

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 Great Blue Heron

In Indigenous cultures across North America, the **Great Blue Heron** is a revered symbol of **patience, self-reliance, and emotional balance**. It is widely celebrated for its ability to navigate both land and water, representing the connection between the physical world and the spiritual realm. Their key spiritual and symbolic meanings are:

Stillness & Patience: Master of the silent vigil, the Heron stands motionless before delivering a swift, decisive strike. It teaches us the power of quiet observation, reminding us that true strength lies in waiting for the perfect moment to act.

Self-Determination: Balancing gracefully on long, slender legs, the Heron proves that stability does not require massive pillars. This elegant silhouette inspires us to stand firmly on our own foundation, trust our unique path, and confidently follow our own heart

Good Luck & Prosperity: For generations of coastal and river-dwelling tribes, the sudden appearance of a Heron was a sacred omen. Spotting one signaled that the waters were generous, promising a successful harvest and incoming abundance.

Ne-Chee Friendship Centre



*Happy
50th
Anniversary*
May 31, 2026

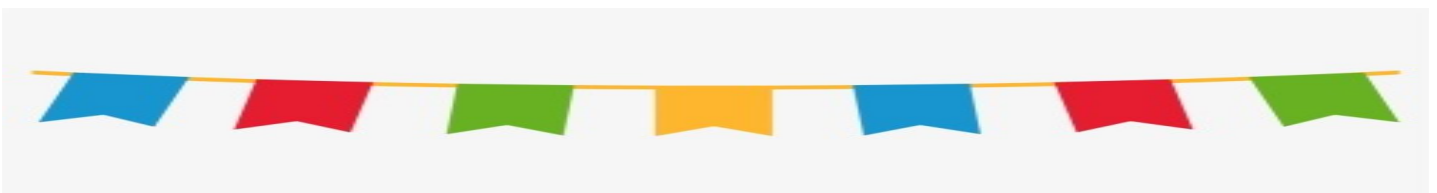
On Saturday June 6th, 2026, The Ne-Chee Friendship Centre officially marked 50 years of dedication, friendship, supports and services to our community members.

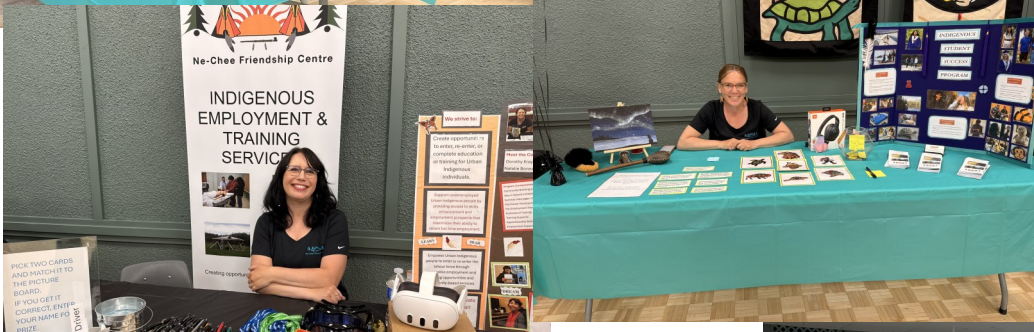
The Board of Directors, Management and staff would like to extend our most sincere thank you to everyone who took the time out of their busy weekend to join us in celebrating this incredible Milestone. Your Presence helped to make our half-century celebration profoundly special.

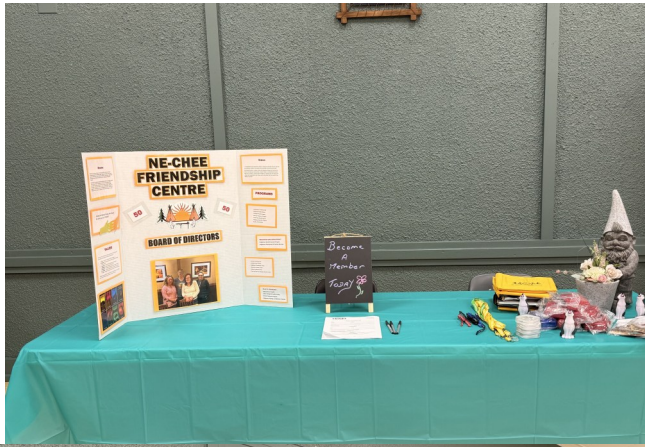
For 50 years, our strength has come from the people we serve and walk alongside. Seeing so many familiar and new faces come together on June 6th reminds us of why the work we do matters. Thank you for your continued support, your partnership, and for celebrating this historic journey with us. Here is to the next 50 years together.

We would also like to send a special shout out to:

- **Shadow Junction:** As always, your performance was amazing, to say the very least! Thank you for bringing your incredible energy to our stage.
- **Bradley King:** A massive thank you for the spectacular food you prepared for the crowd.







Congratulations to our Door Prize winners!



Dave McIvor

Draw #1



Sherrie Kakekaspon

Draw #2



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PROGRAM SPOTLIGHT

Indigenous Court Work Program

Our Court workers provide advocacy services to Indigenous people who are involved in the Canadian Justice System. They ensure that the Indigenous person understands their rights, options and responsibilities when appearing before the courts. Court Workers can liaison between the client and court personnel, address communication barriers, speak to the court personnel on the clients behalf and promote equal understanding between the Indigenous community and the justice system.

They can provide information on

- ⇒ Clarity of your matter(s) and the possible consequences of the charge and/or charges. Information on court procedures. Explain in clear terms the courts disposition concerning your justice matter. Provide you with relevant support and resources to address issues which led to the charges such as Housing Challenges (homelessness), Mental Health issues, Addiction and substance abuse, support and advocacy, when needed or requested.

In the community the court worker can provide:

- ⇒ Public, legal, educational workshops, aid in the development of preventative programs, provide information sessions regarding relevant court protocols and types of court for Indigenous people, provide resources to individuals including, the legal aid lawyer list, use of a phone or fax, directions within the courthouse. Internal (within Nechee) and external referrals to service providers.

The Court Worker CANNOT:

- ⇒ Provide legal advice, act as an interpreter or probation officer, or select a lawyer for the individual.

If you feel that you need an Indigenous Court Worker, they can be found at the Kenora Court House, lower level, 216 Water Street. Or reached at 807-468-9657.

Email: criminalcourtwork@nechee.org or

criminalcourtworkZ@nechee.org



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.



Fifa World Cup takes place June 11th to July 19th, 2026. The event is jointly hosted throughout 16 cities in Canada, Mexico and the United States.



In The Kitchen



TEXAS TOAST PIZZA

Prep Time: 15 Min

Cook Time: 10 Min

Total Time: 25 Min

Serves: 8

INGREDIENTS: 8 Slices Garlic Texas Toast
1C Prego Pasta Sauce
1C Shredded Mozzarella Cheese
1-1/2 TBSP Grated Parmesan Cheese

INSTRUCTIONS:

1. Bake the Texas toast as per package directions. Leave the baked toast on the baking sheet.
2. Spread up to 2tbsp sauce on each toast. Top each with 2tbsp mozzarella cheese and 1/2tsp parmesan cheese. Customize by adding your favourite pizza toppings.
3. Bake for 5 minutes or until the cheese melts.

NUTRITIONAL VALUE

Amount Per Serving

Calories	211
Fat	11.6 g
Saturated Fat	5 g
Cholesterol	12 mg
Sodium	430 mg
Carbohydrate	18.4 g
Dietary Fibre	1.5 g
Protein	6.9 g
Calcium	8 %DV



Cookingwithcampbells.ca

Second Annual Skills for Success Summit

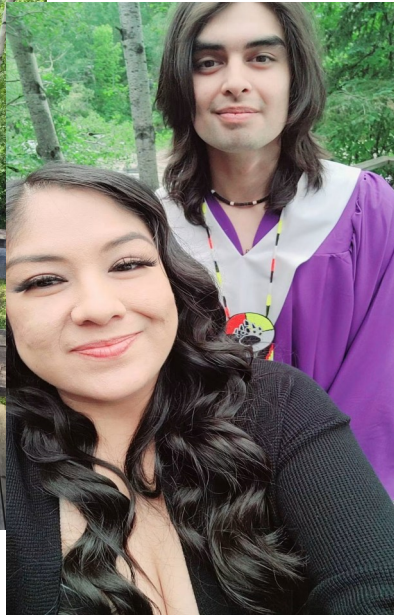
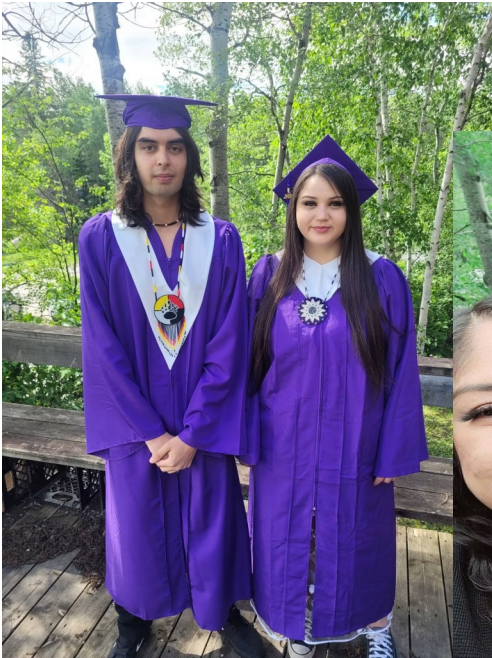


Dorothy & Natalie (above picture) and Ashley (picture on right) attended the 2nd Annual Skills for Success Summit June 8th, 2026.

This is an opportunity for high school students to explore skills needed to thrive, whether in school, work or life. Thank you goes out to all organizations involved, for putting this informative information session on for the local students. Ne-Chee was proud to be a part of this informative day.

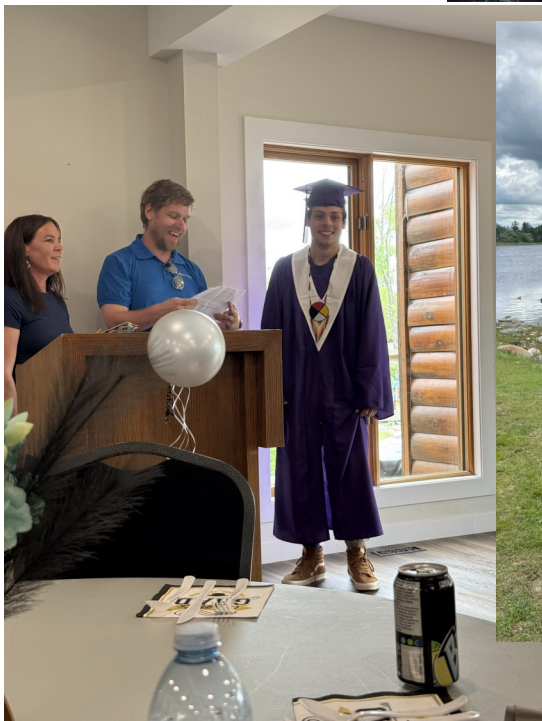


Indigenous Student Success Program



On June 11, 2026, staff and students of the Indigenous Student Success Program were at Perch Bay resort celebrating the Graduation of six students.

Congratulations go out to the students as we wish you well in all your future endeavours.



Indigenous Student Success Program

Graduation continued



Indigenous Student Success Program

Staff and Students spent a day in Winnipeg, learning at the Human Rights Museum.



LIFELONG CARE PROGRAM

Lifelong Care clients enjoyed making some Moccasins. Each client was able to make their own design and take them home.



LIFELONG CARE PROGRAM



Moccasin making continued...

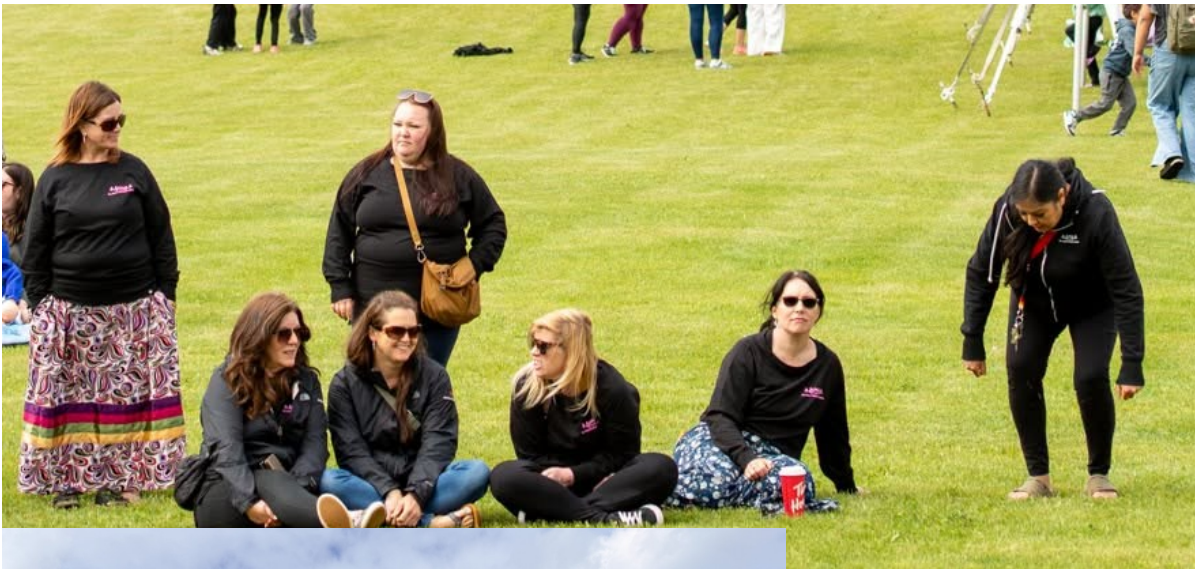


ABOUT OUR PROGRAM

The Lifelong Care Program provides programming and advocacy for Indigenous people of all ages and genders who have physical disabilities, serious health issues, or those who are frail/elderly, or just looking for socialization

If you feel like you might benefit from this program, or know someone who might be interested in joining, Please contact Carolyn at 807-468-5440 ext. 228, or Tamsen at 807-468-5440 ext. 227

Ne-Chee Friendship Centre, in partnership with MWG Youth & Family Wellness Camp celebrated National Indigenous People’s Day on June 18th, 2026.

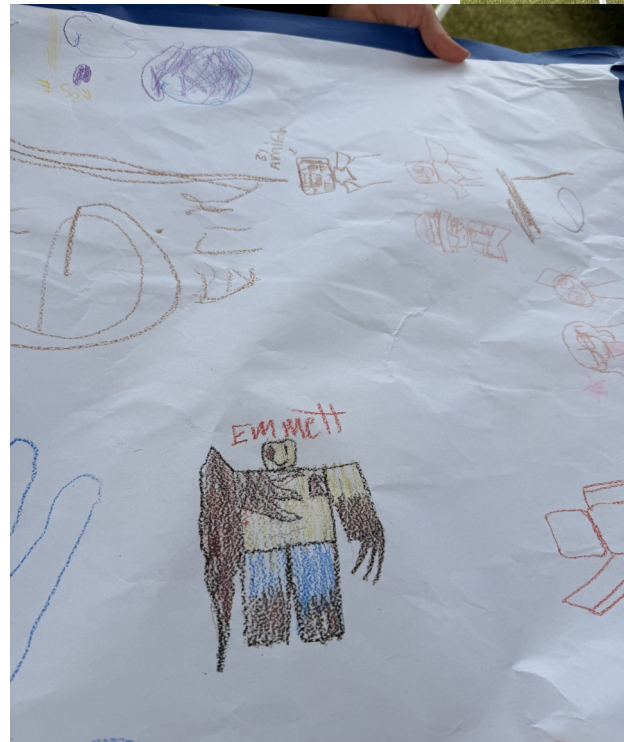
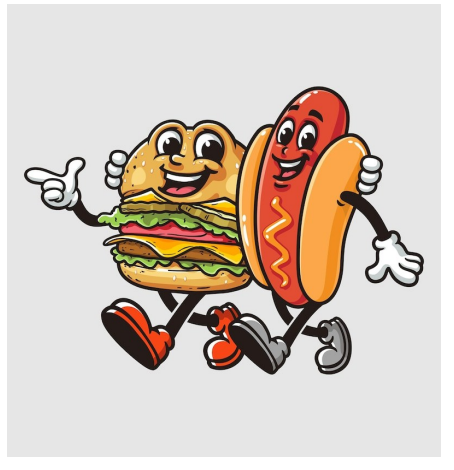




National Indigenous People's Day pg. 2

Ne-Chee staff under the cooking tent (left)

And under our tent where kids could draw a picture of what NIPD means to them, their favorite character, etc.





Biindigen Gidaa-Wiigiwaaming

Take my Hand | Community Services Fair

Dignity | **Hope** | **Respect**



- **Connect with community service providers**
- **Lunch provided**
- **Access valuable information and resources**

When: Wednesday July 22nd @ 11:00 a.m.

Where: NFC Auditorium - 300 McClellan Ave — enter at the Matheson Street doors.

Contact Natalie or Dorothy @ (807) 468 — 5440

hello

SUMMER



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. 253
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. 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 (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
VACANT (Temp Position)	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.