



The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

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



Humility is represented by the **wolf - ma'iingan**. For the wolf, life is lived for his pack and the ultimate shame is to be outcasted.

Humility is to know that you are a sacred part of creation. Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all.

Do not become arrogant and self-important. Find balance within yourself and all living things.

STAFF RECOGNITION

Natalie Bonneteau

Indigenous Employment & Training



Natalie was hired on May 13, 2024, as an Employment Counsellor for our Indigenous Employment and Training Services program. In September 2024, she took on a dual position working as the Education Counsellor Assistant with the Indigenous Student Success Program in addition to her role as Employment Counsellor.

One thing that stands out about Natalie is her genuine kindness and ability to make those around her feel comfortable. She wears her heart on her sleeve and spreads positivity everywhere she goes. She has a knack for turning any situation or challenge into a positive experience.

Natalie is extremely creative and is always developing new workshops and activities for her clients. She is compassionate, dependable, innovative and a natural leader.

Miigwetch Natalie for spreading positivity and for all the extras that you do for your programs and Ne-Chee as a whole
Brianna Boucha, HR Manager

I have been at Ne-Chee for about ten months now. In that time, I have seen the best parts of what makes us human beings—compassion, respect, empathy, kindness, and determination. I am in awe of every single person who walks into this building day after day and strives to make the world a little bit brighter. What I love the most about being an Employment Counsellor is being able to allow folks to get out there and excel at what they love without having to worry about the costs of Post-Secondary education. I love to chat with my clients and get to the bottom of what will make them happy and successful, and try and make it possible. I am also very fortunate to work with the Indigenous Student Success Program. I am inspired every day by the determination and heart of my co-workers and by the amazing students who are going to be the change we need in the world one day. I am fortunate to be in such good company.

My hobbies are somewhat seasonal! I love hiking in the summer and reading on the beach. In the winter, I try to see live music whenever I can, and you will most likely spot me at Festival Du Voyageur in Winnipeg, every year. I love to cook and entertain family and friends. At Christmas, you will always be able to count on receiving cookies from me.

I love scary movies and I am also a Sci-fi nerd! I once dressed up as Princess Leia for Comi-con. I am also a big Disney fan. One thing on my bucket list is to visit Disney Land Paris I think the best advice I was ever given was to keep moving forward no matter what! A baby step is still progress!

My favorite food is a black bean burger with tons of pickles and spicy mustard.

DID YOU KNOW

Ne-Chee Friendship Centre offices will be closed April 18th and 21st in recognition of the Easter long weekend. Regular office hours will resume Tuesday April 22nd, at 9am.



Common Ojibwe Words

Easter - Baak Wan

Egg - Waawan

Fool - gaawanaadizidjig



IMPORTANT DATES TO REMEMBER

- ♦ April 1st - April Fools
- ♦ April 18th - Good Friday
- ♦ April 21st - Easter Monday
- ♦ April 22nd - Earth Day





In The Kitchen

Pasta Primavera

Prep Time: 15 Min

Cook Time : 4hrs 15Min

Servings: 6

704 Calories/Serving



Ingredients

Kosher Salt

12 oz spaghetti

1/4C Extra virgin olive oil

1 Large Zucchini sliced into 1/2" half moons

1 Bunch asparagus, trimmed & quartered

1/2 Red onion sliced to 1/4" half moons

2 small leeks, cut into 1/2" half moons

1 Red bell pepper Chopped

5 cloves garlic finely chopped

1C Grape tomato

3/4C Heavy Cream

1/3C Frozen peas, thawed

2OZ Parmesan Cheese

Fresh ground black pepper

Lemon zest and Juice from 1 Lemon

DIRECTIONS

- In a large pot of boiling salted water, cook pasta, stirring occasionally, until just under the al dente time according to the package directions, 6-7 minutes.
- Reserve 1-1/2 to 2 cups of pasta water for later use.
- In a high sided skillet, over med-high heat, heat 1/4 cup oil. Cook zucchini, stirring occasionally until starting to soften. 3-4min. Season with 1/2tsp salt. Add asparagus and season with 1/2tsp salt and cook, stirring often until asparagus is softened. About 4min. Remove vegetables and transfer to a plate.
- Reduce heat to medium, coat skillet with 1-2tbsp oil, if needed. Add onions and leeks and cook, stirring occasionally, until they begin to caramelize, about 5min. Season with 1tsp salt. Add bell pepper and cook, stirring and reducing heat if onions and leeks start to char, 3-4 min, until slightly softened. Add garlic and cook, stirring, until fragrant and onions are translucent, about 2 min.
- Reduce heat to med-low. Add tomatoes, cream, peas and 1/2c of the reserved pasta water. Cook stirring occasionally, until tomatoes are tender and beginning to burst, 2-3min. Add spaghetti, zucchini and asparagus, parmesan and a splash of pasta water, cook stirring to combine and add more pasta water as needed, until the sauce is glossy and the cheese is melted.
- Stir in lemon zest and juice, season with pepper.

Delish Kitchen

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



A few LLC Clients enjoyed an afternoon at White Birch Lodge in Sioux Narrows with LLC Coordinator Carolyn. Great Atmosphere, Great food and even better, Great Company!

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.

MARCH BREAK FUN!



MOSSWOOD ADVENTURES



March Break activities included Mosswood Adventures on Rabbit Lake offering Ice Bike use and Skating, Free Public Skating at the Rec Centre, Tubing at the ski hill, a matinee Movie at Century Cinema and a free public Swim at the Rec Centre. Thank you to all those that came out to enjoy the weeks activities.



SKATING FUN



SKI HILL TUBING



On Wednesday of the March Break, participants and staff enjoyed a beautiful day on the slopes at Mount Evergreen

EarlyON Sioux Narrows/Nestor Falls March Activities

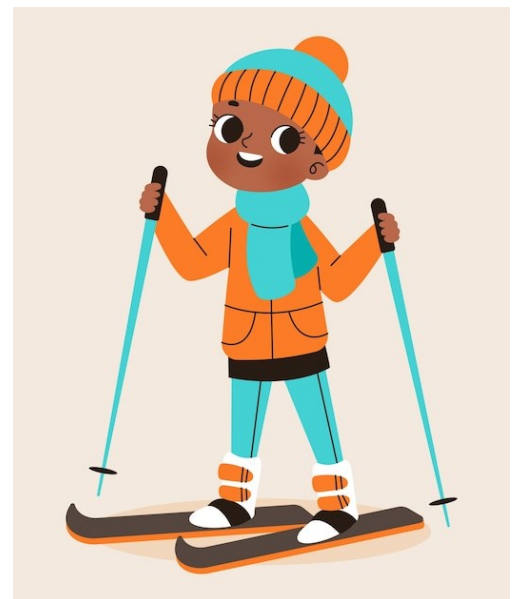
Kids curling event at the Nestor Fall winter Carnival. Here the kids learned the game and practiced their shots.



EarlyON Sioux Narrows/Nestor Falls March Activities



An afternoon of fun at the Kenora Ski hill for our Sioux Narrows/Nestor Falls EarlyON



Empower to Empower



Thank you to Treaty3 Police, Jody from the Maanaji'iwini Project, Opp, Kenora Chiefs Advisory, ONWA, Kenora Sexual Assault Centre, and Kaakewaaseya Justice Services for coming together to host this powerful two day gathering.



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
Vacant	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Vacant	Wewena Ngiwemaa	homesafely@nechee.org	
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 bailaftercareworker@nechee.org	
Marcus	Bail Residency Worker		
Douglas	Bail Residency Worker		
Deanna	Bail Residency Worker		
Erin	Bail Residency Worker		
Chris	Bail Residency Worker		
C.J.	Bail Residency Worker		
Vacant	Bail Residency Worker		
Suzanne	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	Indigenous Healing & Wellness	healingandwellness@nechee.org	Ext. 226
Vacant	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha	Urban Aboriginal Healthy Living	uahl.yp@nechee.org (807) 464-0386	
Pam	Mental Health & Addictions	MHAddictions@nechee.org (807) 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 (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
Ashlynnne	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. 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.