 27 | SEVEN GENERATIONS | FILM @ 6:30

IN PARTNERSHIP WITH:



Canadian
Race Relations
Foundation

INSPIRIT
FOUNDATION



FONDATION
INSPIRIT



Story Money Impact



WAASEGIIZHIG
NANAANDAW'EYEWIGAMIG

In The Kitchen

Favorite Fry Bread Tacos

Prep Time: 20 Min

Cook Time: 20 Min

Total Time: 40 Min

Servings: 6

INGREDIENTS:

2C Flour

1 TSP Baking Powder

1/2 TSP White Sugar

1/2 TSP Salt

1-1/2C Lukewarm Water

2C Oil for frying, or as needed

1 pound Ground beef

1(15oz) Can Kidney Beans

1(1.25 oz) Chili Seasoning Mix

2C Shredded Cheddar Cheese

2C Iceberg Lettuce

2 Tomatoes, Chopped

1C Sour Cream

INSTRUCTIONS:

- Whisk together flour, baking powder, sugar and salt in a large bowl. Stir in water until a slightly sticky dough forms. Set aside to rest while oil preheats.
- Heat oil in a deep fryer or large saucepan, to 375 degrees F (190 degrees C).
- Divide dough into 6 equal portions. Flatten each portion into a round disc the size of your palm.
- Fry dough discs, one at a time, in hot oil until bottoms are browned, about 2 minutes. Flip with tongs and cook until browned on other side, about 1 minute more. Drain fry bread on a paper towel lined plate.
- Heat skillet over medium heat. Cook and stir ground beef in hot skillet, until browned and crumbly, 5-7 minutes. Stir in kidney beans and chili seasoning, cook until heated through, about 5 minutes.
- Place each fry bread on a plate, top each with a portion of chili mixture, cheese, lettuce, tomatoes and sour cream.

Allrecipes.com



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



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.

LLC Clients enjoyed an afternoon of crafting

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



LLC Clients and staff helped this beautiful lady celebrate her 90th birthday. Mary has been a part of LLC for 20 years. We wish Mary many more years of happiness and love.

HAPPY BIRTHDAY MARY



Life Long Care's Halloween Party



Indigenous Student Success Program



ISSP Student Favian Pahpasay (Left) won himself an award, for the “Best Attendance” at school in September.



Students of Ne-Chee’s ISSP Program went to Rushing River to learn about photography.



Indigenous Student Success Program



Left is a photograph of the Teepee's at KCA Camp. ISSP students and staff attended the fall Harvest put on by Kenora Chiefs Advisory.

ISSP Students, pictured right and below, attended the Skills Trade Ontario workshop.



ISSP Students have been working on beaded poppies (Right) with their class. This will come in handy when they attend our Indigenous Veterans Day Pow Wow on November 8th.



Ne-Chee's Children's Programs Halloween Party



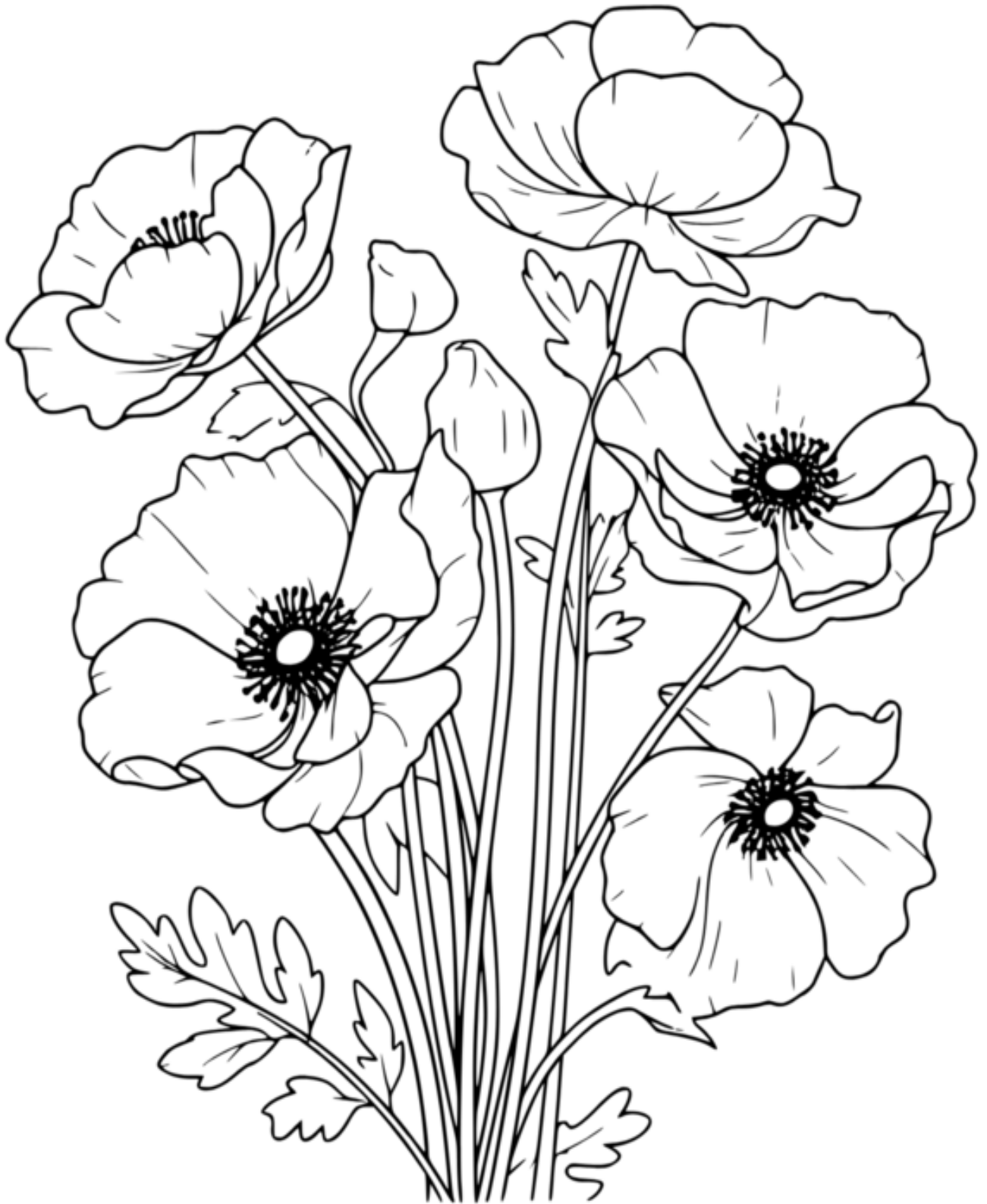
On October 29th, our Children's Programs held a Halloween Drop-in party for families. Here are some pics of the little ones that came to visit.



Ne-Chee's Fall Feast—October 30th, 2024



Thank you to everyone that made it out to our Fall Feast. Here are a few pictures of some of our staff, our Centre Elder, Howard Copenace and the drummers that helped make the day a success.



<https://inkpx.com/>

Staff Directory



COURT WORKERS Courthouse # 807-468-9657

VACANT	Criminal Court worker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Court worker	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
VACANT	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

Kylie Neniska	BRP/BVSP Manager	bvsp@nechee.org	
Aden Zacharuk-Lessing	BVSP Coordinator	bailcoordinator@nechee.org (807-464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org (807-464-1854)	
Cassandra Sinclair	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		
Joey Stevenson	Bail Residency Worker		
Angel Jack—Dec. 30/24	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills		lifskills@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 Sinclair	Urban Aboriginal Healthy Living	Uahl.ylp@nechee.org (807-464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org (807-456-2508)	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)	
Isabella Renzullo	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 235
Rachel McGraw	Akwe:go Children's Program	akwego@nechee.org (807-464-0482)	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	reception@nechee.org	Ext. 221

NFC BOARD OF DIRECTORS

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