

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Serving Indigenous people in the City of Kenora for 50 Years

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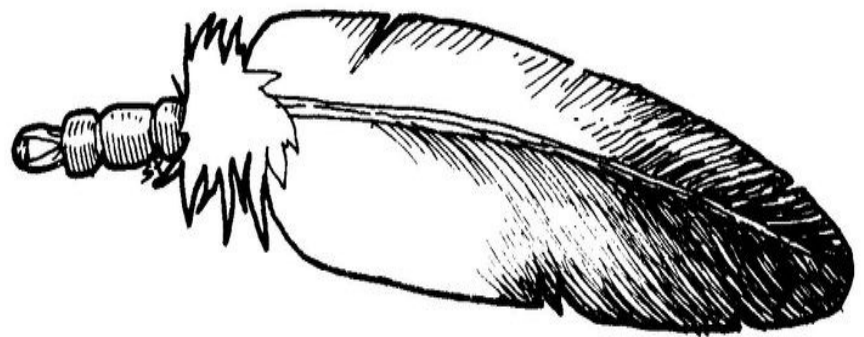
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The Anishinaabe Way to Live

*Treat the Earth, and all that dwell upon it, with
Respect*

Remain close to the Great Spirit

Show great respect for your fellow beings

Work together for the benefit of all Mankind

Give assistance and Kindness wherever needed

Do what you know to be right

Look after the well-being of mind and body

*Dedicate a share of your efforts to the greater
good*

Be truthful and honest at all times

Take full responsibility for your actions

The Circle of Turtle Lodge

Ne-Chee Friendship Centre



WHO ARE WE!

Ne-Chee Friendship Centre is a welcoming, culturally-grounded space dedicated to empowering Indigenous individuals and families in Kenora, Ontario. Our services, programs, and events are designed to promote health, healing, and the preservation of Indigenous culture, while fostering connections across generations within our community.

The term “Ne-Chee” means “A very close friend or brother,” reflecting the Centre’s role as a bridge for Indigenous people transitioning from rural to urban living.

Incorporated on May 31, 1976, the Centre initially served the community from a small office, expanding as awareness and need grew. By 1981, the Centre purchased a building on Main Street to accommodate its expanding services, becoming a recognized resource for Indigenous communities in Kenora and beyond.

Through several relocations and expansions, including the recent acquisition of the former Kenora Legion Building in 2023, Ne-Chee Friendship Centre continues to meet the needs of a growing community. Today, it operates multiple programs, fostering a deep connection to culture and community through every initiative.



Happy
50th
Anniversary

May 31, 2026



PROGRAM SPOTLIGHT

Indigenous Community Justice Program



The Indigenous Community Justice Program offers a culturally based pre and post charge diversion for Indigenous adults and youth, utilizing a community driven wellness model that aims to restore balance to the participants lives.

After completing a diversion application and obtaining approval, the client is diverted into the program where the participant then meets with the ICJP's community Council, a volunteer based council who have been vetted and trained to listen to the participants and guide them in creating a Healing Plan. These Healing circles involve working with Community council members to address one's offence and the underlying 'root' issues.

The healing plan is an agreement between the participant and the ICJP, representing their diversion from the courts, to completing tasks that address the wrong(s) committed. Some tasks may include

- Ceremonies
- Healing work with a Medicine person
- Self-directed learning projects
- Counselling
- Community Service Hours
- Letter of Apology
- Restitution to the victim

Referrals to the ICJP Program are made by the Restorative Justice Liaison, Indigenous court workers and the ICJP Coordinator. All applications to the ICJP Program, must first be approved by the Crown Attorney's office or Police Services.

DID YOU KNOW

Ne-Chee Friendship Centre will be closed Monday May 18 in recognition of Victoria Day. Office will re-open Tuesday May 19th at 9:00am. Management and staff wish everyone a safe and happy long weekend.



RED DRESS DAY

The National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG), often called **Red Dress Day**, is held annually on **May 5th** in Canada and the US to honour victims, their families, and raise awareness of the disproportionate violence against Indigenous women, girls, and 2SLGBTQI+ people.

Bear Witness Day, held annually on **May 10th**, honors **Jordan River Anderson** and promotes the full implementation of **Jordan's Principle**. This principle ensures First Nations children can access all public services without delay or denial due to their Indigenous status. The day, marked by carrying teddy bears, urges action against systemic inequalities



Bear Witness Day



May 14th, 2026— Moose Hide Campaign Day: A day of ceremony where people come together to take a stand against violence towards women and children, often taking steps toward reconciliation.



DON'T FORGET TO SAY
HAPPY Mother's Day
MAY 10th, 2026



In The Kitchen



One Pot Cheeseburger Pasta

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Servings: 4

Calories: 555 kcal

**Recipe courtesy of
budgetbytes.com**

INGREDIENTS:

1 Yellow Onion	1TBSP Olive Oil
1/2lb Ground Beef	2TBSP All purpose Flour
1x8oz can Tomato Sauce	2C Beef Broth
1/2lb Pasta Shells	4oz Cheddar Cheese, Shredded
2TBSP Hot Dog Relish	2 green onions, sliced

INSTRUCTIONS:

1. Finely dice the onion. Add onion, olive oil, and ground beef to a large deep skillet. Sauté over medium heat until beef is fully browned and the onion is soft and translucent. Drain excess fat.
2. Add flour to the skillet and continue to cook for another minute. The flour will coat the bottom of the skillet. Make sure not to burn the flour.
3. Add tomato sauce and beef broth to skillet, stir to dissolve the flour.
4. Add uncooked pasta to the skillet and stir to combine. The liquid in the skillet may not cover the pasta completely, but that is okay.
5. Place a lid on the skillet, turn up heat to med-high, let the liquid come to a boil. Once boiling, stir to loosen the pasta from the bottom. Replace lid and turn the heat to low. Let pasta simmer, stirring occasionally, always replacing the lid, for about 10 minutes or until pasta is tender and sauce has thickened. Turn off the heat.
6. Add shredded cheddar to the skillet and stir until melted into sauce. Add the hot dog relish and stir. Top with sliced green onions. Serve Hot

Indigenous Student Success Program



ISSP Staff and Students spent an afternoon at the museum taking in the old style electronics Exhibit.



Indigenous Student Success Program

ISSP students took part in Soapstone Turtle making.



To complete their turtles, they will add a Beeswax Mineral Polish to bring out the Lustre!



Expecting Twins?

JOIN US FOR TWIN TALK!
OPPORTUNITY TO CHAT WITH
PARENTS WITH LIVED EXPERIENCE,
AND OTHER EXPECTING TWIN
PARENTS.



May 6th, 2026
4:30-6:30pm

Ne-Chee Friendship Centre Indigenous
EarlyON

326 2nd St S, Kenora, ON.

**REGISTRATION REQUIRED! CALL 807 468 5440 EXT
240**

Ne-Chee's Indigenous

EarlyON
Child and Family Centre



**Northwestern
Health Unit**



Ne-Chee Friendship Centre will be closed Monday May 18, 2026, in recognition of the Victoria Day Holiday. Offices will re-open Tuesday May 19, 2026 at 9:00am. We apologize for any inconvenience this may cause. Management and Staff wish you a happy and safe long weekend.





 Coloring-Page.net

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 Program is currently on hold	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
VACANT	Mental Health & Addictions Program	mhaddictions@nechee.org	Ext. 253
VACANT	Peer support Worker for Mental Health & Addictions Program	peersupport@nechee.org	
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) 407-2772	

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	
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	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.