

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

In This Issue

- Things to Remember pg. 2
- In the Kitchen pg. 3
- Youth Leadership Council pg. 4
- Wasa-Nabin & Akwe:go pg. 5
- Indigenous EarlyON pg. 6-7
- Sioux Narrows/Nestor Falls EarlyON Pg. 8-9
- Sisters in Spirit Vigil pg. 10
- Indigenous Veterans Day pg. 11
- Coloring Page pg. 12
- Staff Directory pg. 13-14



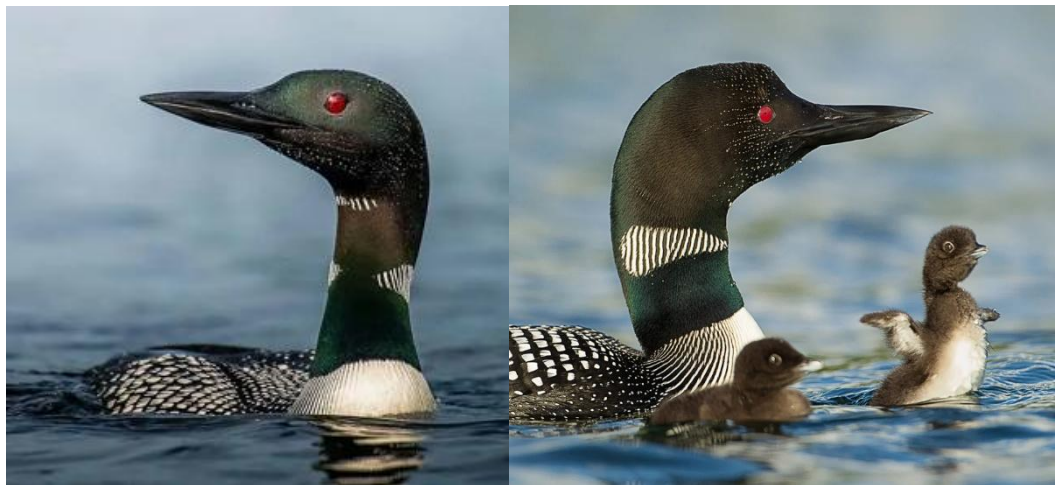
Tel:(807)468-5440

Fax:(807)468-5340

Email: reception@nechee.org

Website: www.nechee.org

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



Moving seamlessly between water, land, and sky, the common loon (**Maang**) serves as a sacred bridge between the earthly realm and the spirit world. Because they require the openness of the sky to fly, the stability of the shoreline to nest, and the mysterious depths of the water to hunt, loons are uniquely tied to all three elements. Its haunting, rhythmic call carries the ancient whispers of ancestors, offering a soothing melody for emotional healing, memory, and deep dreams. In various First Nations and Coast Salish traditions, the solitary and serene nature of the loon symbolizes tranquility and encountering one can be a sign that a wish or dream will be answered.

As lifelong partners and devoted parents, loons embody the enduring power of love, faithfulness, and shared responsibility. Loons offer profound medicine for our earthly lives through their fierce loyalty. They teach us the sacred art of partnership. By sharing the duties of protecting their nesting grounds and fiercely guarding their young—often carrying their chicks directly on their backs—they model a rare harmony of strength, vulnerability, and mutual respect.

The Red Eagle

Ne-Chee Friendship Centre Newsletter

DID YOU KNOW

Indigenous Veterans Day (November 8):

Paying tribute to the valuable contributions and sacrifices of First Nations, Métis, and Inuit service members.

Louis Riel Day (November 16):

Commemorating the life, leadership, and legacy of Métis leader Louis Riel.

Rock Your Mocs (Mid-November):

A worldwide social media event where people wear moccasins to celebrate Indigenous pride and identity



November's Moon is called the Freezing Moon.



The primary birth flower for November is the Chrysanthemum (often called the mum), with the Peony serving as the secondary bloom.



The Red Eagle

Ne-Chee Friendship Centre Newsletter

IN THE KITCHEN



COWBOY STEW

8-10 Servings

Prep Time: 35 Minutes

Total Time: 1hr 35 min

Ingredients

- 6 Slices Bacon, Chopped
- 1 (12-14oz) pkg Kielbasa, cut into slices
- 1lb Ground Beef
- 1 Yellow Onion, chopped
- 3 garlic cloves, finely chopped
- 3tbsp All purpose flour
- 1tbsp Chili Powder
- 1tsp kosher salt
- 1/2tsp black pepper
- 2C Low sodium Chicken Broth
- 2(15oz Can) chili beans, with liquid
- 1 (15oz Can) Sweet Corn, Drained
- 1 (14oz Can) diced tomato with green chilis, with liquid
- 2 Russet potatoes, peeled and cubed
- Chopped Parsley for serving

Directions

1. In a large Dutch oven, cook the bacon over Med. Heat until golden and crisp, 5-7 minutes. Using a slotted spoon, transfer the bacon to a paper-towel lined plate. Add the Kielbasa to the bacon drippings in the pot and cook until lightly browned and fragrant, 3-5 minutes. Remove to the plate with the bacon. Drain off all but 1tbsp. of fat.
2. Add the ground beef, onion, and garlic to the drippings in the pot and cook, stirring frequently and breaking up the meat, until lightly browned, 5-7 minutes. Sprinkle in the flour, chili powder, cumin, salt, and pepper. Cook until flour smells toasty, about 1-2 minutes. Stir in the chicken broth, beans (with their liquid), corn, tomatoes with green chilis (With their liquid), and potatoes. Bring to a boil and return the bacon and sausage to the pot.
3. Reduce heat to medium-low, cover, and simmer until the flavors have melded, about 1 hour.
4. Serve the stew sprinkled with parsley.

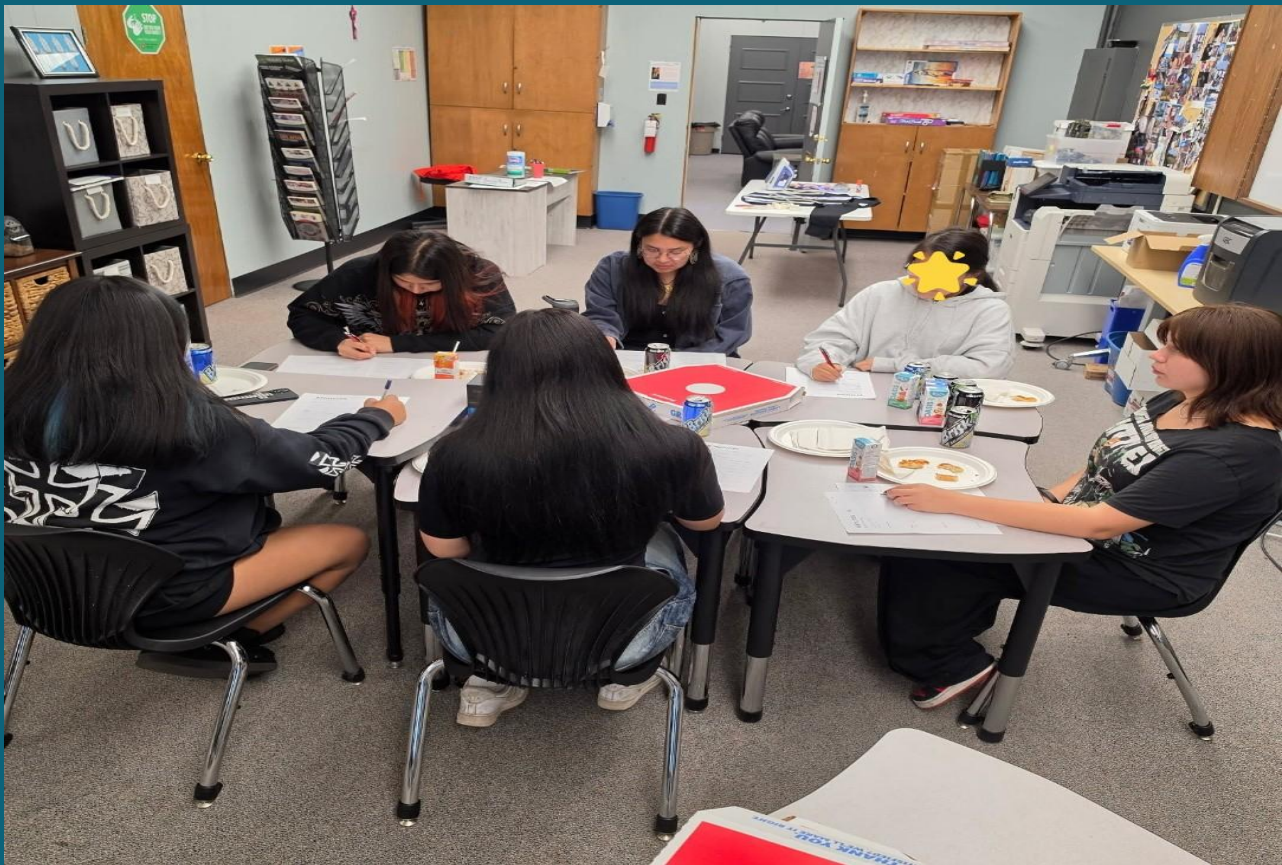
www.thepioneerwoman.com

The Red Eagle

Ne-Chee Friendship Centre Newsletter

YOUTH LEADERSHIP COUNCIL

Ne-Chee's Youth Leadership Council met this month, for their first meeting. We look forward to all the new innovative ideas the youth will come up with.



The Red Eagle

Ne-Chee Friendship Centre Newsletter

Honouring National Day for Truth and Reconciliation with Wasa-Nabin & Akwe:go ♥

In recognition of the National Day for Truth and Reconciliation, Wasa-Nabin and Akwe:go worker Rachel hosted a meaningful get-together for program clients. The gathering provided a supportive, welcoming space for youth to connect, reflect, and honour the day.

A central highlight of the event was a creative collaborative project. The children and youth worked together to design a beautiful banner made of orange shirts. Each individual shirt on the banner represents the children's personal thoughts, reflections, and heart-filled wishes.

This vibrant artwork beautifully captures our young people's deep understanding of the day's significance, standing as a powerful symbol of truth, healing, and hope for the future. Miigwetch to Rachel and all the clients who gathered to share in this important day of reflection.



The Red Eagle

Ne-Chee Friendship Centre Newsletter

Indigenous EarlyON Program

Ne-Chee's Indigenous EarlyON program coordinator, Isabella is currently running an Infant Massage program for moms with babies, newborn to twelve-months. This includes one weekly session for five weeks, allowing moms to learn another way to bond with their babies. If you are interested in future programming like this, please reach out to Isabella. She can be reached by calling the centre or by emailing her at earlyon@nechee.org



The Red Eagle

Ne-Chee Friendship Centre Newsletter

MEET & GREET



Indigenous EarlyON Info Session

November 9th, 2026

9:00am-12:30pm

**326 2nd St S, Kenora ON
(Please use Chipman
Street Main Entrance)**

Join us for a morning visit to learn more about our program & team! This is open to:

- Anyone with children aged 0-6, including caregivers & grandparents.
- Community partners & Organizations
- Anyone who would like to learn more about Ne-Chee's Indigenous EarlyON!

Ne-Chee's Indigenous

EarlyON

Child and Family Centre



Ne-Chee Friendship Centre

The Red Eagle

Ne-Chee Friendship Centre Newsletter

EarlyON

Sioux Narrows/Nestor Falls

We've been having fun with sensory and dramatic play at the Sioux Narrows Centre. We also got to enjoy a beautiful fall day at the farm where the children met and fed a wide variety of friendly animals.



The Red Eagle

Ne-Chee Friendship Centre Newsletter

EarlyON

Sioux Narrows/Nestor Falls



The Red Eagle

Ne-Chee Friendship Centre Newsletter

SISTERS IN SPIRIT VIGIL

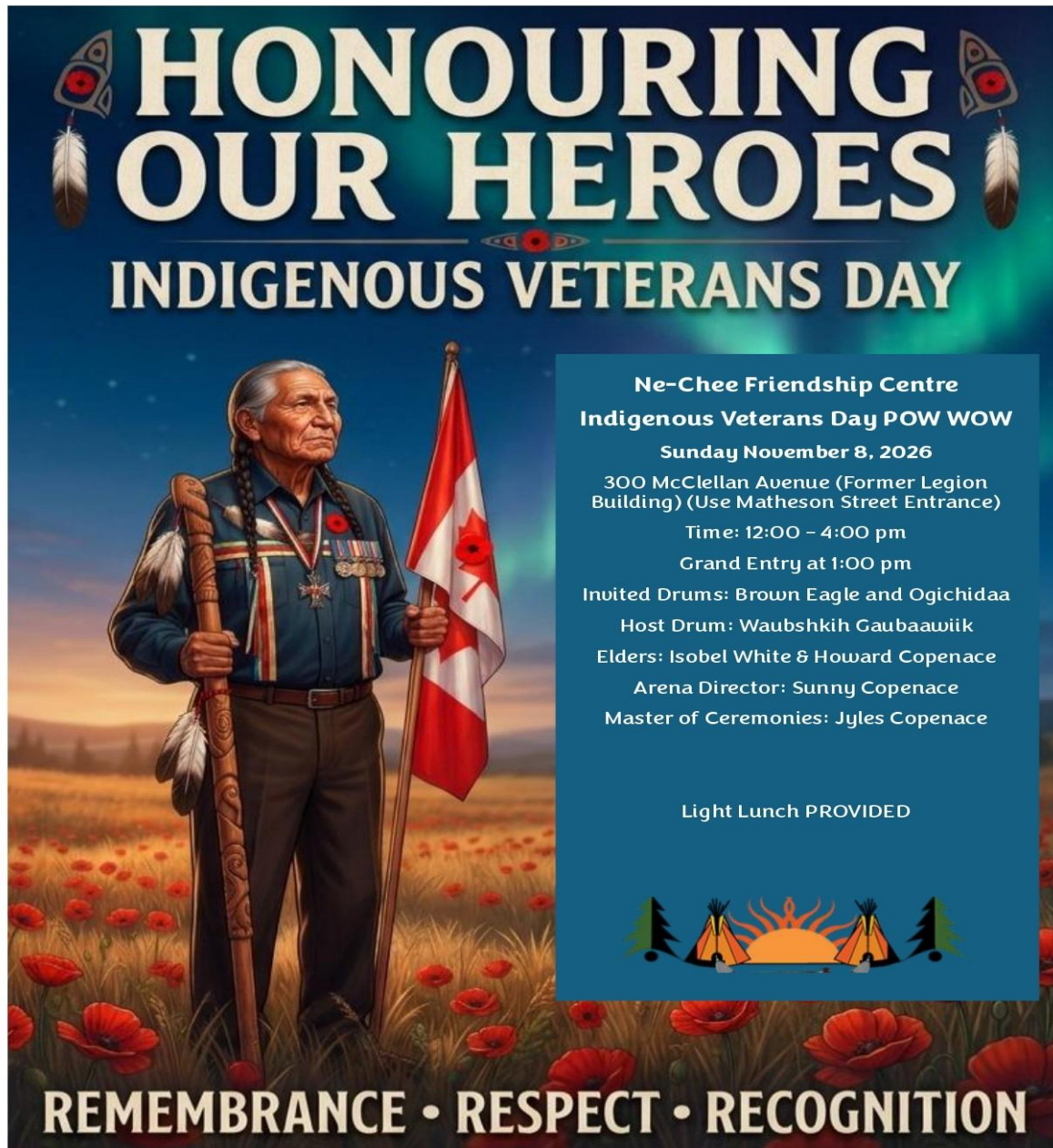
Ne-Chee Friendship Centre along with partnering agencies throughout Kenora spent a night raising awareness about the disproportionate violence faced by Indigenous women, girls and 2SLGBTWIA+ individuals. Part of the evening was spent with the Dream Weavers Healing Circle, a women-based drumming group that promotes "Healing through drumming, singing, sharing and sisterhood."

Miigwetch goes out to Grand Council and Kenora Sexual Assault Centre for the wonderful pictures.



The Red Eagle

Ne-Chee Friendship Centre Newsletter



**HONOURING
OUR HEROES**

INDIGENOUS VETERANS DAY

**Ne-Chee Friendship Centre
Indigenous Veterans Day POW WOW**

Sunday November 8, 2026

300 McClellan Avenue (Former Legion Building) (Use Matheson Street Entrance)

Time: 12:00 – 4:00 pm

Grand Entry at 1:00 pm

Invited Drums: Brown Eagle and Ogichidaa

Host Drum: Waubshkih Gaubaawiik

Elders: Isobel White & Howard Copenace

Arena Director: Sunny Copenace

Master of Ceremonies: Jyles Copenace

Light Lunch PROVIDED

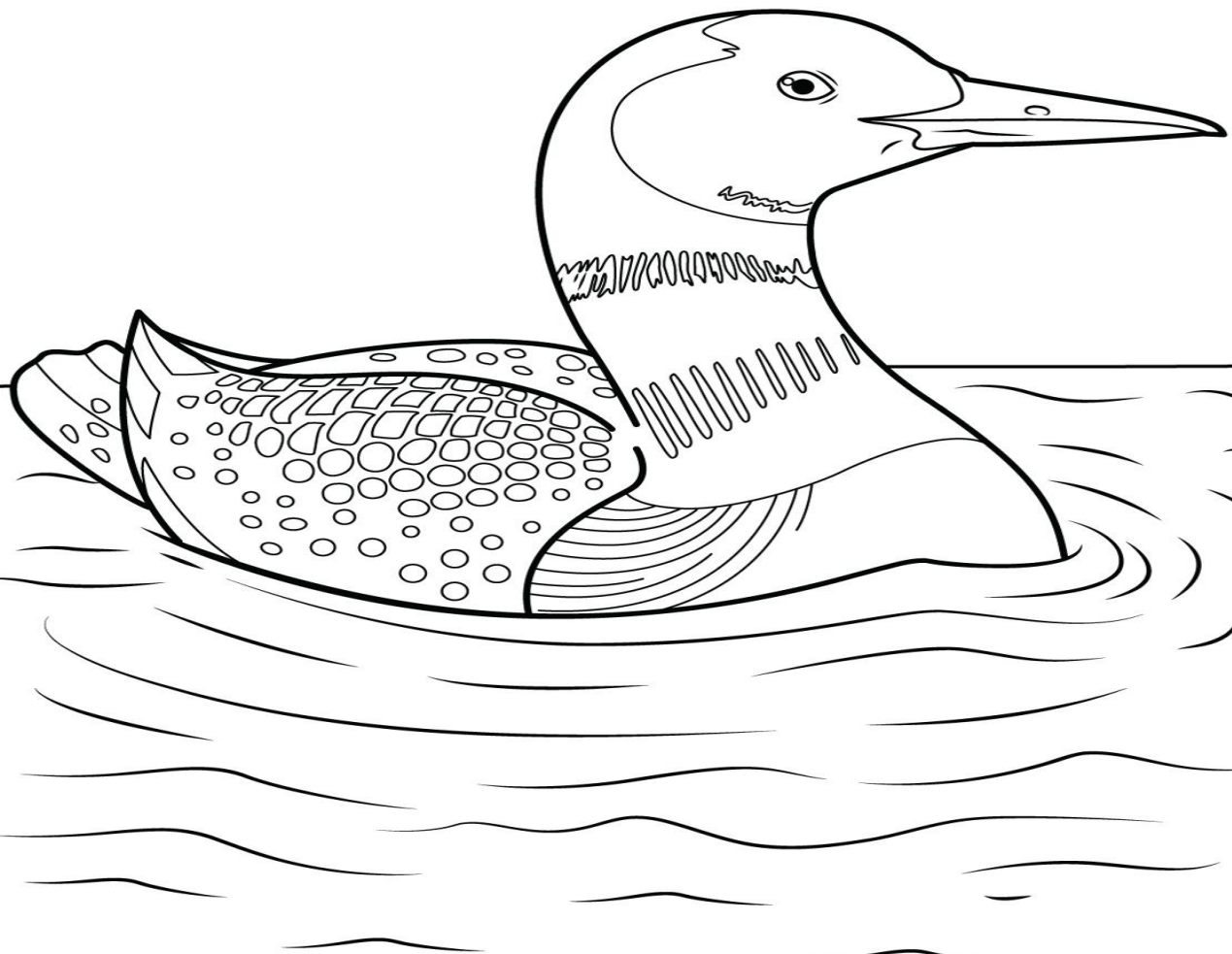


REMEMBRANCE • RESPECT • RECOGNITION

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Loon



Wake the Kids
WakeTheKids.com



2026

The Red Eagle

Ne-Chee Friendship Centre Newsletter

COURT WORKERS Courthouse # (807)-468-9657			
VACANT	Criminal Court worker		
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)-464-4371	Ext. 245
VACANT	Kizhaay Anishinaabe Niin Coordinator		
VACANT	Wewena Ngiiwemaa		
Jessica	Case Manager – Kenora Justice Centre	casemanagerkjc@nechee.org cell (807)-464-5849 or (807)-470-8222	
Elizabeth (On LEAVE)	Lead of Circle of Care Community Training & resource services		
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		
VACANT	Peer Support Worker, MH&A		
VACANT	Indigenous Healing & Wellness	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.

The Red Eagle

Ne-Chee Friendship Centre Newsletter

CHILDREN and YOUTH PROGRAMS NFC# (807)468-5440			
Rachel	Akwe:go Children's Program	akwego.wn@nechee.org (807)407-8321	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)407-8321	Ext. 239
VACANT	Youth Life Promotion		
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 Ne-Chee Friendship Centre Job postings: Please visit our website at www.nechee.org			
For Information on Ne-Chee Friendship Centre programs, please visit 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.			