



February

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
- ◆ SN/NF EarlyON p.5
- ◆ Indigenous EarlyON p. 6
- ◆ Kizhaay & BRP p. 7
- ◆ Children & Youth Programs p. 8
- ◆ UAHL p. 9
- ◆ ISSP p. 10
- ◆ Colouring Page p. 11
- ◆ Staff Directory p. 12 & 13



Tel:(807)468-5440

Fax:(807)468-5340

Email: [reception@nechee.org](mailto:reception@nechee.org)

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

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



## **Eagle—MIGIZI represents love in the Seven Grandfather Teachings.**

**Eagles are believed to have a special connection to the Creator and are messengers between the Creator and Mother Earth.**

**Eagles are considered to be the highest, bravest, strongest, and holiest.**

**Symbol of honor: Eagle feathers are given to others in honor and are treated with great respect.**

**Symbol of duality: The eagle's tail feathers are divided into two parts, light and dark, which can represent many things, including darkness and lightness, male and female, and peace and war.**

# STAFF RECOGNITION

## Pamela Loeb

### Bail Residency Worker



My name is Pamela Loeb. I am currently a casual worker at the Ne-Chee Bail Residency program. I started at Ne-Chee in a temporary position as a lifelong care worker. In that position, I was paid to do everything I love with some amazing people.

I have two grown children, one of whom lives in Australia, which gives me a great excuse to visit them from the other side of the world.

I moved to Kenora ten years ago to be closer to family. I love all types of food except sardines.

My favorite thing to do is binge-watch detective series

My favorite books are a series written by author Gary R Renard. My most loved quote is from "A course in miracles - I

am responsible for what I see, I choose the feelings I experience and I decide upon the goal I would achieve and everything that seems to happen to me, I ask for and receive as I have asked"

Pamela joined our team at the Bail Residency in January 2025. Pamela went above and beyond by stepping up to assist with the program kitchen responsibilities during a time where additional support was needed. Pamela jumped into this role needing little to no guidance and quickly demonstrated that she would be a valuable asset to our team. Pamela is dedicated to whatever she takes on, and her positive energy and humor made an immediate impact on our residents and the program itself. She is never without a smile and has shown time and time again that she is always willing to go the extra mile. To name just a few of Pam's many notable qualities, I would describe her as hard working, reliable and adaptable. We are incredibly grateful for everything Pamela contributes, and I look forward to watching her grow and thrive.

**Kylie Neniska BA, RPN**

**Bail Residency & Bail Verification and Supervision Program Manager**

Pamela Loeb was hired as our Temporary Life Long Care Worker on April 23, 2024 and worked out of our main office location. She hit the ground running on her very first day at Ne-Chee and hasn't stopped since. She is creative, loves cooking, is enthusiastic about learning new things and is always up for a challenge. She has an infectious laugh and is one of the most genuine people you will ever meet. Pamela accepted a casual position as a Bail Residency Program Worker in January 2025. We truly miss having Pamela work out of the main office but know she is doing great work with the residents of the BRP program. Thank you, Pamela, for all the humor, positivity, and gifts you bring to the clients of LLC, BRP and to Ne-Chee as a whole.

**Miigwetch,**

**Brianna Boucha**

**Human Resources Manager**

# DID YOU KNOW

## Common Ojibwe Words

Namebini-Giizis - February

**Mina Zaagidwin Giizhigad** - "Happy Valentines Day"  
Ojibwe words meaning "this is a day we are happy to express love to one another"

- **Migiziwigwan**: Bald eagle feather or golden eagle feather



## IMPORTANT DATES TO REMEMBER

- **Feb 3rd—National Carrot Cake Day**
- **Feb 14th— Valentine's Day**
- **Feb 20th — Love your Pet Day**

February's Birth Flower is the Violet

february

BIRTH FLOWER

*modesty*

*spiritual wisdom*

*faithfulness*

*humility*





# In The Kitchen

## Quick and Easy Stuffed Peppers

Prep Time: 15 Min

Cook Time : 20 Min

Servings: 4

179 Calories/Serving

4g Fat

2g Saturated Fat



### Ingredients

2 Large Red Bell peppers, halved and seeded

1 (8oz) can stewed tomatoes, with liquid

1/3C Quick cooking Brown rice

2TBSP Hot water

1/2 can Kidney beans, Drained and Rinsed

1/2C Frozen corn, Thaw & Drain

2 Green onions

1/4 tsp Crushed Red pepper flakes

1/2C Mozzarella Cheese

1 TBSP Grated Parmesan

### Directions

- ◆ Arrange pepper halves in a 9-inch square glass baking dish. Cover with plastic wrap and poke holes for venting. Cook in microwave until tender, about 4 minutes.
- ◆ Mix together Tomatoes with liquid, rice, and hot water in a microwave safe bowl. Cover with plastic wrap and cook in the microwave until rice is tender, about 4 minutes.
- ◆ Remove plastic wrap carefully, stir in Kidney beans, corn, green onion, and red pepper flakes. Re-cover bowl with wrap and microwave until heated through, about 3 minutes.
- ◆ Spoon hot tomato mixture evenly into pepper halves. Cover dish with plastic wrap and poke with holes for venting. Microwave for 4 minutes.
- ◆ Remove plastic wrap and sprinkle peppers with mozzarella and parmesan cheese. Allow to stand for one to two minutes, until cheese is melted
- ◆ Don't be afraid to use any colored peppers for this recipe.

Allrecipes.com

# Sioux Narrows/Nestor Falls EarlyON Program Skating Party January 3rd, 2025



# Ne-Chee Indigenous EarlyON



Ne-Chee's Indigenous EarlyON program had some families brave the cold and join in some fun outdoor activities at Anishinaabe Park.



Ne-Chee's Indigenous EarlyON program offers a welcoming safe space for all families to gather in a friendly, culturally orientated environment.



# Kizhaay Anishinaabe Niin (I'm a Kind Man) & The Bail Residency

## Bowling Party



# Children & Youth Programs

Akwe:go, Wasa-Nabin and Youth Life programs had a tubing day at Mount Evergreen Ski Hill on January 25th, 2025.

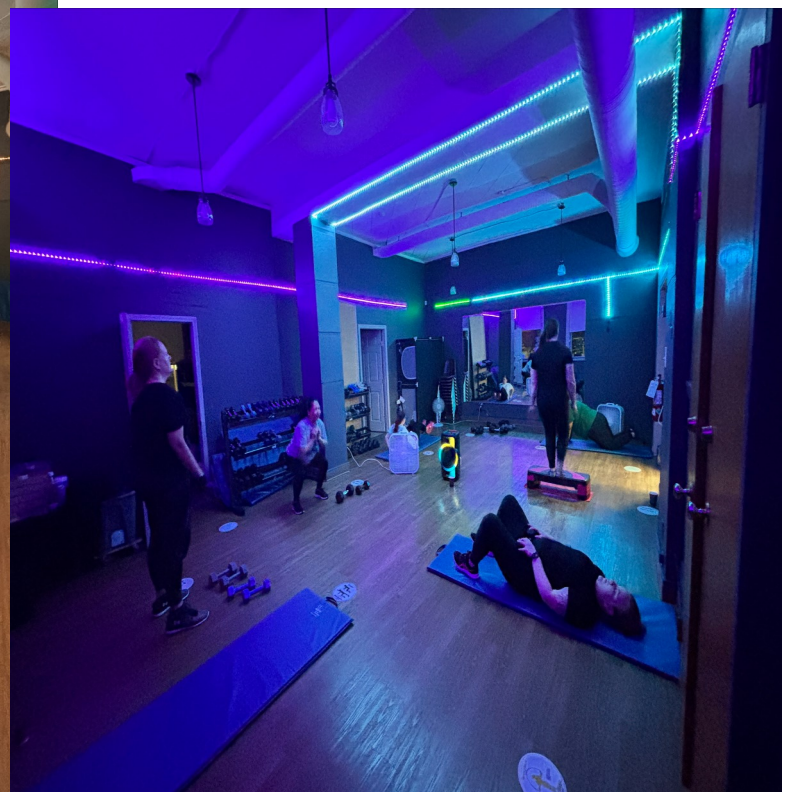
If you have children and/or youth, you feel would benefit from one of these programs, please reach out to reception at 807-468-5440, who will put you in contact with the right co-ordinator, based on your child's age.





# Urban Aboriginal Healthy Living

Calisha wants to show off the amazing update that has happened to the Ne-Chee Gym. Join her for individual or group exercises, cooking classes, Sports nights and land based programming. Calisha can be reached at 807-464-0386 or through email at [uahl.ylp@nechee.org](mailto:uahl.ylp@nechee.org)



# Indigenous Student Success Program



ISSP Students and the teacher, Andrew are learning to play Guitar. Ne-Chee has some pretty talented students that attend our school.





Skip TO MY Lou.®

# 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 Coordinator	kizhaayniin@nechee.org	Ext. 246
Elauna	Wewena Ngiiwemaa	homesafely@nechee.org 807-456-3064	
Vacant	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org 807-464-5849 or 807-470-8222	
Elizabeth	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org 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		
Angel	Bail Residency Worker		
Vacant	Bail Residency Worker		
Vacant	Bail Residency Worker		
Catherine	Bail Residency Cook/Life Skills		lifeskills@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	uah.ylp@nechee.org 807-464-0386	
Pam	Mental Health & Addictions	MHAddictions@nechee.org 807-456-2508	Ext. 253

# Staff Directory



## CHILDREN and YOUTH PROGRAMS NFC # 807-468-5440

Rachel	Akwe:go Children's Program	akwego.wn@nechee.org 807-464-0482	Ext. 239
Savannah	Family Support Program Coordinator	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
Ashlynn	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel	Wasa-Nabin Youth Program	akwego.wn@nechee.org 807-464-0482	Ext. 239
Calisha	Youth Life Promotion Program	uahl.ylp@nechee.org 807-464-0386	

## 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 807-464-2163	

## ADMINISTRATION NFC # 807-468-5440

Patti	Executive Director	aces@nechee.org 807-407-2482	
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—Send letter 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](http://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.