



Ne-Chee Friendship Centre

March

2025

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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In Indigenous Culture, the Sasquatch - Sabe is the representation of HONESTY. The Elders say that when you are honest, and have nothing to hide or to be ashamed of, your spirit is the size of the Sabe.

Long ago there was a giant called Sabe (Sasquatch) who walked among the people to remind them to be honest to the laws of the Creator, to be honest with themselves and with each other.

STAFF RECOGNITION

Cassandra Sinclair

Bail Residency Program



Hello! My name is Cassandra Sinclair, and I am a Full-Time Bail Aftercare Worker for Ne-Chee Friendship Centre at the Anduhyaun location. I enjoy working here because every day is like spending a day in my community. It definitely lives up to its Ojibwe name. I've worked here for 10 months now, beginning late last spring into early summer.

1. My favorite thing to do in my spare time is to go shopping! I love thrift stores, garage sales, yard sales, and even going shop hopping. I enjoy supporting small, local businesses by getting a beverage at SKUP, Spirit Oak Tea, Ho Joes, or Iron & Clay then browsing Playa Vida, Island Girl, The Seasons, Twice is Nice, Salvation Army, Boardanyone, Weekend Adventure, Warehouse One and Red Apple -- then celebrating my haul at home. If there were such a thing in Kenora, I would also love an archery range.

2. The best advice I've ever been given: "You can't pour from an empty cup." This inspired me to "fill my own cup" by securing shelter, transportation, and education for longer term employment. Now I have a full cup and a full heart! I have been blessed with many opportunities to share.

3. My favorite food is taco salad. The kind of taco salad that is served in a taco bowl is absolutely my peak preference.

4. One thing on my bucket list: I want to eat a piccadilly directly from a Navajo First Nation food truck, but in broader terms, I would love to travel the world to try foreign foods.

Cassandra was hired as a Full-Time Bail Residency Program Worker on May 2nd, 2024, while I was away on maternity leave. When I returned from my leave this past November, I was thrilled to find out that Cassandra was one of our new full times. Cassandra and I had worked together at another organization a number of years ago, and I remembered her as someone who was extremely thorough with assessments and documentation, great with clients, and able to remain calm in heightened situations. When I returned to work as her manager, it became clear to me that Cassandra had continued to maintain these qualities and carried them over into her new role as a Bail Residency Program Worker. Cassandra is an integral member of our team and brings a unique blend of skill, dedication and positivity to the program. She lights up the room with her laugh and bubbly personality, which in turn, guides her towards therapeutic relationship building with the residents, as she ensures comfort and a judgment free zone in all of her interactions. I have enjoyed overseeing Cassandra and her work ethic these last few months and look forward to being witness to her growth for years to come.

Kylie Neniska BA, RPN

Indigenous Bail Residency & Bail Verification and Supervision Program Manager

DID YOU KNOW

Common Ojibwe Words

Onaabani-giizis — Snowcrust Moon

Aandego-giizis — Crow Moon

Chitwaa Baachanik Giizhigad — St. Patrick's Day

Niiwobag(oon) — Four leaf Shamrock(s)



IMPORTANT DATES TO REMEMBER

- ◆ Irish Heritage Month.
- ◆ **March 8.** International Women's Day.
- ◆ **March 21.** International Day for the Elimination of Racial Discrimination.
- ◆ **March 31.** National Indigenous Languages Day.
- ◆ Craft Month
- ◆ Red Cross Month





In The Kitchen

Corned Beef and Cabbage

Prep Time: 10 Min

Cook Time : 4hrs 15Min

Servings: 6

704 Calories/Serving



Ingredients

3LB Corned Beef Brisket with Spice packet

2 Bay Leaves

4 sprigs Thyme

1/2 lb baby potatoes, halved

4 medium Carrots, cut into 2" long pieces

1 small head green cabbage, cut into wedges

DIRECTIONS

STEP 1— Place Brisket in a large Dutch Oven and cover with water. Add spice packet, Bay leaves and Thyme. Place on med-high heat. Bring to a boil, then reduce to a simmer. Cook until tender, skimming occasionally and checking every 30 minutes. Add water if needed, cook until beef is tender, about 3 hours 30 minutes.

STEP 2 – Add potatoes and carrots, bring back to a boil. Cook for 15 minutes, then add cabbage and boil an additional 5 minutes.

Step 3 – Remove meat and drain vegetables. Let meat rest for 10 minutes before slicing against the grain.

DELISH



Ne-Chee Friendship Centre was nominated again this year for the 'Inclusive Employer' Award through the Kenora District Chamber of Commerce. This award recognizes an inclusive employer who takes action to remove barriers and improve the working experience and engagement of employees with disabilities. They recognize the strengths and talents of individuals and enable employees with disabilities to reach their full potential. They value and respect the contribution of all employees, challenge disability inequality and foster an inclusive working environment.

While we didn't win, we were honored to have been nominated. Congratulations to all the other nominees: Firefly, New Systems Building & Property Services, Super 8 and Safeway who won this award!

Photos are from the Kenora District Chamber of Commerce Awards Banquet that was held at Seven Generations on February 20, 2025.

Featured in photos: Jacob, Ramona, Board Chair, Patti, Executive Director and Brianna, HR Manager

☘ 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



LLC Clients braved the cold weather to come together and enjoy some Chili lunch and Bingo.



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 socialization.



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.

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LLC Clients joined Calisha from our Urban Aboriginal Healthy Living program, for Weight Wednesdays.



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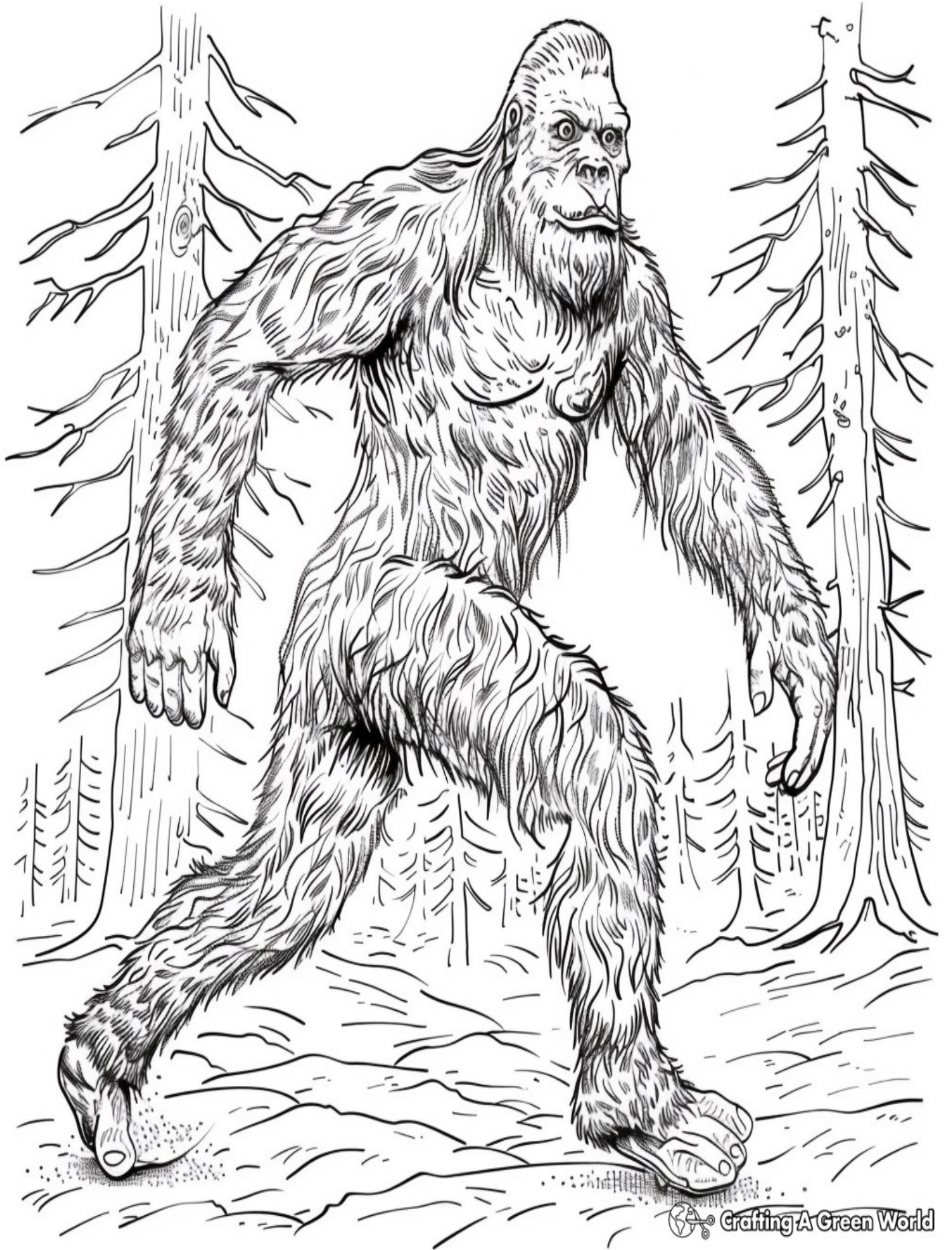
Weekly exercise/Bingos with lunch/Outdoor seasonal activities/Assistance with medical appointments/Transportation/Referrals to access community based services/Nutritional support/Family support and Friendly visits.

Indigenous Student Success & Bail Residency



Bail residents joined ISSP Students and enjoyed a fun filled day of Dog Sledding on Rabbit Lake. It's safe to say, the puppy was the hit of the day





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)	
Filled (S.D. Apr. 22)	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		
Angel	Bail Residency Worker		
Roger	Bail Residency Worker		
Chris	Bail Residency Worker		
Catherine	Bail Residency Cook/Life Skills	lifekills@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 (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 (807-464-1394)	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 your letter to 326 Second Street South, Kenora, ON P9N 1G5. Please put to "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.