

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Serving Indigenous people in the City of Kenora for over 50 Years”

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The Sacred Tree of Life

As told in *“Anishnabe 101 teachings”* written and published by *The Circle of Turtle Lodge*, the sacred tree of life was planted by the creator for all the people of the earth to gather and find healing, power, wisdom, and security. The roots spread deeply into the body of Mother Earth, while it’s branches reach upward towards Father Sky. The fruits of the tree are the good things Creator has given the people, teachings to show the path to love, compassion, generosity, patience, wisdom, justice, courage, respect, humility and many other wonderful gifts. The ancestors taught us that the life of the tree is the life of the people. The knowledge of its whereabouts is carefully guarded and preserved within the hearts and minds of our wise elders and leaders.



Program Spotlight

KIZHAAY ANISHINAABE NIIN

(I'M A KIND MAN PROGRAM)

POSITION CURRENTLY VACANT

The “Kind Man” program encourages indigenous youth and men to speak out against violence towards women. The name of the program was gifted by the late Elder, Peter O’Chiese who understood the importance of men’s responsibilities in the traditional family role, conveying that indigenous teachings require that men be kind. The goal of the program is to reduce violence against women through education and rehabilitation of at-risk male youth and adults. The program offers individual care through one-on-one support, peer counselling, service navigation help, advocacy and justice related support while also offering group based support through the twelve week Kizhaay programming, educational workshops, networking and partnership building, Public awareness activities and anger management skills.



Left: Program participants having a bowling night, blowing off steam and enjoying each others company



Right: Taking a break from dogsledding to visit with a puppy on site.



Left: Program Participants enjoying a nature walk on one of many Kenora nature trails



LEARNING INDIGENOUS LANGUAGE

EMOTIONS



Ninzegiz - I am scared



nishkaadizi - s/he is angry, is mad



Ninjiikendam -
I am happy/Good



Ni-maanendam - I feel sad



Nindagaj— I feel embarrassed

DID YOU KNOW

The Ne-Chee Friendship Centre will be closed on February 16, 2026 in recognition of Family Day. Offices will re-open February 17, 2026 at 9AM. We hope you have a safe and Happy family day long weekend.

February is Indigenous Languages Month and Indigenous Storytelling Month in Canada. It's a time to celebrate and recognize the rich linguistic and cultural heritage of Indigenous peoples, particularly through storytelling and language revitalization efforts.

In essence, February is a time to acknowledge the importance of Indigenous languages and storytelling in shaping Indigenous identities and cultures, and to support their continued vitality.

Ojibwe Words from the Ojibwe People's Dictionary

namebini-giizis— February

Zaagitoon— love, treasure it

bamendan— care for it

bami'iwe— s/he takes care of people, is a care-giver



Various indigenous cultures have their own names for the February full moon, often related to animals or food scarcity. For example, the Cree call it the Bald Eagle Moon or Eagle Moon, while the Ojibwe call it the Bear Moon.

It's worth noting that because of the lunar cycle, February may not always have a full moon. This occurs roughly every 19 years, with the next one being in 2037.



In The Kitchen

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

Marry Me Chicken Pasta Bake



Ingredients

12 ounces of uncooked Penne Pasta	1/3C Dry white wine
1 pound boneless, skinless chicken breast	2TBSP Tomato Paste
1TSP Ground black pepper	3TBSP Unsalted butter
2-1/2TSP Italian seasoning, divided	3TBSP All purpose flour
2-1/2TSP Kosher Salt, divided	1C Whole Milk
1C Drained, jarred Julienne cut sun-dried tomatoes	1(5oz) Pack fresh baby spinach
4TBSP Oil from the sundried Tomatoes jar, divided	2C Shredded, low moisture, part skim Mozzarella divided
1-1/2C finely chopped yellow onion	1/2C Fresh grated Parmesan cheese, divided
6 lg garlic cloves, thinly sliced	1/2C Panko bread crumbs
Fresh Basil leaves	

Directions

1. Gather all ingredients. Preheat oven to 350 Degrees F
2. Bring a large pot of water to boil over high heat. Add pasta and cook, stirring occasionally, until al dente, 8-10 min. Reserve one cup of pasta water while draining. Transfer to an ungreased 13x9 inch baking dish
3. Season Chicken breast evenly with black pepper and 1tsp each of the Italian seasoning and salt. Heat 2tbsp of the sun-dried tomato oil in a large skillet, over medium heat, until shimmering. Add chicken breasts and cook until golden brown and a thermometer inserted reads 165 degrees, 10-15 minutes, flipping occasionally. Transfer to a cutting board. Let rest for 5minutes. Thinly slice and add to pasta in the baking dish. DO NOT CLEAN SKILLET.
4. Add 1TBSP of the sun-dried tomato oil to skillet. Return to medium heat. Add onion and garlic, cook, stirring often, until softened, about 6 minutes. Add white wine, tomato paste, and 1/2C sun-dried tomatoes. Cook, stirring often, until liquid is reduced by half, about 2 minutes. Stir in butter until melted. Sprinkle flour over tomato mixture and cook, stirring constantly, until thick and pasty, about 1 minute. Gradually stir in reserved pasta water and milk.
5. Cook, stirring often until thickened and smooth, about 2 minutes.
6. Add spinach 1TSP Italian seasoning and remaining 1-1/2 tsp salt. Cook over medium heat, stirring constantly, until wilted and bright green, about 2 minutes. Remove from heat and stir in 1C of mozzarella and 1/4C Parmesan cheese until melted. Transfer to pasta mixture in baking dish, stir until well combined. Set aside.
7. Heat remaining 1TBSP sun-dried tomato oil in a small skillet, over medium-high heat. Add panko and remaining 1/2TSP Italian seasoning, cook, stirring constantly, until golden brown, about 2 minutes. Remove from heat. Sprinkle pasta mixture with the remaining 1/2C sun-dried tomatoes, 1C Mozzarella and 1/4C Parmesan cheeses, and toasted Panko mixture.
8. Bake in pre-heated oven until cheese is melted, about 15 minutes. Garnish with fresh basil

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Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Vacant	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	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
Kim	Urban Aboriginal Healthy Living	kim.mahon@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.