

MONTHLY NEWSLETTER



OCTOBER IS
BINAAKWE-GIIZIS
(FALLING LEAVES
MOON)

OCTOBER 2022

BOWLING & PIZZA NIGHT



RBCFS hosted a Bowling & Pizza Night on September 22nd for Game Night. Children of all ages attended and were provided with a pizza supper. The age range went from 2 years old to teens therefore we had several teams over several lanes. A great time was had by all and we hope to do it again soon.

We want to thank Mandie and Mike at Galaxy Lanes for their great hospitality! They really went the extra mile making sure everyone was comfortable and well attended to. They were awesome at solving any issues that arose and accommodating lane change requests for us. They rock!



PARENT VOLUNTEER

RBCFS would like to thank the Parent Volunteer Committee for hosting several draws throughout the BZA Fall Harvest.



Thank you Francine Nobis for all you do for the families.

Congratulations to all the winners! Members had a great time and will put their prizes to good use.



ADDICTIONS SUPPORT PROGRAM

Program Overview:

The Addiction Support Worker provides counselling and support to Biinjitiwaabik Zaaging Anishinaabek members experiencing addictions. Engaging members in culturally competent services including confidential individual, family or group counselling about the causes and effect of addictions. The Addiction Support Worker will also provide education to individuals and groups in the community with a holistic approach to focus on mental health and addiction related topics such as suicide prevention, substance use, anxiety, and depression, etc. to support them on their journey to recovery.

The Addictions Support Program encourages positive coping strategies needed for healing while providing safety in the community. Focusing on strengths and empowering community members, this program encourages story sharing to build community connection and the continuity of healthy relationships based on the Seven Grandfather Teachings. Other services include Aftercare Support, Relapse Prevention, Home Visits, Risk and Needs Assessments, and much more.

Rocky Bay Child and Family Services is proud to announce that Melanie Thompson is our Addictions Support Worker. Melanie will split her time between the RBCFS main office in Rocky Bay and the satellite office in Thunder Bay.

We would like to share Melanie's story:

Nindizhinikaaz Geta asin kwe, Mukwa Dodem.

My Anishinaabe name translates to Ancient Stone Woman. My name is Melanie Thompson, granddaughter of Norah Thompson and the late Andrew Thompson. I am a proud member of Rocky Bay First Nation. I have had the great opportunity to spend the past 14 months as the Traditional Care Home Worker in Thunder Bay for Rocky Bay Child and Family Services where I have acquired a lot of skills working with families, working together with other agencies, and receiving lots of training.

*I would like to introduce myself as the Addiction Support Worker. All my life trials and tribulations have led my heart to be a *shkabe'* (helper) in my community in this role with the agency. My most primary qualifications for this role are that I was once was living a life astray; I am 4 years on my recovery and I have had been on my healing journey for these past 4 years. Mino bimaadiziwin.*

I received my Personal Support Worker Diploma followed by a 1 year course at the college in General Arts. I had worked as PSW for the city for 2 years until I went on maternity leave. During that time, I would consistently attend programming through TBIFC, ONWA & Beendigen, encouraging other moms to join whether I seen a mom at the store or if it was friends, our programs would be full. Thunder Bay Indigenous Friendship Centre had noticed my spark of motivating other moms and offered me a 1-year contract as the Family Resource Worker. I gained knowledge through that opportunity in working with families, planning and cooking for programming, attending workshops and participating in sharing circles.



Swimming, reading a self-help book, driving with the music loud, and sewing are just some of my favorite things to do that feed my spirit. This year I joined the powwow circle as a Jingle Dress Dancer and made precious memories camping with the kids

I am grateful for all the chapters of my life who make me who I am today. I am thankful for my life, my family, friends, and community, and my most true calling in this world...being a mother to my 4 children Hannah, Abby, Hunter and Zoey.

The impact of addiction ripples far beyond the addict. I encourage all to reach out and participate.

I will be in the community 2 - 3 times a week and will be coming around to get everyone's feedback to include in how I can best service my program to meet the needs of our people.

I look forward to talking and listening to members on this Journey as the Addictions Support Worker.

Miigwech

Melanie Thompson

BZA FAMILY SUPPORT PROGRAM

Cynthia Wynne – Family Support Worker

BZA Adult Social

The adult social is a safe space for everyone. We play cards and dice while having good conversations and laughs. We gather once monthly. Come and play a game of cards or dice with us.



BZA Sewing Club



I am ecstatic to announce Elder Marilyn Netemegeesic as the sewing mentor. Marilyn will be in the community to teach us her knowledge about sewing; she has made countless regalia. RBCFS has purchased material and supplies for jingle dresses, grass dance regalia, and shawls for anyone that

would like to make a regalia. Come out and join us every Wednesday afternoon, 1:00 pm at the BZA community centre. The sewing club is a safe space for everyone.

At this time, I would like to acknowledge 3 awesome ladies, Mercedes, Erica, and Maryann. I would like to thank Mercedes for sharing her knowledge to help get the sewing club started. She showed us how to measure the fabric so we are not wasting material. Chi-Meegwetch Mercedes for everything and we look forward to seeing your creations. I would also like to thank Maryann and Erica. I have no words to express what a beautiful thing these ladies did. They made some youth regalia just before the powwow this year; Chi-meegwetch to Maryann and Erica.

BZA Elders' Social

The Elders' Social takes place Monday, October 17th from 5:00 – 8:00 pm at the RBCFS office in BZA.

BZA Family Craft

The Family Crafts takes place Tuesday, October 25th from 1:00 – 3:00pm at the BZA community hall.

SOCIAL REPATRIATION

LOOKING FORWARD TO OCTOBER!

- ☞ COOKING NIGHTS – Oct. 6 & 20, 5 – 8 pm
- ☞ TODDLERS in the PARK – Oct. 13, 11 – 2 pm
- ☞ PUMPKIN CARVING – Oct. 27, 5 – 8 pm
- ☞ SPOOKY RBCFS HALLOWEEN WALK-THRU – Oct. 31, 3:30 – 7:00 pm

JORDAN'S PRINCIPLE

Boozhoo Everyone,

I am currently back in my position as the Jordan's Principle Service Coordinator at Rocky Bay Child and Family Services. Although I was back in late July, I am finally announcing my return to the organization and to the community. But that's just how Indian Time works! I first started with Rocky Bay in 2019 when I was the fifth person hired. I now return as the 35th (or more)! Boy it is great to see the growth of our community and our people. I have been focusing on Jordan's Principle for 3-4 years and now consider myself a bit of an expert on the topic and utilizing my knowledge I have been able to secure hundreds of thousands of dollars for our members in the form of direct services. There has been a steady intake of people seeking supports through Jordan's Principle since my return and it is an honour to support each and every one of them.

If you have, or know anyone that may have questions about what Jordan's Principle is, or wish to have supports for your child. Please feel free to reach out to me. I will be in the community weekly for in person support. My normal hours are 9:00 am – 4:30 pm, Monday to Friday.

Miigwetch,

Cohen Richardson

**HAPPY BIRTHDAY COHEN!
OCTOBER 10TH**

ELDERS' CORNER:

Family Craft Night:



Our Thunder Bay office held our first family craft night on September 13th. Elder Madonna Hardy shared stories with participants, and Cohen and Jessie showed off their artistic talents.



Elders' Monthly Social:

The next TBAY Elders' Social takes place on October 24th 5:00 – 8:00 pm at the Thunder Bay office.

Elders' Drumming with Diane:

Drumming with Diane will take place October 4th and 18th at the Thunder Bay office 6:00 – 8:00 pm.

Orange Shirt Day

RBCFS Elders and staff gathered to take photos in honour of Truth and Reconciliation Day also known as Orange Shirt Day. We acknowledge the residential school survivors and those who have not returned home.



BZA Annual Fall Harvest – Hunt

Rocky Bay Child and Family Services were honored to be a part of the annual fall harvest - hunt put on by the administration of Rocky Bay First Nation (BZA). We would like to thank BZA for inviting us to participate in this event.



RBCFS hosted the events for Wednesday, September 21st and although it was a damp day, participants had fun enjoying face painting, rock

painting, bingo, and a scavenger hunt.

