

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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Sage



In Indigenous cultures, sage, along with sweetgrass, cedar, and tobacco, is one of the four sacred medicines used for cleansing, purification, and spiritual practices like smudging, which involves burning the herbs to create a sacred smoke. Smudging, a practice where the smoke from burning sage is used to cleanse and purify people, objects, and spaces. The smoke from burning sage is thought to carry away negative energy and promote a sense of peace and clarity. Sage is used to prepare people for ceremonies and teachings, and is also used in prayers and to signal a need for help. Sage can also be used in medicine pouches, spread over the floor of a sweat lodge, wrapped around sacred implements, used for healing, used to make bad spirits sick, or to purify people and dwellings with its healing and calming effects.



Program Spotlight

Akwe:go & Wasa-Nabin Programs



The **Akwe:go program** is designed for children aged 7-12. The goal of the Akwe:go program is to provide at-risk Indigenous children with healthy activities, tools and support to foster their ability to make healthier choices. The objectives the coordinator strives for are Social Support, Health and Physical development, institutional interventions, working with children in care and support towards violence prevention. This is attained through one-to-one's, group programming and involvement in cultural activities.



Wasa-Nabin is geared towards youth 13-18 years of age and the program is there to help foster responsible decision making and critical thinking, increasing their skills to make positive personal choices. The program supports cultural identity, self-esteem, educational values and career goals. Wasa-Nabin encourages leadership by example, to build a positive atmosphere for the youth to follow.



These two programs share the spotlight this month. Rachel, is the Coordinator of both programs.

Above: Wasa-Nabin youth fishing

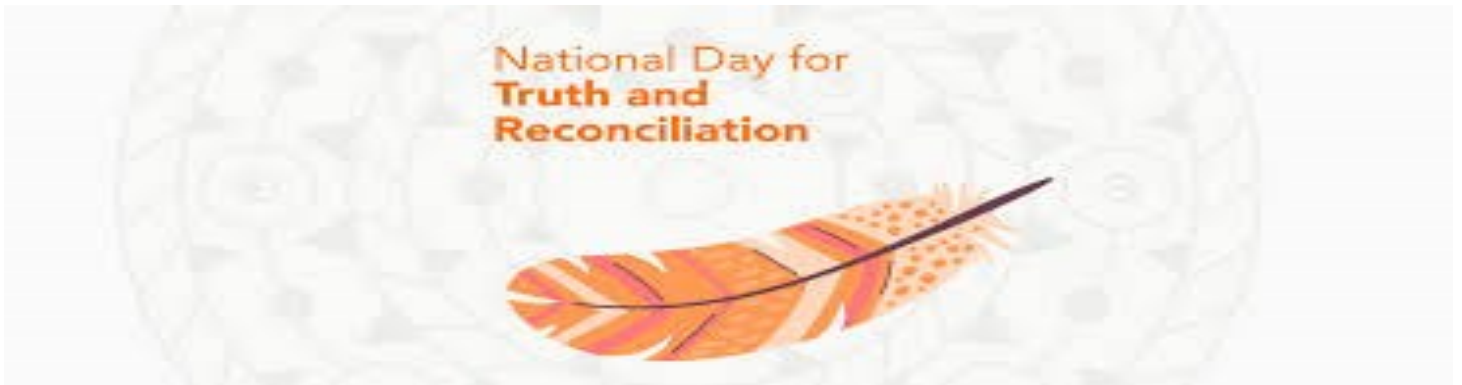
Middle: Akwe:go/Wasa-Nabin and YLP took clients of both programs to Activate in Winnipeg.

Left: Clients enjoyed the petting zoo and strawberry picking in Manitoba.



DID YOU KNOW

The Ne-Chee Friendship Centre will be closed September 30, 2025, in recognition of *National Day for Truth and Reconciliation*. The office will re-open October 1st, 2025 at 9AM.



September Moons

- **Manoominike-giizis:** Meaning "Ricing Moon".
- **Waatebagaa-giizis:** Meaning "Leaves Turning Moon".
- **Mdaamin-giizis:** Meaning "Corn Moon".



In The Kitchen

Pasta with Butter, Sage and Parmesan

Servings:4

Total Prep Time: 20 Minutes

Ingredients

Salt

Freshly Ground black pepper

1 Pkg of prepared pasta

2 TBSP Butter

30 Fresh Sage leaves

1C grated Parmesan Cheese



Instructions

- 1) Bring large pot of water to a boil; Salt it. Cook pasta until it is tender but not quite done.
- 2) Place butter in a skillet or saucepan large enough to hold the cooked pasta. Turn heat to Medium, and add sage. Cook until butter becomes nut-brown and sage shrivels, then turn heat to minimum.
- 3) When pasta is done, scoop out one cup of cooking water. Drain the pasta and immediately add it to the butter-sage mixture, raise the heat to medium. Add 3/4C of the pasta water and stir. The mixture will be loose and a little soupy. Cook for about 30 seconds, or until the water is absorbed and the pasta is done.
- 4) Stir in cheese; the sauce will become creamy. (If you find the sauce too thick, add a little more water to thin it) Season liberally with salt and pepper to taste. Serve immediately

NewYorkTimes Cooking

ROCK YOUR RIBBON SKIRT

NE-CHEE FRIENDSHIP CENTRE PRESENTS ROCK YOUR RIBBON SKIRT CONTEST.

Show us your most traditional or most creative ribbon skirt and share why it holds importance for you.

The contest is open to everyone

Prizes to be won

CONTEST CLOSSES OCTOBER 31st, 2025

Email: reception@nechee.org

Help us Celebrate January's National ribbon skirt day and promote Cultural awareness and appreciation by sending us a picture of you in your ribbon skirt. Winner will be posted in our January Newsletter



Photo reference: Ribbon skirts made by Tala TooToosis, CBC News, 2023.



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 Tamsen at 807-468-5440 Ext. 227



Clients of the Life Long Care program spent a day at the Museum, enjoying a local quilt display, and also visited the Muse, enjoying the Indigenous arts Display.



About our Program

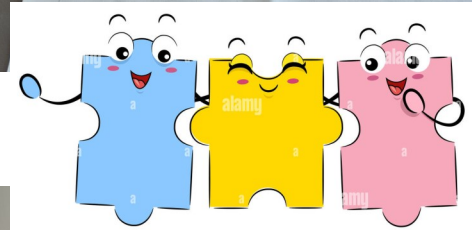
The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages and genders who have physical disabilities, serious health issues, those who are frail/elderly or looking for socialization.

Programing 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 Program

Clients of the Life Long Care program spent an afternoon visiting and enjoying each others company, while having an open craft and activity day.



Indigenous Employment & Training partnered with Akwe:go Children's Program

On Friday, August 22nd, Indigenous Employment and Training Services invited the Akwe:go program to take part in creating their first resumes! Students got to play dress up with the professional clothing available from our Empowered Spirit Program. They took part in mock interviews and got to learn all about the Employment and Training office and what we can offer them when they get older. It was a fun filled day!



STAFF FUN DAY

After working hard all year, Ne-Chee management and staff enjoyed a day of fun in the sun. A scenic drive to Falcon lake, a quick round of mini golf and ending with a BBQ on the beach.





Ne-Chee Friendship Centre

Ne-Chee Friendship Centre will be closed Tuesday September 30th in recognition of National Day for Truth and Reconciliation. Offices will re-open October 1st, 2025 at 9:00am.

We ask at this time for all to take a moment and reflect upon the Stark reminder of what First nations children endured while in residential schools throughout history. Today is also a time to recognize and honour the incredible strength of the survivors and their families. Their resilience is a testament to the spirit of our people who have fought—and continue to fight—to heal and restore our communities. Reconciliation is an ongoing process. It demands more than words; it requires meaningful action from governments, organizations and society at large.





human

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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
Tamsen	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
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	

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.