



The Red Eagle

Ne-Chee Friendship Centre Newsletter

"Serving Indigenous people in the City of Kenora for 47 Years"

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The Dream Catcher

Also called nets or dream traps, they were invented and widely used by the Ojibwe tribe. The territories of this tribe stretched from Canadian to North American regions.

In the Ojibwe culture it is meant to protect those who are asleep, especially children from bad dreams, nightmares, and evil spirits. Native Americans believe that the night's air was filled with good and bad dreams.

Dream catchers act as filters for dreams by sending good dreams to the sleeper and the bad dreams away. Traditional dream catchers are made with eight points where the web attaches to the hoop. The middle center of a dream catcher should have a hole as it is meant to let the good dreams through to pass down to you. When hanging a dream catcher, it should hang in a place where it has sun exposure as this is meant for the bad dreams to be trapped in the web where they perish in the light of dawn.

The round shape of a dream catcher represents the circle of life, which was a very important concept to the Ojibwe people. It signifies that life is constantly going around in a circle, without any real beginning or end. The feathers on a dream catcher signifies that good dreams pass through and gently slide down to the feathers to comfort the sleeper. The beads symbolize the spider, the web weaver itself. Or they could symbolize the good dreams that couldn't pass through the web.

A dream catcher does not prevent bad dreams, it merely protects the spirit from the long-term negative effects of them.



Things to Remember



The Ne Chee Friendship Centre will be closed on March 29 and on April 1st, 2024 in observance of Good Friday and Easter Monday.

Regular office hours will resume on Tuesday April 2nd, 2024 at 9am.

Happy Easter!

Miigwetch



MARCH 10, 2024



MARCH BREAK 2024

The Ne-Chee Friendship Centre's Children's Programs will be hosting a week of events to ring in the March Break. March 11 to 15, 2024.

Monday - Sponsored free skate at the Rec. Centre

Tuesday - Sportsplex - free admission

Wednesday - Pancake breakfast in LLC space and free admission to the movies

Thursday - Sponsored public swim at the Rec. Centre

Friday - Mosswood Adventures - free ice bike rental, hot chocolate

Times are yet to be determined.

Please watch for a Poster



IN THE KITCHEN

Ham and Cheese Puffs



Total Time: Prep/Total Time: 30 mins.

Yield: 2 Dozen

Ingredients:

1 Package (2-1/2ounces) thinly sliced deli ham chopped
1 Sm. Onion chopped
1/2 cup shredded swiss cheese
1 Lg Egg
1 1/2 tsp Dijon mustard
1/8 tsp pepper

Directions:

1. Preheat oven to 375 degrees. Combine the first 6 ingredients. Divide crescent dough into 24 portions. Press dough into greased mini muffin cups
2. Spoon 1 tablespoon of ham mixture into each cup. Bake until golden brown for 13-15 mins.

Nutrition Facts:

1 appetizer: 110 calories, 6g fat (2g saturated fat), 25mg cholesterol, 263mg sodium, 8g carbohydrate (2g sugars, 0 fiber), 4g protein.



PROGRAM EVENTS

INDIGENOUS EMPLOYMENT & TRAINING SERVICES



CAREER EXPLORATION

Career exploration enables students to gain insights into potential careers. The students learn what skills are necessary for a particular career and what those who are in the profession do as part of their jobs. The students were full of questions, and it was a great turn out. Miigwech to St. Thomas Aquinas High School and Beaver Brae Secondary School for having us.



KENORA YOUTH AND WELLNESS HUB

Staff will be at the Youth Wellness Hub every second Wednesday from 2-4 pm to assist with employment services. Please see the Youth Hub's calendar posted on their Facebook page. We will also have the dates and location posted on our Facebook page. We look forward to seeing you there.

If you would like to learn more about what the Indigenous Employment & Training Services offers please contact Dorothy at 807-468-544– Ext. 248.



****For details about current job postings please visit us at www.nechee.org or find us on our Facebook page****

Lifelong Care Program



Here, the clients participated in Bingo, the clients always enjoy playing. Bingo will sometimes consist of food and sometimes it will be crafts or personal products. Whatever the case the clients enjoy playing.

About our Program

The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages 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.

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



Staff Directory



For details about current job postings please visit us at www.nechee.org or find us on our Facebook page.

COURT WORKERS Courthouse # 468-9657

Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Courtworker	criminalcourtwork2@nechee.org	

JAIL WORKER Jail # 468-2871

Eve Capri	Drug Education & Living Worker (DEAL)	Kenora.DEAL@ontario.ca (468-2871)	Ext. 327
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JUSTICE PROGRAMS NFC # 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 Herbacz	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 464-5849 or 470-8222)	
Liz Wilson	Circle of Care Case Manager		

BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619

Aden Zacharuk-Lessing	Interim BRP & BVSP Manager	managerassistant@nechee.org (464-3000)	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Erin Redsky	Bail Residency Worker	Shared Work Email bailaftercareworker@nechee.org	
Marla Batiuk	Bail Residency Worker		
Paxton Gray	Bail Residency Worker		
Marcus McArthur	Bail Residency Worker		
Drew Roseborough	Bail Residency Worker		
Douglas Kardal	Bail Residency Worker		
Deanna Beckworth	Bail Residency Worker		
	Bail Residency Worker		
Catherine Toth	Bail Residency Cook/Life Skills		lifskills@nechee.org

HEALTH PROGRAMS NFC # 468-5440

Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (407-1443)	Ext. 228
	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)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org	Ext. 253

Staff Directory



CHILDREN and YOUTH PROGRAMS NFC # 468-5440

Calisha Wilcott/until filled	Akwe:go Children's Program	akwego2@nechee.org (464-0386)	
Savannah Morrison	Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
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
Rachel McGraw	Wasa-Nabin Youth Program	wasanabin@nechee.org	Ext. 239
Open	Youth Life Promotion Program		

EMPLOYMENT and EDUCATION NFC # 468-5440

Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
	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 (807) 464-1394	criminalcourtwork@nechee.org	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Lisa Savoyard/Kathy Friesen	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.