

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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National Ribbon Skirt Day

The ribbon skirt is considered more than just a garment; it's a symbol of indigenous identity, resilience and the connection to one's heritage, culture and the land. Today, skirts serve as a form of reclaiming one's identity and pushing back against the colonial narratives. It shows strength in the face of adversity, particularly the historical trauma of residential schools. Wearing a ribbon skirt is considered a spiritual practice to many, fostering connections to ancestors, the spirit world and Mother earth. To make a ribbon skirt is considered an art form passed down through generations involving intricate sewing and a selection of colourful ribbons. The designs and color vary among different indigenous communities, reflecting their individual traditions and stories. January 4th is National Ribbon Skirt Day, raising awareness of the cultural and spiritual significance they hold.

New Staff Introduction

Brady Chandler



Boozhoo/Hello,

Ogimaa Giniw nindizhinikaaz, Piziw nindoodem, Naotkamegwanning nindoonji.

My name is Brady Chandler. I have recently joined the Ne-Chee family as the Cultural Resource Coordinator and Kizhaay Anishinaabe Niin Program Worker.

A little bit about me: I was born in Kenora and lived in Whitefish Bay until I was 3 years old, then my family and I moved to the States (Iowa). As I grew up, I would travel back and forth from the States to Whitefish Bay, where my family owns and operates a fishing camp from May – September. In the summer, I truly lived the lake life by spending my time swimming, fishing and guiding. During the winter months while I was in school, I spent most of my time with extracurricular activities such as Football, Basketball, Wrestling, Track and Field and Soccer. I moved back to Whitefish Bay 10 years ago where I now raise my 2 amazing little girls.

I look forward to this new adventure and I'm excited to be a part of Ne-Chee Friendship Centre.

Miigwetch/Thank you

LEARNING INDIGENOUS LANGUAGE

Miijim— Food

mishiimini—Apple



NABOOB— Soup



Baaka'aakwaan— Chicken



Biitisa— Pizza



Ogwisimaan—Pumpkin



bizhikiwi-wiiyaas— Steak





PROGRAM SPOTLIGHT

Indigenous Mental Health & Addictions

This support program provides culturally relevant mental Health & Addiction interventions and supports with an enhanced focus on vulnerable indigenous women in conflict with the law. Pam offers help with screening and assessment of individual needs, goal setting, referrals to culturally appropriate elders and knowledge keepers, ceremonies and land-based healing. During the eight-week program for women in conflict, clients will attend weekly sessions that focus on Mental health, addiction, trauma, healthy relationships, sexual exploitation, harm reduction, safety planning and community resources with the incorporation of the 7 Grandfather teachings.



LEFT: MH&A clients participating in Lunch and Bingo with Life long Care clients through program collaboration



LEFT: Clients and staff Sweetgrass picking



ABOVE: Clients and staff Sage picking



DID YOU KNOW

Just a reminder that Ne-Chee Friendship Centre is closed until January 5th, 2026 at 9:00 am.



January is known as the Great Spirit Moon (Gichimanidoo-giizis). This term highlights the spiritual significance of January and its connection to the Great Spirit.



In The Kitchen

Servings:4

Prep Time: 5 Min

Cook Time: 25 Min

Total Time: 30 Min

Prosciutto-Chicken Pasta



INGREDIENTS:

Kosher Salt

2TSP Extra-virgin Olive oil

3/4LB Boneless skinless chicken breasts, cut into thin strips

2TSP Dried Oregano

1 Head Broccoli, finely chopped

1C grated asiago cheese, plus more for garnish

12oz Box Linguine

6oz Prosciutto Chopped

Fresh Ground Black pepper

2 Cloves garlic, minced

3/4 C Whole milk

DIRECTIONS:

Step 1: In a large pot of salted boiling water, cook the linguine until al dente. Drain, reserving 1 cup of pasta water, return to pot.

Step 2: Meanwhile, in a large skillet over medium-high heat, heat oil. Add prosciutto and cook, stirring occasionally, until crispy, 4-5 minutes. Transfer to a paper towel-lined plate.

Step 3: Add chicken to skillet (With another swirl of oil, if necessary) and season generously with salt and pepper. Add oregano and stir until coated. Cook until golden and no longer pink, 6 minutes per side, then transfer to a plate.

Step 4: Add garlic to skillet and cook until fragrant, 1 minute. Then add Broccoli and 1/4C water and cook until tender, about 3 minutes.

Step 5: Add milk, 1/2c reserved pasta water and Asiago cheese to skillet and bring to a simmer to let thicken, 2-3 minutes. Add cooked linguine and toss until creamy. Add chicken and prosciutto and toss until combined. (Add more pasta water by the tablespoon to reach desired consistency.)

Step 6: Garnish with cheese and serve

Delish.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



On December 9th, clients from the Lifelong Care program enjoyed a hot apple cider with Tamsen and Carolyn at Debbie's Greenhouse as they browsed the festive holiday décor.



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.

December 2025 Events



Above: On December 6th, a vigil was held at Market Square in honour of The National Day of Remembrance and Action on Violence against Women. The Ontario Native Women's Association (ONWA), Kaakewaaseya Justice Servies, The Maanaji'iwin Project (Treaty Three Police), Women's Shelter Saakaate House, Kenora Sexual Assault Centre and Ne-Chee took part in laying roses onto a quilt in remembrance of the 14 woman murdered at the Polytech School in Montreal over 30 years ago. A prayer with Charlotte Rosewarn (Saakaate House) and song were shared with drummer Shawana Rae.

Right: The Annual Kenora Santa Claus parade had everyone in smiles on November 29th. Ne-Chee staff donned festive gear while handing out candy-canes. A great turn-out this year even with the frosty weather.



Above: Ne-Chee Staff Christmas Photo 2025



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
Brady	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
Brady	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
Kathy	Reception	Kathy.friesen@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.