

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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The Medicine Wheel teachings are a set of principles that emphasize balance and harmony in all aspects of life. The teachings are rooted in Indigenous wisdom and are based on the idea that all living things are interconnected.

The medicine wheel reminds us that everything comes in fours – the four seasons, the four stages of life, the four races of humanity, four cardinal directions, etc.

The Medicine Wheel also teaches us that we have four aspects to ourselves: the physical, the mental, the emotional, and the spiritual. Each must be in balance and equally developed in order for us to remain healthy, happy individuals.



Program Spotlight

Aboriginal Family Support Program



Ne-Chee’s Aboriginal Family support program is available to provide support to families with children aged 0-6yrs through the provision of healing and preventative services.

AFSP offers many activities for parents and children to enjoy.

Bun in the oven baking is geared towards pregnant mothers. The program offers clients a recipe and ingredients to make and take home, while offering pregnancy health information.

Healthy Families Support Group provides a balance between traditional and modern day parenting skills, helping assist parents with information with regards to raising children.

Nutrition Bingo provides parents and caregivers with knowledge about healthy meal planning.

Little Leaders helps provide culturally based support and education to children aged 4-6yrs.

If you or someone you know would benefit from this program, please reach out to Savannah at *807-468-5440 ext. 236

Mosswood adventures and rentals at Garrow Park , right



Healthy Families Support group above.



Kenora’s Splash park day, right.



DID YOU KNOW

The Ne-Chee Friendship Centre will be closed August 4th, 2025, in recognition of the Civic Holiday. The office will re-open August 5th, 2025 at 9AM. Have a Safe and Happy Long Weekend

Common Ojibwe Words

Manoominike Giizis - which translates to "Ricing Moon"
Mashkikiwinini - A doctor or Physician



The birth flowers for August are the Poppy and the Gladiolus

The International Day of the World's Indigenous Peoples is celebrated annually on August 9th.

This day is dedicated to recognizing and honoring the knowledge, rights, and contributions of Indigenous Peoples worldwide. It emphasizes their right to self-determination and the importance of culturally appropriate decision-making. The day also serves to raise awareness about the challenges faced by Indigenous populations and to promote their unique cultural heritage.



In The Kitchen

Chunky Monkey Zucchini Banana Muffins

Prep Time: 10 Minutes Cook Time: 25 Minutes Total Time: 35 Minutes Servings: 12



1-1/2C Pastry Flour
1TSP Baking Soda
1/2TSP Cinnamon
1/4TSP Salt
3/4Cup mashed ripe banana (about 2 small—medium bananas)
1 Heaping cup shredded Zucchini (Squeeze excess moisture out)
1/3C Milk (Or Unsweetened almond milk)
2TBSP Olive Oil (Or melted Coconut Oil)
1/4C Honey (Or Pure maple syrup)
2TBSP Vanilla Extract
1 Egg
ADD INS: 1/2C Chocolate Chips
1/3C Chopped toasted Walnuts or pecans
1/3C Shredded Coconut, Unsweetened

- Preheat oven to 350 Degrees. Line a 12C muffin tin with muffin liners and spray the inside with nonstick cooking spray.
- In a large bowl, whisk together the dry ingredients: Flour, Baking Soda, cinnamon and salt.
- In a separate large bowl, mix together the following with a wooden spoon: Mashed banana, olive oil, honey, egg, vanilla extract, shredded zucchini and milk.
- Gently stir in dry ingredients until combined. Fold in chocolate chips, walnuts and shredded coconut.
- Divide batter evenly between the greased muffin liners. Sprinkle the tops with extra chocolate chips and coconut, if desired. Bake for 22-27 minutes. Muffins are done when a toothpick comes out clean.
- Allow muffins to cool 5-10 minutes before transferring to a wire rack to finish cooling. Store muffins in an airtight container in the fridge for up to 5 days.

NOTE:

To bake as Bread, make the muffin batter as directed. Pour into a greased 9x5in loaf pan. Bake for 50-60 Minutes or until a toothpick inserted in the middle comes out clean.

Serving: Per one muffin 207 Calories 3.1g Protein 9.9g Fat 4g Fiber 12.7g Sugar Ambitiouskitchen.com

Ne-Chee's Indigenous EarlyON



A couple of our little friends, that visit our Centre, learned an ABC activity at our school readiness program! This activity encourages and focuses on letter recognition, hand-eye coordination, self esteem, positive attitudes towards learning and problem solving!

Join us on Tuesdays (July 8th—August 25th) for the school readiness program.

Program Collaboration



Above: Carolyn (LLC), Izzy (Indigenous EarlyON) and Ashlyne (Healthy Babies)

Life Long Care, Mental Health & Addictions, Indigenous EarlyON, Healthy Babies, and Family Support programs collaborated to offer a day trip to Steinbach, Manitoba, for all clients of the five programs. There, they spent the day picking strawberries to take home and enjoy with family. This demonstrates great collaboration between our programs at Ne-Chee, showcasing the wrap-around wholistic approach our organization provides.



Strawberry Picking Continued...



Youth Life Promotion, Akwe:Go and Wasa Nabin programming fun

On July 3rd, YLP clients with coordinator Calisha along with Wasa Nabin/Akwe:go clients with coordinator Rachel, spent a fun filled day in Winnipeg, There they attended Activate games room an interactive space that tests your physical and mental agility. Clients were also treated to lunch and arcade games at the "REC Room."



Youth Life Promotion, Akwe:Go and Wasa Nabin programming fun...part 2

On July 9th, Clients enjoyed a day of strawberry picking and the petting zoo at Boonstra Farms in Stonewall MB.



Ne-Chee's Sage Picking



Clients and staff travelled to Manitoba to pick sage. This sage will be used by the Centre over the next months.



LUNCH & BINGO



Life long Care and Mental Health & Addictions program collaboration. Who doesn't like Bingo after a great meal.



Mental Health & Addictions Program



Mental Health and Addiction worker, Pam and Ashley, Peer support and also joined by Issabella from EarlyON and some of Pam's group of ladies spent the day looking for sweetgrass to pick for the Centre's use. Although unsuccessful in finding any sweetgrass, it was a learning experience for the group.

Wasa-Nabin and YLP Fishing Excursion



Attached are some fishing pictures from the fishing day with Wasa-Nabin and Youth Life promotion on July 16, 2025. Bryce Amell from Blue Horizon Tours took them out. It was a slow day and they mostly just caught crayfish but it looks like all still enjoyed the day on the water.



Civic Holiday

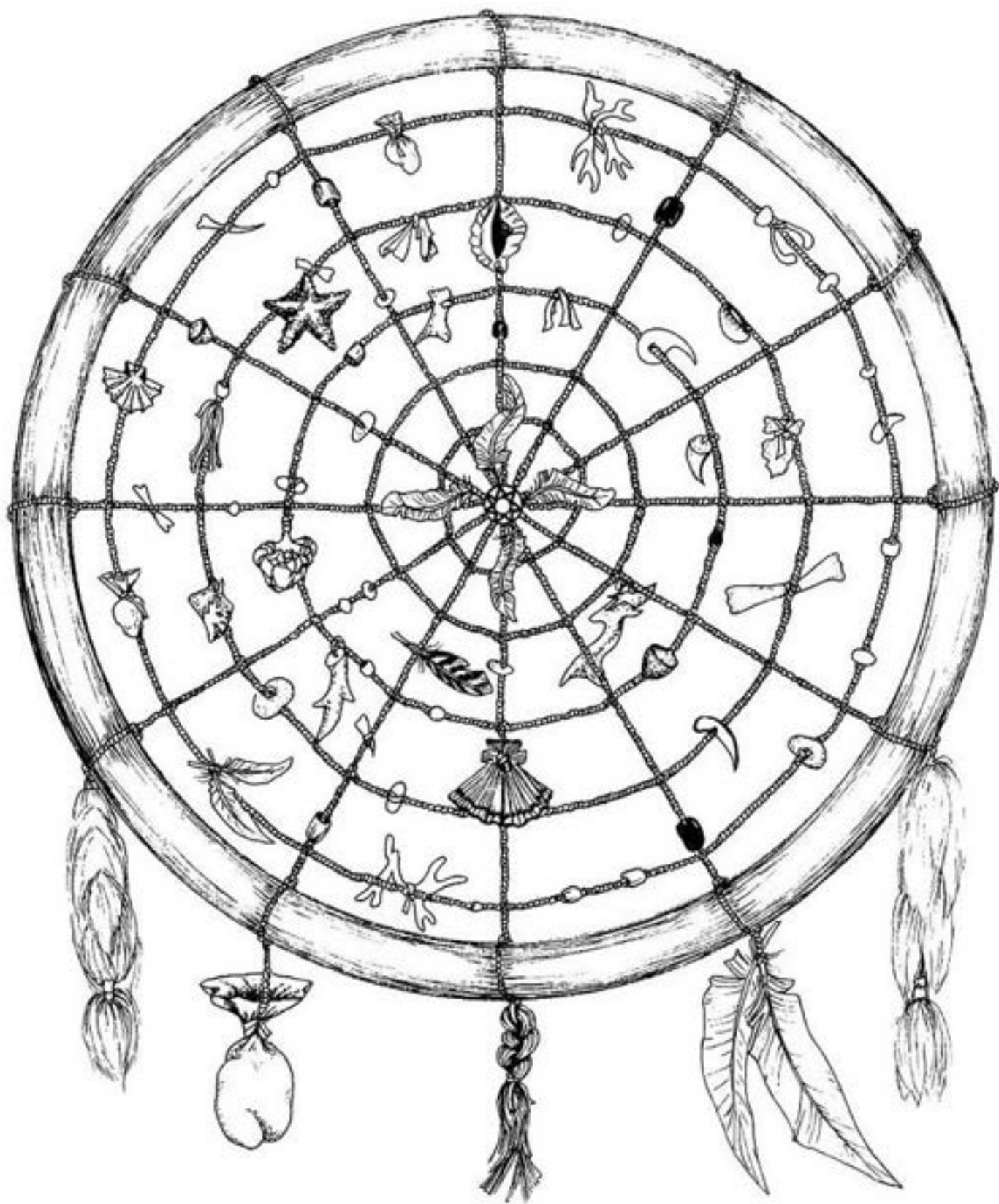


Ne-Chee Friendship Centre

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	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—Trish (Temp Coverage)	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 Resources 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	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 (MH&A)	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
Ashlynne	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	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.