

Rocky Bay Child and Family Services

MONTHLY NEWSLETTER

DECEMBER 2023



DECEMBER IS
MANIDOO-GIIZISOONS
(LITTLE SPIRIT MOON)

RBCFS Open House:

Rocky Bay Child & Family Services hosted their Open House on November 15th at the Community Centre in Biinjitiwaabik Zaaging Anishinaabek. Guests had the opportunity to see what RBCFS has to offer. All teams of RBCFS had booths set up that provided information about their division and what services that are offered. Managers of the Prevention team cooked and served a hot and delicious spaghetti lunch! There were many draws with prizes, including a door prize, an iPad! Very cool!



We would like to thank everyone who attended the open house, and we hope to see you at the next one!



Special Thanks

We would like to say a thank you to RBCFS's Traditional Care Home Recruitment Worker Jessie Cameron for the work she has been doing for the busy month of November.

RBCFS Literature was delivered to many businesses; a visit was made to Communities Together for Children in Thunder Bay for the Early On program, to talk with parents about Traditional Care and becoming Traditional Care Providers.

Recruitment booths were set up in the community for the BZA open house as well as at markets in Thunder Bay to talk to the public, educate and recruit. It was a month full of educating, promoting, and recruiting as well as getting the name Rocky Bay Child and Family Services out there for many who did not even know we exist.

Thank you, Jessie, for the tremendous work!



"You're braver than you believe, and stronger than you seem, and smarter than you think."

— A.A. Mine, Author/Poet

Prenatal Infant Care Program

On November 16th Prenatal Infant Care Worker Jessica Colvin hosted a baby blanket making program at the Community Centre in BZA. Participants got to pick out their favourite fabrics and begin making their tie blankets for their little ones. It was a great success, there was so many different lovely patterns!

Thank you to all who attended this program, and we hope you enjoy your new baby blanket!



On November 20th, 21st and 22nd, Jessica hosted a three-day event for baby moccasin making at Beendigen in Thunder Bay. Guests learned how to bead and to hand sew little moccasins for their baby. That is so cute!



Jordan's Principle

The Jordan's Principle (JP) hosted a table at the RBCFS Open House which took place November 20th at the BZA Community Hall. Case manager, Joann Lesperance handed out Jordan's Principle t-shirts and answered questions from community members. Information sheets on the Jordan's Principle program were available.



The JP team also had a draw for a beautiful fruit basket which included a \$25 Canadian Tire gift certificate, and a silver reindeer ornament. We would like to thank our talented Service Coordinator, Priscilla Jones, for creating this lovely fruit basket. The winner of the fruit basket was Roanna Martin.

Now that renovations at the RBCFS office are complete the Jordan's Principle team will be making weekly visits beginning December 5th. For appointments please contact either Joann Lesperance, Case Manager, at jlesperance@rbcfs.ca or Priscilla Jones, Service Coordinator at pjones@rbcfs.ca. Drop-ins are also welcomed.

Jordan's Principle had a photo contest on our RBCFS Facebook page this month! Participants were asked to post a picture wearing their JP Swag. Such as their orange and grey coloured sweaters as well as their navy-blue T-shirts. Three winners were drawn, and they were: Monty Hardy, Juliette Debassige, and Sophie King! Winners receive a \$50 gift card. Thank you to all who entered, all your pictures were wonderful to see!



Prevention Programming

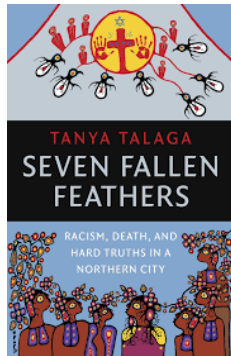
On November 22nd RBCFS Prevention Worker Josee Lynch did a presentation on Anxiety at the Community Centre in BZA during National Addictions Awareness week. After the presentation guests and staff took a group photo together.



Josee Lynch and her book club finished reading the book 7 Fallen Feathers this month. Here are a couple of quotes from the book club members:

"This was by far, the most emotional book I've read. It hit so close to home that it just breaks my heart for all these people. It was an amazing story to read."

"This book was an emotional experience for me... so close to home and all the testimony from families and community members was so heartbreaking While reading you can visualize the places and remember the news headlines of all that are talked about in the book. I really pray that our people no longer suffer from neglect from the law, and that we are seen as humans not animals."



Josee is planning on bringing her club for dinner to end off the book club with a smile! We would like to thank everyone who attended the book club, and we hope you can join in on the next one and tell us what you would like to read!



On November 6th Miss Mona hosted an Adult Social. Mona made a delightful lasagna dinner followed by an angel cake dessert.

Everyone played some household bingo, and no one left empty handed!



Prevention Programming - continued

On November 17th Addictions Worker Tawnee Thompson hosted the Wellbriety Meeting that took place at Howl at the Moon in Thunder Bay.

Howl at the Moon is Thunder Bay's first dry bar. It is a place for folks who want to have fun without alcohol and drugs. There is weekly programming that happens here. There is karaoke, drum night, a healing/sharing circle, board games, and more, there is something for everyone.

Tawnee got to snap a wonderful photo of a guest singing karaoke at the meeting. So fun!

Thank you to all who come to these meetings and starting your weekend off right!



On November 20th, Miss Mona hosted a post-secondary social where she served a Swedish meatball dinner. Followed by a few good games of household bingo. Be sure to check out our next social on December 11, 2023!



ELDERS CORNER:

Written by Joceline Nobis July 22, 2021

We continue on.

They were all sitting at a campfire. No one was speaking and lost in their own thoughts. What broke the silence was this young lady who began to speak.

She was looking at the elderly woman and asked her.

"Grandmother, I feel so lost and afraid, and feel so much anxiety. My life seems to be going nowhere. Things I could have said are trapped in my heart My brother passed away awhile months ago. His death was so hard me, it hit me pretty good."

She sighs and bows her head.
She then looks up and continues.

"I felt betrayed, he was so young to leave this world."

Then these feelings of guilt, shame, and anger of his passing emerged.

"I just don't know what to do. I should have said this, I should have not said this. I should of not turn my back on him. I should have listened".

"I can't seem to do much for myself. I think I have depression. I cannot function most days."
She held in her tears, but her voice was shaky as she spoke.

The grandmother did not answer immediately.
They all sat quiet for what seem like a long time for this young woman.

Then she spoke, and this what grandma replied:

"Young one, have you prayed? Have you placed tobacco down for Creator to hear your prayers? Have you placed tobacco down for your brother to hear what must be said to him?" "You honor him this way, when doing so. Maybe throughout your lifetime. Whatever needs to be spoken, speak to it to him as if he is there in front of you."

With this depression, we all at times are in this state. What I am speaking to you about is all our emotions when life throws us in turmoil. Our feelings. This is what depression is, our inner turmoil of emotions, and we cannot function at times.

ELDERS CORNER – continued

Grandmother continues by saying.

"Have u kept busy? Idle mind and idle hands are no way of coping."

"At times in our lives, we humans will experience this. Death takes a toll on us all. It is the process of our life cycle. There is no way of stopping it, it is meant to be. Death is change of worlds, this world and now he is in the spirit world, young one."

Grandmother looked straight into her eyes and said,

"Do not be afraid of the path in front of you. Do not be afraid to take the path. With these words to you, young one. Our fears and those negative emotions we leave behind."

Grandmother rises and walks over to the young one and hugs her.

Face to face, she looks directly in the young one's eyes and speaks.

"We must always... continue on."

The Elder's social was on November 25th at BZA Community Centre. Guests got to enjoy a spaghetti dinner with Cesar salad and garlic toast. A dessert of chocolate and strawberry log roll cakes and Dad's cookies were served as well. Guests played some games of bingo with wonderful prizes. Thank you to the Elders who came out and enjoyed themselves and we hope to see you at the next one!



November 27th an Elder Social was held at the RBCFS Satellite office. Miss Mona made a tasty salmon dinner followed by yummy homemade blueberries tarts.

