

JANUARY 2021



"Serving Aboriginal people in the City of Kenora for over 44 years"

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Spirit Moon
MANIDOO-GIIZIS

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The first moon of creation is Spirit Moon. It is manifested through the Northern Lights. It is a time to honour the silence and realize our place within all of Great Mystery's creatures.

Community Support



Every Year the Ne-Chee Friendship Centre hosts a COMMUNITY CHRISTMAS DINNER, sadly this year we had to cancel this event due to covid. In lieu of this the Ne-Chee Friendship Centre bought one hundred \$50 gift cards for our most vulnerable citizens. A big thank you to COMPASSIONATE KENORA for distributing the cards.



Ne-Chee Friendship Centre is proud to offer support to the Meals on Wheels program by paying for all meals and food containers from October 2020 to March 31, 2021.

Pictured here on the left is Lynn Moffatt, Director of Community Support Services at District of Kenora Home for the Aged and on the right is Patti Fairfield, Executive Director for the Ne-Chee Friendship Centre.

Ne-Chee Friendship Centre Cedar Collection



Emily O'Connor our Healing and Wellness Coordinator and David Friesen our Youth Life Promotion Coordinator took clients from the Bail Residency Program out Cedar collecting.

Cedar is considered a most sacred plant. Used in ceremonies and hung from windows and doorways it is associated with prayer, healing, dreams, and protection against disease.

Some tribes believe that the spirits of their ancestors lived in tree's such as the cedar and the tree's murmuring in the wind was the ancestors voices

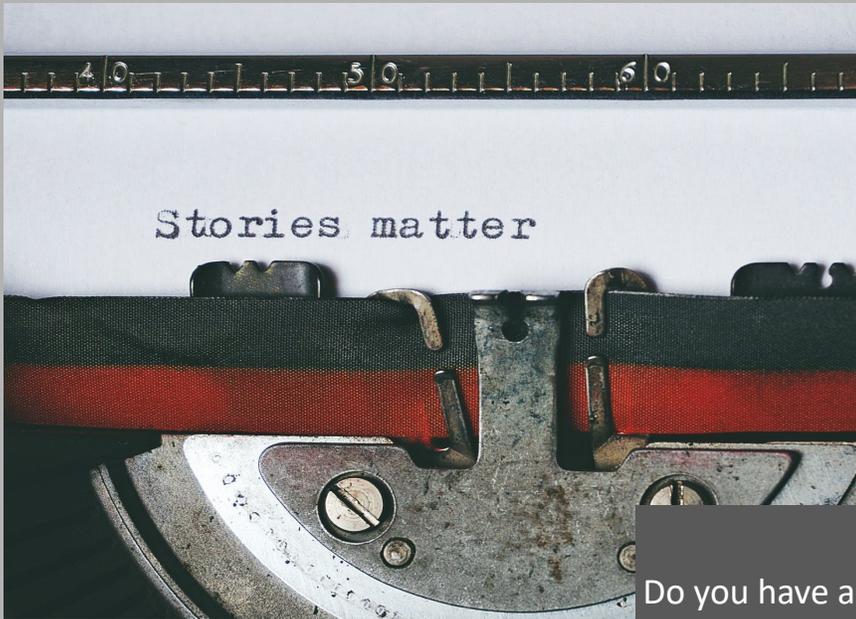
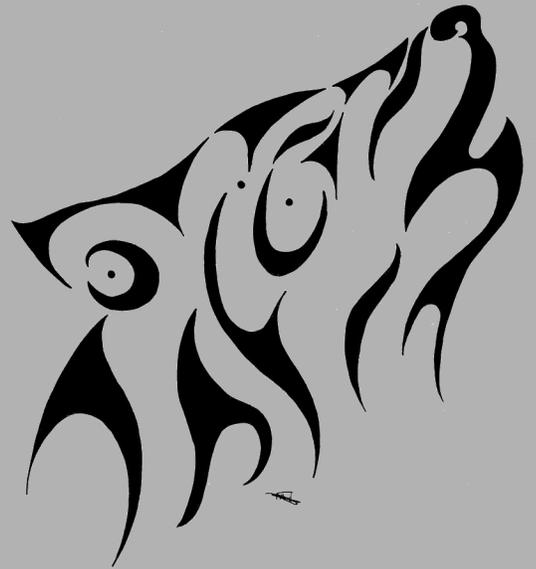


Bail Residency



The bail residents got into the Christmas spirit by holding a door decorating contest, the fireplace won first prize.

Things to Remember



Do you have any pictures or stories you'd like to share? Maybe it's a family recipe or a tip you found helpful. Please see the front page for our email or mailing address. We hope to hear from you.

For **COVID-19** updates please check our Facebook page-COVID-19 Ne-Chee Friendship Centre OR our Website for information on what the NFC is doing to help in the struggles with the COVID-19 Pandemic.

Keep posted to our Facebook page as we post Employment Opportunities, Updates to upcoming events, office closures, etc. You can find us by typing in Ne-Chee Friendship Centre in the search and we should pop up.

To **ADVERTISE** in our Newsletter please contact us with your advertisement details.

Health & Wellness



January, the time of year when we make resolutions and take stock of the previous year and the choices we've made. It is notoriously the month when we indelibly hop on the health kick wagon. Hopping on is easy enough, it's staying on that can be a struggle for many. Since I know I'm not alone in my endeavors to live a healthier life and of course right now during this recent covid shut down we have the opportunity to take stock of not only our lives but of our cupboards and fridges. December is gone and with it hopefully the last of the holiday treats. For advice I reached out to Calisha Wilcott, R. Kin who runs the Urban Aboriginal healthy Living Program. Below are some tips she offers to get us started.

- ◆ Eat whole foods: If you can think of the food being grown from the ground or being raised on a farm. It is whole and real. Think of foods that are only one ingredient; broccoli, eggs, nuts, quinoa, chicken etc. These are all good real food.
- ◆ Move Regularly: Find an activity or exercise that you enjoy and get your body moving.
- ◆ Stay Hydrated: Water has many benefits to your body. Make sure you are drinking enough to keep you hydrated every day.
- ◆ Get good sleep: make yourself a bedtime routine; wind down before bed, drink some calming tea, listen to soothing music, whatever you may need.

NEW STAFF



My name is Amber Vanasse and I am the new program coordinator for the Children's Wellness Program at the Ne-Chee Friendship Centre. I have lived in Kenora most of my life and love to enjoy time in nature with family and friends. I have worked with youth for most of my life as an education Assistant. For the last three years I lived in Thunder Bay and took many courses and gained experience in the field of social work. I am looking forward to facilitating many enriching activities for the youth in our community.



Hi Everyone, my name is Crystal Page and I am the new Lifelong Care Worker at Ne-Chee Friendship Centre. I was born and raised in Kenora. I love the city so much; I hope to never leave. My past employment has been mostly in the customer service field. I started my position in September of 2020, after many years of working in accounting and management positions. I hope to bring something new to the table. I look forward to my employment and I am excited to be a part of this program. I hope to have a positive impact on my clients health and wellbeing by spending time with them and getting to know their stories.



Hello ! Boozhoo! My name is Alan Sayers but everyone calls me Al. I am honoured and excited to begin my new journey as the Cultural Resource Coordinator here at the Ne-Chee Friendship Centre. I moved here from Elliot Lake, ON 13 years ago. I have worked at the Fellowship Centre in town as well as working front line at a Drug and Alcohol Treatment Centre where I became certified as a Indigenous Mental Health and Addictions Specialist level 2. I have also enjoyed working with youth in a group home and as a one to one worker for family services for 3 years. I am eager to help staff and the community of Kenora reach their cultural needs whatever they may be.

NEW STAFF



Boozhoo! Allow me to introduce myself, my name is Kristin Ross, I was born and raised in Kenora and come from the Turtle Clan. I am the new Wasa-Nabin Youth Program Coordinator! I have worked for Ne-Chee Friendship Centre since September 4th, 2020. I am very passionate about working with Indigenous youth to assist them in pursuing their goals and guide them to a healthy path in life while utilizing Indigenous culture and traditions. It has always been a goal of mine to help and work with the youth in our community and assist in making a positive impact in their lives. I have been a respite provider for 5+ years and have worked within some of our local classrooms as an education assistant. I am excited to take on the new roll as the Wasa-Nabin Youth Program Coordinator and look forward to my employment journey at Ne-Chee Friendship Centre.



Hello, my name is Janet Shodin, I recently accepted the position of Administrative Assistant. I was not born in Kenora, however we moved from Southern Ontario to Sioux Narrows when I was 7 and later to Kenora when I was 12. I spent 21 years in the nursing field working as a Registered Practical Nurse, starting off in long term care and then working at the hospital and most recently I spent 8 years in home care. I believe my people skills and organizational skills will help make me successful in my new role. I look forward to the day when the Ne-Chee Friendship Centre can once again open it's doors to the public.

Ne-Chee Staff & Board



COURT WORKERS

Amy Kristalovich	Criminal Courtworker	criminalcourtwork2@nechee.org
Marvin Tom	Criminal Courtworker	criminalcourtwork@nechee.org
Sherman Kabestra	Family Courtworker	familycourtwork@nechee.org

JAIL WORKERS

VACANT	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca
Jasmine Scheurmann	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca
Jasmine Scheurmann	Drug, Education And Living Worker	Kenora.DEAL@ontario.ca

JUSTICE PROGRAMS

Kristine Everett	BVSP Supervisor	bvsp@nechee.org
Breena Kokopenace	Bail Coordinator/Discharge Planning	bailcoordinator@nechee.org
Curran McLeod	Bail Supervision Case Manager	bailcasemanager@nechee.org
Elizabeth Wilson	Bail Verification and Supervision	bvsp2@nechee.org
Erin Beach	Indigenous Community Justice	communityjustice@nechee.org
VACANT	Kizhaay Anishinaabe Niin	kizhaay@nechee.org
Erin Beach (Temp)	Restorative Justice Liaison	RJLiaison@nechee.org

CHILDREN and YOUTH PROGRAMS

Kristin Ross	Wasa-Nabin Youth Program	wasa-nabin@nechee.org
David Friesen	Youth Life Promotion Program	youthlife@nechee.org
Sheri McNeill	Akwe:go Children's Program	akwego2@nechee.org
Sunny Copenace	Family Support Coordinator	familysupport@nechee.org
Savannah Morrison	Family Support Assistant	familysupport2@nechee.org
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VACANT	EarlyON Coordinator	earlyon@nechee.org
Lauren Hanson	EarlyON/Sioux Narrows-Nestor Falls	earlyonsn@nechee.org
Amber Vanasse	Indigenous Children's Wellness Program	icw@nechee.org

HEALTH PROGRAMS

Crystal Page	Lifelong Care Program	lifelongcare@nechee.org
Kandida Morrison (On leave)	Lifelong Care Program	lifelongcare2@nechee.org
Emily O'Connor	Healing & Wellness Coordinator	healingandwellness@nechee.org
Al Sayers	Cultural Resource Coordinator	culture@nechee.org
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org

EMPLOYMENT & EDUCATION

Vacant	Apatisiwin Employment Counsellor	employmentcounsellor@nechee.org
Melissa Normand	Apatisiwin Youth Employment Counsellor	youthemployment@nechee.org
Becky Gartner	Alternative Secondary School Counsellor	education@nechee.org

BAIL RESIDENCY

Steve Carnegie	Bail Residency Supervisor	brp@nechee.org
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Vision Statement

To improve the quality of life for Aboriginal People living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian Society and which respects Aboriginal cultural distinctiveness.

ADMINISTRATION

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Dalaney Smith Executive Assistant executiveassistant@nechee.org
Aurea Dufresne-Fedus Finance finance@nechee.org
Janet Shodin Administrative Assistant reception@nechee.org

BOARD OF DIRECTORS

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Marlene Elder	Vice President
Terence Douglas	Treasurer/Secretary
Vanessa Baxter	Board Member
Keith Singleton	Board Member
Colin Wasacase	Board Member
Email:	bod@nechee.org