



JANUARY

2025

The Red Eagle

Ne-Chee Friendship Centre Newsletter

“Serving Indigenous people in the City of Kenora for over 48 Years”

In This Issue

- ◆ Staff Recognition p. 2
- ◆ Things to Remember p. 3
- ◆ In the Kitchen p. 4
- ◆ Community Christmas Dinner p.5-8
- ◆ Christmas Parade p.9
- ◆ Lifelong Care Program p. 10 - 12
- ◆ EarlyON Sioux Narrows p. 13
- ◆ Coloring Page p. 14
- ◆ Staff Directory p. 15/16



The Turtle—Mikinaak

The Turtle teaches us about Truth

The turtle represents the teaching of **truth** in the Indigenous culture. The turtle was present during the creation of Earth and carries the teachings of life on his back. The mother land is referred to as “Turtle Island.” To know and live truth is to walk and live all the Seven Sacred Laws.

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STAFF RECOGNITION

Elizabeth Wilson

~Case Manager at the Kenora Justice Centre~



A little bit about me

I enjoy spending time exploring outside with my 3-year old. We love to go fishing, snowboarding, hiking, dog sledding on the ice and so much more! When I'm not playing outside, or working for Ne-Chee, I operate an interior/exterior painting business that keeps me very, very busy.

My favorite food is Greek lemon soup or Lamb shanks.

I hope to one day go to Ireland.

My favorite book is "The 100 year old man who climbed out of his window and disappeared" - I hope everyone reads it!

Elizabeth was hired on March 4, 2024, as our Circle of Care Case Manager at the Kenora Justice Centre. She works with youth 12-24 years of age and works with each of her clients to ensure they are supported throughout their journey at the Kenora Justice Centre.

Although we don't get to see Elizabeth as often as we would like, we know that she is busy providing youth with justice, mental health, education, and any other areas they may require additional support. She is dedicated, passionate and truly believes in the work that she does. We are thrilled to have Elizabeth as part of the Ne-Chee team.

Miigwetch Elizabeth for all the gifts and knowledge that you bring to both the Kenora Justice Centre and Ne-Chee as a whole.

DID YOU KNOW

Common Ojibwe Words

Aabita-bibooni-giizis - January

Mino Oshki Biboon - Happy New Year



January's Birth flower is the Carnation

The single best way to reduce the risk of seasonal flu and its potentially serious complications, is preventive actions. Avoiding people who are sick, covering your cough and washing your hands can help stop the spread of germs and prevent respiratory illnesses like flu.

If you are sick, reduce the spread by wearing a mask, washing your hands regularly and by staying home. Taking Vitamin C, can help reduce the duration of your cold or flu, but will not prevent you from catching one.



In The Kitchen

Slow Cooker Chicken & Dumplings

Prep Time: 10 Min

Cook Time : 5 Hrs 10 Min

Servings: 8

Ingredients

4 boneless, skinless chicken breast

2TBSP Butter

2 cans condensed cream of Chicken soup

1 medium onion, finely diced

1 package refrigerated biscuit dough

2 cups of water, or as needed to cover



Directions

Place chicken, soup, onion and butter in a slow cooker. Add enough water to cover. Stir well. Cover and cook on high for 5 to 6 hours.

About 30 minutes before serving, rip biscuit dough into pieces. Place pieces in the slow cooker. Cook until dough is no longer raw in the center.

Per serving: 385 Calories 18g Fat 6g Saturated Fat 45mg Cholesterol

Recipe Tip: Cover chicken with stock for a richer flavor. You can use more biscuit dough, but the recipe will take longer to cook.

Allrecipes.com

Ne-Chee's Community Christmas Dinner

Ne-Chee's Community Christmas dinner was a huge success. Thank you to all those that came out and celebrated with us.









Santa Clause Parade 2024



Aden and Natalie led our Ne-Chee decorated Van in the parade this year, with a Happy Holiday greeting to all!

Lifelong Care Program

If you think you might benefit from this program or if you know someone who might be interested in being a part of this program please contact Carolyn at 807-468-5440 Ext. 228 OR Pamela at Ext. 227

LLC Clients enjoyed an afternoon of doing Christmas Crafts.



About our Program

The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages and genders who have physical disabilities, serious health issues, those who are frail/elderly or looking for

Programming Includes:

Weekly exercise/Bingos with lunch/Outdoor seasonal activities/ Assistance with medical appointments/Transportation/Referrals to access community based services/Nutritional support/Family support and Friendly visits.

Lifelong Care Program



Above, some LLC Clients enjoying an afternoon of
Bingo

Below and to the right, LLC Clients and staff enjoyed
a visit to the museum and a light lunch after



Lifelong Care Program

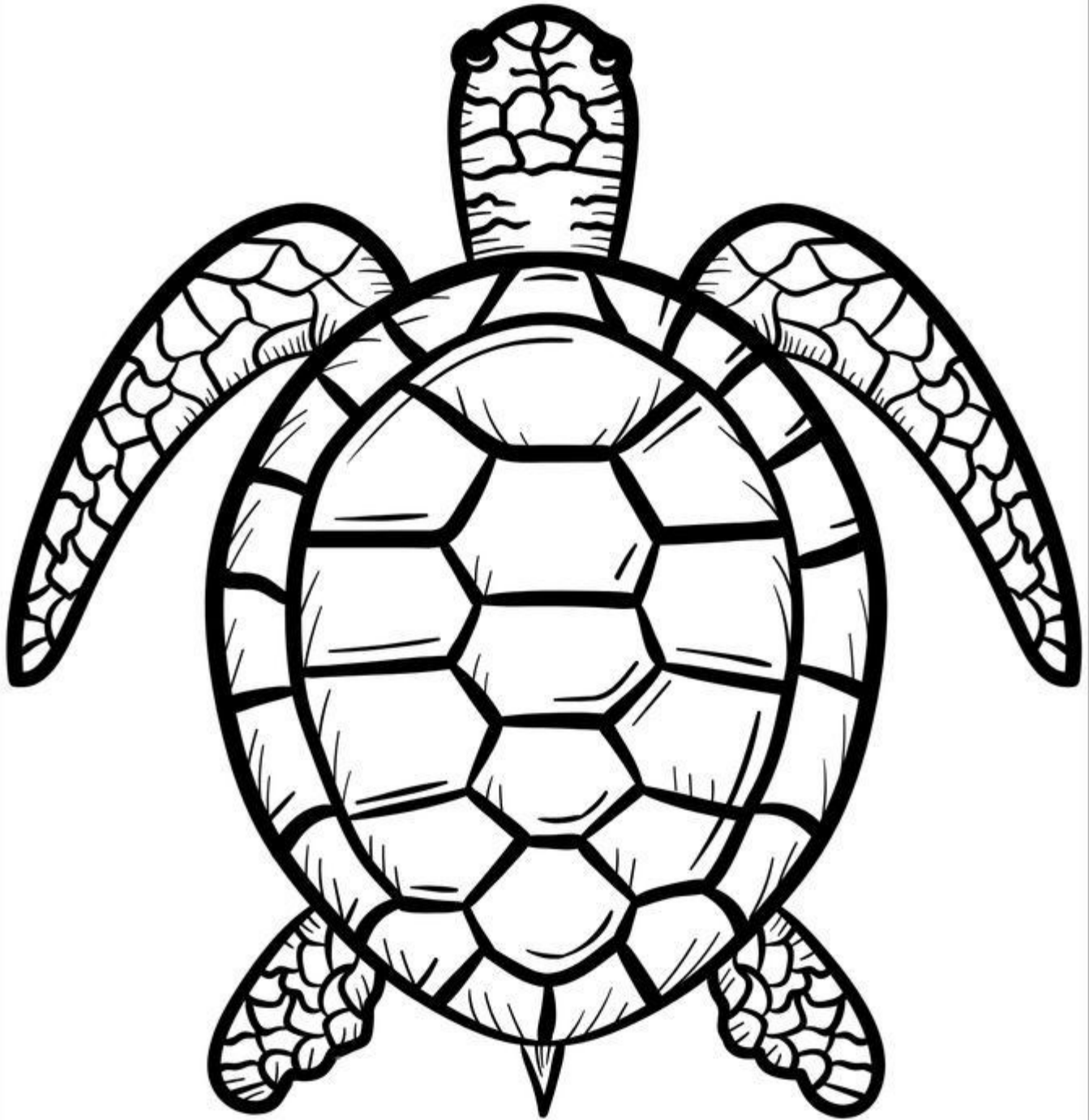


Pierogi making day was a success . LLC Clients enjoyed an afternoon of making some pierogies to take home



Ne-Chee's EarlyON in Sioux Narrows/Nestor Falls had breakfast with Santa. Thank you to all that came out to the event.





GOODMOMLIVING.COM

Staff Directory



COURT WORKERS Courthouse # 807-468-9657

VACANT	Criminal Court worker	criminalcourtwork@nechee.org	
Elaine	Criminal Court worker	criminalcourtwork2@nechee.org	

JUSTICE PROGRAMS NFC # 807-468-5440

Trish	Indigenous Community Justice	communityjustice@nechee.org (807-464-4371)	Ext. 245
Trish	Restorative Justice Liaison	RJLiaison@nechee.org (807-464-0069)	Ext. 245
Robert	Kizhaay Anishinaabe Niin (I'm a Kind)	kizhaayniin@nechee.org	Ext. 246
VACANT	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 807-464-5849 or 807-470-8222)	
Elizabeth	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org (cell 807-456-2754 or 807-470-8222)	

BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 807-468-4619

Kylie	BRP/BVSP Manager	bvsp@nechee.org (807) 456-3443		
Aden	BVSP Coordinator	bailcoordinator@nechee.org (807)464-3000		
Cass	Bail Supervision Case Manager	bailcasemanager@nechee.org (807)464-1854		
Cassandra	Bail Residency Worker	Shared Work Email bailaftrcareworker@nechee.org		
Marcus	Bail Residency Worker			
Douglas	Bail Residency Worker			
Deanna	Bail Residency Worker			
Erin	Bail Residency Worker			
Joey	Bail Residency Worker			
Angel	Bail Residency Worker			
Pamela	Bail Residency Worker			
Catherine	Bail Residency Cook/Life Skills		lifskills@nechee.org	

HEALTH PROGRAMS NFC # 807-468-5440

Carolyn	Lifelong Care Program	lifelongcare@nechee.org (807-407-1443)	Ext. 228
Vacant (Temp Contract)	Lifelong Care Program	lifelongcare2@nechee.org (807-407-1442)	Ext. 227
Vacant (Temp Contract)	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
VACANT	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha	Urban Aboriginal Healthy Living	uahl.ylp@nechee.org (464-0386)	
Pam	Mental Health & Addictions	MHAddictions@nechee.org (456-2508)	Ext. 253

For information on Ne-Chee Friendship Centre Programs please visit our website at www.nechee.org

Staff Directory



CHILDREN and YOUTH PROGRAMS NFC # 807-468-5440

Rachel	Akwe:go Children's Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Savannah	Family Support Program	familysupport@nechee.org	Ext. 236
Lauren	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807)276-4425	
Isabella	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 240
Ashlynnne	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel	Wasa-Nabin Youth Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Calisha	Youth Life Promotion Program	uahl.ylp@nechee.org (464-0386)	

EMPLOYMENT and EDUCATION NFC # 807-468-5440

Dorothy	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Natalie	Indigenous Employment & Training Serv.	employmentcounsellor2@nechee.org	Ext. 247
Becky	Indigenous Student Success Program	education@nechee.org (464-2163)	

ADMINISTRATION NFC # 807-468-5440

Patti	Executive Director	aces@nechee.org (407-2482)	
Brianna	Human Resources	hr@nechee.org	Ext. 222
Aurea	Finance	finance@nechee.org	Ext. 224
Crystal	Office Administrator/Reception	reception@nechee.org	Ext. 221

NFC BOARD OF DIRECTORS

Ramona	Chair		
Marlene	Vice Chair		
Brandy	Secretary/Treasurer		
Diane	Board Member		

To contact the Board of Directors— Mail or drop off to 326 Second Street South, Kenora, ON P9N 1G5. Put to the Attention of: NFC Board of Directors

For NFC Job postings please see our Website at www.nechee.org

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.