



The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

326 2nd St. South, Kenora, ON P9N 1G5



For November, we are going to look at Cedar. Cedar is recognized as one of the four sacred medicines, along with sage, tobacco and sweetgrass. It is used in ceremonies, healing and wellness practices.

Cedar is deeply valued for its versatility, with virtually every part of the tree used for various purposes, earning it the moniker "tree of life." Cedar wood is used to build longhouses, canoes, paddles, and other essential structures and tools. Burning cedar is a common practice for purification and cleansing. The smoke from the burning of cedar is believed to carry prayers to the spirit world. In sweat lodges, cedar branches are used to cover the floor, creating a sacred space for purification and healing. Cedar has many medicinal uses also. Cedar Tea is used to ease coughs and cold-like symptoms and is packed with vitamin C. It is also used to ease canker sores and Rheumatism. Cedar bark is known to have wound healing, anti-inflammatory properties and is sometimes used as dressings. Indigenous peoples hold a deep respect for cedar, recognizing it's life and spirit. Prayers and offerings are often made before harvesting any part of the tree.

PROGRAM SPOTLIGHT

INDIGENOUS STUDENT SUCCESS PROGRAM

The Indigenous Student Success Program, in collaboration with Beaver Brae Secondary School and KPDSB, is an education program that incorporates cultural beliefs, The seven Grandfather Teachings and trauma informed practice. The classroom is a safe space for students to learn, based on their individual needs with programming that enhances self identity, self esteem, confidence and the Anishinaabe way of life. While being a part of the classroom, students take part in cultural teachings, harvests, pow wow's, feasts, medicine picking, sharing circles and cultural arts. Students are set up to thrive with our dedicated and fully certified teacher Andrew and support staff, Becky and Natalie. To become a part of the ISSP program students must first be registered with Beaver Brae Secondary School



Above: Students made an alabaster polar bear carving with

Right: 2025 Graduates of the Indigenous Student Success Program



Left: Teachers and students enjoy a visit to Rushing River while working on their photography skills.

Above: Students, with the help of Gerry Koster, replace the damaged skin on Ne-Chee's traditional drum.

DID YOU KNOW



Indigenous Veterans Day

November 8th, 2025

The common Ojibway word for remembrance day is

ZHIMAAGNISHII GIIZHIGAD



November's Moon phase is aptly called the Freezing moon. It is also known as the Beaver moon or Frost Moon. It signifies the time of preparation for the coming winter, both physically and spiritually. November is also a time for introspection (the examination or observation of one's own mental and emotional processes), reflection (on the past seasons) and appreciation for what has been received. It is also a time for reconnecting with family.



NOVEMBER DAYS TO REMEMBER

November 8th—Indigenous Veterans Day

November 11th—Veterans Day

November 13th - World Kindness Day

November 18th—Micky Mouse's Birthday

November 25th—Black Friday



LEARNING INDIGENOUS LANGUAGE

BINESHIYAG - BIRDS

Gijigijigaaneshiinh - Chickadee



Opichi (Apichi in some Dialects) — Robin



Nenookaasi — Hummingbird



Diindiisi — Blue Jay



Nika — Goose



Zhede — Pelican



In The Kitchen

Servings:8

Prep Time: 4hr 15 Min

Cook Time: 50 Min

Total Time:5hr 5 Min

Upside-Down Bananas Foster French Toast Bake



Instructions:

- ◆ Spray a 13x9-inch baking dish or 2 quart casserole dish with non-stick cooking spray.
- ◆ Combine melted butter and brown sugar in a medium bowl, pour the mixture into a prepared baking dish and spread out evenly towards the sides. Sprinkle with sliced bananas and chopped pecans so they are set in the "caramel" layer. Place cubed bread evenly over the pecan mixture.
- ◆ In a large bowl, whisk together the eggs, milk, brown sugar, cinnamon and vanilla. Pour egg mixture over the bread, making sure to soak each cube. If there are some dry pieces, push down a bit to soak up egg mixture. Cover and refrigerate at least four hours, but preferably overnight.
- ◆ Once ready to bake: Preheat oven to 350 degrees F. Sprinkle 1/4C brown sugar on top of the bread. Bake for 50 min-1hr, or until top of French toast is golden brown. Cool ten minutes then cut into 8 servings.
- ◆ When you plate, flip each piece upside-down so the caramel and pecans are on top.
- ◆ If wanting gluten free, change the bread to gluten free bread.

Ingredients

For the Caramel:

- 2/3C packed brown sugar
- 1/2tsp Salt
- 1/3C Salted butter
- 1/3C Chopped Pecan
- 2-3 Bananas, sliced

For the French toast:

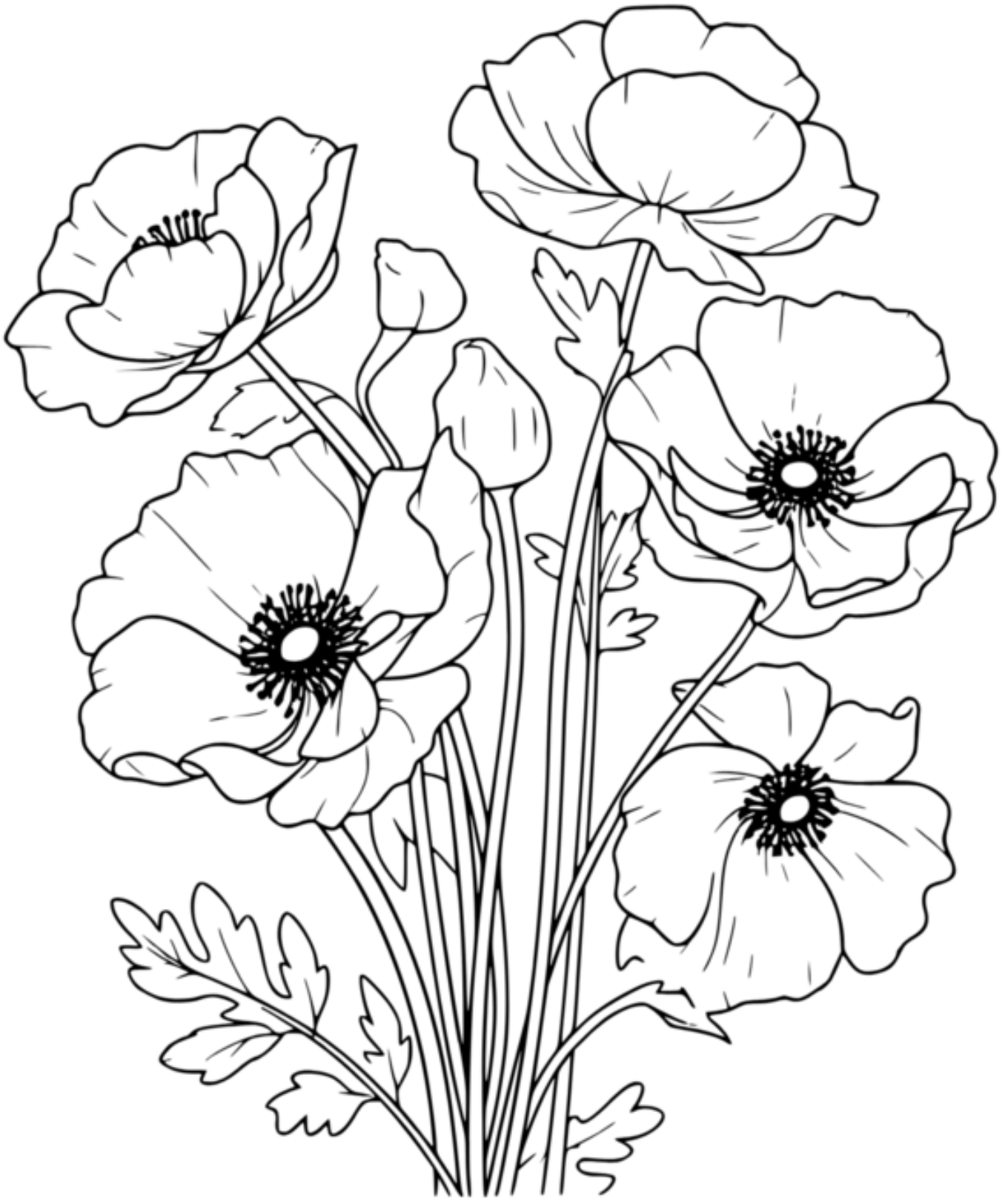
- 8 large eggs
- 3TBP Packed brown sugar
- 2-1/2C Vanilla unsweetened almond milk (Or milk of choice)
- 1tbsp ground cinnamon
- 2tsp pure vanilla extract
- 1 pound/loaf day old French or Italian bread, cut into one inch cubes

For the Topping:

- 1/4C packed brown sugar (Or coconut sugar), for sprinkling

For Serving: Extra

- Berries
- Banana slices
- Powdered sugar
- Maple syrup



<https://inkpx.com/>

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 (464-0386)	
Pam	Mental Health & Addictions	MHAddictions@nechee.org (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

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 Kathy (Casual)	Office Administrator/Administrative Assistant	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.