

The Red Eagle

Ne-Chee Friendship Centre Newsletter

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

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Tel: (807) 468-5440

Fax: (807) 468-5340

Email: reception@nechee.org

Website: www.nechee.org

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



In Indigenous culture, the white-tailed deer represents gentleness, intuition, balance, and harmony. It often serves as a symbol of peace while representing survival, adaptability, and humanity's deep connection to the natural world.

White, or Albino deer hold a profound sacred status in many tribal traditions. They are often regarded as spiritual ambassadors, bringing messages of renewal, peace, and positive change. In legends from the northeastern Woodlands, if a pair of all white deer appear together it signifies that Indigenous people will unite and lead the world with their wisdom.

Through traditional knowledge, the deer's behavior of moving quietly, alertly, and gracefully, teaches humanity to walk through life with humility and a keen spiritual awareness.

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PROGRAM SPOTLIGHT

Indigenous Healing and Wellness Program

The Healing and Wellness program was developed from the 1989 report “Breaking Free” which brought province wide attention to the issue of family violence. The findings of this report led to the development of the Aboriginal Healing and Wellness Strategy (AHWS), which was established in June 1994. The Ontario Federation of Indigenous Friendship Centre’s (OFIFC) played an important role in the development of the AHWS. This led to OFIFC being granted a portion of the AHWS funds to implement crisis intervention services through AHWS coordinators. These workers are employed by Friendship Centre’s located across Ontario.

The Healing and Wellness Coordinator provides support to community members through family violence support services, individual healing and wellness needs and accessing traditional services and supports. These services can be provided through one-to-one or in a group setting, where action plans are developed to help meet short-term and long-term goals of participants.

With the goal of reducing family violence and improving Indigenous health, the Healing and Wellness coordinator is equipped to assist individuals in accessing services, providing crisis intervention, offering traditional supports and provide peer counseling to community members impacted by violence. Coordinators also integrate with other Friendship Centre programs, to provide a wholistic approach to healing and wellness.

The Indigenous Healing and Wellness program offers:

- Coordinate/Facilitate Awareness workshops
- Sharing and Healing Circles
- One-to-one Peer support
- Referrals to internal programs, external organizations and Community Elders
- Community Outreach Services
- Cultural Supports

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DID YOU KNOW



Halloween October 31st, 2026

October Moon



Thanksgiving Monday October 12, 2026



Bnaakwii Giizis
"Falling Leaves Moon"



OCTOBER BIRTH FLOWERS

COSMOS

Cosmos are a symbol of order and balance, peace and innocence. They represent luck and have many medicinal purposes.

MARIGOLDS

Marigolds are known for their bright colors and have long been associated with Day of the Dead.

THE OLD
FARMER'S ALMANAC

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In The Kitchen

Easy Greek Chicken Gyros

Prep Time: 10 Min Marinating the Chicken: 30Min

Cook Time: 10Min Total time: 50 Minutes Servings: 4



Ingredients For the Chicken Gyro Marinade:

- 1C Plain Greek yogurt
- 1TBSP Oregano
- 1 Lemon, juiced
- 1TSP sweet paprika
- 2TBSP Extra Virgin Olive Oil
- 1tsp Ground Cumin
- 2TBSP Red Wine Vinegar
- 1tsp Ground Coriander
- 3 cloves garlic, minced
- 1 pinch cayenne pepper
- Kosher Salt
- Black Pepper
- 1-1/2 pounds chicken tenders

For Serving:

- Pita Bread
- 1 Lg tomato, sliced
- Tzatziki sauce
- 1 Cucumber, sliced
- 1 Green pepper, cored & Sliced
- 1 sm. Red Onion, halved & Sliced
- Pitted Kalamata Olives

Instructions:

1. **Marinate Chicken.** In a large mixing bowl, mix the marinade ingredients, until well combined. Season with salt & pepper, to taste. Add the chicken and mix, ensuring each piece is well coated. Cover and marinate for 30 minutes to over night.
2. **Cook the Chicken.** Heat 1TBSP oil in a non-stick skillet over Medium-high heat until shimmering but not smoking. Add chicken to pan, shaking off excess marinade. Cook, undisturbed on one side until well browned, about 5 minutes, flip and cook the other side, 3-5 minutes more.
3. **Assemble your Chicken gyros.** Warm pita over a medium gas burner or a hot, dry skillet. Transfer to your serving plate and spread with tzatziki sauce. Add chicken, about 2-3 tenders per pita. Top with tomato, cucumber, green pepper, red onion and olives, as you like. Wrap the pita and enjoy.

www.themediterraneanandish.com

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Lifelong Care Program:

On August 26th Lifelong Care coordinators and a couple of clients took in the “Walk a Mile in her Shoes” on the Kenora Harbourfront. This march is an annual event, held every August, to raise awareness and take a stand against sexualized and gender-based violence.

DID YOU KNOW!

Roughly **100 community members and partners**, including local police gathered to walk the route from the pavilion to McLeod Park wearing red high heels.



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, those who are frail/elderly or looking for socialization.

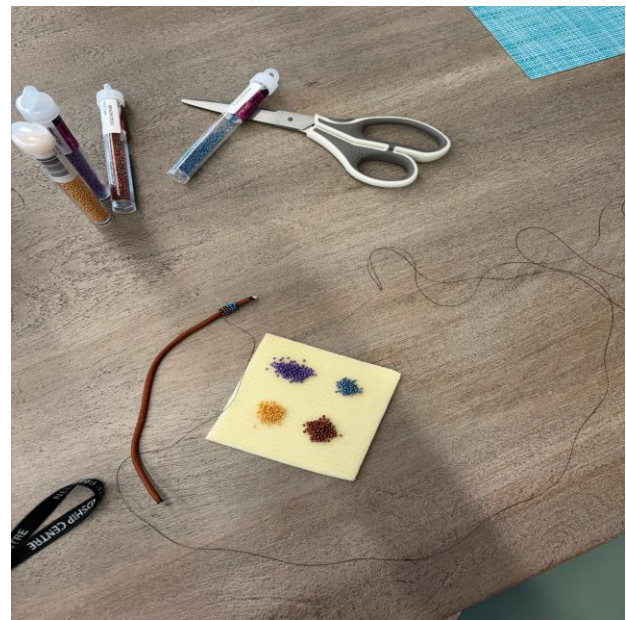
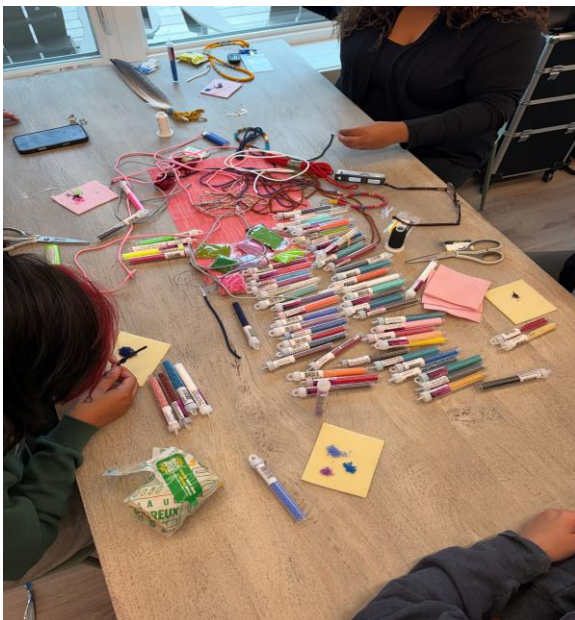


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Healing & Wellness

Beading w/ WNHAC



Did You Know!

Beads used to be made from everyday items around you.

Shells, animal bones, antlers, stones, minerals, teeth, claws, horns, seeds and nuts.



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Ne-Chee Staff with several other local organizations joined in the International Overdose Awareness Day on August 31, 2026. The event closed down a portion of Chipman Street and hosted a free BBQ, information sharing about overdose and local resources that one can access. Thank you, Bronson Carver, Kenora Daily Miner & News for the amazing picture.

DID YOU KNOW!

Naloxone can save a life. They are available at the public Health Units, Community health centres like outreach or harm reduction programs and at any participating Pharmacy.

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Boozhoo Community Members

Please note the updated operating hours, effective immediately, for the **Ne-Chee Friendship Centre**:

Monday to Thursday (Open for Drop-Ins)

10:00 AM – 12:00 PM

1:00 PM – 4:00 PM

(Closed for lunch between 12:00 PM and 1:00 PM)

Fridays (Registered Clients Only)

The main office is closed to the General public.

Staff remain available to serve **registered clients only**

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Holiday Office Closure Notice

Please be advised that Ne-Chee Friendship Centre will be closed Monday, October 12, 2026 in recognition of the Thanksgiving holiday.

The office will re-open Tuesday, October 13, 2026 at 9am

We apologize for any inconvenience this may cause.

Management, the Board, and staff wish you all a happy and safe holiday long weekend



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Ne-Chee Friendship Centre

Fall Feast

OCTOBER 21st, 2026
12:00 PM to 1:30PM

MAIN BUILDING WILL BE CLOSED
THIS DAY

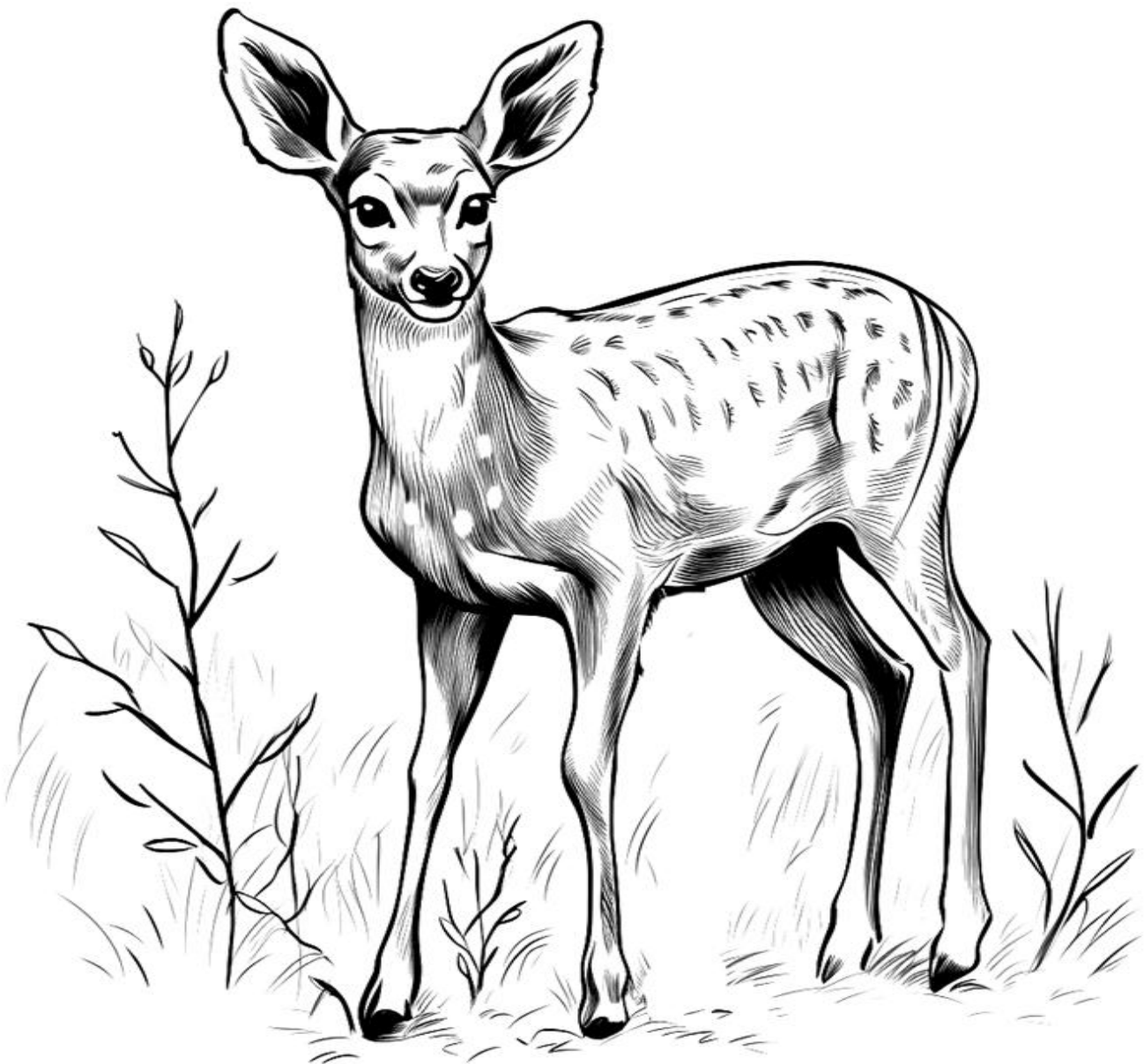
**EVERYONE
WELCOME**

NO TRANSPORTATION PROVIDED

300 MCCLELLAN AVE (FORMER LEGION
BUILDING)
USE MATHESON STREET DOORS
FOR MORE INFORMATION CALL 807-468-5440

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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 Ngiiwemaa	homesafely@nechee.org	
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	casemanager2@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	
VACANT	Peer Support Worker, MH&A	peersupport@nechee.org	
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 Services	employmentcounsellor@nechee.org	Ext. 248
Natalie	Indigenous Employment & Training Service	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.

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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
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 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.