

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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In Indigenous culture, the Waagosh (Red Fox) represents a profound duality. The fox can be a clever trickster, a benevolent protector or a wise spirit guide. The fox is associated with adaptability and survival and revered for its stealth and keen senses. The fox also has the ability to navigate harsh environments and seasons.

Some Plains and Northern cultures think of the fox as a guardian associated with fire, the sun and warmth. Myths will often portray the fox as the brave spirit who stole fire to share with humanity.

In many Indigenous traditions, the fox is seen as an intermediary between the spiritual and physical worlds. Its intelligence and discretion allow it to navigate between these two realms, helping us better understand the energies surrounding human existence.

It's natural ability to quickly evade enemies is translated to a teaching of courage under fire and a safe navigation through dangerous grounds. It's keen observation gives the ability to learn from it's environment, to move with precision.

Although some may find the fox a greedy trickster, Indigenous view the fox's cunning as wisdom, intellect and strategic thinking.



PROGRAM SPOTLIGHT

Wewena Ngiiwewinaa—Taking her Home Safely

The purpose of the Taking her Home Safely program is to support the reintegration of Indigenous women from the provincial correctional system, back into their homes and communities safely.

The Wewena Ngiiwewinaa worker will work with the women in.....

- dDscharge Planning assistance,
- Cultural based programming and spiritual services
- A strong mentoring relationship to encourage and build healthy decision making.
- Providing connections and referrals to community resources.

Indigenous women will be given the opportunity and options to address their unique needs through appropriate Indigenous programming, supports and services. The promotion of healing is done by supporting the 3 R's. Restoration, Reclaiming, revitalization, Indigenous languages, culture and a positive Indigenous identity.



Wewena Ngiiwewinaa—Building healing relationships for an opportunity to walk a better path!



DID YOU KNOW

Ne-Chee Friendship Centre will be closed September 7, 2026 in recognition of the Labour day holiday. Offices will re-open Tuesday September 8th, 2026 at 9:00AM. Management, Board of Directors and staff wish you a happy and safe long weekend.

September Celebrations

Labour Day—Celebrated on the First Monday of September, marking the end of summer.

Autumn Equinox—September 22nd, the official first day of fall, where days and nights are of equal length.

National Day for Truth and Reconciliation/Orange Shirt Day - September 30th, a statutory holiday honouring the victims and survivors of residential school.

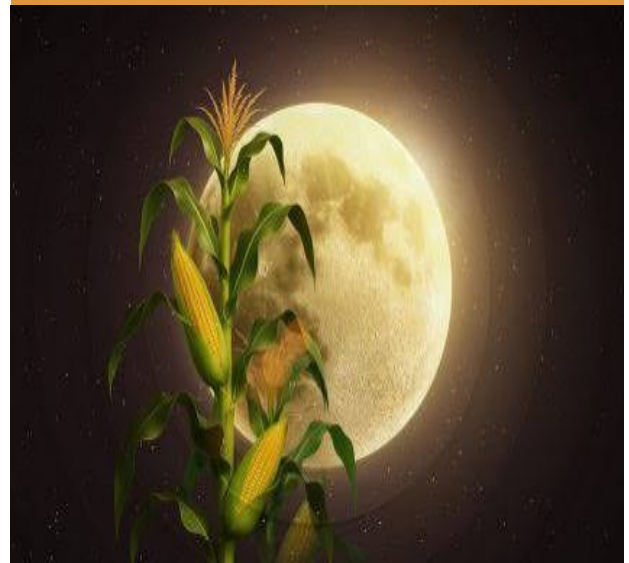
September Birth Flowers are the Aster and Morning Glory



The September Moon

Septembers moon is called the **Leaves Changing Moon**

Waatebagaa-giizis (pronounced WAH-teh-bah-GAH-gee-zis) A beautiful transitional period when the forest begins to shift from summer into autumn. It is also known as the corn moon, because corn is typically harvested in September.



Orange Shirt Day
National Day for Truth
& Reconciliation
Commemoration
September 30



In The Kitchen

Sausage & Wild Rice Stuffed Acorn Squash

Preparation time: 20 Minutes

Total Time: 40 Minutes



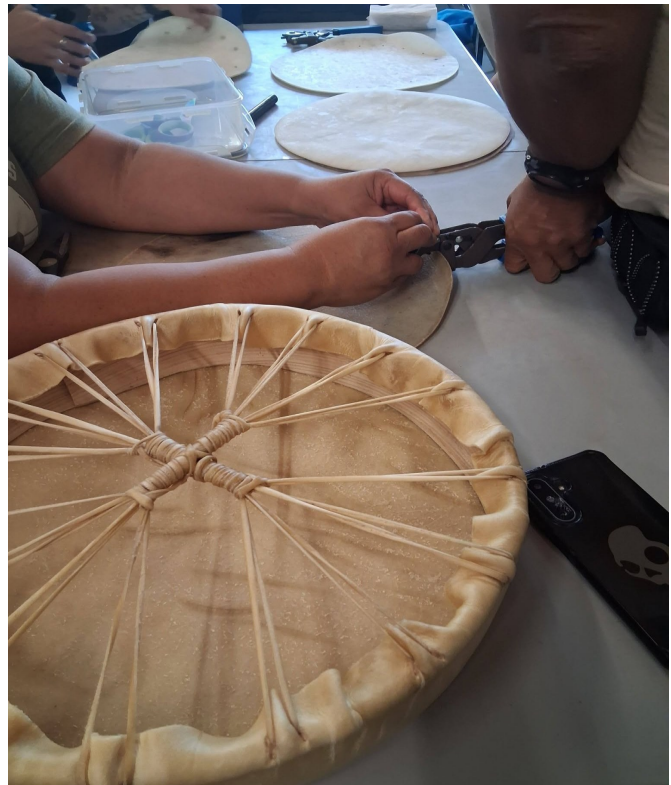
1/2C Wild & Brown rice blend
Kosher Salt & Freshly Ground pepper
3TBSP Olive Oil
8oz sweet Italian sausage,
Casings removed
1/4C Flat leaf parsley chopped plus
More for serving

1/4C Dried Cranberries
2 acorn squash, halved and seeded
1 Yellow onion finely chopped
2 Cloves garlic, chopped
1tsp Fresh Thyme

INSTRUCTIONS:

1. Place a rimmed baking sheet in the oven and preheat to 425°F. Cook rice per pkg directions. Remove from heat and fold in cranberries. Cover and let stand for 5 minutes. Season with Salt & Pepper.
2. Cut a piece from the outside of each squash, to prevent it from tipping over. Rub each squash with 1TBSP oil and season with salt & pepper. Arrange on a baking sheet, hollow sides down. Roast until tender, 25-30 minutes.
3. Heat remaining 2TBSP oil in a large skillet, over medium heat. Add onion and season with salt & pepper. Cook, stirring occasionally, until tender, 6-8 minutes. Add sausage and cook, breaking into small pieces, until cooked through and beginning to brown, 6-7 minutes. Stir in garlic and thyme. Cook until fragrant, about 1 minute. Remove from heat and fold in parsley. Add rice, stir to combine.
4. Transfer squash to platter, hollow side up and fill with rice mixture. Garnish with parsley.

Healing & Wellness with Cultural Resource



Abbie, our Healing and Wellness Coordinator, along with Dennise, our Cultural Resource Coordinator, held a Hand Drum making workshop at the Fellowship Centre for clients and staff. There were teachings, stories and laughs shared in the circle. The drums are unfinished, so Abbie and Dennise will be back there to guide in the completion.

TEAM BUILDING!



Ne-Chee Staff participated in a dedicated team-building day. This helps with collaboration, reflection and strengthening of our bonds so we can continue to provide the best possible support to our community members.



NATIONAL OVERDOSE AWARENESS DAY

International Overdose Awareness Day Community Event

Remembering loved ones. Raising awareness. Building hope.



Location:
**Chipman Street,
KSAC Parking Lot**
Date:
Monday, August 31st, 2026
Time:
11:00AM to 3:00PM

The event will include a community BBQ along with activities, information, and resources. There will be a reading from Leanne Davidson about her lived experience (A Mother's Grief Journey) Available throughout the day will be:

- Naloxone kits and Naloxone training
- Youth resources
- Harm reduction supplies
- Games and activities
- Food and refreshments
- Community support and resource information

Questions: (807) 464 4139

To mark International Overdose Awareness Day on August 31, 2026, the Ne-Chee Friendship Centre united with community partners to bring vital awareness and support to the community.

We all came together to remember those we have lost, support each other and raise awareness on the impact substance abuse and overdose has on our community.



In July alone, there were 219 suspected drug-related deaths reported in Ontario

Behind every one of those numbers is a person and people who loved them.



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.





NOTICE OF OFFICE CLOSURE

Staff Event September 9-11, 2026

Please be advised that our offices will be Fully closed from 12pm noon, Wednesday September 9th to Friday September 11, 2026, 4:30 pm. Our team will be taking this dedicated time to allow us to collaborate and realign our centre goals, returning recharged to better serve you.

Regular operations will resume Monday, September 14, 2026 at 9:00 am.

Messages will be monitored on a limited basis and routine inquiries will be answered upon our return. For immediate assistance regarding critical matters, please email hr@nechee.org or call 807-464-1394





The Ne-Chee Friendship Centre will be closed on Wednesday, September 30, 2026, in recognition of the National Day for Truth and Reconciliation.

This closing honors the Survivors of residential schools, remembers the children who never returned, and acknowledges the deep intergenerational trauma caused by these institutions.

Every Child Matters!

We encourage everyone to take this time for meaningful reflection, education, and healing.

Ne-Chee Friendship Centre offices will re-open Thursday October 1, 2026 at 9:00AM





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	
VACANT	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	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 (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
Alison	Youth Life Promotion	alison.boucha@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.