

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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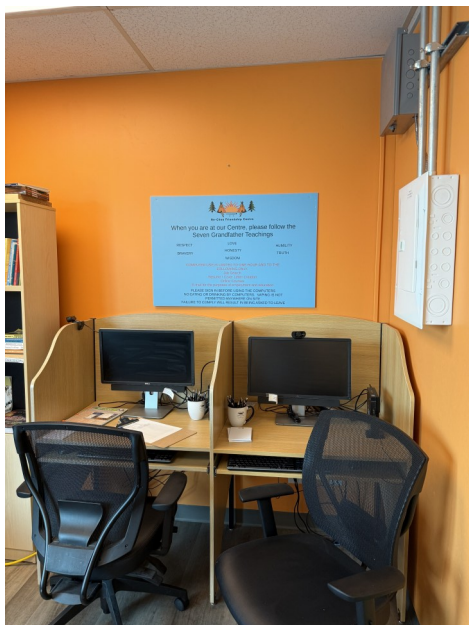
In Indigenous culture, tobacco is considered one of the four sacred medicines, along with cedar, sage, and sweetgrass. The use of traditional tobacco is a significant part of cultural identity and practices. Traditional tobacco differs from commercial tobacco, which often contains additives and is used recreationally. Traditional tobacco use involves careful preparation and respectful handling, with the smoke often not inhaled but released to carry prayers to the spirit world. Tobacco is often offered as a gift or a way to express gratitude, particularly when asking for help or guidance from elders or knowledge keepers. Tobacco is used in ceremonies, rituals, and prayers to connect with the spirit world, offer gratitude, and seek guidance. Some Indigenous communities use tobacco for healing and as part of traditional medicine practices.



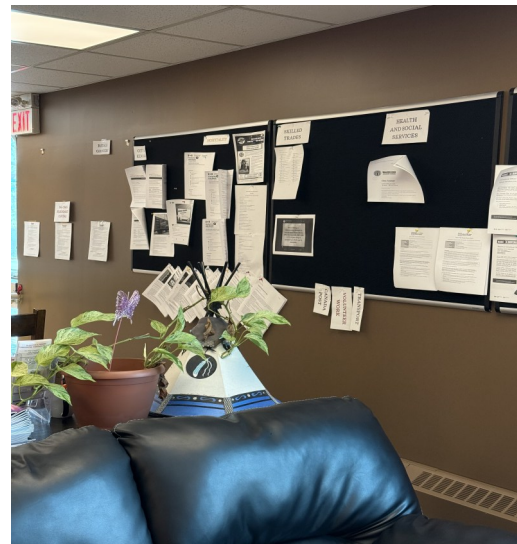
INDIGENOUS EMPLOYMENT AND TRAINING SERVICES



Ne-Chee's Indigenous Employment and Training program offers Urban Indigenous supports to enter or re-enter the labor force through accessible employment and training opportunities and community based services. Dorothy and Natalie offer access to skills enhancement and employment prospects, maximizing their clients ability to obtain full-time employment. Also offered are opportunities to enter, re-enter or complete education and training programs. Natalie and Dorothy are committed to assisting individuals overcome personal employment and training barriers by striving to increase the level of self confidence, job readiness skills and employment conditions for the urban indigenous. Book your appointment today to speak with our employment counsellors.



Left: Job search computers available for use



Above: Job boards showing the many jobs available in the Kenora area,

Right: Post secondary information



DID YOU KNOW



Ne-Chee Friendship Centre will be closed December 19th for an all Staff event.

We will be operating on a skeleton crew basis, taking phone calls only from December 22nd, 2025 until January 5th, 2026.

Please note Phones will NOT be answered December 25th, 26th & January 1st!



THINGS TO REMEMBER IN DECEMBER!

December 2nd - Special Education Day

December 7th - Pearl Harbor Remembrance Day

December 18th - Bake cookies day

December 21st - First day of Winter



LEARNING INDIGENOUS LANGUAGE

AWESIINYAG— Animals

Makwa - Bear



Mooz— Moose



Ma'iingan— Wolf



WAABOOZ— Rabbit



AMIK— Beaver



Migizi - Eagle





In The Kitchen

Servings:6 Prep Time: 20 Min Cook Time: 55 Min Total Time: 1hr 15 Min

Unstuffed Cabbage Casserole



Ingredients

Cooking Spray

2TBSP Extra Virgin Olive Oil

3 Cloves Garlic, Minced

2TBSP Tomato paste

1C Rice

Chopped parsley, for serving

One Lg head Cabbage, roughly Chopped

1Lg Onion, Chopped

1LB Ground Beef

1- 14.5oz can chopped tomato

3C Low sodium chicken broth (or water)

Oregano, salt and pepper, to taste

Instructions

- ◆ Preheat oven to 350deg. Grease a 9"x13" baking dish with cooking spray. In a large Dutch oven or pot over medium heat, heat oil. Add onion and cook until soft, about 5 min. Stir in Garlic and cook until fragrant, 1 minute more. Add ground beef, breaking up the meat and cook until no longer pink, about 6 minutes. Drain fat.
- ◆ Return skillet to heat. Stir in tomato paste until beef is coated, then add chopped tomatoes, rice, and 2 cups broth. Season with oregano, salt and pepper. Bring mixture to a simmer and cook 10 min, stirring frequently to prevent rice from scorching. Gradually stir in cabbage and cook until slightly wilted, 5 minutes. Stir in remaining 1C broth.
- ◆ Transfer mixture to prepared baking dish and cover with foil.
- ◆ Bake until rice is tender, about 40 minutes.
- ◆ Garnish with Parsley before serving.

Delish.com



Doodle Art Alley ©

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 Coverage)	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 (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.