

MONTHLY NEWSLETTER

MARCH 2023



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(SNOWCRUST MOON)

Family Day Bonfire:

The main office in BZA hosted a Family Day Bonfire. Chilli, smokies, hot dogs, and hot chocolate were served. Kids enjoyed roasting marshmallows and sliding in front of the school.



We would like to thank everyone who came out and participated. We would also like to thank the staff who put on a great event. It was very nice to see all the families out and enjoying themselves.



A penny auction and guessing jars contest took place. Winners were too numerous to mention as almost every family took home a little something, but the main winners are listed below:

6 Guessing Jars:

- Tracy Lesperance
- Dylan Lynch
- Cathleen Nobis
- Marissa Thompson
- River McCrady
- Carson Hardy

- 1st Adults - Jarette Mishquart
- 2nd Teens - Aiden Esquega/Abraham
- 3rd Kids - Khali Tyance Thompson
- 1st Adults - Adam Hardy
- 2nd Teens - Jarred Mishquart
- 3rd Kids - Jay-Inn Thompson

Door Prizes:

- Tricia Mishquart
- Brandi Hardy
- Mercedes Hardy



If you would like a copy of the monthly newsletter emailed to you, please contact Joann at jlesperance@rbcfs.ca to provide your email address. Newsletters will also be posted on our Facebook page.



Find Us on Facebook at www.facebook.com/RBCFSBZA

Prevention/Intervention Events

The Prevention/Intervention teams at both locations have been very busy during the month of February. Prevention Worker Josee Lynch hosted a Bonfire at the BZA office on February 5th. Although it was a chilly evening the kids toughed it out for the bonfire. Later they played skip bo, had pizza and refreshments as it was too cold to stay outside. Nate Thompson won the munchie basket and the other kids each received a hat.



Josee also hosted an Open House/Suggestion Box event on February 15th. The suggestions she received will be



utilized in the upcoming months – stayed tuned for future posts! And her bannock was a success! Jaunita Hardy won the attendance draw - \$25 Lars Place gift certificate.

Family Movie Night took place at the BZA office on February 19th. Participants enjoyed hotdogs, chips & dip, cookies and fruit cups. Cory Jr. won the munchie basket.




The Prevention team in Thunder Bay hosted a High School Dinner on February 10th. Students enjoyed pizza, wings, snacks, and refreshments. Participants learned to play skip bo. In honour of Black History month, a quiz was given. Aurora LaDuke won a fishing rod with tackle. Averil LaDuke won a bath set, and Sunny Johnson won a Nintendo Switch headphone set.



Early Childhood Intervention worker Alexandra Robinson hosted a game night at the Thunder Bay office on February 3rd. Participants enjoyed a variety of board games. Lots of laughs and good times were had at the event. Pizza, a veggie tray, and snacks were provided. The Thompson family took home 2 gift cards for attending and also won a set of headphones and a leapfrog toy for the baby.

BZA Rink Worker
would like to thank
Rocky Bay Child & Family Services
for their generous donation to the
children & youth of Rocky Bay First Nation

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Miigwetch,
Carson Hardy
BZA Rink Worker &
Children & Youth of RBFN

Youth Liaison Program

Robin Thompson, Youth Liaison Worker in BZA continues to host weekly music classes. Students Harmony and Sophie (pictured right) are learning guitar chords.



Robin also hosts a bi-weekly Kids Game Night at the BZA office. This month's Kids Game Night included playing Jenga and Kerplunk. Snacks and refreshments are served.

Teens in the Kitchen took place at the BZA office on February 7th and they whipped up a storm. Chicken fingers and fries were cooked, and they made peanut butter and chocolate chip cookies along with chocolate cake cupcakes.



Students who attended the High School Food Bingo at the BZA office all received a \$10 voucher to Dampier's Variety in Red Rock. They enjoyed pizza, snacks, and bingo. Aiden won 25 Xbox card, Victoria won \$25 to Lars Place, and Teagan won \$25 to Spirit Bay Gas Bar.



The BZA high school students learned how to cook lasagna at the High School Cooking Class held on February 23rd. They had a birthday cake for Aiden, happy belated birthday Aiden! He took home a \$25 Xbox card. Nathania received a \$25 Spirit Bay Gas Bar, and both received a \$10 Dampier's Variety gift certificate.



The Youth Liaison program also hosted a Kids Movie Night at the BZA office on February 28th. Participants watched Shrek 2, enjoyed snacks and refreshments, a draw for \$10 Apple gift cards for draws took place.

A Teen's Bingo also took place at the BZA office on February 16th. Youth enjoyed bingo, snacks & refreshments, and went home with some yummy prizes.



Parenting Support Events

Several Parenting Support events took place at both the BZA office and Thunder Bay office in February.



Parenting Support Worker Kayla Thompson had a good turnout for the Parent Day Out Bingo in BZA for the month of February. Every family that attended left with something. The Prevention Worker helped play bingo cards for those parents that couldn't attend in person. Snacks and refreshment were provided. Next Parent Day Out Bingo in BZA is March 9th at 1-3 pm.



The Valentine's Box Social Exchange had an awesome turnout. The Parenting Support Worker, Family Coordinator and Prevention Worker hosted the event. The Family Coordinator program donated the door prizes.



Tara Kowtiash who won the main prize of roses and chocolates. There was a total of 17 boxes registered for the exchange, a fun storytelling was done to help mix the boxes up. It started off a bit confusing but everyone caught on in no time! It was a great evening of pizza, Caesar salad, popcorn & cotton candy!



The BZA Family Craft Time scheduled for February 28th had to be rescheduled to Saturday, March 25th. We apologize for any inconvenience this may have caused but look forward to seeing everyone for the next Craft Time event. We will be doing customized cups/mugs and have a limited number of shirts to customize as well so watch for the March posters!

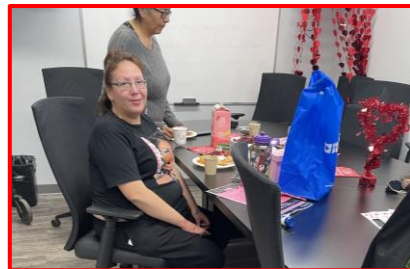
Parenting Support Worker Laura Legarde hosted a Valentines Photo Booth at the Thunder Bay office. Participants enjoyed a spaghetti dinner with garlic bread. Dessert included cupcakes, chocolate covered pretzels, valentines' cookies, along with strawberries and blueberries. Candace Hardy was the winner of a RBCFS



mug full of candies with affirmation cards. Anita Thompson won a Valentine's Day mug full of chocolates with a beautiful Anishinabek notepad.

A Parents Food Bingo took place on February 9th. Everyone went home with something. Attendance draws winners were: Diane - RBCFS mug, Theresa - blanket, Bobbi Jo - chocolates, Naiomi - four sacred medicines soaps.

A Valentines Box Social also took place at the Thunder Bay office. Attendees enjoyed light snacks, chocolate cupcakes and pretzels, fruit, and smoothie juice. Amelia brought a gift and gave it to Shayna.



Traditional Care Program

For those who are interested in learning more about becoming a Traditional Care Provider we will be having information tables set up on March 3rd from 9:45am to 11:45am at Waverley Library and from 1:15pm-3:15pm at Mary J. L. Black Library. There will be drinks and snacks provided along with an adult and child prize drawn at each location. Our last month's library draw winners are Calvin Jones, Gail Miller, Maarit Robitaille, and Edward Lafferty.



In February, we provided our Traditional Service and Traditional Care providers with Cookie Decorating Kits for Valentine's Day to make at home with their families. We were surprised how quickly we received pictures of the children eating the cookies they made.



This month our Traditional Care Home Workers will be hosting a Movie Night for our Traditional Service and Traditional Care providers and their families. We will be providing drinks and snacks along with an attendance prize drawn in Thunder Bay and Rocky Bay First Nation.

Miigwetch from the Traditional Care Team



MARCH FEATURED STAFF:

Boozhoo,

My name is Rita Pugliese I am 28 years old, I was born and raised in Thunder Bay Ontario. I enjoy traveling the world and spending time outdoors enjoying nature.



I have been working in the child welfare field for 9 years now, I graduated from the Child and Youth program and Developmental Service Worker in 2018. While I was attending college courses, I

worked in day treatment programs along with youth group homes before entering child welfare after graduation.

It is with great pleasure that I am now part of the Traditional Care Team here at Rocky Bay Child and Family Services in Thunder Bay. I look forward to meeting and working with everyone!

We are very excited to announce that we hit a significant milestone on January 30, 2023. Director of Services - Ramona Thompson shared the following statement:

"I would like to take this opportunity to share a huge accomplishment, one of many milestones for Rocky Bay Child and Family Services. Our Child Welfare Traditional Care team and Quality Assurance Manager have been working diligently towards completing all mandatory training with the Ministry to go-live in the CPIN (Child Protection Information Network) system. Rocky Bay Child and Family Services will be the third First Nation community and the fortieth agency to become recognized in the Province of Ontario. This is one of the steps needed in preparation towards Designation.

I would like to recognize our Leads, Delma Wood, Amanda De Leon, Trisha Mishquart and their staff, Farrah King, and Jamie Ledger for all their hard work to complete this task. Congratulations RBCFS!"



Elders Corner

The Thunder Bay Adult Social is always a big hit with Elder Mona Hardy always creating one of her fabulous dishes. This month's supper was beef with gravy on a bed of noodles along with green beans, and dessert. Participants enjoyed several games of bingo and plenty of laughter ensued. Chi-meegwech Mona!



Elder Diane Hardy hosts biweekly Hand Drumming sessions. She shares her knowledge of drum teachings and songs. This month they held a pancake supper at the February 21st event in honour of Shrove Tuesday (Pancake Day). Chi-meegwech Diane!



Grief Touches us All ~ by Joceline Nobis

Beautiful and humble people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths.

They know appreciation, have sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern for all. These remarkable people do not just happen. They do exist on mother earth! Even within you, my friends!

When love is lost, do not bow your head in sadness; instead keep your head up high and gaze into heaven for that is where your broken heart can be healed.

After separation, we seek happiness and inner peace. After divorce, we seek great new and humble beginnings with never ending love and laughter from our children. At the end, we still have our dignity and pride, the strength, the wisdom and courage to face any challenges in our lives.

Grief touches all of us. It may be because of a death of a loved one, a loss of innocence, a loss of a girlfriend or partner, a loss of a job or tragic life events that occurred and beyond your control. Grieving hurts intensely and can be healed. Just as we can never actually cry for someone's cause, no one can ever actually grieve for our own losses. Crying is the release of this pain that overwhelms us to the point of no return. But actually, it is the windows of the soul and needs to shed the tears of our hurts. When we hold on to long, meaning years, we become angry, defiant, and stuck.

As adults we believe we are too old to cry, but this is not so, we are given this gift of tears to shed our sorrow and pain. You in turn find the inner peace with the one and only Creator/God above. Faith, you cannot see but feel within your being and within your heart.

Go home today, your own Home Sweet Home is Our Hearts! It always tells us the truth! Creator/God is with you always, now look above and reach out and grasp his hand. He has never left us; he has been there all along.

Miigwetch
Joceline Nobis!

Written today on December 29, 2011.

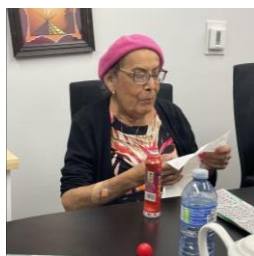
More Elders' Events:

Family Craft Night takes place bi-weekly and is hosted by Elder Christine Hardy. This month participants created beautiful beaded necklaces and bracelets along with clay jewelry and figures. A light snack is provided along with refreshments. Jessie Nobis was the winner of the Valentine bear and cookie cutters.



The Thunder Bay Elders' Social took place February 27th and was hosted by Elder Mona Hardy who cooked up a storm.

Elders enjoyed Mona's awesome bakwezhigan naboo and oven bannock followed up her famous pineapple upside down cake. Everyone enjoyed socializing and always many stories and laughter are shared, along with bingo games. Meegwech Miss Mona.



The BZA Elders' Social also took place February 27 and was hosted by Peggy Lynch, Family Coordinator, and Robin Thompson, Youth Liaison Worker. The event is always a big hit and offers community members the opportunity to get together for a meal and lots of laughter.

Elders enjoyed a Chinese food dinner along with a variety of desserts. Angel food cake topped with cool whip and raspberries & blueberries, pecan pie, apple cobbler, Jell-O, and refreshments were served. They played 15 games of bingo and received RBCFS blankets. Robin's program donated gift cards for door prizes; meegwech Robin.



Elder Wellness Day February 25th, 2023

Elders who attended this one day event enjoyed foot care and manicures, along with tarot card readings by Nolana Hardy and Rieke, and crystal healing with Bianca Lesperance.

Presentations from Nokiiwin and AETS took place. The day ended with bingo. Miigwetch to Victoria inn for hosting us.

