

# MONTHLY NEWSLETTER

OCTOBER 2023



OCTOBER IS  
BINAAKWE-GIIZIS  
(FALLING LEAVES  
MOON)

## Orange Shirt Day

There was a beautiful crowd at both BZA and Thunder Bay locations for Orange Shirt Day!



One group photo was taken in front of the Rocky Bay Child & Family Services office in Thunder Bay. BZA Medical and Family Well-being staff, RBCFS staff and everyone at Spirit Bay School all had lunch together, then gathered for a photo as well!

September 30<sup>th</sup> is a day for all families, workers, community members and affiliates alike to come together and wear their orange shirts for Orange Shirt Day. An indigenous-led commemorative day intended to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by indigenous children over generations.

September 30<sup>th</sup> of each year also marks the National Day for Truth and Reconciliation. It is a day that honours the children who never returned home and Survivors of residential schools, as well as their families and communities. A day of public commemoration of the tragic and painful history and ongoing impacts of residential schools is an important component of reconciliation process.

On September 30<sup>th</sup>, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

“A champion is defined not by their wins but by how they can recover when they fall.”  
—Serena Williams

### Orange Shirt Day Prep

RBCFS’ Prenatal Infant Care Worker Jessica Colvin hosted an orange shirt day prep activity at both the RBCFS locations in BZA and Thunder Bay. Participants got to enjoy some time to express their creativeness by making their own Every Child Matters swag. Jessica provided pre-printed designs and lettering and guests picked whichever design they wanted and had them pressed onto shirts, hats, and baby onesies. How cool is that?



## Prenatal Infant Care Program

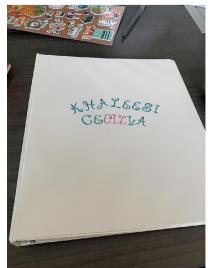
On September 7<sup>th</sup>, 2023, Prenatal Infant Care Worker Jessica Colvin hosted the Back-to-School Bingo at the Rocky Bay Child & Family Services office in Thunder Bay. Parents got to relax and enjoy snacks, drinks, and some games of bingo. The prizes were yummy snacks that kids can take to school, how awesome is that!



Jessica Colvin hosted her Baby Book Making program on September 12, 2023, at the Rocky Bay Child & Family Services office in Thunder Bay. Parents who attended brought pictures of their baby along with other items that hold precious memories to use for the baby book making. Jessica provided parents with supplies in different colours to create the parents' and baby's own unique-styled book. Parents then got to fill the books with milestones and other fun memories while enjoying snacks and drinks and each other's company. These books will be a cherished item in the family's home for years to come, when the babies grow up, they can look back and see how much they've grown over the years!



Jessica also had a Baby Book Making program in the community of BZA on September 14<sup>th</sup> at the Rocky Bay Child & Family Services office. She had one participant that day, but it was still a blast. New mom Faye and baby Khaleesi got to enjoy Jessica's company while they relaxed and worked on the baby book together. It



will be filled with precious memories as Khaleesi grows up, so cute! Jessica hosts amazing programs like this for parents every month, so be sure

to check out the RBCFS Facebook page every month to see what she has coming up next! Great work, Jessica!

## Family Support Program

Family Support Worker Catherine Nobis hosted a Food Bingo in BZA at the Community Centre on September 19<sup>th</sup>. Participants got to enjoy a night of bingo for the chance to win food items to fill their cupboards. They had the basics such as milk, bread, eggs, flour, sugar. Stuff for breakfast, like cereal, juice boxes, coffee, coffee-mate, oatmeal. Snacks and desserts like pastries, cookies, popcorn, crackers, and peanut butter. For dinner there was pasta noodles and sauce, plus everyone's favourite, Kraft Dinner! Everyone got to go home with something and had a great time, thank you Catherine for hosting such a fun bingo!





## Prevention Programming

Prevention worker Josee Lynch hosted her book club on September 11th at the Rocky Bay Child & Family Services office in BZA. The book club members and Josee all enjoyed a hot meal of chicken alfredo and cheesy garlic to start off the evening. After washing down the meal with cold drinks of pop or juice the group gathered around the boardroom table and read one lengthy chapter of the book *7 Fallen Feathers*. A book of racism, death, and hard truths in a northern city (Thunder Bay), written by author Tanya Talaga. It is heartbreaking book they have been reading since the beginning of summer. Josee says she cannot express how sad this book is, very emotional. But she is happy with the group and how easily and comfortably they can debrief after reading each chapter. Josee raffled a munchie basket and the winner was Maryann! Butter tarts and chocolate cake were given to the other 2 book club members, everyone went home with something that night! There are still copies of the book left if anyone is interested in finishing the next half of the book with the group! Contact reception at the BZA office to sign up! Look for the RBCFS Facebook page for contact info!



## Annual General Meeting

Rocky Bay Child & Family Services hosted their annual general meeting on September 27th, 2023, at the Community Centre in Biinjitiwaabik Zaaging Anishinaabek. We hold these general meetings to give an update and report to community members of what we have been up to as an agency. The meeting started with an opening prayer, a welcome from the Meeting Chair, Chief Thompson, and the Board President. Approval of the agenda was confirmed and then there was presentation by Esquega Law, followed by a delicious lunch. After the meal the meeting continued with an auditor's report and the presentation of the annual report as well as the service report, followed by a presentation by a guest speaker. The meeting ended with a closing ceremony and a dinner; it was successful annual report. Thank you to all who came out and attended.





## ELDERS CORNER:

### BZA Elders' Social

Rocky Bay Child & Family Services worker Peggy Lynch hosted the Elder Social that took place at the RBCFS office in BZA on September 25<sup>th</sup>. Elders got to enjoy a dinner of dumpling stew with beef and vegetables, and oven bannock with pumpkin pie topped off with cool whip. They also enjoyed cinnamon buns mixed with apple pie filling. After the dinner they enjoyed some games of bingo with munchie items for the prizes. It was another happy and successful social for the elders!



### Drumming with Diane

Rocky Bay Child & Family Services' Elder Diane Hardy hosted her drumming session program on September 12<sup>th</sup> at the RBCFS office in Thunder Bay. Attendees were welcomed with a hearty meal of chili and bannock. Afterwards, Diane shared the protocols of being a drum carrier followed by some gorgeous songs. If you would like to attend the next drumming session with Elder Diane, the next dates are October 3<sup>rd</sup> & 17<sup>th</sup> at 5pm. Come on out to the RBCFS office in Thunder Bay, all are welcomed!



### Elder Jocelyn Nobis

BZA Band celebrated the 60<sup>th</sup> anniversary of their community that took place at the Community Centre on September 21<sup>st</sup>, 2023. Members got to enjoy food and fun that day, as well as look at pictures, presentations, and videos of the community's past and how much it has grown and evolved since then. Everyone also had the honour of hearing wonderful stories by Elder Jocelyn Nobis of her growing up in Biinjitiwaabik Zaaging Anishinaabek, also known as MacDiarmid, or Rocky Bay Reserve. Jocelyn shared a heartfelt speech of why she became an elder for Rocky Bay Child & Family Services. We thank Jocelyn for her words of wisdom and her engagement with the community. Miigwetch!

