

*"Serving Indigenous people in the City of Kenora for 46 years"*

# The Red Eagle

*Ne-Chee Friendship Centre Newsletter*

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

326 2nd St. South



## Makwa (Bear)

The black bear in Anishinaabe culture is one of the most esteemed and highly regarded of creatures. Like the turtle each tribe's cultural view of the bear varies; however at the core, the bear represents authority, good medicine, courage, and strength. The bear is said to be a healer and protector. Like mother bear who protects her young, it is said that leaders who possess bear medicine stand up for what is right and fight for what is good and true. Bears are symbols of wisdom, often featured as guardians, teachers, leaders, and healers. They are reminder to Indigenous People to protect their ways of life, to fight for what is right, and to restore balance in their communities. The strength of the bear will bring healing.

# THINGS TO REMEMBER



**OFFICE CLOSED**  
**Monday May 22nd**  
*Happy Victoria Day!*





# CAROLYN RODGER

## LIFELONG CARE COORDINATOR

Carolyn was hired July 21, 2021, as one of our Lifelong Care Workers. Carolyn has many attributes...courteous, collaborative, efficient, and enthusiastic just to name a few. Carolyn has a nurturing personality and in her work as a Lifelong Care Worker this is very apparent and welcoming. Carolyn is a fantastic cook, which is a benefit to her clients as with all the meals that are prepared for programming they are very much enjoyed. Miigwetch Carolyn for the strengths that you bring to your program, clients and to Ne-Chee as a whole.

Patti Fairfield, Executive Director

Hi, my name is Carolyn Rodger and I have been a Lifelong Care Worker here at Ne-Chee Friendship Centre just shy of 2 years. I can honestly say it has been a very rewarding and fun job working with the Elders doing many cultural crafts, activities and especially our little road trips to surrounding locations. Learning the Indigenous culture and the history has truly provided me with a better understanding of the challenging issues we all deal with today. My many years of experience working in the healthcare field has been an asset to my clients in which I can offer advice and support in various areas of their care. I am a proud mother to two children. My oldest being my daughter who has given me 2 beautiful grandbabies and a wonderful son-in-law who live in Carman, MB and to a son who lives here in Kenora. They are my world. I am also very blessed to have many close friends, both in and out of work. We prove to ourselves daily that laughter is “the best medicine”.

A few fun facts from Carolyn

Hobbies: [Boating, walking, camping, travelling, painting, euchre, board games](#)

Favourite Quote: [~What is for you will not go past you~](#)

Favourite Food: [Got to say Italian and Ukrainian \(I make a mean cabbage roll\)](#)

Bucket List: [Travel to Italy, Ireland, and Greece](#)





Come join us at the  
Ne-Chee Friendship Centre  
for our Annual

# Spring Feast!

**May 17th at Noon**

*Everyone Welcome!*

No Transportation Provided

(Entrance next to the Movie Theatre)

For more information call NFC at 468-5440



**Ne-Chee Friendship Centre**





# Ne-Chee Friendship Centre

## OPEN HOUSE

~Serving Indigenous People in the City of Kenora for 47 Years~

The NFC Staff & Board cordially invite you to our Open House. Come and meet the staff and see what services we have to offer.

### Wednesday May 31, 2023

Time: 2:00pm-4:00pm & 5:30pm-8:00pm

326 2nd St. South (Entrance next to the Movie Theatre)

NO TRANSPORTATION PROVIDED

\*Interactive Program Displays\* Draws\*

\*Soup/Bannock/Light Refreshments\*

For More information please call the NFC at 468-5440





# Kenora Ogimaabinesiiyog Stewardship Youth Rangers

Visit Our Website!



### WHAT IS IT?

An awesome outdoor summer job! The program focuses on environmental ethics, professional development, diversity, inclusiveness and cultural awareness! SYRs work on a team with 3 other Ranges, an Assistant Team Lead and a Team Lead.

Follow Us!



@ogimaabinesiiyog\_syr



Facobook.com/  
ogimaabinesiiyog



### IMPORTANT INFO:

- 8 Week Contract (July & August)
- Monday to Friday Work Schedule (8:15AM to 4:30PM)
- Hourly Wage \$15.50/hr
- Must be 16-18 years of age
- Earn 2 Co-op Credits!

**APPLICATION DEADLINE - May 29, 2023**

### HOW TO APPLY

Please send your cover letter, resume and completed application form to:

**KRISTA PROSSER**

Email: [krista.prosser@ontario.ca](mailto:krista.prosser@ontario.ca)

Phone: (807) 407-9675





# Program Announcements



Ne-Chee Friendship Centre

## Drumming Night

**MAY 02 AND 16TH**

**FROM 6PM-8PM**

**EVERYONE WELCOMED**

**SNACKS AND REFRESHMENTS PROVIDED**

**326 2ND ST SOUTH  
(DOORS BESIDE THEATRE)**



UAHL

## SPLIT STRONG

**BUILD YOUR BODY**

Ne-Chee Friendship Centre

**JOIN NOW**

- A new exercise class that will target one of the muscle groups each class
- Lower body
    - Glutes & Hammys
    - Quads & Calves
  - Upper body
    - Chest, shoulder, triceps
    - Back & biceps
  - Cardio & core

**MONDAY WEDNESDAY & THURSDAYS**  
**NE-CHEE FRIENDSHIP CENTRE EVENT SPACE**

enter through doors next to movie theatre

**MAY 1, 3, 4, 8,  
10, 11, 15, 17, 18, AT 6PM  
24, 25, & 29**

**CONTACT**

UAHL COORDINATOR CALISHA  
 uahl@nechee.org  
 468-5440 ext. 230  
 facebook.com/uahlnechee/




## Sheet Pan Meal Class

Get Cookin'

**MAY 12 & 26**  
**4:30PM**  
**VIRTUAL EVENT**  
**SIGN UP NEEDED BY MAY 8 & 22**

- Follow a recipe together and learn nutrition behind it
- Virtual Zoom Event
- Ingredients are provided
- May only register for one class per month
- 10 Spots available

**Contact**  
 UAHL Coordinator Calisha  
 uahl@nechee.org  
 468-5440 ext 230  
 facebook.com/uahlnechee



Ne-Chee Friendship Centre



## EAT HEALTHY BE ACTIVE

**6-WEEK WORKSHOP**

REGISTRATION REQUIRED!  
 Due May 15

Week 1 - May 17 5pm  
 • Enjoy Healthy Food Choices that Taste Great

Week 2 - May 24 5pm  
 • Quick, Healthy Meals & Snacks

Week 3 - June 7 5pm  
 • Eating Healthy on a Budget

Week 4 - June 14 5pm  
 • Tips For Losing Weight & Keeping it Off

Week 5 - June 21 5pm  
 • Making Healthy Eating Part of Your Lifestyle

Week 6 - June 28 5pm  
 • Physical Activity is Key to Living Well

PRIZES TO BE WON!!

**TO REGISTER**  
 UAHL Coordinator Calisha  
 468-5440 ext. 230  
 uahl@nechee.org  
 facebook.com/uahlnechee



Ne-Chee Friendship Centre



# EarlyON Sioux Narrows/Nestor Falls

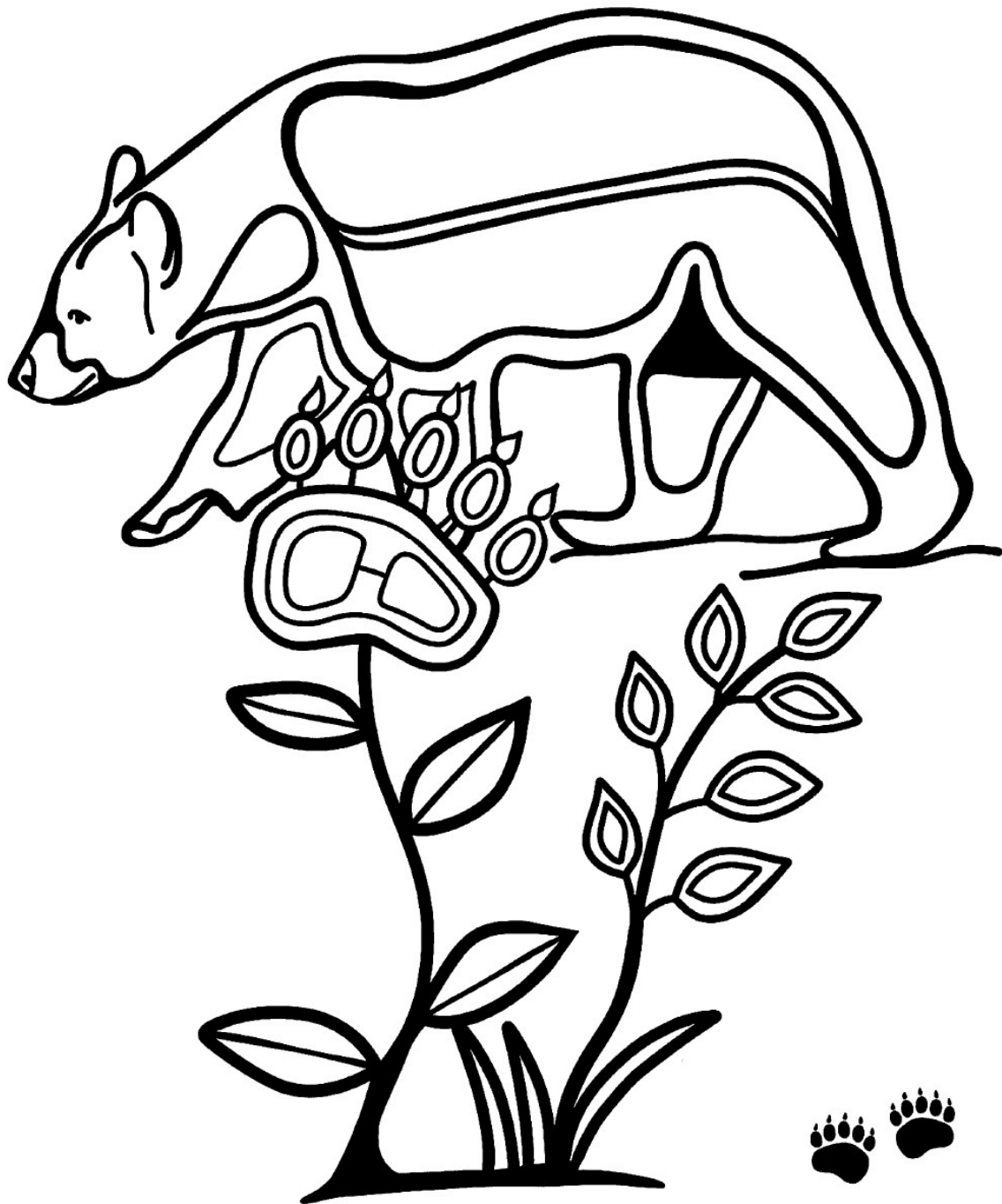
The Easter egg hunt and family skate at the Chikeywis Arena in Whitefishbay was a huge success. Thank you to all the families who came out and participated.





# "Black Bear"

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)



Black bear

©Hawlii Pichette [www.urbaniskwew.com](http://www.urbaniskwew.com)

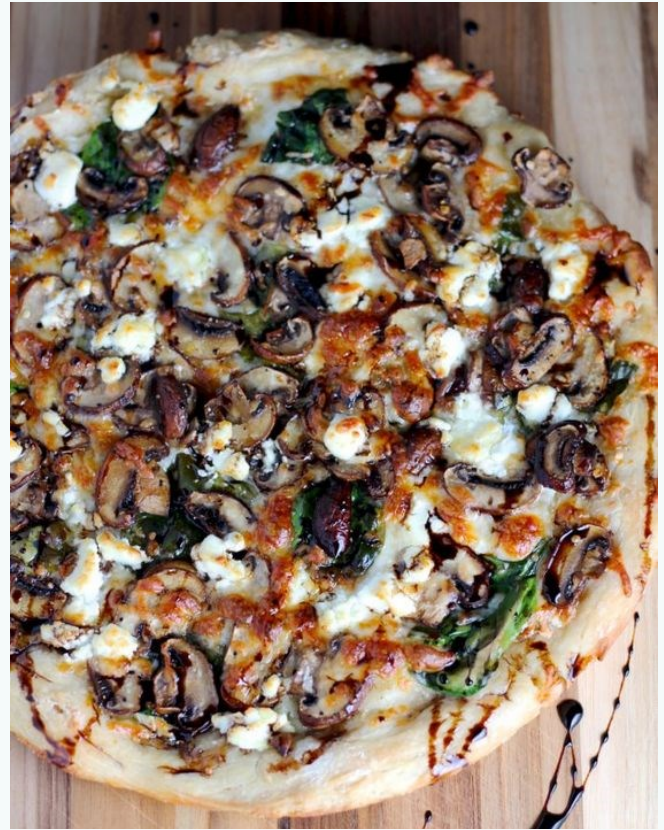
## Homemade Pizza Dough Recipe

- 1 packet yeast or 2 1/4 tsp
- 1 cup warm water (NOT HOT)
- 2 tsp sugar

Mix yeast, water and sugar together in a bowl and set aside for 10 minutes to activate yeast.

- 4 tbsp olive oil
- 2 tsp salt
- 3/4 cup flour
- 2 cups flour

Once yeast has activated add olive oil, salt and 3/4 cup of flour, mix well with hand mixer or whisk. Using wooden spoon add remaining 2 cups of flour until dough comes together. Dust counter top with flour and knead 6-8 minutes, dough should have a tacky texture to it but not sticky. As you knead if it's sticky add a bit more flour to it. Form into a ball and place in a greased glass bowl, cover with saran wrap and let rise in a warm spot for a few hours. This dough can also be put in the refrigerator over night to rise.



Instructions for baking and assembly. Preheat oven to 425

1. Divide dough in two, or make one large pizza, or make a bunch of mini pizzas. Depending on your pan/dish you may need to use cooking spray to prevent sticking or sprinkle pan with cornmeal.
2. Dough should be pliable and easy to work with, you can hand form or use rolling pin.
3. Bake until cheese is melted and dough is how you like, crispy, soft, however you like. Usually 15 min. Baking time depends on amount of cheese, thickness of dough and amount of toppings so keep an eye on it.

Topping suggestions: You can make your own pizza sauce or buy it (I buy it) but everyone in my house likes pizza a different way, so I either make individual pizzas or a large pizza and divide into quadrants.

**Receptionists pizza** (this is how my daughter and I like it)

Fry up onions and mushrooms till caramelized (dark brown) \*if not using prosciutto, fry up some bacon instead\*

Small amount of pizza sauce, add the onion/mushrooms, slices of prosciutto, sliced cherry tomatoes, fresh baby spinach, feta or goat cheese, mozzarella cheese, drizzle with generous amount of balsamic glaze (if you only have balsamic vinegar on hand just boil until reduced and thick)

Bake and enjoy!



# 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 NFC # 468-5440 Ext 220</b>			
Brianna Boucha	Criminal Courtworker	criminalcourtwork@nechee.org	
Open	Criminal Courtworker	criminalcourtwork2@nechee.org	
<b>JAIL WORKERS Jail # 468-2871</b>			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Theresa Jamieson	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>			
Rob Laurin/Brianna Boucha	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	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
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 Ralko	BRP & BVSP Manager	bvsp@nechee.org (464-1908)	
Aden Zacharuk-Lessing	Manager Assistant/Bail Res. Worker	managerassistant@nechee.org	
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Open	Bail Verification Supervision Worker		
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	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	
Clement Wetelainen	Bail Residency Worker	bailaftercareworker@nechee.org	
Paula Skead	Bail Residency Worker	bailaftercareworker@nechee.org	
Marlene Vandusen	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
Open	Indigenous Healing & Wellness Program		
Julian Jordan	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230

# Staff Directory



Ne-Chee Friendship Centre

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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 will be 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
Sheri McNeill/until filled	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
Sheri McNeill	Indigenous Employment & Training Serv.	employmentcounsellor2@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	
Marlene Elder	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Jordan St.Germain	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.