

“Serving Indigenous people in the City of Kenora for 47 Years”

# The Red Eagle

*Ne-Chee Friendship Centre Newsletter*

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Tel:(807)468-5440

Fax:(807)468-5340

Email: [reception@nechee.org](mailto:reception@nechee.org)

Website: [www.nechee.org](http://www.nechee.org)

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



## Nika (Canada Goose)

September marks the beginning of the goose migration. Together they head for warmer climates. During the journey the flock watches out for one another, should misfortune befall on one of the flock, another will stay behind and by its side and nurse it back to health, or see it take its last breath, only then will the goose set out to join the rest of the flock. The goose represents cooperation, team work, and respectful communication. The geese fly in a V formation whereas each goose takes it turn at the lead breaking the wind, no one goose harbours the responsibility alone, they are equal and each taking on the burden of leadership.

# THINGS TO REMEMBER



**OFFICE CLOSURES**

**MONDAY SEPTEMBER 4th**  
For Labour Day  
and  
**Thursday & Friday September 21st & 22nd**  
For Cleaning and Maintenance

**Monday-Wednesday September 18-20th**  
See Page 4 for details



**"The answer is to try and help others."**

Terry Fox

**Terry Fox Run**  
**September 17, 2023**



**WORLD FIRST AID DAY**  
SECOND SATURDAY OF SEPTEMBER



**SEPTEMBER 30**  
**NATIONAL DAY FOR TRUTH AND RECONCILIATION**  
**EVERY CHILD MATTERS**



**Hello first day of Fall**  
Autumn Equinox is September 23, 2023



# DOROTHY KRAYNYK

## EMPLOYMENT COUNSELLOR

Dorothy was hired May 16, 2022, as one of our Employment Counsellors for our Indigenous Employment & Training program. Dorothy hit the ground running from the time she was hired and was able to grasp the duties of the position very quickly. Dorothy has many attributes... cheerful, personable, outgoing, genuine, and sincere just to name a few. These attributes are what make Dorothy an awesome employee, co-worker, and Employment Counsellor. She never hesitates to try and assist anyone who is in need and forms genuine relationships with all those she works with. Miigwetch Dorothy for just being you, and all that you bring to your role and to Ne-Chee as a whole.

Patti Fairfield, Executive Director

Boozhoo,

My name is Dorothy Kraynyk and I started employment at NFC May 2022 as an Employment Counsellor. Throughout my life I have always been fascinated by human behavior and have always enjoyed helping others. My job allows me to combine my interests and passions together. I love listening to client's stories, understand their experiences and provide them with the support and guidance they many need to overcome challenges. My favorite part of the job is building relationships with the clients and helping them navigate through their employment or education journey and making a positive impact in their lives. I am very grateful to have a loving family, my husband and I have been married for 17 years and we have two wonderful boys ages 16 and 13. We have a dog and 2 cats and have a very busy and active life. I am so thankful for my wonderful co-workers; we all make a great team and make the days brighter together.

A few fun facts from Dorothy

Hobbies: [Cooking](#), [Gardening](#), [Nature Hikes](#), [Fishing](#)

Favourite Quote: ["If you can dream it, you can do it"](#)

Favourite Food: [Greek](#)



Ne-Chee Friendship Centre

**Our main entrance is CLOSED to the general public from**

**September 18 - September 22**

**\*dates subject to change\***

**Due to construction of our new elevator**

**Our Employment Centre is open during this time. Coordinators will give direction to clients on how to access their individual programs. Our phone lines are open and staff are reporting to work during this time.**

**Staff are NOT available on Sept 21 & 22nd due to building clean up and maintenance.**

**UNDER  
CONSTRUCTION**

**We apologize for any inconvenience this may cause**





# National Day For Truth and Reconciliation

Ne-Chee Friendship Centre  
will be having a BBQ on

**SEPTEMBER 29, 2023**  
**FROM NOON-2:00PM**

*Everyone Welcome*

Location: 300 McClellan Ave  
(formerly the Legion Building)

\*Main Building will be **CLOSED**  
from 11:00am-3:00pm on this day\*



Ne-Chee Friendship Centre

# Medicine Picking

Ne-Chee staff recently went to Long Plain First Nation Manitoba to pick sage. Sage is used for smudging and ceremonial purposes. Please note permission was granted by the FN for NFC staff to pick at this location.



# Kizhaay Anishinaabe Niin Program

The Ogimaawabiitong Cultural Summer Days were held at Pow Wow Island July 4-5. Events included canoe races, Bannock making, drumming, healing & wellness, and many other cultural events. Men from the Kizhaay Program were invited to camp over a three day period which they enjoyed very much. The weather cooperated the entire time and the staff and organizers were great.



# Children's Programs

NFC's Aboriginal Family Support Program (Sunny Copenace), Indigenous Healthy Babies (Ashlyne Surovy), and Indigenous EarlyON (Savannah Morrison) were invited to the Little Farmer's Session with Kenora Harvest. They brought an activity for the kids and added a traditional component for the parents. With it being for ages 2-4 years old, they had the kids paint while Sunny talked about the four sacred medicines which was followed with a smudge. There were many creative little artists that day and all who participated took away some knowledge about the culture. The session ended with everyone taking home some vegetables from the garden and happy children!





# Back to School Pow Wow

The Children's Programs held a Back-to-School Pow Wow in the auditorium of the NFC new space (formerly the Legion). There was a free BBQ sponsored by the Minto Resource Centre, along with wild rice soup made by the NFC's Lifelong Care Program. During the giveaways, children were gifted with a new backpack, lunch kit, and school supplies. We would like to thank all those who came out to celebrate our children returning to school and wishing them well. With such a well attended event, we will continue this next year. Miigwetch to Howard Copenace, our Centre Elder, for being our MC, and the invited drums for a wonderful afternoon.



## Classic Lasagna (three layers)

### Ingredients:

12 lasagna noodles (I use oven ready)

### Meat sauce:

1lb ground lean beef

1 diced small yellow onion

1/2 cup diced red pepper (optional)

2 tbsp tomato paste (optional)

Parsley, basil, Italian seasoning, oregano

1 can/jar preferred marinara/tomato sauce

(I use Hunts tomato & herb 680ml can)

### Cheese mixture:

2 cups cottage cheese

1 cup ricotta cheese

1/2 cup grated parmesan cheese

2 eggs

4 cups shredded mozzarella cheese



### Steps: Preheat oven 375 Farenheight

1. Make meat sauce how you prefer. I fry onion, peppers in olive oil, add ground beef, once cooked, drain if needed, move mixture to the side of pot add tomato paste and cook for a few seconds then stirring to coat the beef mixture, sprinkle herbs to desired taste. Add marinara/tomato sauce use aprox 1/2 cup hot water to rinse can/jar and pour into sauce. Let simmer to combine for 5-10 minutes.
2. In mixing bowl combine; cottage, ricotta, parmesan cheese, mix with 2 eggs to combine. I keep my mozzarella separate.
3. Spray Grease (Pam) 9x13 baking pan: Layer: small scoop meat sauce to bottom of pan, add the noodles, I do 3 long and break one to fit at the end of pan, spread a portion of cheese sauce over noodles, sprinkle mozzarella over, top with a layer of meat sauce and top with noodles and repeat.
4. Cover and bake 1hr \*I spray the piece of tin foil with Pam (Try to tent the foil so it's not touching the cheese but the spray will ensure it doesn't stick if it touches.)
5. After 1 hour remove tin foil and bake another 15-20 minutes. Then let rest 20 minutes before cutting. Use serrated bread knife to cut. Serve with garlic bread

# “Canada Goose”

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

To learn more about the Artist and her works please visit [www.urbaniskwew.com](http://www.urbaniskwew.com)



Canada Goose

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# Staff Directory



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</b>			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	
<b>JAIL WORKERS Jail # 468-2871</b>			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Open	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	
<b>JUSTICE PROGRAMS NFC # 468-5440</b>			
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)	
<b>BAIL RESIDENCY &amp; BAIL VERIFICATION AND SUPERVISION # 468-4619</b>			
Kylie Neniska	BRP & BVSP Manager	bvsp@nechee.org (466-7368)	
Aden Zacharuk-Lessing	Manager Assistant/BVSP	managerassistant@nechee.org (464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Erin Redsky	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	
Andrew Jamieson	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
Theresa Jamieson (on leave)	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 (464-0386)	

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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 is 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
Open	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
Spencer Caruso	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
Open	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	criminalcourtwork@nechee.org	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	
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.