



“Serving Indigenous people in the City of Kenora for 47 Years”

The Red Eagle

Ne-Chee Friendship Centre Newsletter

In This Issue

- ◆ Things to Remember p.2
- ◆ Staff Recognition p.3
- ◆ Fall Feast p.4
- ◆ EarlyON Sioux Narrows/Nestor Falls p. 5
- ◆ ISSP p.6
- ◆ In the Kitchen p.7
- ◆ Moose Printable p.8
- ◆ Staff Directory p.9-10

Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

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



Mooz (Moose or Twig Eater)

Mooz is heavily featured in Indigenous culture and is very respected. The mooz represents endurance and survival. It's a symbol of abundance which is manifested through the practice of patience and careful deliberation. Mooz teaches us that when we take time to really “chew on our decisions” before we make them, that we will receive what we need to live a good life. Mooz is an integral food source for the Anishinaabe people, it brings people and communities together. It not only serves to feed the community but various parts of the animal are used to make ceremonial items, art, and clothing. Sadly the moose in this area is in decline and although not on the endangered species list, efforts are in place to help bring the population back.

THINGS TO REMEMBER

Office Closures

Monday October 2

For National Day of Truth & Reconciliation

Tuesday October 3

Recognizing & Honouring Signing of Treaty #3

Monday October 9

Thanksgiving



Terry



October is
**Domestic
Violence**
Awareness Month





LOY HERBACZ

CIRCLE OF CARE CASE MANAGER

Loy was first hired September 8, 2021, as our Bail Verification & Supervision Coordinator, she then left Ne-Chee for a short while and returned to Ne-Chee in the same position on July 13, 2022. Loy moved into the new position of Circle of Care Case Manager at the new Kenora Justice Centre on March 20, 2023. Loy has many attributes ...achiever, focused, productive, perceptive, and skilled just to name a few. Loy has years of experience in the justice system, which benefitted us in the skills and knowledge that she brings to our justice service users. Loy works very hard for her clients which is evident in the work that she does. Her position at the Kenora Justice Centre has been extremely busy, however Loy works diligently to ensure that what is required of her gets done. Thank you, Loy, for all the strengths and familiarity you bring to those who are going through the justice system as it can be extremely challenging to navigate.

Patti Fairfield, Executive Director

A few fun facts from Loy

Best Advice: **“Live each day like it’s your last”**

Favorite Food: **Greek everything**

Bucket List: **Go to Greece**

Favorite Authors: **James Patterson, Nora Roberts, John Grisham**





Ne-Chee Friendship Centre

FALL FEAST

Where: 300 McClellan Ave
(formerly the Legion Building)

When: October 12

Time: Starting at Noon

EVERYONE WELCOME

Main Building will be CLOSED from 10:00am-3:00pm on this day

NO TRANSPORTATION PROVIDED
For More Information call 468-5440



Ne-Chee Friendship Centre



EarlyON Sioux Narrows Nestor Falls



Kids in the EarlyON program had some end of summer fun. They had a day of fishing with *Lake Life Adventures*. They also had a picnic at *The Lazy Loon*.



Indigenous Student Success Program

ISSP students and ACE (Academic Connections through Empowerment) students were joined by Jazmin from Boom Bay Healing for a nature walk.





Pumpkin Cheesecake Dip

Ingredients:

8 ounces cream cheese softened

1/2 cup brown sugar

15 ounces pumpkin puree

**1 tbsp pumpkin pie spice (If you don't have this substitute with the spices listed below)

1 1/2 tsp cinnamon, 3/4 tsp ginger, 1/2 tsp cloves, 1/2 tsp nutmeg

1 cup heavy whipping cream

* optional: you could add mini chocolate chips, or Reece's peanut butter chips, or nuts

Prep time 10 min Servings 12

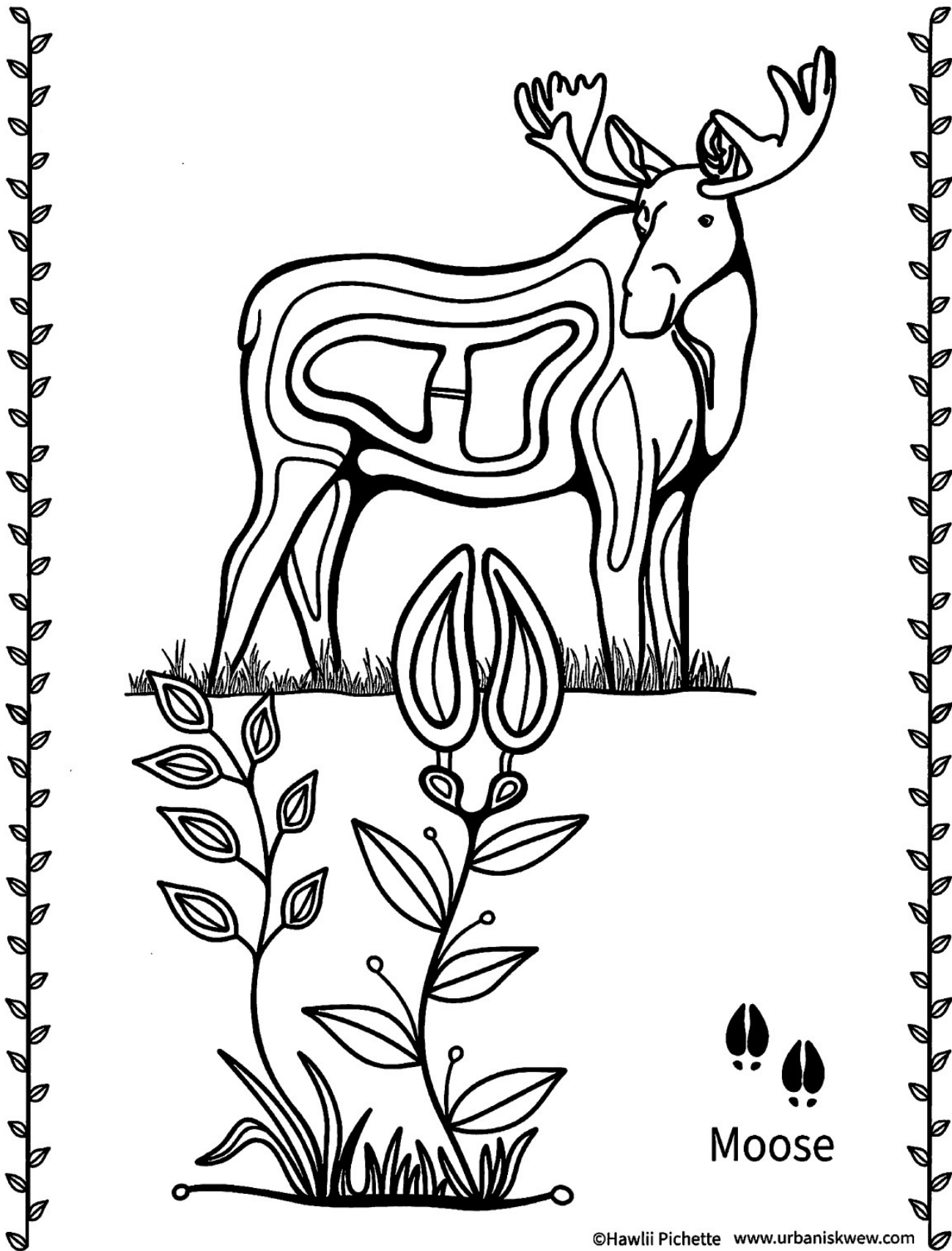
1. In a medium bowl, use a hand mixer to blend the cream cheese and brown sugar until smooth and creamy.
2. Add the pumpkin puree and spice to the bowl, then blend again until well combined.
3. In a separate cold bowl, whip the heavy cream to stiff peaks
4. Gently fold the whipped cream into the pumpkin dip until fully combined. Refrigerate until ready to serve, then sprinkle with cinnamon. Serve with choice of crackers, sliced apples etc.

This recipe also doubles as a no-bake cheesecake filling



"MOOSE"

Permission to reprint granted by the Artist & Illustrator **Hawlii Pichette**
To learn more about the Artist and her works please visit www.urbaniskwew.com




Moose

©Hawlii Pichette www.urbaniskwew.com

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 | | | |
|--|---------------------------------------|---|----------------------|
| Brianna Boucha | Criminal Courtworker | criminalcourtwork@nechee.org | |
| Elaine Kewaquom | Criminal Courtworker | criminalcourtwork2@nechee.org | |
| JAIL WORKERS Jail # 468-2871 | | | |
| Eve Capri | Drug, Education & Living Worker | Kenora.DEAL@ontario.ca (468-2871) ext 327 | |
| Open | Native Inmate Liaison Officer | Kenora2-Nilo@ontario.ca | |
| Open | Native Inmate Liaison Officer | Kenora-Nilo@ontario.ca (468-2871) ext 301 | |
| 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) | |
| BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619 | | | |
| Aden Zacharuk-Lessing | Temporary 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 | | |
| Andrew Jamieson | 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 |
| Tamsen Unrau | 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) | |

Staff Directory



Ne-Chee Friendship Centre

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

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 |
| Open | Wasa-Nabin Youth Program | | |
| Open | Youth Life Promotion Program | | |

EMPLOYMENT and EDUCATION NFC # 468-5440

| | | | |
|-----------------|--|---------------------------------|----------|
| Dorothy Kraynyk | Indigenous Employment & Training Serv. | employmentcounsellor@nechee.org | Ext. 248 |
| Open | Indigenous Employment & Training Serv. | | |
| 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 |
| Janet Shodin | 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.