

# MONTHLY NEWSLETTER

DECEMBER 2022



DECEMBER IS  
MANIDOO - GIIZISOONS  
(LITTLE SPIRIT MOON)

## RBCFS BZA NOVEMBER EVENTS

### BZA Adult Social

The monthly BZA Adult Social took place on November 7<sup>th</sup>. Snacks and refreshments were provided, and participants enjoyed some UNO.

### BZA Elders' Social

The BZA Elders' Social took place on November 28<sup>th</sup>. Elders enjoyed bingo, sharing stories; supper and laughter were provided.

### BZA Music Classes and Karaoke

Robin Thompson, Youth Liaison Worker, has been teaching the children chords on the guitar and they have been learning how to sing with the karaoke. For more information or to sign up please contact Josee at 807-885-1697.

### BZA Kids in the Kitchen

Robin hosted 2 Kids in the Kitchen events at the RBCFS BZA office during the month of November. The kids enjoyed making a variety of cookies at the first event. They made delicious cupcakes for the second event. Awesome job Robin!

### BZA High School Karaoke

A pizza party was held for the BZA high school students on November 25<sup>th</sup>. The students enjoyed pizza, discussed food security and would like to have cooking classes provided for them also. Great jobs guys!

### BZA Family Crafts

Families gathered on November 21<sup>st</sup> at the BZA community centre to make a Christmas wreath for their home. It was exciting to watch the families create their own wreath. Such a wonderful experience.

Meegwetch ~ *Cynthia Wynne, Family Support Worker*





**More BZA event photos:**



Both RBCFS Offices  
WILL BE  
**CLOSED**  
FOR CHRISTMAS HOLIDAYS  
Monday, December 19, 2022 to  
Monday, January 2, 2023

The On-Call Schedule for the Christmas break can be found on the Monthly Calendar on the RBCFS Facebook page

"May the New Year bless you with health, wealth, and happiness."



"Christmas is the season of joy, of gift-giving, and of families united."  
– Norman Vincent Peale.

## **PREVENTION - INTERVENTION**

Prevention Worker Thomas Krawczuk held Shooting for Hoops at the Spirit Bay Public School gymnasium on November 4<sup>th</sup>. Attendees were treated to sandwiches, veggies, pepperettes, cheese and refreshments.



Although many of the children were too short to hit the rim they compromised and played soccer, and a game of Pac Man tag. Everyone had a blast. Ryder McCrady was the winner of the attendance draw. We would like to thank everyone that came out to this event and look forward to the next event in the community.



In conjunction with our Jordan's Principle worker Cohen Richardson, Thomas also held a Prevention Luncheon at the main office in BZA on November 9<sup>th</sup>. Community members along with teachers and several students from the Spirit Bay school were provided information on what both programs offer.

Attendees were provided with a lunch and refreshments. In appreciation for attending, Ms. Michelson's grade 2-5 class was provided with a gift certificate to Lar's Gas Station for snacks for their next class/school party.

## **ADDICTION SUPPORT PROGRAM**

November Addiction Support Worker programming included Wellness bingo and Sharing Circles. Both of these events were held at the main office in BZA and at the satellite office in Thunder Bay

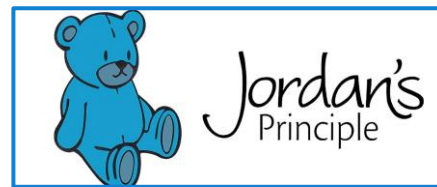
As a group we supported each other through some fearless conversations and offered each other support, leaving us with lifted spirits and we could not have achieved this with out each other's love and support, and I thank everyone who came out to the event.

We discussed affirmations; helps boost self confidence and improves self worth. Gratitude: the practice of gratitude is linked to positive outcomes and resiliency to help motivate and reach our goals. Participants were treated to homemade meals including chicken noodle soup with dumplings, home baked almond croissants, and treats. Gifts included were slippers, gift card, food prizes, socks, and notebooks.



In December we will have follow ups to the vision boards as per request from the attendees, and as always ongoing sharing circles.

Miigwech ~ *Melanie Thompson, Prevention Manager.*



Hello Everyone!

I am still coming down to the community weekly! Every Wednesday I am available to meet in person in the community to discuss any questions or any inquires of Jordan's Principle.

The program is on a very successful roll with approved applications. I encourage everyone to reach out and find out how Jordan's Principle can support your child and family!

Miigwetch ~ *Cohen Richardson*



## **ELDERS CORNER:**

### **Family Craft Night:**

Come out and join our Monthly Elders Craft Night hosted by Elder Diane Hardy and Christine Hardy! The Elders always bring in enough material for everyone.



This month we made Christmas ornaments. You can also bring your own work in progress to work on, or utilize our materials to create something beautiful. All ages welcome!



### **Drumming with Diane:**

Elder Diane Hardy has been hosting drumming sessions at the satellite office in Thunder Bay. Diane shares teachings and drumming songs with participants.



A light snack and refreshments are provided. Drumming with Diane takes place every second Tuesday of the month.



## **Become a Traditional Care Provider**

### **What is a Traditional Care Provider?**

- A person and/or family who opens their home to our own children
- A community member(s) who is committed to meeting the spiritual, cultural, and physical needs of our children.
- Traditional Care Providers can be family, extended family or anyone who have our children's best interest at heart

### **Why become a Traditional Care Provider?**

- To ensure that community members are caring for our own children
- To provide a healthy environment focused on Anishinabek culture
- To have the opportunity to honor the community's values



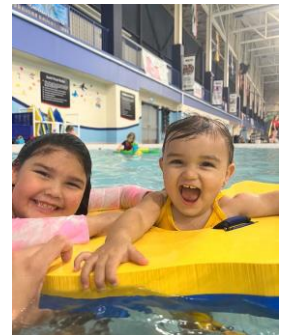
### **For more information, Please Contact:**

Amanda De Leon  
Traditional Care  
Manager  
Satellite Office:  
807-475-4703

Tricia Mishquart  
Child & Family  
Services Manager  
Main Office:  
807 885-1697

## **SOCIAL REPATRIATION**

The Social Repatriation program sponsored a Family Swim night at the Canada Game Complex on November 10th. Participants enjoyed an evening of swimming along with snack and refreshments.



Social Repatriation Worker, Latisha Hardy, is hosting a family sliding event on Thursday, December 15<sup>th</sup> at the Balsam Pit Park from 6:00 – 8:00 pm. Bring your own sled; hot chocolate and snacks will be provided. Parent supervision is required for this event.

Events such as these are planned to bring BZA members and families together to reconnect, spend time together, and have fun. For future events please follow the RBCFS Facebook page for posters and our calendar of monthly events.