

MONTHLY NEWSLETTER

NOVEMBER 2022



NOVEMBER IS
BAASHKAAKODIN-
GIIZIS (FREEZING
MOON)

HALLOWEEN FUN

RBCFS in conjunction with the Parent-Volunteer Committee hosted a pumpkin carving contest and Halloween Walk-Thru costume contest.



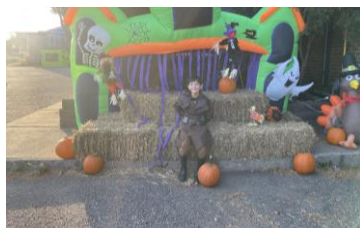
Members from both BZA and Thunder Bay showed off their artistic talents and created some awesome designs on their pumpkins. Kids dressed up in their spookiest costumes and gave the staff quite a scare. The costumes were creative, original, and totally awesome.



We would like to thank Elder Mona Hardy for the awesome cupcakes she created for the members enjoyment.



RBCFS would also like to thank Francine Nobis for donating Halloween treats and prizes for the pumpkin contest and costume contest.

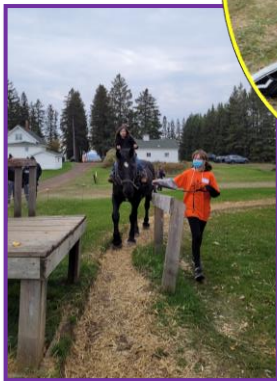


PARENT-VOLUNTEER PUMPKINFEST

We would like to thank the Parent Volunteer Committee for providing Gammondale Pumpkinfest tickets to the BZA members. Families enjoyed tractor rides, horse rides, bicycle racing, the petting barn, hotdogs and much more.



Thank you Francine Nobis for your dedication to the BZA families!



PREVENTION-TRADITIONAL CARE MEET & GREET

The Prevention-Intervention team and the Traditional Care team hosted a Meet & Greet at the RBCFS office in BZA and one at the Thunder Bay office.



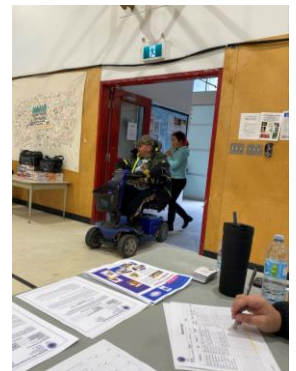
Staff held information sessions and answered questions about the services offered. A light lunch was served and an attendance draw was held.

Winners of the Attendance Draw - BZA

Amelia Hardy	Baking set
Kayla Thompson	RBCFS cooler bag
Eugenie McGuire	Rubbermaid containers

Winners of the Attendance Draw - TBAY

Christine Hardy	RBCFS cooler bag
John Semerling	Electric skillet
Dan Bonear	Magic Bullet



RBCFS – BZA EVENTS

Due to emergency maintenance issues at the main office in BZA some events for October either had to be relocated, cancelled, or rescheduled. We apologize for any inconvenience this may have caused and thank everyone for their understanding and patience. We are hoping that all the issues are resolved soon for November events.

BZA Adult Social

Takes place on Monday, November 7th from 6:00 – 8:00 pm at the main office in BZA. Members enjoy a few games of bingo followed by supper and a lot of laughs.

BZA Sewing Club

Takes place weekly on Wednesdays from 1:00 – 4:00 pm at the main office in BZA. Contact Josee at 807-885-1697 for more information.

BZA Elders' Social

Takes place on Monday, November 28th from 5:00 – 8:00 pm at the main office in BZA. Elders enjoy bingo, sharing stories, and have supper.

BZA Music Classes

Music classes for ages 8 – 18 years takes place every Tuesday and Thursday at the main office in BZA. Robin Thompson, Youth Liaison Worker, has been sharing her musical skills with the youth. For more information or to sign up please contact Josee at 807-885-1697.

BZA Kids Karaoke

Takes place November 2, 16, and 30th from 5:00 – 8:00 pm at the main office in BZA. No registration required. Ages 8 – 18 (children under 12 must be accompanied by a parent).

BZA High School Karaoke

Takes place Friday, November 25th from 5:00 – 8:00 pm at the BZA Community Centre. No registration required.

BZA Kids in the Kitchen

Takes place on November 9th and 23rd, from 5:00 – 8:00 pm at the main office in BZA. Contact Josee at 807-885-1697 to register. Children under 12 must be accompanied by a parent.

BZA Family Crafts

Takes place on Monday, November 21st from 6:00 – 8:00 pm at the main office in BZA.



Rocky Bay Child and Family Services

Main Office:
119B MacDonald Ave.
Rocky Bay First Nation
MacDiarmid, ON
P0T 2B0
Ph# (807) 885-1697

Satellite Office:
1046 Memorial Ave.
Thunder Bay, ON
P7B 4A3
Ph# (807) 475-4703
Fax (807) 475-9297

Birth Certificate Clinic

Monday, November 7, 2022
11:00 am to 4:30 p.m.

Rocky Bay Child & Family Services Office
BZA Location



- No charge if you are a person with low income
- The following info is needed to complete an Ontario Birth Certificate application:

- Your name at birth
- Location of birth
- Parent's last name when you were born
- Parent's date of birth & where your parent's resided at the time of your birth
- Contact information for a professional or elected person who has known you for over 2 years (guarantor info)
- Information about where we can reach you when your certificate arrives

If you have any questions please contact either Tricia Mishquart at tmishquart@rockybayfn.ca and/or 807-358-1891 or Kristin Burnett at kburnett@lakeheadu.ca

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ELDERS' CORNER:

Prayer/Praying ~ by Elder Joceline Nobis

Prayer is something one does.

The importance of prayer is there is no right or wrong way to pray.

Our prayers come from our heart.

When we pray to the Creator/God with an understanding he is always with you/me.

Most often in prayer, we are thankful for what we have in our lives.

To some, it might not seem much, but, to you, be grateful for what you have.

Life at times has not been easy, yet good in so many ways. The hardest lesson is life lessons that have given many to be thankful for.

With these lessons, that has taught us who we are today. When praying, always be thankful for all that has been given.

In prayer we seek guidance to do what we must do.

It is important to tell others that praying is the way one talks with Creator/God about one's life.

And, yes, he does hear our prayers.

It is important that one listens for an answer, or one may not hear.

Answers to prayer may not be what one wants or expects.

Still, prayers are heard, and whatever Creator/God answers, it is best for life's journey.

When one prays, we are able to release something from within and share it with another.

Sometimes prayer is also used as a cry for help, sometimes to beg for forgiveness, sometimes to rejoice.

Prayer is a reminder that one is never alone.

Prays can be long, or short.

You can say out loud or reflected silently, or on your knees, or walking.

It does not matter where you are.

It does not matter how we pray.

What is most important is that prayer comes from one's heart.

Faith is believing in what one cannot see.

Trusting and putting your prayers in Creator/God's hands.

Everyone is meant to have a life journey.

Faith is believing in that journey.

I believe this to be true.

It is time for you to look into your soul, and pray to find your answers.

You now have a guide.

Prayer is letting go and letting it flow.

Thought I'd share what prayer and praying means to me.

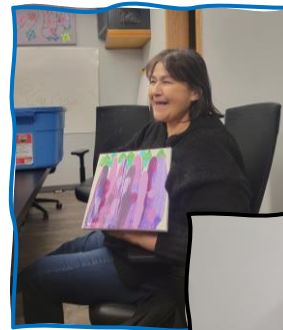
Most important is that it comes from the heart.

Miigwetch people!

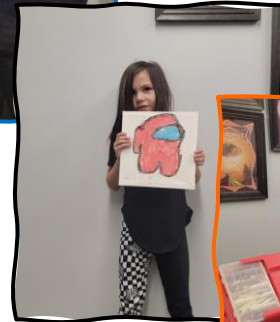
You all have your selves a good one today.

Family Craft Night:

Family Craft Night with An Elder took place at the Thunder Bay office on October 11th. Elder Christine Hardy was on hand for storytelling, knowledge sharing, and showing off her artistic skills.



Participants shared their finished product with us. Meegwech Kalinda and Jessie.



Adult Social – Thunder Bay

The Thunder Bay Adult Social took place at the satellite office on October 17th.

Members enjoyed bingo and a delicious meal cooked by our Elder Mona Hardy. As always Mona's cooking was awesome (her secret recipes). Chi-meegwech to Mona for hosting a wonderful evening of laughs, stories, and great food.

