

MONTHLY NEWSLETTER



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(SPIRIT MOON)

JANUARY 2023

RBCFS CHRISTMAS EVENTS:

The Rocky Bay Child and Family Services hosted the BZA Off-Reserve Christmas Party on December 16th. The event was well attended by numerous families who enjoyed a wonderful pasta meal complete with pierogies and caesar salad – the meatballs were superb!

After supper was done Santa arrived to a room full of excited children who all received a gift. The Parent-Volunteer Committee handed out goodie bags to the children. We would like to thank Francine Nobis for the treats, and all that she has done for the families over the past year.

A draw was held for 3 door prizes of \$100 each which were donated by the BZA Band Council and Parent-Volunteer Committee. Winners were Faith Redsky, Peggy Lynch, and Sunny Johnson.



We would like to send a special thank you to the senior management team for serving supper to the members and packing takeout trays for families to take home. Meegwech senior team for an awesome job!



RBCFS STAFF CHRISTMAS CELEBRATIONS



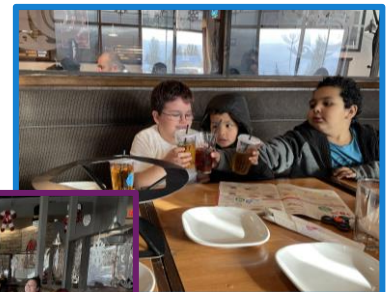
TRADITIONAL CARE

Our Agency received our Interim License to provide residential care in August 2022. Our Traditional Care Home Workers have started the process to open homes in Rocky Bay First Nation and within the Thunder Bay area. Traditional Care Home Providers can be family, extended family or anyone who is willing to open their home to our children and youth. For those who are interested in learning more about becoming a Traditional Care Home Provider we will be hosting a virtual presentation Thursday, January 19th from 12:00-1:00 pm with an attendance draw. Please contact our office receptionist Lennzi at 807-475-4703 to register.

In December, we hosted an in-person Traditional Care Drop-in program in both Rocky Bay First Nation and at the satellite office in Thunder Bay. We provided a hot lunch and had some great conversations. Our door prize winner was Loretta Thompson!

Our Traditional Care Home Workers hosted a Traditional Care Home Provider Recognition Outing, to show our appreciation with a swim at the complex and pizza at Boston Pizza. For our families that could not attend we delivered pizza kits and swimming passes.

Miigwetch to all our Traditional Care Home Providers.

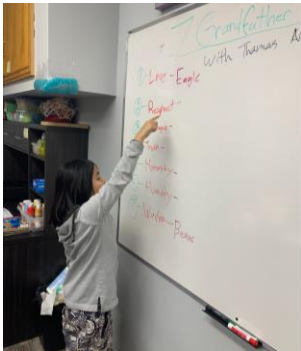


PREVENTION - INTERVENTION

Prevention Worker Thomas Krawczuk hosted a drop-in at both the main office in BZA and one at the satellite office. Participants discussed the Seven Grandfather Teachings where everyone shared their knowledge and understanding of the teachings.



Food and refreshments were provided along with an attendance draw. June Debassige was the winner of a \$25 Apple gift card for the Thunder Bay participants; Saige Thompson was the winner of a \$25 Lars Place gift card for the BZA participants.



Due to bad weather the Medicine Wheel Teaching events that Thomas had scheduled in December had to be cancelled. We would like to thank everyone for their understanding in this matter.



Thomas will be hosting other events throughout the month of January such as Game Night, Bingo Night and more. Please visit the Rocky Bay Child and Family Facebook page for posters and more information.

PARENTING SUPPORT PROGRAM

Parenting Support Worker, Laura Legarde, held a Community Kitchen on December 5th at the satellite office in Thunder Bay, during which participants made Indian tacos. Attendees were treated to a hot lunch of chicken and wild rice soup with baked bannock along with tea or coffee. Everyone was hands on in preparing of the tacos.



Teenagers colored Anishinaabek pictures while parents helped cooked the hamburger, chopped vegetables, and prepped the dough for fried bannock. Children assisted in grating the cheese.

Elders had fun decorating cookies with the teenagers while the parents fried bannock. Everyone enjoyed visiting with each other and left with full tummies.

Parenting Support Worker Kayla Thompson hosted a Pierogi & Cabbage Roll Making event for the parents along with a Cupcake & Cookie Decorating workshop for the children at the main office in BZA during the month of December. Families enjoyed making pierogies and cabbage rolls for Christmas and the children had fun decorating their cupcakes and cookies.



Both Parenting Support Programs will be hosting further Community Kitchen cooking events during the month of January. Please see our monthly activity calendar of scheduled events and activity posters which are posted to the Rocky Bay Child and Family Services Facebook page.

ELDERS CORNER:

Elder Mona Hardy hosted a Cheesecake Social on December 9th; attendees and staff were treated to the most delicious cheesecakes ever! Miss Mona always works hard and puts her love into everything she creates; we appreciate her greatly and love her food!



Family Craft Night:

Craft Night with the Elders took place on December 8th. Participants created wreaths, stockings, and angel ornaments. A light snack & refreshments were served.

Elder & Adult Social:



Elder Mona Hardy hosted a combined Elder and Adult Social for the month of December. She cooked a full course meal for participants and hosted bingo.

We would like to thank Miss Mona for all her hard work and dedication in hosting the Adult and Elders' Socials throughout the past year.



SOCIAL REPATRIATION

The Social Repatriation program hosted a Fun Family Evening at Maple Tops on December 6th. Families enjoyed an evening of activities on the play centre equipment. Pizza and slushies were provided and everyone had a great time.



The Social Repatriation program will be hosting a Sliding event at the Balsam Pit Park on Tuesday, January 10th from 5:00 – 7:00 pm; they will also host a Sliding event in conjunction with the

Traditional Care team on Sunday, January 22nd at Centennial Park from 11:00 – 1:00 pm.

Social Repatriation worker Latisha Hardy will also be hosting a High School Students' Food Bingo on Thursday, January 12th from 5:00 – 8:00 pm at the satellite office in Thunder Bay. For more information, please call reception at 807-475-4703 or email cfsreception@rockybayfn.ca.

NATIONAL RIBBON SKIRT DAY:

January 4, 2023, marks the first National Ribbon Skirt Day, a day where Indigenous women across the country are encouraged to wear ribbon skirts to celebrate their culture, their strength, and their connection as women. Several of the staff wore their ribbon skirts in honour of this momentous event.

Chi-meegwech to our Traditional Care team for honoring our Anishinaabekwe.

