

Rocky Bay Child and Family Services MONTHLY NEWSLETTER

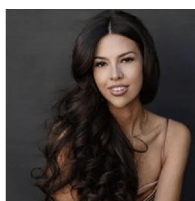


FEBRUARY IS
MAKWA-GIIZIS
(BEAR MOON)

FEBRUARY 2024

SHE IS WISE:

From January 22nd to the 24th, the Ontario Native Women's Association (ONWA) hosted their 5th annual She is Wise (Nibwaakaa Inaadiziwin) conference. The conference took place at the Sheraton Fallview Hotel in Niagara Falls, ON. and featured some incredible women such as Emma Morrison, Kathy Absolon, and Brenda J Child. Each day was split into three categories, Grandmothers, Mothers & Aunties, and then Daughters, days were filled with many speeches, teachings, and activities. Some of the items on the agenda were Indigenous Women's Economic Development Forum, Inuit Throat Singers, as well as a film screening of "We are Guardians" – A Journey of Hope Amidst Crisis. Staff of Rocky Bay Child & Family Services were honoured to attend this knowledgeable 3-day conference. Miigwetch.



Emma Morrison



Kathy Absolon



Brenda J. Child

Special Thanks

We had community member Adele Thompson send us some wonderful words after receiving her Jordans Principle Sweater.

"I received my hoodie. I wear with pride. From time to time I think of memories of walking the trail to the beach or sunset lodge in bare foot, exploring the mountains, playing with friends. Thank you and keeps me warm because it's cold here today."

Thank you Adele for sharing, we are happy you enjoy your sweater and that's its keeping you warm during the cold season!

"Hard work does not guarantee success,
but lack of hard work guarantees that there will be no
success."

-- Rocky Valvano, father of Jim Valvano

She Is Wise Continued

Rocky Bay Child & Family Services Community Outreach Worker, Sheryl Singleton attended the She Is Wise conference that took place in Niagara Falls from January 22nd to the 24th. Here are some words that Sheryl has provided:



It was an honor to attend she is wise conference this year. A lot of sharing, telling stories, and laughing amongst all the aunties, uncles, youth, and kokum's which all created the safe space needed to make this conference happen and share. I felt so humbled for all the knowledge by everyone especially the keynote speakers. As one keynote speaker said it best "be a disrupter but in a good way".

Miigwetch,

Sheryl Singleton



Continued

Rocky Bay Child & Family Services Prenatal Infant Care Worker, Jessica Colvin also attended the She Is Wise conference that took place in Niagara Falls from January 22nd to the 24th. Here is what Jessica had to say after attending:



"I was selected to be 1 of 12 youth across the province to be a Youth Leader for ONWA's Youth Leadership Movement! This movement will be youth led and provide opportunities for youth to work at building their own bundles, their leadership and offering a voice within the work being done by Ontario Native Women's Association.

I also had the opportunity to lead a breakout session, called Nourishing our Youth Roots where we made our own birch bark moose callers and learned a teaching about our relationship with moose.

I sat through ONWA's "Healing Medicine Turtle" project, where we made stuffed turtles filled with the 4 sacred medicines. This is a program I am going to be bringing to Rocky Bay, once I go through the facilitator training."

Programming

Kids in the kitchen

On January 18th Peggy Lynch of Rocky Bay Child & Family Services hosted Kids in the Kitchen at the main office in BZA. Kids came and enjoyed some Kraft Dinner and wieners for dinner, afterwards they got to decorate some cakes for a fun and yummy activity!



Kids got to take home their beautiful creations to their families! We thank everyone who came out and we hope you had fun!



Programming Continued

Adult Social BZA

On January 19th Rocky Bay Child & Family Services hosted the Adult Social in BZA at the main office. Guests came and enjoyed some amazing chicken and dumpling soup while playing some games of bingo with delicious food prizes and snacks!



Thank you to all who came out and we hope to see you at the next one!

Programming Continued

Adult Social TBAY

On January 15th Rocky Bay Child & Family Services hosted their Adult Social in Thunder Bay at their satellite office. Guests were served a delicious spaghetti dinner with coconut cream pie for dessert. There were a lot of laughs and good vibes throughout the night. Some games of bingo were played with some neat prizes, no one left empty handed!



Come join us for the next Adult Social on February 12th, we hope to see you there!



Featured Staff

Rocky Bay Child & Family Services' Traditional Care Recruitment Worker, Jessie Cameron attended a vendor's market on the 21st of January.



She spoke with lots of people, gave out a lot of pamphlets and information. Had some really good discussions about traditional care and the different models of care. Everyone Jessie Cameron spoke to loved RBCFS's models of care. She spent January making connections and talking about what Rocky Bay represents to many people just by being present around the city of Thunder Bay.

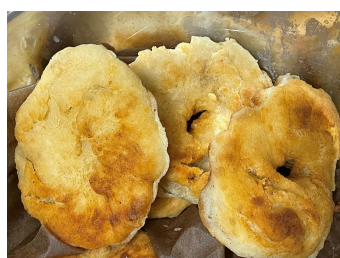
She always looks for opportunities to discuss traditional care and she is naturally attempting to recruit with most of her conversations with people.

Thank you, Jessie, for putting the word out there and putting such an incredible effort to recruit. Keep up the great work!

ELDERS CORNER:

On January 29th Peggy Lynch of Rocky Bay Child & Family Services hosted the Elder's Social in BZA.

It was a full house of happy and smiling faces and laughter was heard throughout as Elders enjoyed an amazing meal of hamburger macaroni soup with hot and fresh fried bannock. It was quite a spread for desserts as Elder's snacked on blueberry and apples pies, cookies and jam and butter for their bannock.



Elders played some games of bingo with household necessities for prizes. No one left emptied handed. The next Elders Social in BZA will be Monday, February 26th. Thank you to all who came out and we hope to see you at the next social!

ELDERS CORNER continued

Written by Joceline Nobis

Faces

As she was sitting at a park, and just a bench over from her sat these two kwe's.

She did not mean to listen to conversation, but her ears adjusted to what was being said.

She listened attentively and the ladies where in a discussion about how we see one another.

The first kwe said "I was so proud of what I heard spoke from my daughters breathe.

She went on by saying" U know my neighbor?

The other kwe nodded, "Yes", the one with all those hideous marks of warts, and dark spots and wrinkles that is all over her face including her neck.

She just looked at her and said nothing.

But her thoughts were a "Wow".

She sat quietly taking in of what her friend is saying.

Looking directly at her friend, she proceeded on of what she was going to divulge of what her daughter said.

My daughter spoke up when her friend was talking negatively about her neighbor.

She said" Some that first meet her think not so good thoughts about her on con of her face. They are only judging of what they see.

She proceeded on by saying" I at one time did think this until I got to know how she views this world.

It is absolutely amazing of what wisdom she carried within.

She is so caring, compassionate, especially of her gift of knowing.

She is kind and a with a good heart. She is an amazing Kwe.

She carries her wisdom within her and on her face.

To this day, I do not judge a person on their appearance.

U want to know what she said about her face? speaking to her friend.

Her friend was in awe and just nodded "yes".

She told me" I know others at times look pity on me of my face and neck, I know this and accept this.

All my dark spots, warts, and aging spots has a story. Many good and many not so good.

I was blessed to show this world of my gifts that I carry and my face that shows this world of who that I am.

I no longer listen to people who are judging me and talking about my face.

Others know me differently and I am so honored and humble of others see the true me.

"Yes", she says to her friend.

I see my neighbor as a friend, and that I can confide in.

She tells her friend "I am so proud of my daughter."

At times we can be so judgmental and overlooking the good we all have within us.

She was observing her friend's reaction of what said.

Her friend looks up and with a astonished look on her face.

Then, her friends say, wow, that an excellent teaching to live by.

I will also carry this teaching to others.

The lady said, every face has a story regardless of what marks or dots, or aging spots or warts or wrinkles.

Just to let u know, that when I come across a person with these markings, they have a lot to offer and teachings.

I no longer judge people about how they dress or what is on their body or face.

I go and sit with them; I know they will speak from wisdom and experience.

They carry themselves well, and at times before I even sit down with them, they already know of what their conversation will be about.

She turns to her friend and says, "How powerful is that?".

Once again, she looks at her friend.

In our lifetime we will come across these sacred beings, and I will sit with them.

I now look past their face and what is within this remarkable person.

"I am so proud of my daughter."

She now looks beyond the face.

I sat there stunned. Feeling grateful, and this message for is all of us to hear.

Miigwetch.