

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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The Moose—MOOZ

The moose acts as a vital cultural foundation for many Indigenous nations, including the Anishinaabe and Cree, representing resilience and adaptability. This important animal provides essential sustenance while remaining deeply connected to traditional practices, knowledge, and food sovereignty.

The philosophy of deep respect and zero waste is central to Indigenous stewardship.

The **meat** provides lean, high protein nourishment for entire communities throughout the winter. **Organ meats** are a nutrient dense delicacy and the **bone marrow** is boiled down into fats and broths.

The **hide, hair and tendons** of the animal are used to create leather for clothing, decorations and jewelry and threads for sewing the heavy leather. While the **bones** are used to carve into various items such as Knife handles and arrow heads, the **hooves** are cleaned and used to create traditional rattles. Even the **stomach** was cleaned and used as a water proof storage pouch. Nothing is discarded, because taking an animal's life requires honoring its sacrifice completely



PROGRAM SPOTLIGHT

Cultural Resource

The goal of the Cultural Resource Program, is to increase the access to cultural based programming and service delivery to urban indigenous, children, youth and their families. This helps to foster a strong sense of wellbeing and a positive Indigenous Identity!

Wondering where to Begin? Do you find yourself asking any of the following questions?

- ⇒ How do I ask an elder for Guidance?
- ⇒ What are the protocols of offering Tobacco?
- ⇒ What is my Clan?

The Cultural resource worker can assist you in answering any of these questions and more.

PROGRAM ACTIVITIES INCLUDE

- ⇒ Traditional One-to-one Support
- ⇒ Goal orientated and strength-based Cultural Action plans
- ⇒ Traditional food education
- ⇒ Coordination of Ojibway language learning for you and your family
- ⇒ Connection with Elders and/or traditional resource people
- ⇒ Support for seasonal celebrations, feasts and Ne-Chee social events
- ⇒ Implementation of Cultural Programming
- ⇒ Providing space and opportunities for traditional arts and crafts
- ⇒ Coordinate land-based activities like fishing, trapping, medicine harvesting and berry picking
- ⇒ Creating and maintaining a trusted traditional knowledge/Elder resource/directory

If you feel that you or anyone you know, would benefit from meeting with our Cultural Resource Coordinator, please call the office at 807-468-5440 ext. 253



DID YOU KNOW

Ne-Chee Friendship Centre will be closed August 3, 2026 in recognition of the civic holiday. Offices will re-open Tuesday August 4th, 2026 at 9:00AM. Management, Board of Directors and staff wish you a happy and safe long weekend.

Quirky Celebrations in August!

August 8: International Cat Day

August 12: International Youth Day

August 26: International Dog Day



First day of School is September 1st, 2026



August Birth Flower is the Poppy



and... Gladiolus



August's Moon is called The **Ricing Moon** (*Manoominike-giizis*). It is the traditional Ojibwe and Anishinaabe name for the lunar cycle occurring primarily in August. It marks the vital season when wild rice (*manoomin*), the "food that grows on water," is harvested. Historically, families established ricing camps to gather, dry and remove the outer husk of the rice.

Harvesters would work in canoes; one person poles through the shallow waters while the other uses wooden knockers to gently brush the ripe rice stalks so the grains fall into the boat.

This time of year represents balance, harmony, and sustenance. It is viewed as a sacred gift of nature that has sustained Indigenous communities for generations.

In The Kitchen

PIZZA CASSEROLE

Total Preparation time: 25 Minutes

Servings: 4

Quick easy meal for those days when school and work are overloaded!



1C Uncooked Elbow Macaroni
1/2 pound ground beef or sausage
6 mushrooms, cleaned and sliced
1/3C Onion, finely chopped
1 (8oz) Can tomato sauce
1/2C Shredded Mozzarella Cheese

1PKG (3.5oz) Pepperoni, cut in half
1TSP Sugar
1TSP Dried oregano
1/4TSP Black pepper
1/2C Shredded Cheddar Cheese

INSTRUCTIONS:

1. Preheat oven to 350 degrees and lightly spray a 1-1/2 quart baking dish with cooking spray.
2. Cook macaroni according to package directions.
3. Cook ground meat, mushrooms and onions until meat is no longer pink.
4. Drain fat off meat.
5. Drain macaroni and add back to the pot, add beef mixture and remaining ingredients. Stir well to combine.
6. Transfer to baking dish.
7. Top with shredded cheeses.
8. Bake at 350 for 15-20 minutes

pocketchange gourmet.com

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



Our LLC community had a fantastic time on a day-long road trip to Falcon Lake, filled with fun activities and relaxation by the water.



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.



LLC clients enjoyed a quick lunch and activities at Anishinaabe Park, celebrating Carolyn and Tamsen's five years of service at Ne-Chee.



Healing & Wellness



Abbie, our Healing & Wellness Coordinator, in partnership with ONWA, held a Hand drum making workshop.





Ne-Chee's Indigenous EarlyON welcomed little guests to the centre for some Drop-in paint and play session.

When it's too hot to play outside, come into the Centre, and create your own fireworks! Amazing art work Kiddos!

July 20th, 2026



Our friend Matilda was showing us her Migizi
named 'Ne-Chee'.

Matilda has been joining workout classes with
mum and loves our Eagle staff in the building.
Mum got Matilda her very own, which she is very
eager to show off!



Aboriginal Family Support and Indigenous Healthy Babies

AFSP and IHB programs offered a kids regalia making workshop to interested participants. Here are some of the finished products.



Indigenous Employment and Training Services



On July 22, 2026, Indigenous Employment & Training hosted its inaugural Community Services Fair. The event achieved a remarkable turnout, fostering meaningful, real-time connections and relationship-building between local organizations and vulnerable community members. Following this year's success, the organization hopes to establish the fair as an annual event to continue supporting the community.





Ne-Chee Friendship Centre will be closed Monday September 7, 2026, in Recognition of the Labour Day Holiday. Offices will re-open Tuesday September 8, 2026, at 9:00AM. Management and staff wish everyone a Safe and Happy, last long weekend of the summer.





Back To School Checklist

- ☐  Check the school calendar to make sure you are aware of all the important dates: social events, registration, meet the teacher, etc.
- ☐  Get all dr's appointments, shots, medicines, and paper work taken care of
- ☐  Go through clothes to get rid of items that don't fit or are too worn out. Plan a fun shopping outing!
- ☐  Get school supply lists, check on what you already have first, then buy the things you still need.
- ☐  Figure out your transportation plan - start times, bus routes, walking routes, etc.
- ☐  Make haircut appointments
- ☐  Adjust schedules so that internal clocks are ready for an early school wake up
- ☐  Do some meal planning for breakfasts, school lunches, and snacks
- ☐  Plan time with friends to get excited about renewing those connections!



SUPERSTARWORKSHEETS

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	RJLiaison@nechee.org (807) 464-0069	Ext. 245
VACANT	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	
Jennifer	Wewena Ngiwemaa	homesafely@nechee.org	
Jessica	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org cell (807) 464-5849 or (807) 470-8222	
Elizabeth (on-leave)	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. 225
VACANT	Peer support Worker for Mental Health & Addictions Program	peersupport@nechee.org	
Abbie	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Dennise	Cultural Resource Program	cultural@nechee.org	Ext. 253
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 (off for the summer)	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
Miranda	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org	
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) 407-8321	Ext. 239
VACANT	Youth Life Promotion		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.