

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Serving Indigenous people in the City of Kenora for over 49 Years”

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Amik na - The **BEAVER**.

In Ojibwe culture, the beaver is a symbol of wisdom, persistence, and hard work, and teaches a variety of lessons:

The beaver uses its natural gifts wisely to survive and improve the environment for its family. The beaver teaches people to use their gifts wisely, cherish knowledge, and live by their wisdom.

The beaver is also a symbol of creativity, creation, and harmony.



Program Spotlight

Lifelong Care Program



Beach Day

The Lifelong Care program provides advocacy for Indigenous people of all ages that have physical disabilities or serious health issues, those who are frail and or elderly or suffer from isolation and social issues. The goal is to provide friendship and support to those living independently, helping to maintain a happy, healthy lifestyle.

The program offers services such as Home visits, security checks, medical transportation, referrals to other community service providers, help navigating the health care field in locating a doctor, healthy living programming and diabetes support.

With this program you will have access to traditional foods and medicines, ceremonies and Elders.

If you feel you or someone you know could benefit from this program please reach out to Carolyn at (807) 468-5440 ext. 228



Bingo and Chili



Spring Crafts and Lunch

DID YOU KNOW

The Ne-Chee Friendship Centre will be closed July 1st, 2025, in recognition of Canada Day. The office will re-open July 2nd, 2025 at 9AM. Have a Safe and Happy Holiday



Common Ojibwe Words

The Ojibwe word for July is **aabita-niibino-giizis**, which means "mid-summer moon".

Miinigiizis: Means "Blueberry Month"

Miinikewi-giizis: Means "Blueberry Picking Month"



CELEBRATIONS IN JULY

July 2nd - World UFO Day

July 6th - International Kissing Day

July 17th - World Emoji Day

July 18th - Nelson Mandela International Day

July 25th - Christmas in July Day



In The Kitchen

Sloppy Joes

Prep Time: 15 Min

Total Time : 50 Min

Servings: 6

Ingredients

1TBSP Extra virgin olive oil

1 Medium yellow onion, Chopped

1 Red Bell Pepper Chopped

1/2c Ketchup

2 Cloves garlic, finely chopped

1TBSP Chili Powder

1LB Ground Beef

2TBSP Apple Cider Vinegar

2TBSP Yellow Mustard

1TBSP Brown Sugar

1TBSP Worcestershire Sauce

Kosher Salt

Black Pepper

1C Canned Tomato Sauce



Directions

- ◆ In a large skillet over medium/high heat, heat oil. Cook onion and bell pepper, stirring occasionally, until softened and slightly golden, 10-15 min
- ◆ Add ketchup and cook, stirring occasionally until color has darkened and ketchup is reduced to a thick paste 7-10 minutes
- ◆ Add garlic and chili powder, cook, stirring until fragrant, about 1 minute. Add vinegar, mustard, brown sugar and Worcestershire sauce. Season with salt and pepper to taste. Cook, stirring frequently until incorporated, about 1 minute
- ◆ Increase heat to high and add ground beef. Using a fork, break apart beef until separated and no big lumps remain. Cook stirring frequently, until browned, about 5 minutes
- ◆ Add tomato sauce and bring to a boil, stirring to combine. Let cool slightly
- ◆ Divide the beef mixture among the 6 toasted buns, and serve

Delish

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 and staff enjoyed a day of Healing blanket making. A Métis Healing Blanket will empower women and help them regain or reaffirm their self-esteem, self-worth and see their beauty and strength from within.



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.

Lifelong Care

Healing Blanket workshop continued...



Indigenous Student Success Program Graduates of 2025

ISSP Students and staff celebrated their Graduation, June 20th, at Andy Lake Resort. Congratulations go out to all students graduating and we wish you all the best in your future endeavors. Miigwetch to Andrew, Becky and Natalie, for your continued support of the students that access your program.



Graduates from L-R, Lakeisha Cameron, Jordee Thomas, Jersey Cyr, Aurora Smith and Martika Redsky.



Knowledge Keeper Billy Boucher, above



Left: Becky, Education assistant and Patti, Ne-Chee's Executive Director.



ISSP Grad Continued



Trinity Tom, above, was also a graduate of Ne-Chee's ISSP. She couldn't make the Andy Lake graduation, but attended the BBSS Grad. Congratulations Trinity.



HAPPY PRIDE MONTH



AKWE:GO, WASA-NABIN and Youth Life Clients and staff, enjoyed an evening of fun at their Pride Party. For dinner they made colorful spaghetti and snacked on home made Pride cake for dessert.



National Indigenous People's Day

Ne-Chee staff joined with ONWA and KSAC for a BBQ in honor of NIPD. Although it was a little chilly, we managed to cook, and serve hamburgers, hotdogs, drinks and chips to 88 people. Thank you to all that came out and shared the afternoon with us.





Civic Holiday



Ne-Chee Friendship Centre

NE-CHEE FRIENDSHIP CENTRE WILL BE CLOSED MONDAY AUGUST 4TH, 2025 IN OBSERVANCE OF THE CIVIC HOLIDAY.

OFFICES WILL RE-OPEN TUESDAY AUGUST 5TH AT 9AM. HAVE A SAFE AND HAPPY LONG WEEKEND.





Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Amelia (S.D. Sept. 8/25)	Criminal Court worker	courtwork@nechee.org	
Elaine (On Leave)	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-Trish temp covering	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Jennifer	Wewena Ngiiwemaa	homesafely@nechee.org (807) 456-3064	
Jessica	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org cell (807) 464-5849 or (807) 470-8222	
Elizabeth	Lead of Circle of Care Community Training and Resource Services	casemanagerKJC2@nechee.org cell (807) 456-2754 or (807) 470-8222	

HEALTH PROGRAMS NFC # 807-468-5440

Carolyn	Lifelong Care Program	lifelongcare@nechee.org (807) 407-1443	Ext. 228
VACANT (Temp Position)	Lifelong Care Program	lifelongcare2@nechee.org (807) 407-1442	Ext. 227
VACANT	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
Ashley	Peer Support Worker (Mental Health & Addictions)	peersupport@nechee.org	

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	

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	

ADMINISTRATION NFC # 807-468-5440

Patti	Executive Director	aces@nechee.org (807) 407-2482	
Brianna (On Leave)	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		
Diane	Vice Chair		
Brandy	Secretary/Treasurer		
Marlene	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 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.