

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

In This Issue

- ◆ Program Spotlight p. 2
- ◆ Things to Remember p. 3
- ◆ In the Kitchen p. 4
- ◆ Lifelong Care Program p. 5/6
- ◆ Mental Health & Addictions p. 7
- ◆ March Break Activities p. 8
- ◆ Indigenous EarlyON p. 9
- ◆ Coloring Page p. 10
- ◆ Staff Directory p. 11/12



Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

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



As told by the *University of Waterloo*, due to its shape and color, the STRAWBERRY is thought of as the “Heart Berry.” It symbolizes the heart in connections between the land, community and families. The strawberry is used in ceremonies to teach forgiveness, peace and to help mend broken relationships.

Known for his nutritional value of Vitamin C, the entire plant, leaves, fruit and roots, is used for various ailments including digestive issues or strengthening the uterus during pregnancy.

Anishnabe 101 states that the medicine strawberries provide, is reconciliation, teaching us how to forgive. The story of the strawberry came to be through a fight between two brothers. They were so angry with each other they vowed to never speak to one another again. But when one died, the other was struck with so much grief, and the guilt of not making amends in time, all he could do was cry at his brother’s grave. The Creator saw that his pain came straight from his heart, and his tears helped grow the strawberry plant over his brothers grave. By time the fruit ripened, the grief had passed and the sweet berry helped with his healing.

We share the strawberry in ceremonies to remind ourselves that life is too short to hold grudges and forgiveness will allow us to enjoy the sweetness of life!



Program Spotlight



Ne-Chee's Indigenous EarlyON Centre

The Indigenous EarlyON program is designed for families with children aged 0-6, offering a safe, culturally orientated space. The goal of the program is to offer the families a place to interact and engage with others, allowing for a sense of belonging. Staff are here to offer support, advocacy and connection to resources within our community. while following your child's development, stages, and cultural expression through play, exploration and discovery.



DID YOU KNOW

Ne-Chee Friendship Centre will be closed April 3, 2026 and April 6, 2026 in recognition of Good Friday and Easter Monday. Offices will re-open on Tuesday April 7, 2026, at 9am. Have a safe and Hoppy long weekend!

Key Easter terms in Ojibwe (Anishinaabemowin)

Baakwang— Easter

Ziigwan — Spring

Waawan-kokbinaagan—Easter Basket

Baak-Waabooz—Easter Bunny

Wiisgkobiimashkodiisiminan— Jelly Beans



shutterstock.com · 2307847053





In The Kitchen



LEMON CHICKEN (Chinese Style)

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total Time: 30 Minutes

Servings: 4

Calories: 306 kcal

**Recipe courtesy of
Salt & Lavender**

INGREDIENTS: 2 Large Chicken Breast
Salt & Pepper to taste
1/2tsp Garlic Powder
3TBSP Cornstarch
3TBSP Olive Oil

SAUCE: 1/3C Water
1/3C Lemon Juice
Zest from 1 Lemon
1/4 Granulated Sugar
1TBSP Cornstarch

INSTRUCTIONS:

1. Cut chicken into bite size pieces and place in a medium bowl. Season with salt, pepper, garlic powder and cornstarch. Toss until coated.
2. Mix all sauce ingredients into a small bowl, set aside.
3. Heat 2TBSP of oil in a skillet over medium-high heat. Once the pan is hot, add HALF the chicken to the skillet and ensure each piece isn't crowded, helping it brown better. Cook for 4 minutes and flip with tongs. Cook for another 3-4 minutes. Chicken should be browned and cooked through (165F). Transfer to a plate. Add another TBSP of oil and cook the second batch the same way.
4. Once the second batch of chicken is cooked, add all the chicken back into the skillet to heat up. Once up to temperature, remove from heat and pour the sauce over the chicken and let it bubble for about 1 minute or until thickened. Toss the chicken to coat thoroughly.
5. Serve with fresh lemon slices and chopped scallions, if desired.

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

LLC Clients enjoyed a day of Lunch and Bingo (Below) And a Foot spa day (Right)



DID YOU KNOW?

Hanging out with friends boosts your mental and physical health by increasing happiness, reducing stress and fostering a sense of belonging.

Regular social interactions strengthens the immune system, lowers your blood pressure and enhances your cognitive functions.



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 spent the day creating Healing Blankets. Some took them home for themselves, some gifted theirs to others.

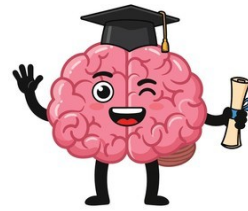


Mental Health & Addictions



Here are a couple of our recent graduates from the Mental Health & Addictions Program. Ne-Chee Friendship Centre management and staff wish you all the best in your healing journey.

CONGRATULATIONS GRADUATES!



shutterstock.com · 2710864335



MARCH BREAK ACTIVITIES



Another great March Break week this year with free activities for everyone to join.



Excuse the lack of Photos' everyone was having way too much fun.



We saw so many amazing people come out and join in the fun!

133 People hit the open play at the Kenora Sports Plex.

110 People enjoyed an afternoon Matinee at the movie theatre.

Our public skate saw 40 Participants

The family swim welcomed 130 swimmers

And our Friday tubing day at the Ski Hill, saw 120 participants.

Keep watch next year for the March Break fun to continue.



Ne-Chee's Indigenous EarlyON Program

This is Matilda! Her smile says what her words can't!

"Who doesn't love a Massage."

Register with our Coordinator Isabella to get you and your babies in for some bonding and massage time.

Next Session starts April 7th from 2-3:30

One session per week for five weeks

Call to Register 807-468-5440 Ext 240





Homemade
GIFTS MADE EASY

Staff Directory



COURT WORKERS Courthouse # 807-468-9657

Brianna	Criminal Court worker	criminalcourtwork@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	RJLiason@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	

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	

OUR VISION

To strengthen and support the lives of Indigenous People living in Kenora, by building a resilient, connected, and culturally enriched community.”

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
Ashlyne	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Rachel	Wasa-Nabin Youth Program	akwego.wn@nechee.org (807) 464-0482	Ext. 239
Ashley	Youth Life Promotion	ashley.reid@nechee.org (807) 444-8861	Ext. 246

ADMINISTRATION NFC # 807-468-5440

Patti	Executive Director	aces@nechee.org (807) 407-2482	
Brianna	Office Manager	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.