

# The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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In Indigenous cultures, sweetgrass is one of the four Sacred medicines. It is known for its sweet scent, which is intensified when it rains or when being burned. Sweetgrass symbolizes Healing and Peace. When harvesting sweetgrass, we collect bundles of 21 strands. Once they are dry, they are split into three sections of 7 strands each and braided. The first 7 strands are said to represent the generations that preceded us, acknowledging our history and honoring those that came before us. The second set of strands represents today and the seven sacred teachings representing one that is living in the present. The third set of 7 strands is said to represent the next generations to come after us, knowing that we have the responsibility to leave them a beautiful legacy, while shaping their future. The best time to harvest sweetgrass is in late June to Early July.

# LEARNING INDIGENOUS LANGUAGE

Language is essential to identity and transmits values, spiritual and traditional practices, and history across generations. First Nations languages are part of Canada’s unique cultural heritage, but more importantly, they are the rightful heritage of First Nations people.

Indigenous languages did not lose their speakers all at once, but rather experienced a gradual decline due to colonial policies of assimilation.

The main cause of language loss can be attributed to

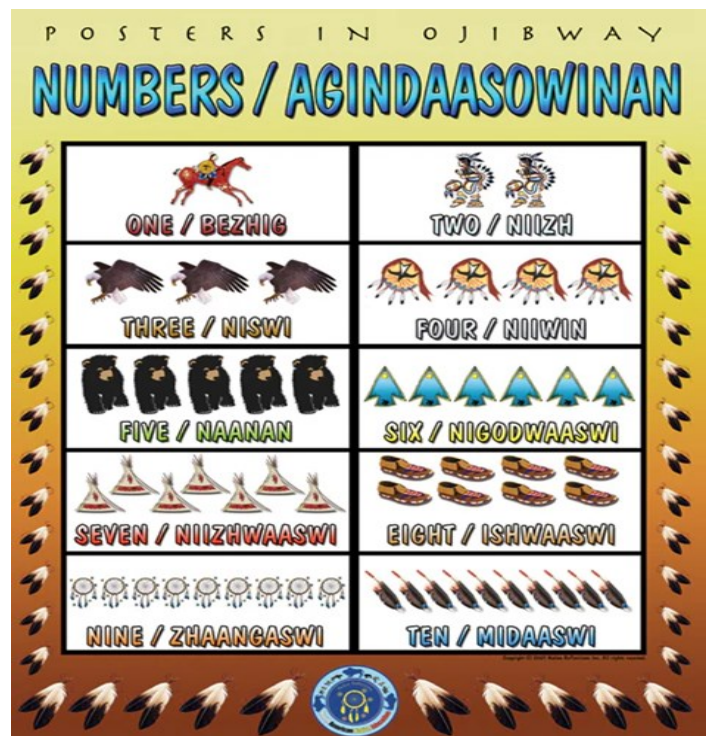
**Colonial Assimilation:** Policies like the Indian Act and residential schools were implemented to erase Indigenous cultures and languages, forcibly removing children from their families and prohibiting the use of their mother tongues.

**Fear and Trauma:** The punishments for speaking Indigenous languages in residential schools led to generational trauma and a fear of speaking these languages, even after the schools closed.

**Loss of the aging speakers:** The removal of language from families and communities meant that many Indigenous people who were the sole speakers of their languages grew old without passing them on to the younger generations.

## Count to ten in Ojibwe (Anishinaabemowin),

Bezbig ONE	Niizh TWO
Niswi THREE	Niiwin FOUR
Naanan FIVE	Ningodwaaswi SIX
Niizhwaaswi SEVEN	Nishwaaswi EIGHT
Zhaangaswi NINE	Midaaswi TEN



## PROGRAM SPOTLIGHT

### Youth Life Promotion

The Youth Life Promotion Program is founded on principles of self-determination and cultural reclamation for at-risk urban indigenous youth aged 13-24 years. The goal of the program is to support the wholistic development of youth by addressing physical, mental, emotional and spiritual health and well-being through a continuum of care services. This will be achieved with land-based programming, cultural activities, leadership skills and by working alongside other programs and agencies. It is hoped that the youth come away from the program with more confidence and self-identity, positive and increased involvement with ceremonies and cultural practices transitioning into their adulthood with confidence gained through mentorship with elders and community leaders. If you feel that you know someone that could benefit from this program, please reach out to Calisha at 807-464-0386.

Below is a Youth cleaning a deer



Right: Kids in the Kitchen



Above: Youth fishing

# DID YOU KNOW

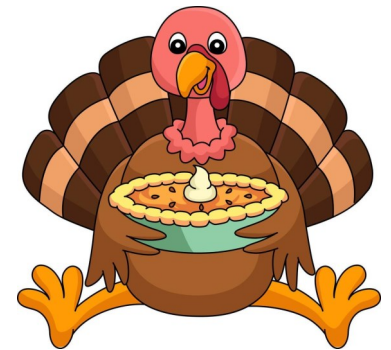
The Ne-Chee Friendship Centre will be closed Friday October 3rd, 2025, in recognition of the signing of Treaty #3 . Offices will re-open Monday October 6th, 2025 at 9:00AM. We ask that you take this time to reflect on the living agreement that continues to serve as a cornerstone for dialogue.

The Ne-Chee Friendship Centre will be closed Monday October 13th, 2025, in recognition of *Thanksgiving Day*. The Office will re-open on Tuesday October 14th, 2025 at 9:00AM.

HAPPY THANKSGIVING!

## National Day of Action for MMIWG2S - October 4

October 4th marks the National Day of Action for Missing and Murdered Indigenous Women, Girls, and Two-Spirit and gender diverse people.



## DID YOU KNOW.....

Among superstitions, one of the oldest and most enduring is, crossing paths with a black cat will bring on **bad luck**. The dark-colored felines have also been folded into modern Halloween symbols, giving them the reputation of being spooky.

Around the time of World War II, black cats became firmly established Halloween symbols. Trick-or-treating had become a holiday tradition, and it was believed that the presence of a black cat at your door protected your home from evil spirits that might come knocking.



# In The Kitchen

Servings:6    Prep Time: 15 Min    Cook Time: 25 Min    Total Time: 40 Min

## Roasted Sweet Potato, Pear & Pomegranate Spinach Salad



### Ingredients

#### **FOR THE SWEET POTATOES:**

2 medium sweet potatoes, cut into 1/2in cubes

1TBSP melted Coconut or Olive oil

1TBSP Brown Sugar (Or Coconut sugar or Maple Syrup)

1/2TSP Garlic Powder

1/4TSP Cinnamon

1/4TSP Cayenne Pepper

Fresh ground salt and pepper

#### **PECANS:**

1/2C Pecans

#### **FOR THE SALAD:**

2(6oz) bags of spinach (about 8-10 Cups)

3/4C Pomegranate seeds(1 pomegranate)

2 Ripe Bartlett pears, thinly sliced

1/2C Goat cheese (Can use Feta)

#### **DRESSING:**

1/4C Virgin Olive Oil

3TBSP Balsamic Vinegar

1 Clove Garlic, finely Minced

1TSP Maple Syrup or Honey

1/2TSP Dijon Mustard

Ground salt and black pepper

### Instructions

- 1) Preheat oven to 400 degrees F. In a small bowl, whisk together the oil, brown sugar, garlic powder, cinnamon and cayenne. Place the sweet potatoes on a baking sheet and pour this mixture over the top. Season with salt and pepper and toss well to coat. Roast for 20-30 minutes until sweet potatoes are fork tender, tossing halfway through. They should get a little crispy on the edges.
- 2) While the sweet potatoes are cooking, toast the pecans on the stovetop. Add pecans to a pan and place over medium heat, stirring occasionally for 3-6 minutes, until pecans are fragrant and slightly golden brown on edges. Remove from heat and transfer to a cutting board. After a few minutes, roughly chop the pecans into big pieces. Set aside
- 3) In a mason jar or small bowl, add all of the dressing ingredients. Shake or mix well to combine. Taste and add additional salt and pepper, if necessary.
- 4) In a large bowl, add spinach, pomegranate seeds, pear slices, and cooked sweet potatoes. Top with toasted pecans and goat cheese crumbles. Drizzle with desired amount of dressing, then toss to coat. Add to bowls and serve with extra pecans and goat cheese, if desired.

AmbitiousKitchen.com

# 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



Lifelong Care, along with Mental Health & Addictions clients enjoyed a fun filled couple of days at White Birch Lodge in Sioux Narrows. Although a little chilly, the ladies were troopers.



## 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.

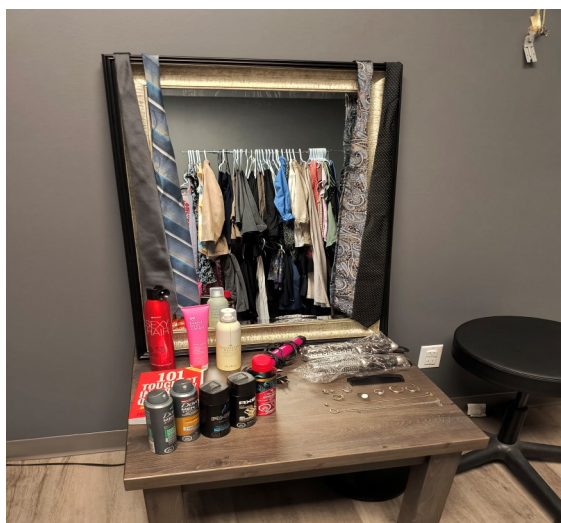
# Do you have an interview and NOTHING to wear!

Visit our Indigenous Employment and Training office and speak with Natalie or Dorothy

## Gii-onendamowin Anishinaabe

### “The Empowered Spirit Program”

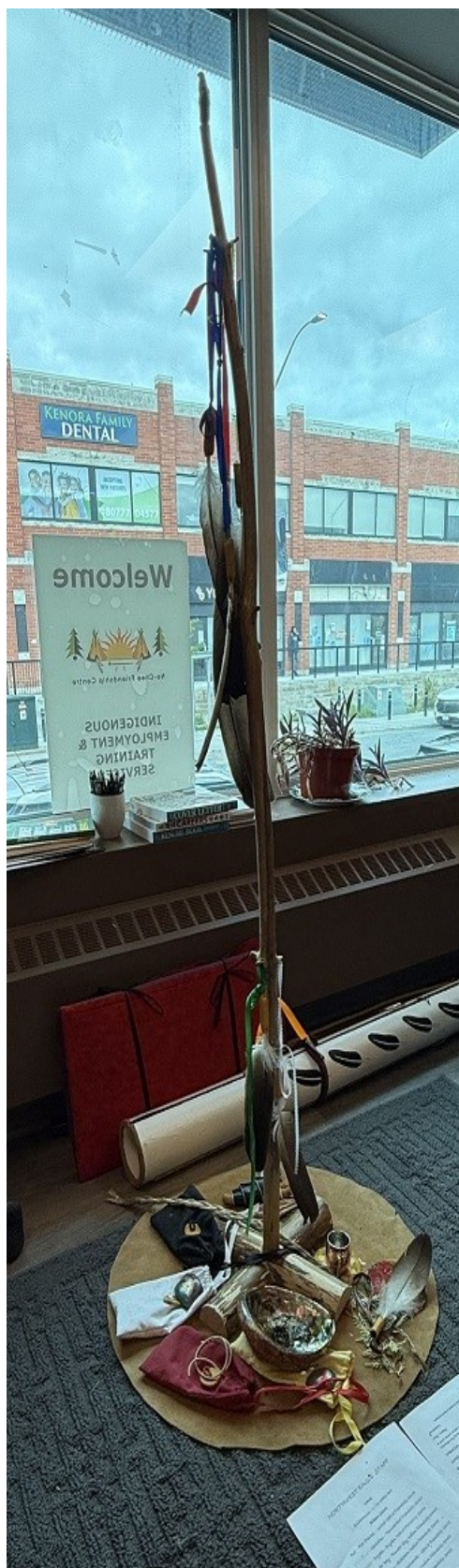
where we have free, gently used, professional clothing available for those who may not have the means to dress for their job interview.



With this program, clients are provided a clean, spacious, private room, to try on clothing and a sitting area for applying your makeup or styling your hair. Visit Natalie or Dorothy at our Indigenous Employment and Training Services, for help with job searches, resume's and interview preparation.



## Ne-Chee Friendship Centre had a September Visitor



### The Travelling Northwest

#### Eagle Staff

#### Biidaamose (s/he walks here)

The Eagle staff came to being from prayers and a sent dream that would create support and harmony to the Friendship Centre's in the Northwest Region. It is to help with our challenges to meet our communities members needs as we work to develop partnerships and strength to move forward in our future. The staff travels between Fort Frances, Geraldton, Dryden, Thunder Bay, Atikokan, Sioux Lookout, Red Lake and Kenora. Each one of the colored ribbons represents the Friendship Centre in that area.

The Eagle staff is feasted four times a year, which is to acknowledge our guest and the work it will have done, while it is here. This will allow us to continue to work in unity with strength, wisdom and love for our workplace and community.

Biidaamose is smudged, and the water that sits beside it is changed, daily. The water is to acknowledge the life we have been given.

Anyone internally or externally can approach it and talk to it, offering prayers of gratitude and healing for our community.

As we prepare for the new fiscal year, we can ask Biidaamose for good guidance, wisdom and unity in the work we do for our community members, their families, partnerships and projects.

Biidaamose is not an inanimate object. It travels to support the good work we do. We care for Biidaamose just as we would our community members, our babies and our Elders. It is very powerful.

# 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 31<sup>st</sup>, 2025

Email: [reception@nechee.org](mailto: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

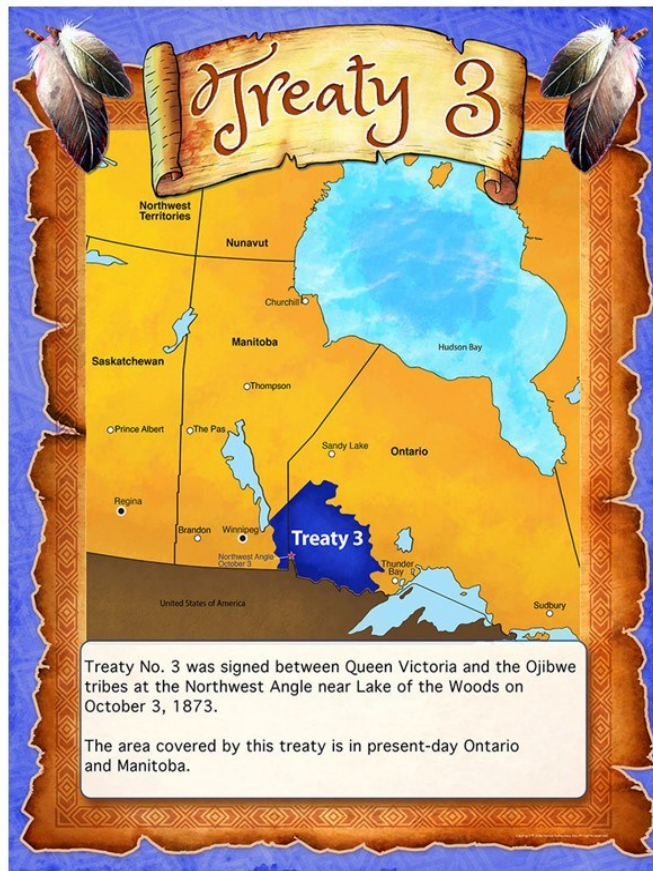


Photo reference: Ribbon skirts made by Tala TooToosis, CBC News, 2023.





**Ne-Chee Friendship Centre**



Ne-Chee Friendship Centre will be closed Friday, October 3rd, 2025 in recognition of the Treaty Signing Day. Offices will re-open Monday October 6th at 9am.

On October 3, 1873, the Anishinaabe (also called Saukteaux or Ojibwe) and the Crown (represented by Lieutenant Governor Alexander Morris and Commissioner S.J. Dawson) signed Treaty No. 3, also known as the Northwest Angle Treaty, at the Northwest Angle of the Lake of the Woods. This historic agreement, which included 55,000 square miles of territory, was a foundational treaty for Canada's numbered treaties and established a shared responsibility for the land and resources between the Anishinaabe and the British Crown, creating a lasting covenant for peaceful coexistence and the protection of Anishinaabe rights. Treaty #3 was the first treaty signed after the Confederation of Canada, making it a key event in Canadian history. It set precedents for many subsequent numbered treaties. The treaty is considered a living agreement that continues to shape the relationship between the Anishinaabe Nation and the Crown, serving as a cornerstone for dialogue and cooperation.



NE-CHEE FRIENDSHIP CENTRE WILL BE CLOSED  
MONDAY OCTOBER 13TH IN RECOGNITION OF  
THANKSGIVING DAY. OFFICES WILL RE-OPEN TUES-  
DAY OCTOBER 14TH AT 9:00AM. HAVE A SAFE AND  
HAPPY THANKSGIVING DAY AND LONG WEEKEND  
FROM MANAGEMENT AND STAFF.





# Staff Directory



## COURT WORKERS Courthouse # 807-468-9657

Amelia	Criminal Court worker	courtwork@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 covering)	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Jennifer	Wewena Ngiiwemaa	homesafely@nechee.org	
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 (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](http://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
Ashlyne	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	uah1.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 Kathy (Casual)	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](http://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.