

Rocky Bay Child and Family Services

# MONTHLY NEWSLETTER



AUGUST IS  
MANOOMINIKÉ-  
GIIZIS (RICING  
MOON)

AUGUST 2022

## HONOURING OUR CHILDREN DAY



THANK YOU BZA!

Rocky Bay Child and Family Services held their 4<sup>th</sup> Annual Honouring Our Children Day on July 24<sup>th</sup>. It is a day we have dedicated to gather in our community, Rocky Bay First Nation, to honour our children and bring families together.



The event was well attended with activities such as face painting, slime making, beading crafts, bike/wagon/stroller decorating contest, guess what's in the box, and a bouncy castle. An adult and children's bingo took place. Families enjoyed a lunch and supper, and

cousins were reunited with each other.

The Parent-Volunteer Committee held several draws during the day for a family pack of CLE tickets; they also did a giveaway at the end of the day.

RBCFS would like to give a special thank you to the BZA staff and community for their support. We would also like to extend our thanks to the staff of BZA for helping out with the events, to Spirit Bay School for the use of the gymnasium, and to the Brighter Futures program for lending us the cotton candy machine and popcorn maker. Meegwech!

We would also like to thank all the families who attended the event and promise to make it bigger and better next year.

### MORE THANKS!

RBCFS would like to thank Francine Nobis for her endless dedication in raising funds to provide events, prizes, and treats for the children and families.

We would also like to thank the Elders for opening the event with a prayer and welcome to all the guests. A big thank you to Tristin and Syndey for barbecuing the burgers and hotdogs.

And last but not least, we would like to thank the staff for all the hard work that went in to organizing and hosting the Honouring Our Children Day event! Meegwech!



If you would like a copy of the monthly newsletter emailed to you please contact Joann at [jlesperance@rockybayfn.ca](mailto:jlesperance@rockybayfn.ca) to provide your email address. Newsletters will also be posted on our Facebook page.



WINNERS of the TABLE DRAWS	
TABLE/PRIZE	WINNER
Registration – CLE Tickets courtesy Parent-Volunteer	Willow Sault
Parent-Volunteer – Fireworks	Amanda De Leon
Face Painting – Ribbon Shirt - Ribbon Skirt	Nathan Thompson Jr Aniyah Shingibus
Balloon Making – Bed in a Bag	Hannah Thompson
Slime Making – Mini Beach Day Basket	Mercedes Hardy Family
Bike/wagon/stroller Decorating Contest – Dollarama Gift Cards	1 <sup>st</sup> Asher Simmons 2 <sup>nd</sup> Noa Thompson 3 <sup>rd</sup> Khalani & Khali
Guess What's in the Box – Drone	Abby Thompson
Beading Craft – 2 Beading Kits	Aria Vacca Aniyah Shingibus



### **FAMILY SUPPORT PROGRAM:**

The Family Support Program at the RBCFS main office in BZA hosts monthly programs such as the adult social, family craft night, and the Elders Social. They also host a weekly sewing club which takes place every Wednesday at the BZA community centre.

The Elders look forward to the social and bingo held every month where they share stories, have conversations, and plenty of laughs.

"The Elders appreciate this event just as much as I love hosting this event 😊" ~ Cynthia Wynne – FSW.



### **Social Repatriation**

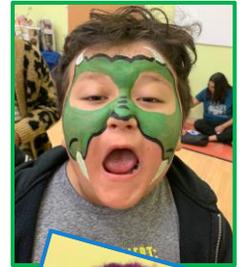
The Social Repatriation program hosted Kidz Korner on July 11<sup>th</sup>. The children enjoyed games, coloring, snacks, and had fun playing together.

The Social Repatriation program also hosts Games Nights. For more information on these programs please contact Thomas Krawczuk, SRW at 807-475-8403 or by email at [tkrawczuk@rockybayfn.ca](mailto:tkrawczuk@rockybayfn.ca).



### **TRADITIONAL CARE**

The Traditional Care team hosted the face painting table at the Honouring Our Children event held July 24<sup>th</sup> at the Spirit Bay School in Rocky Bay.



On July 30<sup>th</sup> the Traditional Care team

hosted a Water Safety event for the traditional care providers and their families. The children learned about water safety and were treated to a picnic.



If you have any inquiries or questions on how to become a foster care parent, please contact our office at 807-475-4703 and ask for the Traditional Care Team.

The Traditional Care team will be participating in the Anishinaabe Keeshigun at Old Fort William on Sunday, August 21<sup>st</sup>, please reach out if you need bus tickets. More information will be in the poster.

"Outdoor play such as playing in the sand gives children the opportunity to explore and learn through hands on tactile play that engages their success and imagination. Playing in the sand box is one of Amelia's favourite outdoor play."



## **ELDERS' CORNER:**

### **Courage**

Courage is not something mysterious or unattainable,  
It is something that you can exercise in your daily life choices,  
You can let it bring to you untraveled paths,  
That makes you more conscious and aware of your life.  
Courage does not have to roar to be heard,  
It does not mean being totally fearless and being invincible,  
It could mean taking actions, taking risks, taking a stand,  
Standing up for yourself and others  
Living by the choices for thee self  
Not of what others think or say  
Sticking to your dreams no matter what others may think or being said  
Courage could be the will to live despite the struggles,  
Not to ever give up  
Courage can be the will to forgive  
Meaning of letting go that keeps most of us stagnant  
A remarkable gift, this courage.  
In spite, of your fears, and phobias  
In spite, of what others say  
In spite, of criticisms, and disapproval  
In spite, of mistakes and failures,  
In spite of everything that stands between you and your dreams.  
Courage means trying over again when u failed,  
Admitting that you are sorry when in the wrong,  
Listening to your heart when others say differently.  
Following your dreams even when others discouraged you,  
And staying true to yourself when others think what is best for you.  
Hold steadfast to your dreams, your heart and yourself,  
Courage will not abandon you,  
Ignite that spark when courage is needed  
We all have that fire that smolders within  
It can ignite at any given time  
Our own, Courage

Written on December 19<sup>th</sup>, 2021.  
By: Joceline Nobis

### **Elders' Drumming with Diane:**

The first session of Drumming with Diane took place on July 12<sup>th</sup> with Elder Diane Hardy at the RBCFS satellite office in Thunder Bay. Diane introduced her drum and did a teaching on it. She also shared some songs with participants.

The next session of Drumming with Diane will take place on Tuesday August 9<sup>th</sup> from 6:00 – 9:00 pm at the satellite office in Thunder Bay. To register please contact Jamie at 807-475-4703 or by email at [cfsreception@rockybayfn.ca](mailto:cfsreception@rockybayfn.ca).

The Elders were also on hand at the Honouring Our Children Day event at BZA for smudging, offering support, sharing stories, and just having a chat with members. They participated in the face painting hosted by the Traditional Care team. We think the Elders look fabulous!

