

Falling Leaves Moon
Binaakwe-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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Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

326 2nd St. South, Kenora, ON P9N 1G5



Bnaakwii Giizis (Leaves Falling Moon)

It is a time of reflection and introspection. A time when we should be consciously making the decision to stop putting energy into things that no longer serve us! A time for letting go, as the leaves let go of their space on the trees.



STAFF RECOGNITION

Catherine Toth

~Bail Residency Cook & Life Skills~



Catherine was first hired as a Casual Bail Residency Worker on November 30, 2023, she then moved into the Lifeskills/ Cook position at the Residency on December 28, 2023. Catherine has a very warm and mothering personality which the Residents feel very comfortable with. She has formed strong relationships with the Residents which is a benefit in the work that she does with them. They learn how to shop and prepare meals on a budget, along with many other tasks that get performed in the kitchen and with life skills in general. Catherine is a pleasure to work with as her co-workers can attest to. She has many attributes, kind, adaptable, patient, and dependable just to name a few. Miigwetch Catherine for all that you bring to the Residency and Ne-Chee as a whole, you are a valuable employee.

Catherine tells us:

Hobbies—Hiking, Fishing, Horseback riding, I love the outdoors

Best Advice I was given— Don't let your past dictate your future, learn from it and change your path

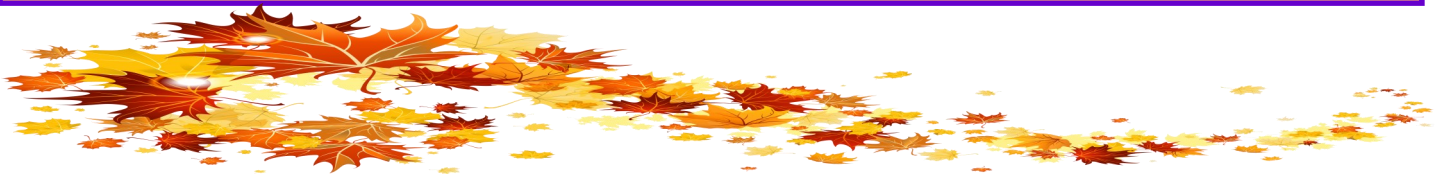
Favorite Food — Every Month or so I find a new favorite, I love trying new foods.

Bucket List Item — Spend a month In the Rocky Mountains with my Husband

Favorite Movies — War Horse and The Blind Side

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Monday October 14th, 2024 in recognition of Thanksgiving Day. Offices will re-open October 15th, 2024 at 9:00 am.



LGBTQ+ Heritage Month

The month of October is dedicated to lesbian, gay, bisexual, transgender and diverse identities/sexualities history as well as the history of LGBTQ+ rights. During this time, revolutionary icons, events and contributions made by the LGBTQ+ community are recognized and celebrated.

BASIC OJIBWE WORDS

Turkey – mizise

Pumpkin – gichi-agosimaan

Halloween Day – waasiingwaagani-giizhigad



OCTOBER IS

ADOPT A SHELTER DOG MONTH



HAPPENING IN OCTOBER

- National Day of Action for MMIWG2S (October 4th)
- Breast Cancer AWARENESS Month
- Domestic Violence Awareness Month
- National Apple Month
- Halloween (October 31st)
- World Smile Day (First Friday of October)





In The Kitchen

Three Sisters Soup (Corn, Bean & Squash)



A quick and easy weeknight recipe for the family. Yield: 8 Servings

Prep Time: 20 Minutes

Cook Time: 25 Minutes

Total Time: 45 Minutes

Ingredients

2TSP Vegetable Oil

1 Onion Diced

4 Carrots, Chopped

4 Cloves of Garlic, minced

4 Stalks of Celery, Chopped

8 Cups Vegetable Broth

1 Butternut Squash Peeled & Cubed

1-1/2 C Frozen Corn

2x 540ML can No Salt Kidney beans,

drained and rinsed

2 TSP Dried Thyme

1 TSP Ground pepper



Directions

- Heat oil in a large saucepan. Add onion and sauté over medium heat, stirring often, about 2 minutes.
- Add Carrots, garlic and celery and sauté another 8 minutes, or until softened.
- Add Vegetable broth and bring to a boil.
- Turn down heat, add cubed squash and simmer, covered, for 8 minutes, stirring occasionally.
- Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is fork soft.
- Serve with hot Bannock

This soup can be refrigerated for 2-3 days or frozen for up to 2 weeks

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.



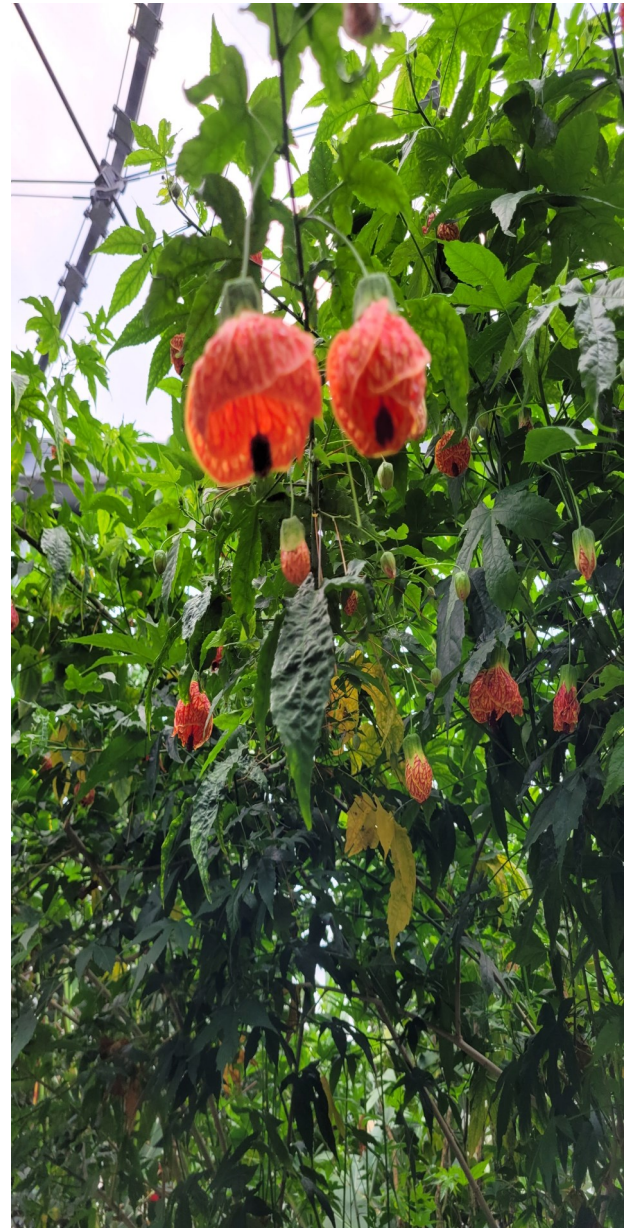
Programming Includes:

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 Clients, along with a few Mental Health and Addictions Clients made the trip to Winnipeg to enjoy the Indigenous People's Garden of Healing, at Assiniboine Park.

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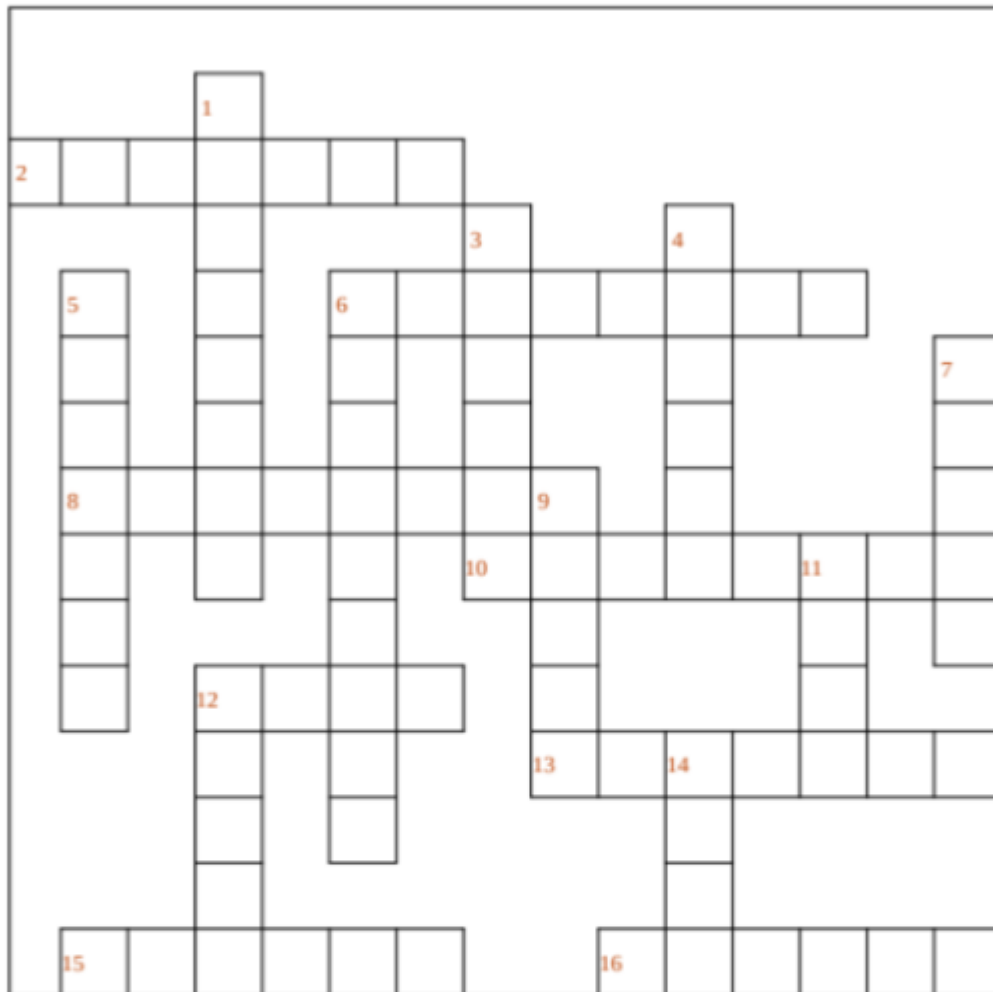
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Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves



WOMENS' MENTAL HEALTH & ADDICTION SUPPORT GROUP



Ne-Chee Friendship Centre

**8 week program held Tuesdays
From Oct. 29-Dec. 17.**

**Start time: 9:30 am-12 noon.
Breakfast & lunch are provided.
For more information & registration,
contact Pam MacNaughton @
807-468-5440 ext. 253 or email
mhaddictions @nechee.org.**

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 (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 Collinson-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 # 807-468-4619

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)	
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		
VACANT	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills	lifekills@nechee.org	

HEALTH PROGRAMS NFC # 807-468-5440

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 Sinclair	Urban Aboriginal Healthy Living	Uahl.ylp@nechee.org (464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org (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.wn@nechee.org	Ext. 239
Rachel McGraw	Wasa-Nabin Youth Program	Akwego.wn@nechee.org(807-464-0482)	Ext. 239
Calisha Wilcott	Youth Life Promotion Program	Uahl.ylp@nechee.org (807-464-0386)	

EMPLOYMENT and EDUCATION NFC # 807-468-5440

Dorothy Kraynyk	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.