

Corn Moon
(Mdaamiin Giizis)



September 2024

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

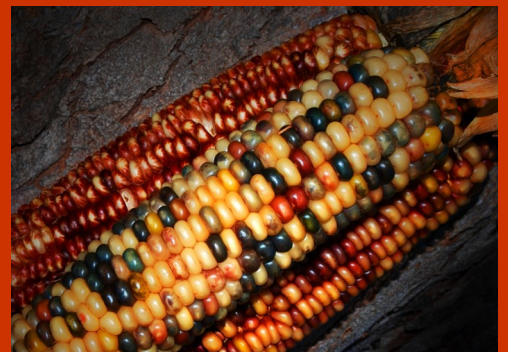
Website: www.nechee.org

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



Corn Moon (Mdaamiin Giizis – September):

Corn Moon, the ninth moon, teaches us about the cycle of life. Each cob of corn with its 13 rows of multicolored seeds symbolizes future generations, and we must prepare for their Earth Walk.



STAFF RECOGNITION

Drew Roseborough

~Bail Residency Worker~



My name is Drew and I'm a Two-spirited, Full-Time employee with the Ne-Chee Friendship Centre. For the past year, I have been working at the Bail Residency Program. I'm a Dog/Cat Dad To Zombie and the Joker. I am a Member of Brokenhead First Nation (Baaskaandibewi-ziibiing, meaning at the Brokenhead River) in Treaty One. I grew up in Kenora area (Treaty 3).

I'm into reading, switch games and I love Pokémon, as a few hobbies. I love all types of music, from Pop-Death Metal, Linkin Park and Pink being just 2 of my favorite artists. I am a huge fan of horror and fantasy, Movies, TV Shows and Books. Living Dead Girl By Rob Zombie is probably my favorite song ever.

I hope to do some of my bucket list stuff like travel to Madagascar, Japan, and Romania to visit Transylvania. I also love cows and most farm animals and hope to own my own one day.

One of my favorite Quotes is "I don't think you should do what just makes you happy! Do what makes you great-**Charlie Day**."

Drew started working at our Bail Residency as one of our Bail Residency Workers on September 8, 2023. I have been working out of the Bail Residency since April of this year, and I have gotten to know Drew over the months that I have been here. I have seen his growth during this time and witnessed how passionate he is about the work that we do. Drew has demonstrated compassion, understanding and genuineness with our residents. It has been a pleasure seeing his dedication to the residents and the Program as a whole. Chi Miigwetch Drew, for all that you bring to the Bail Residency as a worker, and I look forward to witnessing your continued growth.

Patti Fairfield

Executive Director

~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Monday September 2nd, 2024 in recognition of Labour Day. The Main Office will re-open Tuesday September 3rd, 2024 at 9am.

The Ne-Chee Friendship Centre will be closed Monday September 30th, 2024, in recognition of National Day for Truth & Reconciliation. The Main Office will re-open Tuesday October 1st, 2024.

WHAT IS NATIONAL DAY FOR TRUTH AND RECONCILIATION?

September 30 is National Day For Truth and Reconciliation. This date acknowledges the history of residential schools in Canada and Honors the Survivors, their families, and the communities that experience ongoing intergenerational trauma. Understanding our shared history helps to create a more inclusive future and ensures that we remember the legacy of the residential schools.



HAPPY LABOUR DAY



National Truth and Reconciliation

As written by **Lucy Fox**, for the Canadian Men's Health Foundation, there are eight ways to engage in Truth and Reconciliation.

Read the Truth and Reconciliation Commissions 94 Calls to Action

- a) The report, published in 2015 is a crucial piece of our shared history

Learn about Indigenous history and the residential school system

- a) There are lots of insightful sources including
 - : Residential School History
 - : The orange shirt story by Phyllis Webstad
 - : Broken Circle: The Dark legacy of Indian Residential schools by Theodore Fontaine

Identify and Acknowledge the Territory in which you live

- a) When you have work meetings, introduce a land acknowledgement at the beginning of your get together.
- b) Check out the Government of Canada's GeoViewer

Listen and Learn

- a) Talk to Elders, listen to Indigenous people about their history and lived experience

Attend a National Truth and Reconciliation Day Event

Explore Indigenous Voices through T.V. Shows and Movies

Support and Volunteer with Indigenous Non-Profit organizations

Support Indigenous creators and Business

In The Kitchen

~Cheesy Beef and Veggie Macaroni Skillet~



A quick and easy weeknight recipe for the family.

Yield: 6-8 Servings

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Total Time: 20 Minutes



Ingredients

1 Pound Ground Beef	1/2 TSP Pepper
1 Small Onion chopped finely	1-3/4 C Milk
1TSP Garlic Powder	1-1/2C Beef Broth
1TSP Paprika	1 (8oz) Can Tomato Sauce
1TSP Dried Parsley	2C Uncooked Macaroni
1TSP Chili Powder	2C Frozen Mixed Vegetables



Directions

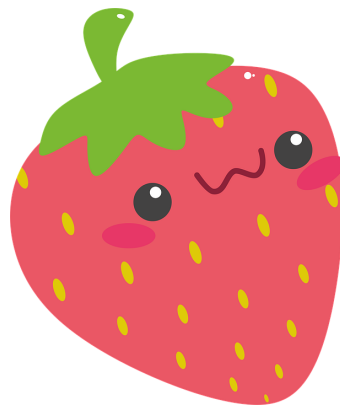
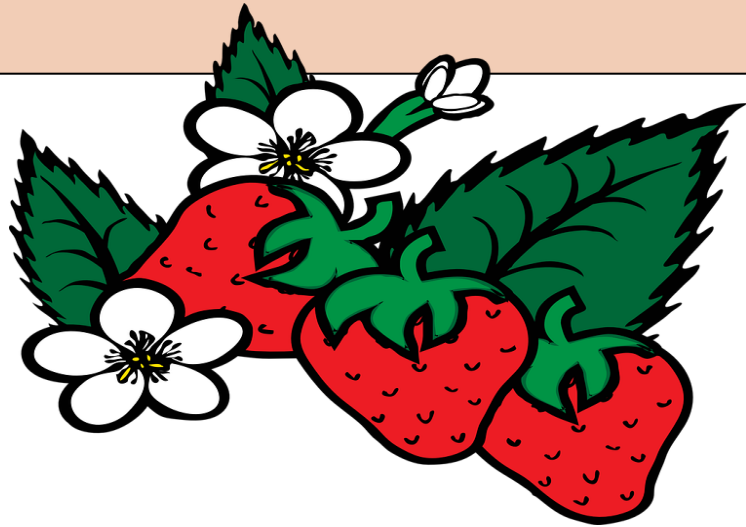
Saute ground beef and onion in a 12-inch skillet over medium heat. Drain grease.

Add garlic powder, paprika, parsley, chili powder, salt, and pepper. Stir in milk, broth, tomato sauce, macaroni and frozen mixed vegetables. Bring to a boil, cover and reduce heat to simmer. Cook for 8-10 minutes or until pasta is al-dente, stirring occasionally.

Mix in 1-1/2 cups of cheddar cheese until melted. Top with the remaining 1/2 cup of cheddar cheese.

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



Strawberries....

In July, a few of the LLC ladies travelled to Steinbach Manitoba to pick some yummy fresh strawberries.

About our Program

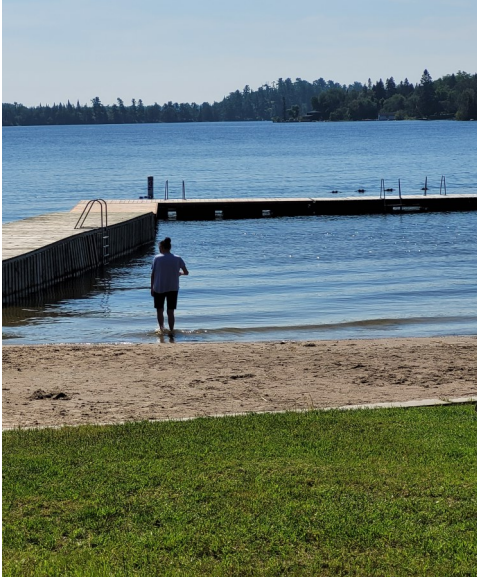
The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages and genders who have physical disabilities, serious health issues, those who are frail/elderly or looking for socialization.

Programming Includes:

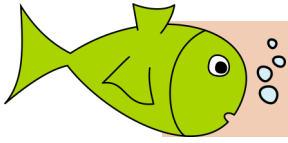
Weekly exercise/Bingos with lunch/Outdoor seasonal activities/Assistance with medical appointments/Transportation/Referrals to access community based services/Nutritional support/Family support and Friendly visits.

Lifelong Care Program

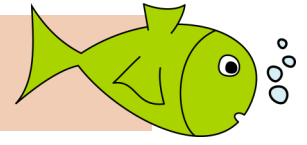
BEACH DAY



Here are a few of the Lifelong Care ladies, having a fun gathering at Keewatin Beach.



KIDS Day FISHING

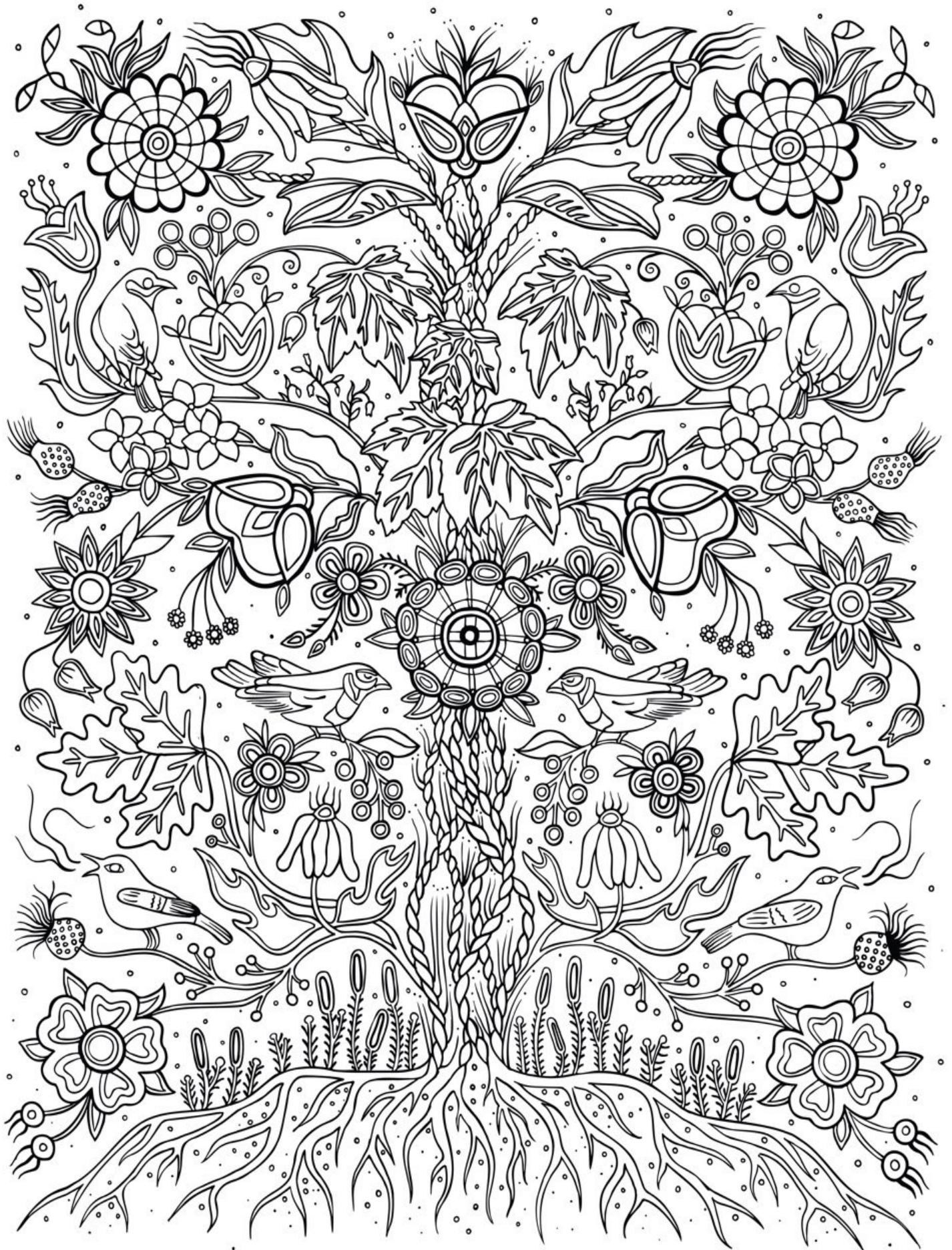


Wasa-Nabin, Akwe:go and YLP Youth enjoyed a day full of fun and fishing with our Coordinators. If you think you might benefit from these programs or if you know someone who might be interested in being a part of these programs please contact Rachel in Akwe:go/Wasa-nabin at 807-468-5440 Ext. 239 OR Calisha in Youth Life Promotion 807-464-0386



About our Programs

Akwe:go provides programming & advocacy for Indigenous youth between 7-12 years Wasa-Nabin provides programming & advocacy for Indigenous youth between 13-18 years while Youth life provides Land and Cultural based programming for youth 13-24 years



Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Vacant	Criminal Courtworker	ccw@nechee.org	
Elaine Kewaquom	Criminal Courtworker	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
Loy Collinson-Herbacz	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

Patti Fairfield	Interim BRP/BVSP Manager	aces@nechee.org (807-407-2482)	
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		
VACANT	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills		lifeskills@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

Rachel McGraw	Akwe:go Children's Program	akwego.wn@nechee.org (464-0482)	Ext. 239
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
Ashlynn Surovy	Indigenous Healthy Babies	healthybabies@nechee.org	Ext. 237
Rachel McGraw	Wasa-Nabin Youth Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Calisha Sinclair	Youth Life Promotion Program	Uahl.ylp@nechee.org (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 (464-2163)	

ADMINISTRATION NFC # 807-468-5440

Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482)	
Brianna Boucha	Human Resources	hr@nechee.org	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator/Reception	OfficeAdmin@nechee.org	Ext. 221

NFC BOARD OF DIRECTORS

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