

MONTHLY NEWSLETTER

March 2024



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(SUCKERFISH MOON)

VALENTINE'S DAY OPEN HOUSE:

On February 14th, 2024, Rocky Bay Child & Family Services welcomed the community to the soon to be new location on Dewe Ave in Thunder Bay for a special Valentines Day Open House event. The occasion not only served as an opportunity for the public to learn about our various service departments & the support we provide, but also an opportunity to have a firsthand glimpse into our brand-new building.

The turnout for the open house was fantastic, attendees thoroughly enjoyed themselves throughout the day. To keep everyone energized, Subway Provided a delicious lunch for all guests.



Special Thanks

To all our staff at RBCFS,

As we reflect on the vital work done everyday to safeguard the well-being of children and families, its impossible not to acknowledge the incredible dedication and tireless efforts of our staff.

Each member of our team plays a crucial role in shaping the lives of the children and families in need, their commitment does not go unnoticed.

Together we are creating a brighter future for children & families of Biinjitwaabik Zaaging Anishnaabek. Your passion and dedication make a difference in the lives of those we serve, we are profoundly grateful for all that you do.

Thank you for your continued dedication, resilience & compassion.

"IF IT MAKES YOU HAPPY,
THEN IT IS NOT A WASTE OF TIME."
— ANONYMOUS

Programming

Valentines Day Open House Continued...

The event also featured several exciting draws.

Winners of table Draws.

The Band Representative table, winner was J. Hardy!

The Jordans Principle table, winner was J. Hardy!

The Cultural Liaison Coordinator table, winner was B.Morriseau!

The Traditional Care table, winners are T. Thompson & P. Colvin!

The Early Childhood Intervention table, winner was A. LaDuke!

The Family Support table, winners are B-J.Achneepiksum & A.Robinson!

The Prenatal Infant Care table, winner was W.Onakanakis!

The Cultural Liaison Coordinator table, winner was B. Morriseau!

The Prevention Services table, winners are I. Robinson & E. Blanchette!
E. Blanchette was the lucky winner of a supplied spaghetti dinner package !

The Addictions Services table, winner was W. Onakanakis!

The winner of the Grand Door Prize, an iPad was R.Thompson!

We extend our heartfelt thanks to everyone who joined us for this memorable day and for their continued support of Rocky Bay Child & Family Services. Together, we are committed to serving our community and making a positive impact in the lives of children and families.

Honoring the Legacy of Miss Mona at the Open House

At the recent Open House hosted by Rocky Bay Child & Family Services, a special tribute was dedicated to the late Miss Mona Hardy.

Originally planned as a free book giveaway and signing by Miss Mona, circumstances changed when the news of her passing reached us before the event. Despite this somber news, the RBCFS team honored Miss Mona's memory by setting up a table in her honor at the Open House.

On the Table, Guests found copies of her book "Lost Between the Cracks... The Tale of Being Hardy" By Mona Hardy & ShaeMichelle Watson. Which were generously made available for free to attendees. If you haven't had the opportunity to read it, we highly recommend doing so. It's a captivating read that you won't be able to put down.

Additionally, the table featured mini hearts where attendees could write messages to Miss Mona and her family. These heartfelt messages could range from personal anecdotes to expressions of gratitude for her impact on their lives. These mementos will be collected and added to a frame alongside a photo of Miss Mona, creating a lasting tribute to her beautiful spirit.

We extend our deepest sympathies to Miss Monas family during this difficult time and hope that this gesture of love and remembrance brings them some comfort.



VALENTINES PREP

On Tuesday February 12th, 2024, Thunder Bay Admin, *Lily Lindstrom*, paired with Rocky Bay Admin, *Raquel Hardy*, hosted a special Valentine's Day preparation event for the school children of BZA.

During this delightful program, the school-aged kids had the opportunity to craft their own personalized "Valentine box" with provided Valentine cards. Not only did the children in attendance receive enough Valentines for the entire Spirit Bay School, but the remaining Valentines were also graciously donated to the school for those unable to attend the event.

The turn out was fantastic, and everyone enjoyed making their own sandwiches, accompanied by a bag of chips and a juice box. And who could forget the delicious sugar cookies to top it all off? Before heading home, all attendees were treated to Valentine-themed goodie bags!

To add to the excitement, there was a door prize up for grabs. Congratulations to little miss Khalani Tyance, the winner of the "munchie bag"!

Lily and Raquel had a wonderful time hosting the event, both parties are eagerly looking forward to planning future events together. Stay tuned to see what exciting activities they have in store!



Family Day Sliding

On Monday February 19th, 2024, the RBCFS team in BZA hosted an exhilarating Family Day sliding event! Not only did attendees get to enjoy the thrill of sliding down the snowy hill, but there was also a cozy bonfire to keep everyone amidst the winter chill. It truly was a day filled with excitement and joy.

In addition to the sliding and bonfire activities, there were hotdogs and hot cocoa available for all participants. There's something special about enjoying hotdogs roasted over an open fire - the perfect fuel for those making the trek back up the hill. Laughter echoes throughout the day, creating unforgettable memories for all involved. It was indeed a fantastic day for families to come together and enjoy each other's company.



Let's not forget the luck of the draw! Congratulations to the following winners:

- Dino
- Farrah
- Sophie
- Maryann
- Tennessee
- Ceighton
- Aria
- Katana
- Bubsy
- Geoff
- Leonard



Once again, congratulations to the winners, and a big thank you to everyone who joined us for this memorable Family Day celebration!



Programming Continued

Savouring Soups at RBCFS: A Heartwarming Evening in BZA and Thunder Bay.

On Wednesday, February 28th, 2024, RBCFS BZA and Thunder Bay offices each hosted their inaugural Soup Kitchen events, marking a delightful start to what promises to become a cherished tradition.

In BZA, guests were treated to a delectable pot of Chicken Dumpling soup expertly crafted by *Peggy Lynch*, accompanied by warm buns. The evening was filled with laughter and lively conversations, proving that soup is truly good for the soul. The turnout exceeded our expectations, and we're thrilled to consider making this a monthly occurrence. Keep an eye out for announcements about future soup kitchens – after all, who can resist a mouth-watering bowl of soup prepared by Pegs?

Congratulations to Marissa Thompson, the lucky winner of the door prize at the BZA soup kitchen!

Meanwhile, in Thunder Bay, *Rita Pugliese* delighted guests with her flavourful Chicken Noodle soup, served alongside delicious buns. While the photographer got caught up in the infectious laughter and forgot to capture the moment, we promise to document future events more diligently – before joining in on the fun!

Both the BZA and Thunder Bay offices are excited to welcome familiar faces back to their next Soup Kitchens. We hope to see you there, ready to savour delicious soups and share in heartwarming conversations.



FEBRUARY FEATURED STAFF

Hello!

A quick introduction for myself. My name is Lennzi King, I was born & raised in Rocky Bay. A few years ago, I made the decision to make Thunder Bay my home. I enjoy spending time with my cat Kokan, my friends and most importantly my family. I also like to game during my spare time. When I'm back home in Rocky Bay I enjoy going out for ATV rides, fishing, and hunting! Being able to work for my community is empowering, being a Prevention Worker is different from my intended career path. Yet, I couldn't have been gladder to choose such a rewarding job. I am excited to see what will be in the works for the future of BZA and Rocky Bay Child & Family Services!

I'm so excited to be a part of the Prevention team here at Rocky Bay Child and Family Services in Thunder Bay. I look forward to how I can use my life knowledge to contribute to the best possible service for the children and families of BZA.



Special Congrats!

Anger Management Program

Thomas completed a four-week anger management with RBCFS! Thomas was provided tools to use when coping or dealing with stressful situations.

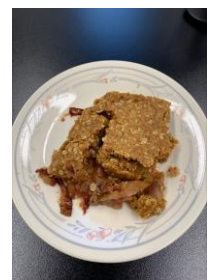
This program was used in a wholistic approach and is geared to the individual needs and/or if required. Congratulations! Thank you, Thomas for your participation.



ELDERS CORNER:

Thunder Bays Elder Social was held on February 26, 2024. The savory dinner made by *Winonah Thompson* was delicious! On the menu was Moose meat paired with potatoes & carrots.

Homemade apple crisp was for dessert. How scrumptious! Everyone left with full bellies and lots of bingo goodies! Our RBCFS team has some big footprints to fill in, in honor of Miss Mona <3.



Rocky Bays' Elder Social was also held on February 26, 2024. The astounding dinner made by *Peggy Lynch* was mouthwatering! On the menu for Rocky Bay elders was hot roast beef paired with mashed potatoes & glazed carrots! For dessert, tasty tarts. Joe Man Thompson made himself a plate & delivered J. Mishquart a plate! Wow, that Pegs must be a quite the chef. Many rounds of bingo were played during this lovely evening!



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