

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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What is the significance of the Drum in

Indigenous Culture

Drums are central to ceremonies like the Sundance's or sweat lodges as well as social events like Pow-wows and round dances. The drum's beat is deeply connected to the heartbeat of Mother Earth, representing life and our responsibility to care for the planet.

Drumming provides a way to connect with the Creator with it's circular shape representing the circle of life, balance and the interconnectedness of all things. Drums are not just instruments. They are considered to have a spirit of their own and are treated as family members, worthy of great respect.

Drumming is a profound healing practice that helps individuals reconnect with their spiritual selves. This helps find alignment with their mental, emotional and physical states. The steady, rhythmic beat is thought to be therapeutic, bringing joy and lifting spirits, helping to combat one's feelings of depression.

In Ceremonies, drumming contributes to the passing down of oral histories and traditions to younger generations, ensuring cultural continuity.

LEARNING INDIGENOUS LANGUAGE

The Seasons



Ziigwan— It is SPRING



Niibin— It is SUMMER



Dagwaagin— It is FALL



Biboon— It is WINTER



Bebookwedaagime-giizis

March moon is the Snowshoe
Breaking Moon



Program Spotlight

UAHL



Urban Aboriginal Healthy Living

This program is open to everyone. Anyone can sign up for any of the classes this program has to offer. UAHL offers exercise classes, cooking classes, sports nights, workshops and land-based programming. The program also offers Yoga classes with Laurie Lindroos, Strong body, Step-it-up/Step & Core, and Strong Groove with Kim, and Mom and Babe Yoga with Joanna. If you are interested in any of these classes or to set up a private session, contact kim.mahon@nechee.org or on [facebook.com/uahnechee](https://www.facebook.com/uahnechee).



DID YOU KNOW

National Indigenous Languages day - March 31

National Indigenous Languages Day is March 31, and it is a day to celebrate and Honor Indigenous languages in Canada. The decade from 2022 to 2032 is also the International Decade of Indigenous Languages to promote the use of Indigenous languages world-wide.



THE FIRST DAY OF SPRING IS
MARCH 20th, 2026

Just a reminder...

Daylight Savings Time falls on March 8th, 2026— Remember to change your clocks ahead one hour.

Two-Spirit and Indigenous LGBTQQIA+ Celebration and Awareness Day; *Friday, March 20, 2026*





In The Kitchen

Servings:6 Prep Time: 15 Min Cook Time: 55 Min Total Time: 1Hr 10 Min

IRISH BEEF STEW



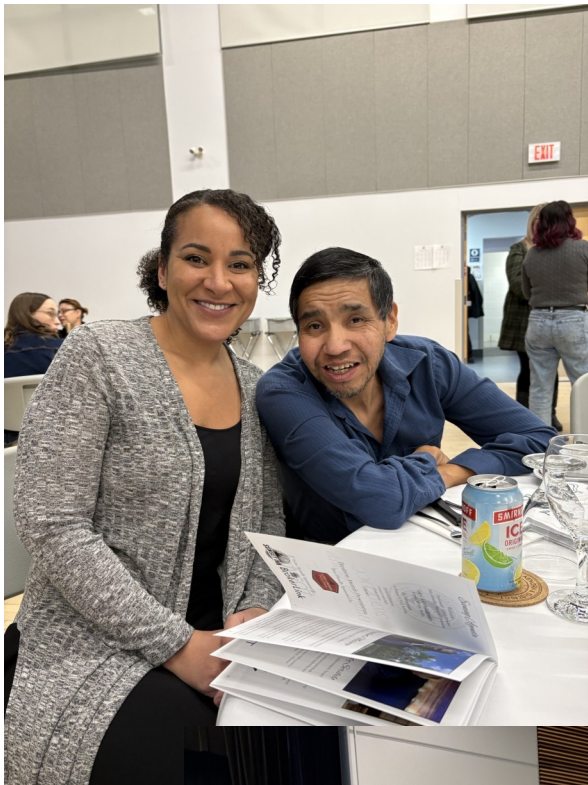
Ingredients

- | | |
|---------------------------------------------------------|------------------------------------------------|
| 3TBSP Extra Virgin olive oil, divided | 2LB Beef chuck stew meat, cubed into 1" pieces |
| Kosher Salt | Freshly ground Black pepper |
| 1 Yellow onion, finely chopped | 2 Medium carrots, peeled and cut into rounds |
| 2 Celery ribs, finely chopped | 3 Cloves garlic, minced |
| 3 Medium russet potatoes, peeled, cut into large chunks | 4C low sodium Beef broth |
| 1 (11.2 oz) Bottle Guinness | 2tsp Fresh thyme |
| Finely chopped fresh parsley, for serving | |

Directions

1. In a large dutch oven over medium heat, heat 2tbsp oil. Season beef with salt and pepper. Working in batches if needed, add beef to pot and cook all sides until browned, about 10 minutes total. Transfer to plate.
2. In same pot over Medium heat, heat remaining 1TBSP oil. Cook onion, carrots and celery, stirring occasionally, until softened, about 7 minutes; season with salt and pepper. Add garlic and cook, stirring until fragrant, about 1 minute more.
3. Return beef to pot, then add potatoes, broth, beer, and thyme. Scrape the bottom of pot to release any browned bits. Bring to a boil, then immediately reduce heat to medium-low and bring to a simmer; season with salt and pepper. Cover and let simmer until beef and potatoes are fork-tender, about 30 minutes.
4. Divide stew among bowls. Top with parsley.

[delish.com](https://www.delish.com)



The Kenora Chamber of Commerce held their Annual Awards Banquet on February 6, 2026. Once again, we had the privilege of being nominated for the 'Inclusive Employer' Award alongside Lake of the Woods Marina & Service Centre, Image One Home & Cottage and FIREFLY. While we did not win, we were honoured to have been nominated, and we extend our congratulations to Image One Home & Cottage.

Mental Health and Addictions



A beautiful painting, left, done by one of our many talented Mental Health and Addictions Clients.

MH&A Clients, right, spent a day creating beautiful valentines keepsakes.



DID YOU KNOW— crafts provide therapeutic outlets—such as painting, jewelry making, and journaling —that reduce stress, boost dopamine, foster mindfulness, and improve emotional expression. These activities, often help process emotions, build self-esteem, and provide distraction during addiction recovery.

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 Tamsen at Ext. 227



LLC clients made Valentines heart pillows and some ladies did puzzles on our recent activity



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.

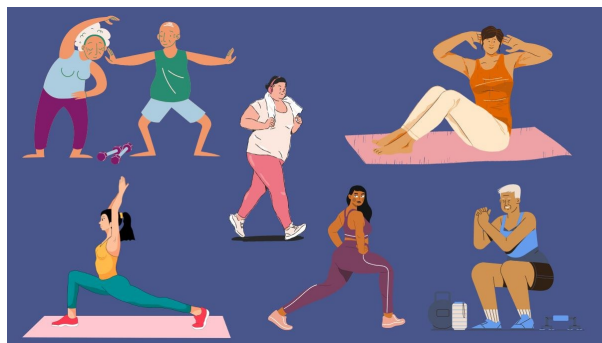
Programming Includes:

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.

Lifelong Care Program

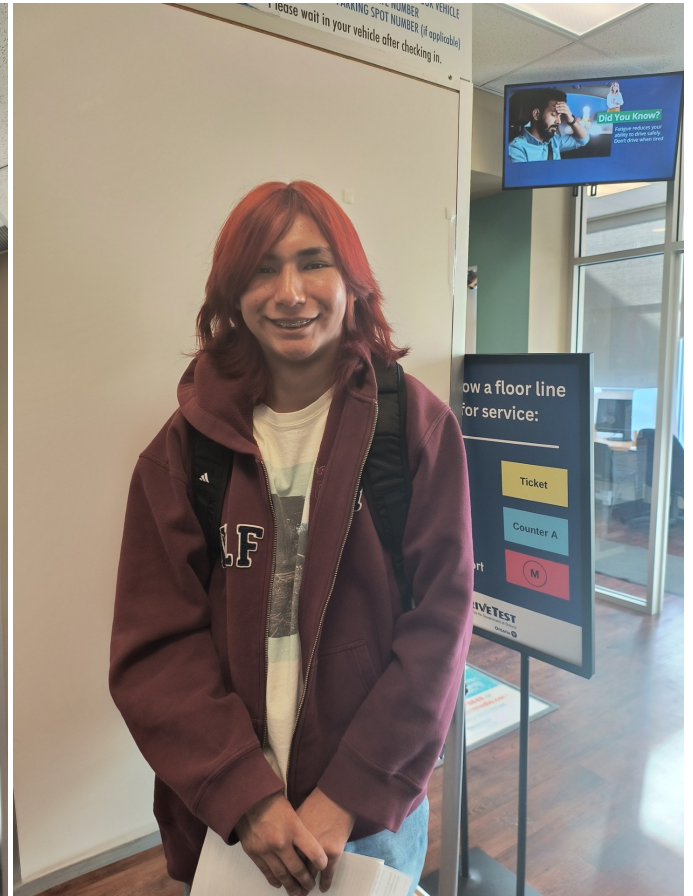
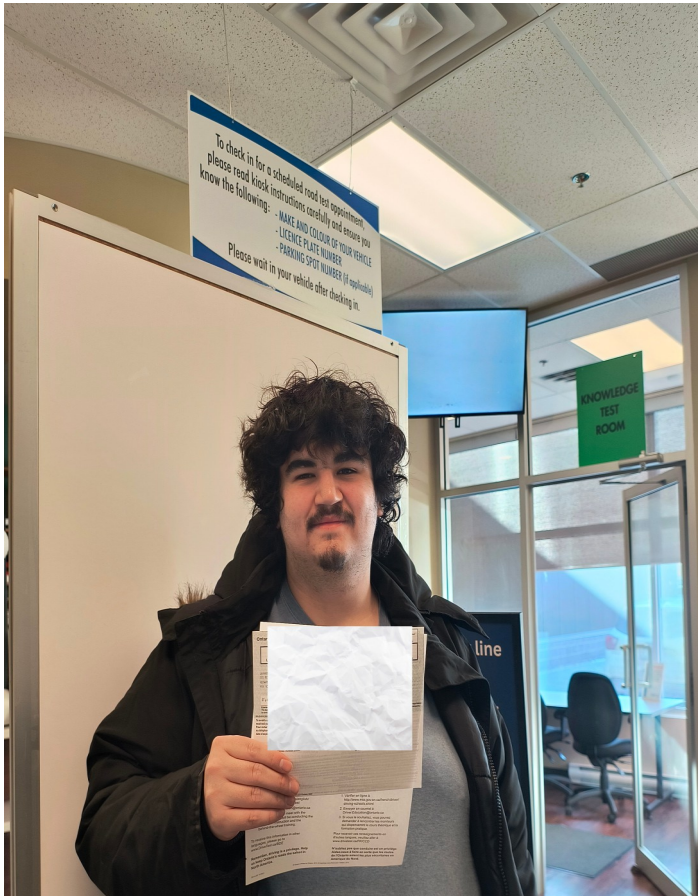


LLC Clients are getting in their workouts with Kim. Here you see them doing the combined weight and exercise program, which runs on Tuesdays for about 45 minutes, followed by a light lunch.



shutterstock.com · 2620764977

Indigenous Employment and Training Services



Indigenous Employment and Training Services recently held a G1 preparation course. Ethan and Collin were kind enough to share their experience with us. Congratulations to both youth for passing on their first attempt.

Our hearts ride with you—Please stay safe!



Indigenous Student Success Program



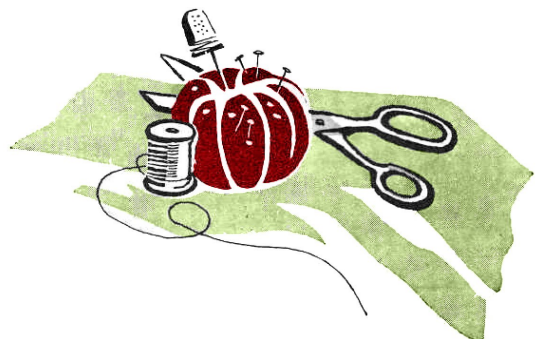
ISSP Students and staff enjoyed a day of Dog Sledding on Rabbit Lake.



Indigenous Student Success Program



ISSP Students took part in a Gauntlet making workshop. We are excited to see some of the finished projects.



Aboriginal Family Support, Indigenous Healthy Babies and Ne-Chee's Indigenous EarlyON Programs

AFSP/ IHBHC and EarlyON Collaborated together and held a ribbon skirt/shirt making workshop for clients on Feb 2nd & 3rd. Here are some of the amazing results. Thank you to all that participated.











MARCH BREAK



Week of March 16-20, 2026

Mon	Tue	Wed	Thu	Fri	Notes
<p>Kenora Sportsplex</p> <p>10am-1pm</p> <p>Open play!</p> <p><i>Please bring clean indoor shoes</i></p> <p><i>No food/drink allowed</i></p> 	<p>Matinee Movie</p> <p>12pm</p> <p>Century Cinema Movie Theatre</p> <p><i>Popcorn & drink included with each admission</i></p> <p>First come, first served - limited seating!</p> 	<p>Public Skate</p> <p>2:30-4pm</p> <p>Moncrief Construction Sports Centre</p> 	<p>Family Swim</p> <p>10-11:30am</p> <p>Moncrief Construction Sports Centre</p> <p>Parent must accompany children 8 and under</p> 	<p>Tubing</p> <p>10am-7pm</p> <p>Evergreen Ski Hill</p> <p>Entry coupons must be picked up prior from the Ne-Chee Friendship Centre</p> <p>Available at reception</p> <p>Limited coupons!</p> 	<p>All events are free to attend</p> <p>Parent/guardian must attend with children aged 14 and under</p> <p>No registration required</p> <p><i>Transportation will not be provided</i></p> <p>For inquiries, please call 468-5440</p>  <p>Ne-Chee Friendship Centre</p>

Free admission to the Muse all week
Open Monday- Friday 10am-5pm





Ne-Chee Friendship Centre

Indigenous Employment and Training Program Presents

Hire to go Higher Employment Fair

Meet local employers representing retail, hospitality and more!

With so many great opportunities to choose from, you may find one that is right for you!

Saturday, April 25

10:00 AM - 2:30 PM

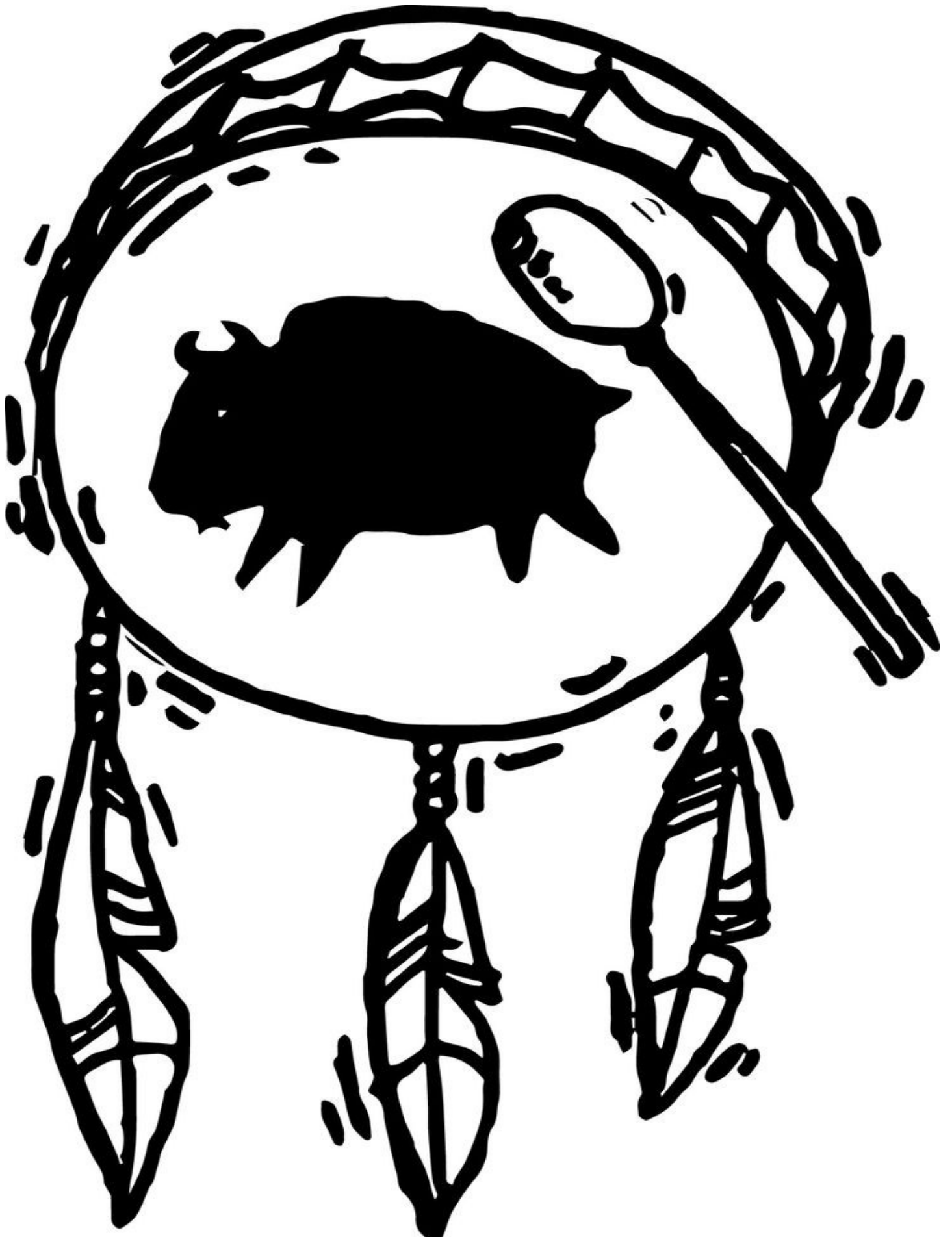
Visit Ne-Chee Friendship Centre, **300 McClellan Ave Location**
upstairs in our newly renovated auditorium

Employment Counsellors on hand to assist with resumes and application forms



Contact Natalie or Dorothy
(807) 468-5440
employmentcounsellor2
@nechee.org





Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Brianna Boucha	Criminal Court worker	courtwork@nechee.org	
VACANT (Temp)	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	
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
Abbie	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
VACANT	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
Ashley (Start Date April 1)	Youth Life Promotion Program	ashley.reid@nechee.org	Ext. 246

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.