

MONTHLY NEWSLETTER

AUGUST 2023



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(RICING MOON)

Honouring our Children Day:

Rocky Bay Child & Family Services staff joined together and held their 5th annual Honouring Our Children event on July 24th. It is a day we have dedicated to gather in our community, Rocky Bay First Nation, to honour our children and bring families together.



It was a beautiful day of fun in the sun at the Spirit Bay School yard with activities such as face painting, penny auction, a bouncy castle and water slide.



A Tots station was set up with tables of toys and colouring, a swimming pool, and a resting tent to keep cool where tots can enjoy snacks and refreshments.



There was also a Bubble Station where participants can blow bubbles and were entered into a draw for gift baskets. Everyone was having a good time and we couldn't have asked for better weather!

Special Thanks

RBCFS would like to give a special thank you to the BZA staff of Brighter Futures and Family Well Being for their support and helping with the events that took place. The staff also had a booth set up where children got to make paper rattles and were able to colour or bead their names.

We would also like to extend our thanks to Spirit Bay School for the use of the school yard. Special thanks to Peggy Lynch, Tunny Hardy and Jason Hardy for providing bus rides and their pontoon boat! Meegwetch!

Thanks to all the families who attended the event, it is only going to get bigger and better every year and it is all thanks to you!

Thank you to Elder Diane Hardy and Chief Treedy Thompson for opening the event with a prayer, speech and welcome to all the guests.

We would also like to thank Classic Roots for the entertainment by DJing the event with the sensational tunes and upbeat energy as well as a couple of his personal performances with his flute instrument. Meegwetch!

And lastly, 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! Thank you and we hope to see you all again next year!

"A Single sunbeam is enough to drive away many shadows."

— Francis of Asisi

Honouring our Children – continued



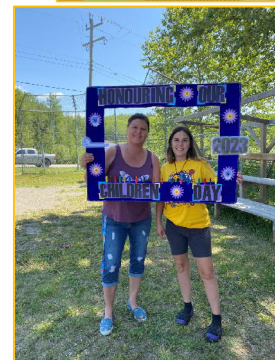
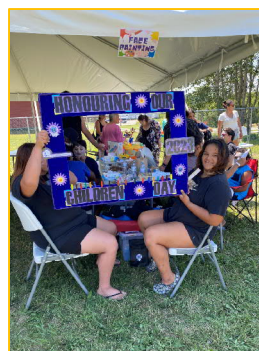
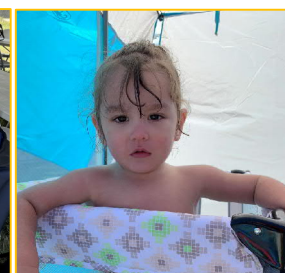
Pontoon rides were available for families who wanted to enjoy a view of Lake Nipigon and feel the cool breeze.



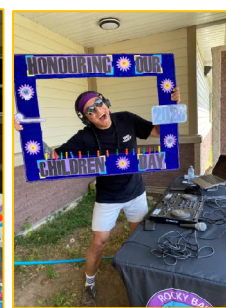
Jordan's Principle team had an information booth setup with a couple of draws for those who visited the table



Families enjoyed tacos in a bag for lunch along with hot dogs, fruit cups, and juice. For a treat everyone had popcorn and snow cones. Supper was a delicious spaghetti dinner with ice cream for dessert! Yum



To end the day of festivities we draw the winners of the penny auction as well as two door prizes! Chelsea LaDuke had won a swimming pool and Creighton Hardy won a trampoline! Congratulations to the winners!



Prenatal Infant Care Program

Prenatal Infant Care Worker Jessica Colvin had a stroller walk around Boulevard Lake in Thunder Bay on July 20th. RBCFS team made iced coffees to-go for the mothers that attended while they enjoyed the sunny weather.



Jessica also partnered with Early ON to attend their play area at the college on July 25th. There was plenty of opportunity of socialization for both mom and baby, as well as lots of fun new activities and toys to explore, it was a great time!



On July 27th Jessica set up an amazing Baby's Day Out at Northwood splash pad to get the babies out! They enjoyed the water and had a little picnic under the trees.



The prenatal infant care program continues to provide very fun and informative programs while providing wonderful support to the parents and it shows! Keep up the good work and thank you to all who attend the programs!

Family Support Program

Family Support Worker Cathleen Nobis hosted a teddy bear picnic on July 12th in BZA at the Spirit Bay School yard. Prenatal Infant Care Worker Jessica also joined in on the fun and it was a great turn-out!



The children decorated teddy bears with stickers and some kids brought their teddys from home to the check-up station where Cathleen mended their injuries.

There was a jar where the children got to guess how many gummy bears were inside. Shauna Hedican guessed the closest amount and won the jar of gummy bears! A light lunch of sandwiches, teddy grahams, Caesar salad, fruit salad and juice boxes were served, as well as ice cream for dessert.

We also had Community police officer Guy Gladu came to visit and said hello! 3 door prizes were drawn, the winners were Keira Hardy, Taya Hedican and Kylan Tyance. Congratulation to the winners and we hope to see you at the next picnic in August!



Cathleen Nobis also hosted a sewing event in BZA at the community hall on July 6th where participants got to work on regalia making projects or any mending they needed on their regalia. Sewing machines are available on site for anyone needing help with their projects. Look out for the next sewing event date by checking out the Rocky Bay Child & Family Services Facebook Page!

Traditional Care Program

Traditional Care Home Worker Jamie Ledger was at the Teddy Bear Picnic on July 11th in Thunder Bay at Vickers Park. They had a sticker decorating table where you could decorate your own teddy bear with unicorns, cats, buttons, and many more fun creative stickers! Jamie also had juice boxes, freezies, oranges, apples, granola bars and water to keep everyone cool, hydrated, and fed.



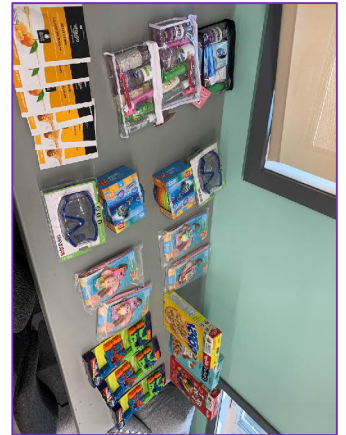
The traditional care team had a booth set up for face painting at the Honouring Our Children Day event at the Spirit Bay School yard in BZA on July 24th. They also went around the with a decorated frame and took portraits with attendees at the event which was very fun and got to capture all the beautiful smiles.



The team also hosted a Meal on a Budget program in Thunder Bay and BZA on July 26th and 27th. Where they provided to whoever attended with budget friendly recipes, and guests got to take home a hot meal. Keep up to date with what the Traditional Care team are doing for the month on August by checking out our RBCFS Facebook page!

Youth Liaison Program

Youth Liaison Worker Robin Thompson hosted several events in the month of July at the BZA office, such as the Teens Bingo that took place on July 18th. The teens enjoyed several games of bingo and won cool prizes like snacks, juice, swimming toys and toiletry bags!



Robin hosted a Kid's Bingo at the BZA office as well as a Youth Rattle Making event with Nicole Dupuis during the month of July. All events included a light snack and refreshments.



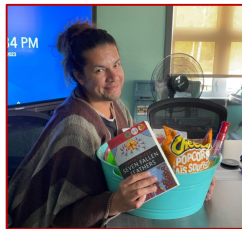
Robin continues to do an amazing job by bringing the youth together to socialize, have fun and help guide them on their exciting life journey!

Prevention Programming

Prevention worker Josee Lynch hosted her book club on July 5th and 26th at the RBCFS in BZA. The book they are reading is call Seven Fallen Feathers, racism, death, and hard truths in a northern city. Written by author Tanya Talaga using a sweeping narrative focusing on the lives of seven indigenous students that died in Thunder Bay between the year 2000 to 2011 as well as delving into the history of the city and the struggle with human rights violations against indigenous communities.

The book is a heavy topic, but the members of the club thought it was an important topic to talk about and bring awareness to, as well as have a peer group to talk with while reading the book together. The next book they choose to read will be a more upbeat one, the group joked. The book club continued to read a few chapters at each event aloud with each other, they enjoyed a meal of Perogies and various snacks such as chips, cookies, juice, and coffee/tea. One night they had a munchie basket draw and Kirby Thompson was the winner!

There are a few copies of the book left if you are interested in registering and reading this book with the club, contact the BZA office and check with reception!



Josee also hosted a bonfire night on July 12th, but due to the fire ban still in affect at the time, attendees stayed indoors at the BZA office and watched the new Transformers movie. They enjoyed a meal of hot dogs, smokies, chips and juice. There was a munchie basket draw the Killian Alanen was the winner! Keep an eye out for the next bonfire date by checking out our Facebook page!



Prevention Programming - continued

Prevention worker Thomas Krawczuk hosted his Soccer Baseball program in BZA at the Spirit Bay School baseball diamond on July 8th and 22nd. Soccer baseball has the rules of a regular baseball game but with a soccer ball instead of a bat and baseball. Children and teens gathered and split up into teams and played a game or two while enjoying snacks and refreshments such as fruit, veggie, meat & cheese platters with water and juice. Thomas will host Soccer Baseball again in August, keep an eye out for the next dates!



The RBCFS Prevention Team Hosted an Understanding Grief workshop on July 11th at the BZA office and July 26th at the Thunder Bay office. Workers Thomas, Robin and Josee provided an informative presentation on grief.

Parenting Support worker Winonah Thompson, Band Rep Tara Kowtiash and Prevention Manager Amy King provided support and helped prepare the events. Cultural Coordinator Michael Esquega opened and closed the events with a prayer and provided a smudge as well as teachings. Guests also enjoyed fruit and refreshments. There was also a door prize and Austin McGuire was the winner, he was provided with a journal and a 25-dollar gift card to Zechner's grocery store in Nipigon, congrats!

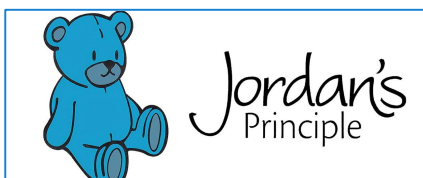


AUGUST FEATURED STAFF

Hello all!

A quick introduction for myself. My name is Priscilla Jones, and I was born in Little Current ON and raised in Steinbach MB. Seven years ago, I made the decision to make Thunder Bay my home and couldn't be happier. In my lifetime, I have been fortunate to have worked with companies in a variety of industries which include pharmaceuticals, home health care, oil and gas as well as a political organization for First Nations. Through all that, I learned that I have a passion for connecting with people and prioritizing family values, two extremely important skills for success at Rocky Bay Child and Family Services. Outside the office I enjoy refinishing furniture, brushing up on my crossword puzzle skills, and spending time with my boyfriend Joey and my sons, Koen & Dylan.

I'm so excited to be a part of the Jordan's Principle team here at Rocky Bay Child and Family Services in Thunder Bay and look forward to how I can use my life experiences to contribute to the best possible service for the children and families of BZA.



Summer students – Friday July 28, 2023.
Jordan's Principle did a presentation and in the afternoon, they went out on a visit to Sandy Beach, Thunder Bay.

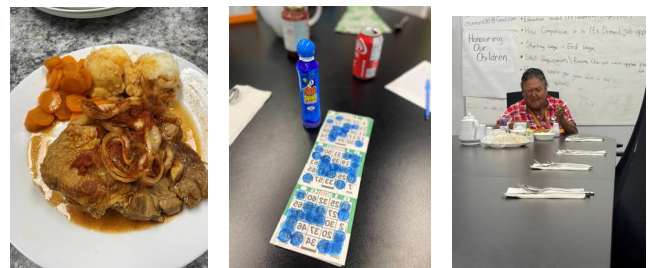
ELDERS CORNER:

RBCFS Elders committee members attended Honouring Our Children Day on July 24th at the Spirit Bay School yard in BZA. Elder Mona Hardy had a booth set up with Rocky Bay Children & Family Services swag and information pamphlets and shared many laughs and smiles with everyone who stopped by the event. Elders Joceline Nobis and Diane Hardy joined in on the day's events such as the face painting booth and watched the children have fun on the water slide and bouncy castle. It was a great day of sharing stories and soaking up the sun!



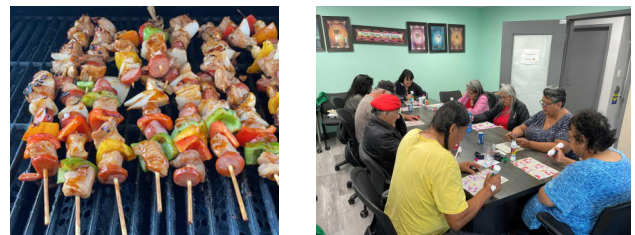
Thunder Bay Elders Social

Miss Mona held her monthly Elder Social where she made yummy pork chops with a side of mashed potatoes and carrots. After dinner, homemade lemon meringue tarts were served for dessert. There was bingo and some good household prizes were won.



BZA Elders' Social

RBCFS Workers Peggy Lynch and Robin Thompson hosted the Elder's Social at the RBCFS office in BZA on July 31. Where guests enjoyed a lovely meal of chicken kebabs with side salads, followed by bingo.



ELDERS CORNER – continued

Written by Joceline Nobis

The woman who could not cry

I will never forget this story this lady told back when I was travelling down east.

I was in my final year of university. As I boarded the bus, I noticed one seat way back by the washroom. As I approached the seat available, there sat an older lady smiling. I was so glad I found a seat because the bus was packed. I nodded at this lady that was sitting by the window seat. I felt at ease and sat down. She was looking out the window as the bus departed.

Once the bus was in motion, she turned to me.

She was smiling and looked directly into my eyes and said, "Would you like to hear a story about a woman who could not cry?" At first, I was hesitant. I did not want any conversation and just wanted to rest. Surprisingly out of my mouth I said "Of course". I was intrigued about this title of a woman who could not cry. "Yes" that sounds interesting.

Her face looked so serene and relaxed and began her story.

She began her story of when the woman was a child with a carefree spirit, always happy and content with her surrounding and life with her family. They went to powwows and had a daily ceremony of smudging; life was good then. Picking blueberries and camping was a way of life back then.

She paused for a bit and continued with the story.

This young girl was unable to cry when her dog ran away, when she skinned her knees, and when her dad up and left the family. The most hurtful happening is when they were taken away from their parents. Just before she became a teenager, changes within her began to occur.

She became unhappy with life in general, always blaming others, with so much rage she held inside her and so much emotional turmoil. She became an angry person and carrying this with her into her adult hood.

She would not show her emotions, she kept to herself and held on tightly to the pain she carried within her, and she would not cry. She did not show any emotions when her mother and father, or her 2 brothers and 2 sisters passed on to the spirit world, and she did not cry.

I was sitting there thinking to myself "that sounded just like me."

We were coming into a rest stop, and I went into the restaurant to get some coffee. I was thinking about the story while paying for my purchases.

It sure is a powerful story, "I wonder what she will say next".

I hurried back on to the Greyhound bus to hear what was coming next. But, to my surprise, I did not see her anywhere on the bus. Thinking she got off and I did not see her leave.

Our seat we sat together was empty, I asked the person with a child next to our seat if they saw the woman I was sitting with. The lady looked at me with a surprised expression on her face and replied "No".

She paused and looked at me once again.

You where sitting by yourself throughout the trip from Nipigon.

I felt dazed as she sat down where she told me the story.

I felt something under my bottom and grasped a small piece of paper that was there.

She opened the crumpled paper.

As tears fell down her cheeks, she cried big sobs and did not care who was watching her.

She hugs this piece of paper close to her chest.

For these words written was for her.

and it said,

"You can Cry Now"!