

September 2022



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

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Leaves Turning Moon

WAATEBAGAA-GIIZIS

In This Issue

- ◆ Things to Remember p.2
- ◆ Staff Recognition p.3
- ◆ Healing & Wellness p.4
- ◆ UAHL Program p. 5
- ◆ Lifelong Care p.6
- ◆ Bail Residency p.7
- ◆ In the Kitchen p. 8
- ◆ Staff List p.9-10

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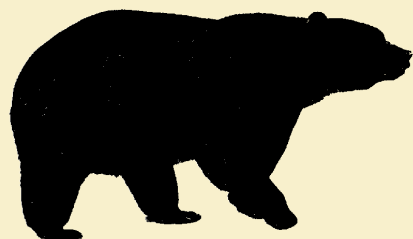
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Sha'ngabi'hanong -Spirit Keeper of the West.

The western direction is the adult stage. It is here that the growth from summer has come to ripen.

The sun setting in the west signifies the death of a day. And so we die many deaths in a lifetime. And just as an old thought or feeling dies, and a new one emerges, we die many deaths in a single day. So there is constant change within us. We dance around that western doorway many times in a day to honour the death spirit. As we move through adulthood, death and loss become more and more visible. In the light of death, it is important that we accept that constant change is here with us.

THINGS TO REMEMBER



OFFICE CLOSURES
Monday September 5

For Labour Day

Friday September 30

For National Truth & Reconciliation Day



**WORLD
SUICIDE
PREVENTION
DAY 10 SEP**

Terry Fox Run Sept 19



September is
Ovarian Cancer
Awareness
Month...

Listen carefully...
it whispers.



WORLD ALZHEIMER'S DAY
September 21

September is
FASD
FETAL ALCOHOL SPECTRUM DISORDERS
**Awareness
Month**





CRYSTAL PAGE

OFFICE ADMINISTRATOR

Crystal was hired September 15, 2020, as one of our Lifelong Care Workers and then moved into her current position as Office Administrator on June 22, 2021. Crystal has demonstrated her dedication and commitment to the Friendship Centre through the work she does. Crystal has many attributes...devoted, perceptive, professional, and sensible, just to name a few. I have seen Crystal's growth in the almost two years she has been an employee of Ne-Chee. She has shown her respect to the organization and the people we serve. Miigwetch Crystal for your work ethic and positive contributions to Ne-Chee Friendship Centre as a whole.

Patti Fairfield , Executive Director

Hi,

I'm Crystal Page and I am the Office Administrator at Ne-Chee Friendship Centre. I started working at Ne-Chee in Sept. 2020 as a Lifelong Care Worker. I loved the position, but office work is where I like to be. When the opportunity of the Office Administrator position came up, I immediately applied. Working at Ne-Chee has taught me so much about the Indigenous culture that I did not know. The staff are welcoming, and we all work together as a family unit. I am the mother of a 13 year old boy, I have an amazing supportive partner and three great stepchildren. I enjoy spending time with my family and friends, being outdoors and enjoying the nature that Kenora and area has to offer.

Hobbies: I love to go fishing, and snowmaching, and I love gardening.

Fave Quote: "Holding onto anger is like drinking poison and expecting the other person to die"~Buddha~
"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty" ~Maya Angelou~

Favorite Food: Chicken Parmesan

Bucket List: Travel to Europe. I can't wait to see the sites of England, Scotland, Ireland, Greece, Italy...the list goes on.

Healing & Wellness Program

The Ministry of Natural Resources and Forestry's Youth Stewardship Ranger's Team, reached out to our Healing & Wellness Coordinator, Emily O'Connor. They were interested in learning about traditional medicines used by Indigenous communities. Emily recruited assistance from our NILO worker, Theresa Jamieson. Seen below our workers are showing the Ranger's Team how to harvest sage.



Weengush (Sweet grass), is known for its beautifully sweet aromatic scent, which is enhanced when it rains or when it is burned. When burned, Weengush acts as a purifier. It is often braided and thus signifies the hair of O'gushnan (Our Mother the Earth). Each of the three sections of the braid has a specific meaning, being: Mind, Body and spirit.

Urban Aboriginal Healthy Living



The UAHL Program had an evening paddle at Green Adventures. Everyone was welcomed and all equipment was provided. Participants had their choice of canoe, kayak, or paddleboard.



Lifelong Care Program

Clients in the LLC program enjoyed blueberry picking and a picnic lunch on the lake.



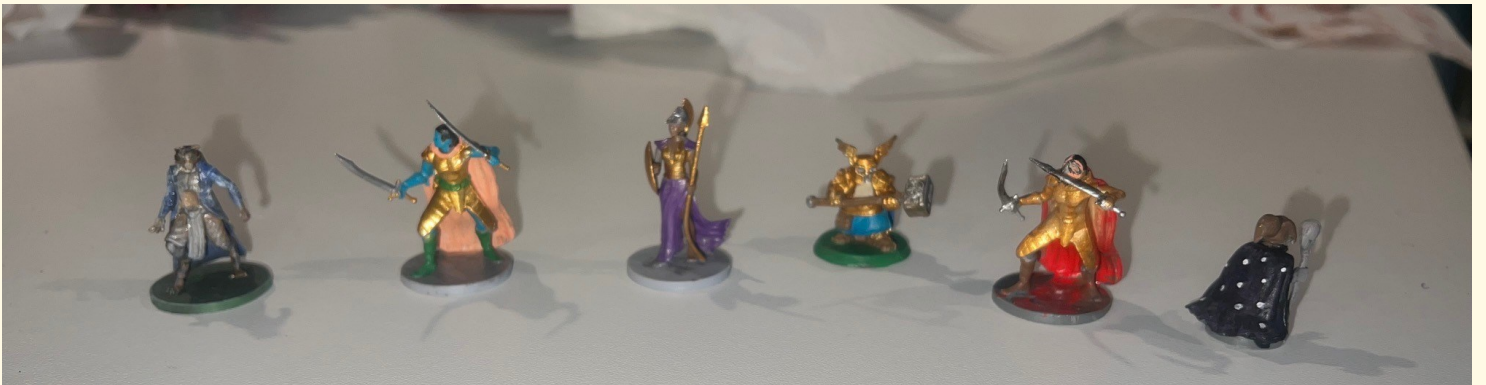
Nona Fisher shared a tip she was taught from her ancestors. “If you pour the picked berries from one container to another the wind will help clean out any leaves, stems, and bugs. This will save you time later on at home when you have to clean the berries.”



Bail Residency Program



The Bail Residency Residents tried their hand at rock painting and painting miniature statues for “Tabletop Gaming For Wellness” at the Youth Hub.



Crock-Pot Apple Butter

Ingredient List:

- *6 pounds apples*: A mixture of sweet apples, such as honey crisp, pink lady, gala or golden delicious works best.
 - 1 cup brown sugar
 - 1 TBSP cinnamon
 - 1/2 TSP nutmeg
 - 1/4 TSP salt
 - 1 TBSP vanilla extract
- * 3 average size apples is equivalent to 1lb aprox. So depending on size of apples it's anywhere between 18-24 apples. You do not have to be precise in this recipe.



Directions

1. Core, peel and slice apples and place in crock-pot
2. Mix together sugar, cinnamon, nutmeg, and salt
3. Toss apple slices with spice mixture, add the vanilla and stir.
4. Cook on low for 10 hours, stirring it every couple of hours
5. When apples are soft enough crush large pieces with a spoon and keep cooking
6. Allow apples to cool slightly and then puree with an immersion blender (or transfer in batches to a food processor) if you like a chunky apple butter you can skip this step, or mash with a potato masher to the consistency you prefer.
7. Transfer to air tight containers and store in refrigerator for up to two weeks or store in the freezer for up to 2 months

Use on pancakes, toast, crackers, oatmeal, crepe filling, add it to pumpkin pie filling, cake fillings, the options are endless.

Staff Directory



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			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 315	
Pending	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca	
JUSTICE PROGRAMS NFC # 468-5440			
Open	Indigenous Community Justice	communityjustice@nechee.org	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)	
Meagan Lacombe	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Chris Bennett	Bail Residency Worker	bailaftercareworker@nechee.org	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
Cass King	Bail Residency Worker	bailaftercareworker@nechee.org	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Anthony Hanstead	Bail Residency Worker	bailaftercareworker@nechee.org	
Dylan Ricklef	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
Emily O'Connor	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Danielle Everson	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			
Open	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
Open	Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
Lauren Hansen/Susanna Steiner	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	Indigenous Children's Wellness Program	icw@nechee.org	Ext. 238
Dalaney Smith	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
David Friesen	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.	youthemployment@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	
Keith Singleton	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Marlene Elder	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.