United Native Friendship Centre
May & June 2016 Newsletter

United Native Friendship Centre Mission Statement

In recognition of the ever changing world in which we live, the United Native Friendship Centre is dedicated to enhancing the lives of Native and Non-Native people in our community and surrounding area. Its primary responsibility is to serve Aboriginal people with special services in the fields of social, educational and cultural development while, at the same time, building a bridge of understanding between Native and Non-Native people.

UNFC Contact Numbers

Main Building and Circle of Life Centre
274-8541

Toll Free:
1-877-496-9034

Aboriginal Headstart:
274-7244

Fax Numbers

Main Building
516 Portage Avenue:
274-4110

Circle of Life Centre
616 Mowat Avenue:
274-4067

Aboriginal Headstart
308 Butler Avenue:
274-8500

www.unfc.org

MAY
1 - Dorion Chambers
4 - Ernie Jones & Rochelle Bird
5 – Henry Willie & Charles Saunders
7 – Charlene Strain
9 – Richard Bird Jr
13 – Marlis Bruyere
15 – Sharon Nicholl
31 - Irene Badiuk

JUNE
18 – Donna Latimer
18 - Chad Tuesday
20 - Ria McPherson
24 – Shelly Mallet
Robert Bombay our Criminal Courtworker has been with us at the United Native Friendship Centre since the early 1990’s. He started here at the Friendship Centre with the Alcohol and Drug program and later became the Criminal Courtworker.

Robert will be retiring from the Friendship Centre in early June.

The staff here at the Friendship Centre are sad to see him go but we are very happy for him to have more time for his favorite things; Family, fishing, blueberry picking and bowling.

We all want to wish you well and hope you will continue to visit us here for coffee.
From the Executive Directors Corner

Welcome to our Spring edition from the UNFC. I am always excited this time of year, looking forward to warm weather, the changes that take place in nature and we see new life emerging all around us.

As we move forward, this year there will be a few changes within our centre. I would like to say congratulations to Robert Bombay who is retiring with 25 years of service to the Friendship Centre. His dedication to his work with the community is going to be missed across the district. We all wish him the best of luck and truly thank him for being a part of our family.

Unfortunately we are saying goodbye to Aimee Beazley our Urban Aboriginal Healthy Living Worker. Aimee has been with us for ten years and we will certainly miss her but we wish her the best in her new job at Seven Generations.

Our Day of Pink is always a great success under the leadership role taken by Dorion Chambers and the UNFC staff.

It’s great to see our community members coming in every day playing cribbage and visiting, the laughter we hear each day is good medicine for us all. This is our community and why Friendship Centres opened their doors. It’s our gathering place, it gives us a sense of pride and as a helper it’s a privilege to serve our community.

This year our annual general meeting is taking place at the Circle of Life Centre on June 8th at 5:30pm. Come out and celebrate our 44th year, enjoy a great meal and help is with the business.

I would be remiss if I did not mention our Anishinabe brothers and sisters that are living in crisis. I believe the day of government bandaid solutions needs to end as our people are living in third world conditions, it’s just not acceptable. So I would ask that whatever belief you follow, please offer a prayer of strength and hope. Miigwetch

Yours In Friendship
Sheila McMahon
Greetings from the UNFC Program Director  
May-June 2016

Hello all, we are finally getting close to summer and enjoying the warmer weather.

Programming:
While our Alternative Secondary School program and Aboriginal Head Start programs are winding down for the summer break, our other programs are busy gearing up for summer events and activities.

Staff Updates:
- Amanda Levesque, after being very successful in the Literacy Program, has left to join the Probation office, we wish her well;
- Danielle Spuzak was the successful applicant as the new Literacy Program Worker;
- Tara Henttonen has moved into the Homelessness Outreach Worker position (interim);
- At the end of March, three contract positions wrapped up; Kate Bartlett did a really great job with Youth Employment; and two Youth Interns, Sydney Jones-Mason and Carter Brown were both helpful in various programs; and
- Aimee Beazley, Urban Aboriginal Healthy Living Program Worker, after 10 years of delivering successful programming, has submitted her resignation; she has joined the Seven Generations Education Institute team. We wish her well in her new career path.
- Robert Bombay has shared that he will be retiring this coming summer. He has been with UNFC 25 years, at first as Alcohol/Drug Program worker, then as Criminal Courtworker (and also oversaw the Direct Accountability program). Robert contributed to making the program a valuable asset to area Aboriginal people who were dealing with the Court system. We wish him a long and healthy retirement.

Highlights from April:
The “Day of Pink” Open House on April 13, FF Business Expo on April 22-23, and the Spring Clothing Giveaway was April 29-30.

Upcoming for May, June:
May: Spring Drum Feast-date to be decided, Mother’s Day-May 8, Victoria Day-May 23; and
June: UNFC’s Annual General Meeting-June 8, Father’s Day-June 19, Aboriginal Solidarity Day-June 21, and Alternative Secondary School Graduation-June 22 and Aboriginal Head Start Graduation-June 22.

Remember to renew your UNFC membership in order to come to the UNFC Annual General Membership meeting and vote in the new Board members. You are welcome to come to events, and/or drop in and visit. We look forward to seeing you.

Respectfully submitted by,
Judith Lindholm, Program Director
APATISIWIN
EMPLOYMENT PROGRAM

REMINDER TO YOUTH!

We’re looking forward to another successful year working with our Partners,
Shooniyaa Wa-Biitong and the Ministry of Natural Resources and Forestry!!!

The 2016 Stewardship Youth Ranger Applications are due Thursday May 31st

Applications can be picked up at the Ministry of Natural Resources, United Native Friendship Centre or
Shooniyaa Wa-Biitong.

This year to qualify as a Ranger you must have been born in 1999,

16 years of age turning 17 before the end of the calendar year (you should also enjoy working outdoors).

It’s a great paid summer program with training and education and an opportunity for Co-op Credits too!

If you have any questions call Karen at UNFC 274-8541
or see the website ontario.ca/mnryouthprograms

Looking for a Job?
Don’t forget to check out our Job Board.

Local, Regional and National Job Postings.

CONTACT:
Karen Chownah
Employment Counsellor
kchownah@unfc.org

Steve Latimer
Career Developer
slatimer@unfc.org

P.O. Box 752
516 Portage Avenue
Fort Frances, ON P9A 3N1

Phone: 807-274-8541
Fax: 807-274-4110

Tips to Improve Your Interview Skills

Good Nonverbal Communication
- Demonstrate confidence: stand up straight, make eye-contact and firm handshake.

Dress for the Job
- It’s important to look professional and well-groomed.

Listen
- Good communication skills include listening and acknowledging you heard and understood what was said.

Don’t Talk Too Much
- Do not ramble when answering questions, match your skills with the job requirements and provide relevant information. Bring energy and enthusiasm to the interview but remember that the interview is a professional meeting to talk business.

Use Appropriate Language
- NO slang or obscene language. Be professional.

Attitude
- A positive attitude plays a key role in an interview. Show confidence and be professional.

Practice Interview Questions
- Being able to answer questions fully and concise will improve your chances.

Ask Questions
- The interview is also a chance for you to learn more about the company and if it is the right job for you. Asking questions will also demonstrate your interest in the job.

Three C’s
- Remember the three C’s for the interview: cool, calm, and confident
Please join us Friday, May 6th from 11:00 am – 2:00 pm for a

**Bannock Burger Fundraiser**

at the Main UNFC Building (516 Portage Ave) in conjunction with Mental Health Awareness week.

$6.00 for a Bannock Burger or a hotdog and pop

~All funds raised from the BBQ will be to support our Food Bank~
CARING FOR OUR FAMILY TALKING CIRCLE
EVERY WEDNESDAY @ 1:00PM

All Families are welcome! At 616 Mowat Ave

OPEN PARTICIPATION
A culturally responsive collection of no-pressure, talking circles, to help us all understand who we are and how we are taking care of families and ourselves. Nine different topics discussed in a rotation, with flexible topics based on participant request as well. Sessions: Healthy Relationships & Wellness; Historic trauma/drama/wellness; Hunters/Gatherers/Gender roles; Healthy Conflict Resolution; Healthy Communication; Coming together as a couple; Intimacy; & Living in Balance.

Please join us! Call Shelly or Kristen at 274-8541 for more information.
The Urban Aboriginal Healthy Living Program is taking major strides to help community members increase their physical activity levels; to become smoke free; to increase their knowledge of nutrition, healthy eating practices and weight management; and, to enhance the leadership ability of our youth.

Girls Group 2016….Yoga with Karen Stachiw and button making!

Urban Aboriginal Healthy Living for KIDS

Boozhoo!

Hello from the Healthy Kids program! I hope this letter finds you well. Spring has arrived and we are getting excited for the warm weather. Plans for our summer programs have started to be made and we are going to have a lot of fun this summer. Until then, our regular programs will be running. Our after school programs will continue to run until the end of the school year. We are still drumming at the CLC on Mondays and working with our little ones at our Headstart Program.

For more information regarding programming, questions, comments or concerns, I can be reached here at The UNFC by phone or my email address is tmcmahon@unfc.org. Or you can pop in to the CLC and say hello.

Hope to hear from you!

Terry McMahon
UAHL Kids Program Coordinator
Hello, my name is Tara Henttonen and I would like to introduce myself as the new Homelessness Outreach Worker. Prior to obtaining this position I was the Homelessness Outreach Assistant at the UNFC as well as working on contract at Reception; so many of you might know me already.

The Homelessness program has recently lost significant funding therefore changes to food bank accessibility; it is now once every 60 days instead of once every 30 days.

If you or anyone you know would like to come by and find out more about the program, please feel free to drop in or call me at (807) 274-8541 we’re located at 516 Portage Avenue.

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**Akwe:Go Program**

The Akwe:Go program is for Urban Aboriginal Children aged 7-12. The program offers activities in the evening, after school and weekends that are geared toward physical, mental, emotional, and spiritual needs of the children and their families.

Some components of the program are:

- Facilitate the assessment of required services and identify areas of difficulty experienced by clients
- After school programming to provide a safe and structured environment for children to relax, play and/or complete homework
- Facilitate support circles and peer counseling
- Access to recreational and sporting activities so that urban Aboriginal children can achieve a level of enjoyment and excellence consistent with their abilities and aspirations
- Work with children in care by helping them with health and physical development, access to Cultural programming, interventions and preventions
- Support children with disabilities
- Parent support – basic coping skills, tools, & preventative education
- Keep in contact with families and schools for reports from teachers, caregivers, and other support networks that are working with the children

**Homework support, tutoring and in school academic support and Bi-weekly nutrition nights**

**Girls Group**

**PA Day Activities**

**Monday April 25th, 2016**

10:00am – 2:00pm

Self-esteem and leadership development

For More Information Contact: Rochelle Bird, Akwe:go Program Worker
Circle of Life Centre: 616 Mowat Ave, Fort Frances, ON P9A 3N1
Phone: 807 274-8541 - Fax: 274-4067 - rbird@unfc.org - or visit us online at www.unfc.org
Congratulations Sheila! The Board of Directors and staff at the UNFC wish to congratulate our Executive Director, Sheila McMahon, on receiving the June Callwood Outstanding Achievement Award for Voluntarism for her commitment to volunteering and longstanding service to our community. The awards ceremony was held on April 14, 2016, in Toronto.

Sheila currently serves as the President of the Ontario Federation of Indigenous Friendship Centres and has been a part of the United Native Friendship Centre for 28 years. Thank you Sheila for your dedication and service to the UNFC and our community!

Aboriginal Healthy Babies Healthy Children

Join us for Strollersize starting in May – Monday’s 1:30 – 3:00 pm

Happy Mother’s Day – May 8th
Make Mom into a Queen with a handmade crown
If Mom has a sweet tooth, try this lollipop bouquet.

Happy Father’s Day – June 19th

Aboriginal Prenatal Nutrition Program

Please join us for Mother’s Day luncheon
R.S.V.P : by Friday May 6th
Time : Wednesday, May 8th from 11am – 2pm
Activities for children draw prizes and tasty treats.

WasaNabin Program

Summer Options for Youth:
Confederation College ages 11-15 - p. 807-274-5395 e. FORTFRANCESCAMPUS@CONFEDERATIONC.ON.CA

Bible Camps Mark Mast: p. 807-852-3202 w. HTTP://SUNNYCOVE.CSSM.CA/EVENT/TEEN-CAMP/
Teen Camp 2016 - July 23 @ 4:00 pm - July 29 @ 10:00 am
Wilderness Canoe Trip 2016 - August 20 @ 8:00 am - August 27 @ 3:00 pm Muskie Bay Falls

Borderland Soccer League – Check out their Facebook for registration coming soon for 16 years and older.

Places for Volunteer Hours: Emo Walleye Classic May 26-28, Fort Frances Bass Championship July 21-23rd
Alternative Secondary School Program

Well, the countdown is on, 8 more weeks of school. So that means if you would like to graduate this year, it’s time to hand in those lessons! Also, if you are graduating this year be sure you have your 40 community hours completed. The last day of school here will be Monday, June 16, 2016. We will be accepting lessons until 3:00 p.m. that day.

Not registered yet? Go to Fort Frances High School campus to register and start the road to Success!!

Our Graduation and Success Ceremony will be held on June 22, 2016!

First day of school for the 2016/2017 year will be on August 30, 2016.

If you have any questions, please feel free to call 274-8541 or stop by the classroom at 516 Portage Avenue (downstairs), and we will be happy to help you achieve your goals!!

Tracy Jensen
ASSP Co-ordinator

Healing and Wellness Program

The Healing and Wellness Program is attaching pictures for your viewing pleasure. The group that took part in the Craft Night here at the Centre made rugs from old T-Shirts and as always, this was a fun activity. The Craft Nights always create a forum for building new relationships and learning or teaching each other new things. This program is very grateful to the volunteers and also to the people who donated material for this. The participants also deserve a big thank you from the Centre.

Another program that will be starting again in early fall is the Strong Women Circle; you are welcome to come in to the Centre and speak to this writer or the Alcohol and Drug Worker about this particular program. We can also be reached at 807-274-8541 should you decide to call instead.

The next start dates for both these programs will be forth-coming on the UNFC website and in the next newsletter.

Meegwetch.

Rose Marie Tuesday
# May 2016

**Community Action Program for Children**

United Nations Friendship Centre, Aboriginal Family Support Program 616 Mowat Ave

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**Enter to win a prize**: Your name will be entered into the draw each time you attend programming.

- **Parent’s Time Out**: A nurturing play-based, early learning environment for children 7 months–6 years.
- **Community Kitchen**: Cook a meal and bring it home for your family to enjoy. SIGN UP REQUIRED.
- **Snack Attack**: Participate in making healthy snacks to take home for your family. SIGN UP REQUIRED.
- **Mother’s Day Activity**: Join us in CELEBRATING ALL Mothers.
- **Odaminoda “Let’s Play”**: Opportunity to play with your child, participate in circle, have a snack & socialize.
- **Create & Chat**: Come “create” with us, supplies & childcare will be provided. SIGN UP REQUIRED.
- **Coffee Jabber**: Topics will vary each month—Tim Hortons coffee and donuts will be served.
- **BookBugs**: Explore a new book with us monthly—prizes will be awarded.

Please call 274-8541 or text 276-5116 to reserve your place in programming.

All programs are subject to change.
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Please call 274-8541 or text 276-5116 to reserve your place in programming.

All programs are subject to change.
SPRING GREETINGS FROM LIFE LONG CARE

Well after receiving a taste of spring and the snow disappearing we are back to snow and cooler temperatures... let’s hope it’s not long before we are looking at green grass again.

The CNIB Eye Van is scheduled to be here in Fort Frances in July this year. The dates are the 4th-8th and the 11th-12th. If you are in need of services from the Eye Van now is the time to get working on your appointment. You need to be referred by your physician or optometrist to be seen and it is recommended that you make these appointments sooner rather than later. The Life Long Care program can assist with any of your transportation needs for these appointments. Contact Ann or Diana at the Centre to make arrangements.

The Life Long Care program continues to offer the following services to Elders and individuals with a chronic illness or disability:

- Friendly Visiting
- Congregate Dining
- Transportation
- Aboriginal Support

If you or anyone you know is in need of our services or have additional questions: please contact Ann or Diana at the Centre and we will be happy to help out.

Ann Sinclair & Diana Sharp
UNITED NATIVE FRIENDSHIP CENTRE
NOTICE OF ANNUAL GENERAL MEETING

Date: Wednesday, June 8, 2016
Time: 5:30 p.m.
Place: Circle of Life Centre (616 Mowat Avenue, Fort Frances)

Business of the Corporation will cover:

- Election of Officers
- Presentation of audit
- Other business as deemed necessary

Dinner and refreshments will be provided

We urge all current members, and welcome new members to come out and support the United Native Friendship Centre.

Memberships must be paid up to date in order to vote, nominate, or run for a position on the Board of Directors.

Memberships are $5.00 per person (18 years and older) or $10.00 per family and are payable upon renewal or application.

Persons interested in running for a position on the Board of Directors must be in attendance at the meeting.

UNFC offices will be CLOSED the following days:
Monday May 23rd for Victoria Day
Tuesday June 21st for National Aboriginal Day
United Native Friendship Centre
Membership Form

Memberships are $5.00 per person (18 years and older) or $10.00 per family and are payable upon renewal or application. It is important that your membership is up to date in order for you to nominate, vote or stand for a position on the Board of Directors. All paid members, 18 years and older are eligible for these privileges.

_All memberships are annual and expire on March 31st_. Please stop by the Centre at 516 Portage Avenue, Fort Frances and apply for or renew your membership.

New members are always welcome!

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**PLEASE PRINT**

NAME: __________________________________________________________

ADDRESS: _________________________________________________________

POSTAL CODE: ______________________ PHONE #: ___________________

BIRTH DATE: ________________