

APRIL 2021



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

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Sugarbushing Moon

ISKIGAMIZIGE-GIIZIS

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ISKIGAMIGE-GIIZIS signifies the beginning of spring when the sap is flowing, the waterways re-open as the ice melts and breaks apart, the tree's sprout new buds and migratory birds begin to return.

In the Anishinaabe culture Maple sap (not to be confused with syrup) is used as one of the main medicines. It is used to balance the blood and for healing. This is the time of year when we are encouraged to balance our lives.

OFFICE CLOSED

Good Friday April 2nd

&

Easter Monday April 5th

Things to Remember



April 4th, Easter Sunday

April 21, Administrative
Professionals Day



April 22, Earth Day



In the Kitchen



Maple Cream or Butter

Using either extra light or light grade pure maple syrup, boil the syrup in a large saucepan or kettle. Boil until temperature is approximately 235 degree's F.

Take off the stove and let cool as quickly as possible to about 125 degree's F.

Begin stirring until syrup loses it's glossy look and begins to thicken. Immediately turn into containers. This freezes very well so you can make up a large quantity at a time.



Maple Roasted Sweet Potatoes

Ingredients:

2 1/2 lbs sweet potatoes

1/2 cup maple syrup

2 tbsp butter, melted

1 tbsp lemon juice

1/2 tsp salt

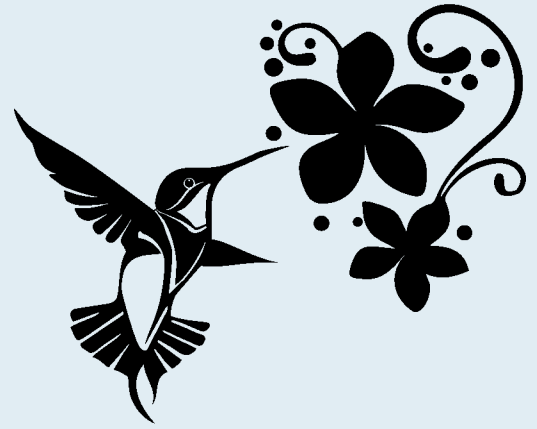
Pepper to taste

Step 1- Preheat oven to 400 degree's F.

Step 2-Peel and cut 2 1/2 lbs of sweet potatoes into 1 1/2 inch pieces (about 8 cups)). Arrange sweet potatoes in an even layer in a 9 x 13 glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the potatoes.

Step 3-Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45-50 minutes more.

EARTH DAY



This year's theme for Earth Day is
#RESTOREOUREARTH

The focus this year is on natural processes, emerging green technologies, and innovative thinking that can restore the world's ecosystems.

It is up to each and every one of us to Restore Our Earth not just because we care about the natural world, but because we live in it. We all need a healthy Earth to support our jobs, livelihoods, health & safety, and our happiness.

A healthy planet is not an option—it is a necessity.

Source ~ www.earthday.org

The first Earth Day was celebrated in the United States on April 22, 1970. Today more than a billion people in over 190 countries celebrate Earth Day.

Ways you can help our planet

- Limit plastic bag usage
- Recycle
- Turn your heat down
- Make your next meal plant based

For more ideas on how you can help save our planet visit www.earthday.org



**REDUCE
REUSE
RECYCLE**

World Water Day

Walking for NIBI on World Water Day. Emily O'Connor our **Healing and Wellness Coordinator** joined the walk along the Harbourfront to Husky the Musky. As women are water protectors they were the ones leading the walk. There was drumming and singing and everyone was gifted a copper cup as copper purifies water.



She is Wise

Erin Beach, our **Indigenous Community Justice Coordinator** attended the She is Wise Conference hosted by the Ontario Native Women's Association. The conference was done entirely online which provided many front line workers the opportunity to attend and engage with one another. Erin said the presenters, gifts, and information provided during the conference was invigorating and inspiring.



Your Stories



Last month I interviewed Mary O'Connor, about her trap lines. This month she agreed to be interviewed about their Maple tree's.

When Emily O'Connor, our **Indigenous Healing and Wellness Program Coordinator** told me her parents harvest sap from maple tree's I jumped at the opportunity to feature them in this month's newsletter.

The O'Connor's have approximately 39 Manitoba Maples along their lakeshore. There is no set date for harvest, this is strictly dictated by the weather. Warm days and cold nights.

This year they have already tapped the tree's as our March has been significantly warmer than normal. The sap is clear and runs fast like water, eventually the sap will turn color and begin to thicken, this signals the end of the harvest.

It takes approximately 25 gallons of sap to make 1 gallon of syrup. Mary prefers to use snapple jars for processing. She sterilizes the jars as you would for any other type of preserving. They boil the sap outside in the wood shed as the process can take awhile, it all depends on how much sap there is to process.

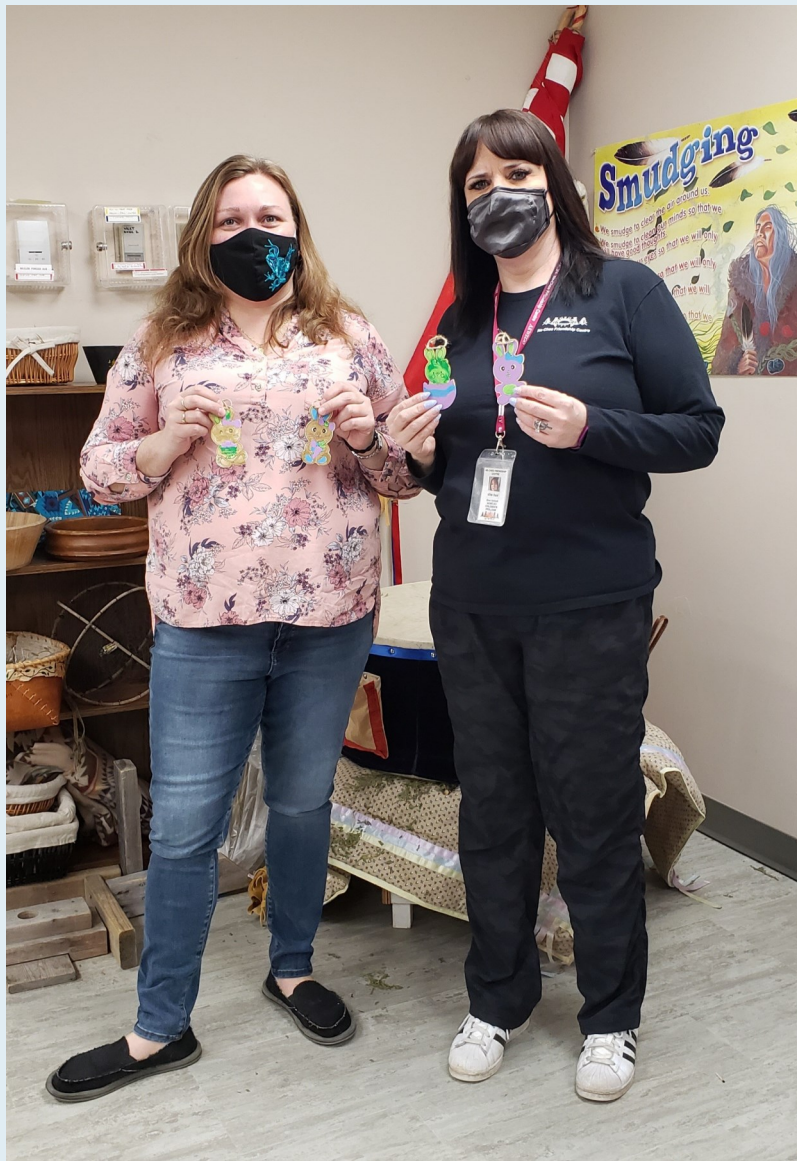
Mary's Maple Butter can be found in our *"In The Kitchen"* segment.

A big thank you to The O'Connor's for allowing me to feature them in our newsletter.

Program Announcements

Pictured below on the right is Sheri McNeill our **Akwe:go Coordinator** and on the left is Crystal Page one of our **Life Long Care Workers**.

The kids in the Akwe:go program volunteered to make Easter ornaments for the clients in the Life Long Care program.



Program Announcements



INDIGENOUS HEALING & WELLNESS PRESENTS

A GIRL CALLED ECHO

Reading 4 Healing Book Club

EVERY OTHER WEDNESDAY 7-8PM VIA ZOOM

CONTACT HW COORDINATOR EMILY
FACEBOOK.COM/HWNECHEE OR
HEALINGANDWELLNESS@NECHEE.ORG
FOR MORE INFORMATION & TO JOIN!



Ne-Chee Friendship Centre





Child and Family Centre

Ne-Chee

Ne-Chee Friendship Centre

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Boozhoo and Welcome!



SCIENCE in the PARK

Wednesday's 10:30-11:30

Garrow Park

Registered Event:
Register by the Monday of each week.
Email, Message or Call to Reserve Spot
Space for 6 families

Activities:
Nature Exploring, Bubble Play, Planting Seeds. Snack

Bail Residency

On March 5th Emily O'Connor our **Healing and Wellness Coordinator**, and Al Sayers our **Cultural Resource Coordinator** worked with Evelyn Finlayson to teach moccasin making at the Bail Residency.



Bail Residency



On March 18th the Bail Residents tried String Painting. The process is done by covering the canvas with a generous coat of paint and then covering a string or beads in different colours and laying it across the canvas, then slowly dragging it. Some of the residents enjoyed how you had to slow down and take your time to make this art, and how freeing it was to not use a brush.

Youth Life

David Friesen our **Youth Life Program Coordinator** has teamed up with Silver Birch Camps to provide our youth the opportunity to learn life skills and to build resilient behaviors through outdoor learning.

Pictured below are NFC staff who were offered the chance to learn first hand what the **Youth Life Program** has to offer.



New Staff



Boozhoo! It is an exciting time for me as I start this new adventure with EarlyON. This will be my 25th year working in a lead role as a child program coordinator. Born and raised in Kenora, I have had many opportunities to be involved in our unique surroundings and the diversity of our community. I look forward to creating new friendships with everyone connected with the Ne-Chee Friendship Centre and sharing in our journey of life and learning.



Hi everyone. My name is Lee Duguay-Roach and I am the new Staff Manager. I have many years experience in management and human resources. Many of you may recognize me from my last 2 1/2 years as Manager of our local Dollarama. Before that I was the Personnel Manager at Walmart for many years. I also spent 3 years at CIBC but, management and human resources are my passion. I look forward to settling into my new role and to supporting and helping our staff to build an even stronger foundation for our organization.

For COVID-19 updates and information on what NFC is doing during the pandemic please check out our website at www.nechee.org OR our Facebook page.

Visit our Facebook page for employment opportunities, upcoming events, office closures, and COVID-19 updates.

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

Staff & Board Directory



COURT WORKERS		Courthouse # 468-9657	
Amy Kristalovich	Criminal Courtworker	criminalcourtwork2@nechee.org (468-5440)	Ext. 256
Marvin Tom	Criminal Courtworker	criminalcourtwork@nechee.org (468-5440)	Ext. 256
Sherman Kabestra	Family Courtworker	familycourtwork@nechee.org (468-5440)	Ext. 233
JAIL WORKERS		Jail # 468-2871	
Vacant	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca	
Vacant	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 315	
Vacant	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 314	
JUSTICE PROGRAMS		NFC # 468-5440	
Raquel Leutschaft	BVSP Supervisor	bvsp@nechee.org (464-1908)	Ext. 243
Breena Kokopenace	Bail Coordinator/Discharge Planning	bailcoordinator@nechee.org (464-5849)	Ext. 242
Curran McLeod	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	Ext. 241
Elizabeth Wilson	Bail Verification & Supervision	bvsp2@nechee.org(464-3000)	Ext. 242
Jasmine Scheurmann			
Erin Beach	Indigenous Community Justice	communityjustice@nechee.org(464-0069)	Ext. 245
Erin Beach (temp)	Restorative Justice Liaison	RJLiaison@nechee.org	Ext. 245
Vacant	Kizhaay Anishinaabe Niin	kizhaayniin@nechee.org	Ext. 246
BAIL RESIDENCY		Residency # 468-4619	
Steve Carnegie	Bail Residency Manager	brp@nechee.org (464-4880)	
Chris Bennett	Full Time Bail Residency Worker	bailaftercareworker@nechee.org	
Dayna Jamieson	Full Time Bail Residency Worker	bailaftercareworker@nechee.org	
Robert Lauren	Full Time Bail Residency Worker	bailaftercareworker@nechee.org	
Anthony Hanstead	Full Time Bail Residency Worker	bailaftercareworker@nechee.org	
Jake Tellier	Full Time Bail Residency Worker	bailaftercareworker@nechee.org	
Jake Jensson	Bail Residency Cook	lifeskills@nechee.org	
HEALTH PROGRAMS		NFC # 468-5440	
Crystal Page	Lifelong Care Program	lifelongcare@nechee.org	Ext. 228
Kandida Morrison	Lifelong Care Program	lifelongcare2@nechee.org	Ext. 227
Emily O'Connor	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Al Sayers	Cultural Resource Program	culture@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230

Staff & Board Directory



ADMINISTRATION NFC # 468-5440			
Patti Fairfield	Executive Director	aces@nechee.org	Ext. 222
Lee Duguay-Roach	Staff Manager	staffmanager@nechee.org	Ext. 223
Vacant	Executive Assistant	executiveassistant@nechee.org	Ext. 220
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Janet Shodin	Administrative Assistant	reception@nechee.org	Ext. 221
CHILDREN and YOUTH PROGRAMS NFC # 468-5440			
Sheri McNeill	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
Stacey Francis	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
Savannah Morrison	Family Support Program Assistant	familysupport2@nechee.org	Ext. 236
Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Vacant	Indigenous Children's Wellness Program	icw@nechee.org	Ext. 238
Kristin Ross	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 239
David Friesen	Youth Life Promotion Program	youthlife@nechee.org	Ext. 240
EMPLOYMENT and EDUCATION NFC # 468-5440			
Dalaney Smith	Apatisiwin Employment Counsellor	employmentcounsellor@nechee.org	Ext. 247
Melissa Normand	Apatisiwin Youth Employment Counsellor	youthemployment@nechee.org	Ext. 248
Becky Gartner	Alternative Secondary School Counsellor	education@nechee.org	Ext. 231
BOARD OF DIRECTORS			
Marlene Elder	Acting President	Board Email: bod@nechee.org	
Terence Douglas	Treasurer/Secretary		
Vanessa Baxter	Board Member		
Keith Singleton	Board Member		
Colin Wasacase	Board Member		

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 distinctiveness.