

# Rocky Bay Child and Family Services

# MONTHLY

# NEWSLETTER

SEPTEMBER 2023

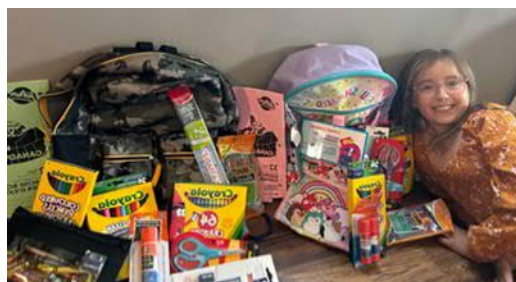


SEPTEMBER IS  
WAABAAGBAGAA -  
GIIZIS (LEAVES  
TURNING MOON)

## BACK TO SCHOOL:

Back to School is just around the corner and we would like to say a huge thank you to Jordan's Principle for supplying school supplies and backpacks to BZA members and affiliates!

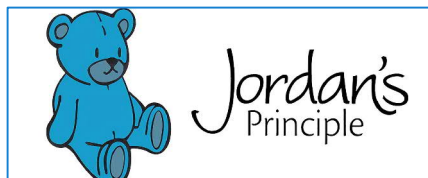
Everyone who registered their children received a backpack filled with pens, pencils, highlighters, erasers, rulers, and a calculator. Students also received a pencil case filled with markers and pencil crayons, along with notebooks and dividers. Plus, they got a bonus of getting a \$150 gift card to Sport Chek, how awesome is that!



All were very happy with what they received and now they're ready for the new school year! Miigwetch!

*Photo submission by Angus McCrady*

Jordan's Principle ensures that First Nations children can access all public services without delay or denial. If you have or know anyone that has questions about what exactly Jordan's Principle is or how it may support your child(ren) please reach out to Priscilla Jones (JP Service Coordinator) or Sheryl Singleton (JP Case Manager) by calling the RBCFS Thunder office or BZA Office. Check out our Facebook page for more information or how to contact us!



"When you change your thoughts, remember to also change your world."

– Norman Vincent Peale

## Fun at the CLE

We would like to thank BZA for providing tickets to community members for the Canadian Lakehead Exhibition. It was another fun time of excitement and laughter for everyone! Thrilling rides and games with good food!

Photo submissions:

CLE Babies



Athena won Bounciest Baby at the CLE. Rosie won Best Dressed! So Cute



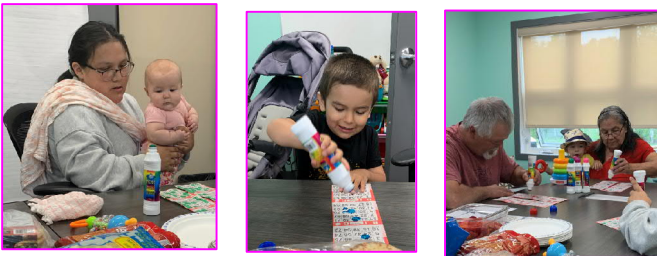
Peggy Lynch has a blast with her grandchildren Tamara, and Miley.

## Prenatal Infant Care Program

Prenatal infant care worker Jessica Colvin hosted a baby bingo at the Rocky Bay Child & Family Services office in Thunder Bay on August 10<sup>th</sup>. Parents can come to the program and participate in some games of bingo to win baby themed prizes. Jessica had one guest come to the program, but it was still a blast for Charlena and baby Athena! They got to go home with a baby book, puzzle, snacks, and other amazing baby goodies! Thank you for coming Charlena and baby Athena!



On August 22<sup>nd</sup> Jessica also hosted the baby bingo held at the RBCFS office in BZA and had a great crowd show up! Participants got to play some games of bingo for a chance to win some amazing baby themed prizes such as bibs, baby utensils, books, clothes, hygiene products and snacks! It was lovely to see the little ones play and have smiling faces. Thank you to everyone who showed up to program!



On August 24<sup>th</sup> Jessica hosted her Baby Sensory Bags program at the RBCFS office in Thunder Bay. Participants got to entertain their babies by filling bags with fun things like beads, hair gel and pom poms. Babies got to explore different textures and feelings to encourage healthy development. Everyone got to enjoy snacks and drinks while making the sensory bags.



If you would like to join in on the fun and educational programs that Jessica provides, check out the Rocky Bay Child & Family Services Facebook page and have a look at the latest calendar of events!

## Family Support Program

Family Support Worker Cathleen Nobis had the sewing machines set up at the Community Centre in BZA on August 9<sup>th</sup> and 23<sup>rd</sup>. Participants got to finish their sewing projects like their regalia or ribbon shirt in time for the BZA Powwow that took place on August 25<sup>th</sup> to 27<sup>th</sup>. From mending to sewing on the last bit of ribbons on their shirts or putting on the last jingle for their jingle dresses. BZA band was also celebrating their Cultural Week events and had live entertainment, Kinney man and Band, perform at the Community Centre on the 23<sup>rd</sup> at the same time so the sewing group enjoyed live music while they finished their projects. It was a nice treat, and we got the pleasure of receiving a couple of photo submissions of their finished projects! Miigwetch!



Cathleen hosted her Teddy Bear Picnic Program on August 9<sup>th</sup> and 23<sup>rd</sup> at the Spirit Bay School Yard in BZA. Participants got to bring their favourite teddy bear or stuffed animal, enjoy the beautiful August weather and activities. Such as a colouring or sticker station, teddy bear crown making, and they even got to decorate their teddy bear themed cupcakes! Cathleen also had a mending station for anyone needing to repair their beloved stuff animal. Provided snacks such as fresh fruit like strawberries, blueberries, bananas, and watermelon. She also had ham sandwiches, drinks and freezies to finish off the day! Participants had the chance of winning raffle prizes like blow-up water toys and bubble guns for both days, it was a fine to have a picnic and everyone enjoyed themselves. Thank you to everyone who came and participated!





## Traditional Care Program

Traditional Care Team had the pleasure of working with BZA's summer students that reside in Thunder Bay. This month on August 22<sup>nd</sup>, now that we are coming to the end of the season and before the students start getting ready for the new school year, the traditional care team took the summer students out to Countdown Escape Rooms in Thunder Bay on North Cumberland Street. Countdown Escape Rooms is a live interactive game, to play the game you must solve a series of puzzles and clues to open locks. Once opened you get to move on until you finally solve the mystery of the room. Don't worry, you are not really locked in a room! It's a fun cross between a movie and a seek and find game, except feeling like you are actually in it!

The summer students had a blast at the escape rooms that day with lots of laughs solving the puzzles of the room. Thank you to the Traditional Care team for taking them out for fun day of activities!



On August 24<sup>th</sup>, the Traditional Care Team spent the afternoon with the summer students for a game of baseball at the Chapel's Park play field. Students geared up, split up into two teams and played a few games of baseball and got some fresh air.

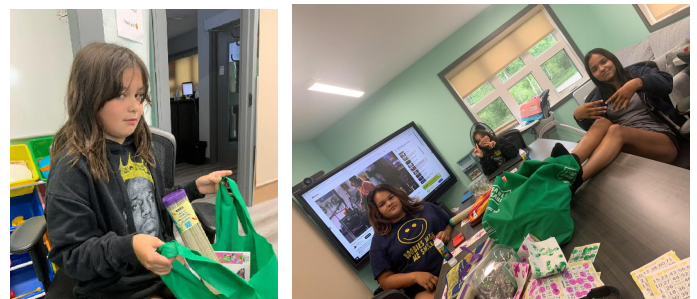


## Youth Liaison Program

Youth Liaison Worker Robin Thompson hosted the Kids Bingo on August 8<sup>th</sup> at the Rocky Bay Child & Family Services office in BZA. It was a quiet day with just a couple of participants, but that didn't stop them from playing a few games of bingo, shared some laughs and won some prizes. The kids got to win neat prizes such as swimming toys, snacks, and hygiene products. Check out the RBCFS Facebook page to see when the next kid's bingo is!



Robin also hosted the Teens Bingo that took place on August 8<sup>th</sup> at the RBCFS office in BZA. It was pretty much the same kind of day as it was on the kid's bingo. Participants got to play a few games of bingo while listening to some music, had some snacks and went home with some prizes. Snacks, toys, and hygiene products were the prizes. Now that a new school year is around the corner, Robin will be switching up some of her programs back to more educational ones such as Kids in the Kitchen, Teens in the Kitchen, and High School Cooking Classes. If you are in the BZA community, check out the RBCFS Facebook page and have a look at September calendar to find out the next program dates!



## Prevention Programming

Prevention Worker Josee Lynch hosted her Bonfire Social on August 16<sup>th</sup> at the Rocky Bay Child & Family Services in BZA. We were having some rain that day, so Josie moved the social inside and decided to watch a movie instead. Participants got cozy, Josie put on the movie "The Meg" and they all enjoyed smokies, chips, cookies, and pop. After the movie, Josie did a munchie basket draw and Bart Hardy-Lynch won! The rest of the participants got to take home a bag of chips and pop, it was a rainy day well spent! Keep a lookout for the next social by checking out the RBCFS Facebook page!



Josie hosted her Book Club on August 2<sup>nd</sup> and 30<sup>th</sup> at the Rocky Bay Child & Family Services office in BZA. The book that the club is reading is called Seven Fallen Feathers, racism, death, and hard truths in a northern city. Written by author Tanya Talaga using a sweeping narrative focusing on the lives of seven indigenous students that died in Thunder Bay between the year 2000 to 2011 as well as delving into the history of the city and the struggle with human rights violations against indigenous communities. Members of the book club read a couple lengthy chapters out loud with each other while enjoying meals. A spaghetti dinner one day and chicken fried rice on the other day, along with snacks like baked goods, chips, juice, and pop. The book is a heavy topic, but the members of the club thought it was an important topic to talk about and bring awareness to. After the group read the chapters, they enjoyed being able to debrief with their peers, at the end of the program, Josie did a munchie basket raffle and Maryann Mickelson was the winner! The book club made it over halfway through the book so far, if you like to join in on the rest of the book, contact reception at the RBCFS office in BZA and register. 5 spaces are still open. Check out our Facebook page to see when the next dates are!



## Prevention Programming – continued

Prevention Worker Thomas Krawczuk hosted the Kids Bingo that took place at the Rocky Bay Child & Family Services office in Thunder Bay on August 8<sup>th</sup>. Participants got to enjoy a nice meal of rigatoni and meatballs, afterwards they got to snack on some veggies and fruit trays with juice and water. Some Kids played bingo while others went to play while the parents/guardians played bingo for them. Participants had a chance to win gift cards for Xbox, Tim Hortons, PlayStation, Cineplex, and a lunch box kit as well. Thomas said it was a great nice and really enjoyed it and participants we happy with their winnings! Thank you to all who came out!



Parenting Support Worker Melina Indian-Mandamin hosted the Food Bingo that took place on August 8<sup>th</sup> at the Rocky Bay Child & Family Services office In Thunder Bay. Families came and joined in on some games of bingo for chances to win food packages for breakfast, lunch, dinner, got to enjoy each other's company and socialized. Participants also enjoyed fruit and veggie trays with refreshing drinks. Everyone got to go home with a prize and had a wonderful time!





## SEPTEMBER FEATURED STAFF

Introducing Parenting Support Worker, Melina.

Boozhoo! I'm Melina Indian-Mandamin, married and have two kids! I am from Wabaseemoong Independent First Nations. I moved to Thunder Bay 5 years ago to attend school. I've received my Native Child and Family Services Diploma and now working towards my Indigenous Learning BA Degree.

I've always enjoyed working with families and helping them with their needs.

I am happy to work with the BZA community and look forward to meeting everyone. Don't be shy to say "Hi" to me!



## CULTURAL WEEK IN BZA

BZA Band held a week of events for Cultural Week in Rocky Bay First Nation from August 21<sup>st</sup> to August 24<sup>th</sup> before they held their 36<sup>th</sup> annual Powwow. The cultural week events took place at the BZA Community Centre, where guests got to experience events like: Cultural teachings with Cathy and Roger Fobister, a karaoke and square dance, Hadlen magic/hypnosis show, water teachings and bear fat rendering with Sheila DeCourt, and Live music by Kinnyman & Band! Each day also had a lunch, supper, and dessert with snacks and refreshments as well.



At the end of Cultural Week came the readying and blessing of the grounds for the annual powwow that took place from August 25<sup>th</sup> to August 27<sup>th</sup>. Usually, the powwow would take place in the community of Rocky Bay, but due to the grounds being under beautification, the powwow took place at Royal Windsor Lodge. An area that's outside of town and down the highway, 10.3 kilometers south of Rocky Bay. A great space that has a wide opening of green grass and beautiful views of lake Nipigon.

Rocky Bay Child & Family Services would like to give recognition and a big thank you to BZA Band, Medical Centre, and Family Well-Being staff for the great turnout of cultural events and of their annual powwow. We would also like to give thanks for the entertainers and cultural teachers for making us smile and showing us their teachings. Thank you to the cooks, cleaners, volunteers, security, fire keepers, drummers, director and hosts, elders, dancers, vendors, and especially to the guests for coming and supporting such an event that we all hold dear to our hearts. Big Miigwetch to all!

Rocky Bay Child & Family Services

**27<sup>TH</sup> SEPT**  
AT 10AM-6 PM

# GENERAL *Annual* MEETING

*"Journey to Designation"*

BZA Community Center  
Wednesday September 27, 2023  
10:00am to 6:00pm

LUNCH & DINNER will be served

All BZA members are welcome to attend!

## TBAY Adult Social

On August 14<sup>th</sup> at the RBCFS office in Thunder Bay, Rocky Bay Child & Family Services' Band Representative hosted the Adult Social with Elder Miss Mona Hardy. There was a nice crowd of happy smiling faces join us, Miss Mona put together a lovely meal of sweet potato Shepards pie, dinner rolls, garden salad and refreshments. Participants played some games of bingo, shared stories, and some laughs. It was a great night with great people and food! Thank you to all who came out. Look at the RBCFS Facebook page to check out when the next adult social is!



## ELDERS CORNER:

### BZA Elders' Social

Event Coordinator Peggy Lynch, Youth Liaison Worker Robin Thompson and Family Support Worker Cathleen Nobis all hosted the Elders Social together. The program took place on August 31<sup>st</sup> at the Rocky Bay Child & Family Services office in BZA. A lovely crowd of participants joined us, and everyone enjoyed tasty pizzas, beans, and wieners with refreshments. Elders got to play some of bingo with prizes of household items, snacks, and food. Rocky Bay Child & Family Services hosts Elders' Socials every month at the Thunder Bay office as well as the office in BZA. Keep a look out for the next Elders' Social days by checking out the calendar on our Facebook page!



## ELDERS CORNER - CONTINUED:

### An article written by Joceline Nobis

Our Dreams.....

Our dreams, shelter us through many nights.  
As we slumber, they gently become the pillow.  
Showing us, protecting us, and mainly guiding us.

When dreaming, comes a vision of insight.  
Just hold on tightly, the memories.  
Of these dreams that had occurred,  
realizing they are visions guiding us that is for sure.

There will be times that heartaches are still burning.  
This is happening for a reason, and for us to learn.

We can nurture many moments when dreams occur.  
Remember always, for destiny, each heart there is a pair.

Our dreams come to us for many reasons,  
where we are in a state of slumber.  
Reminding us at times to cast off the anger.  
For it is a deep-rooted seed,  
that caused many hearts to harden and bleed.

Snuggle each memory, as a warm blanket held tight,  
bringing us guidance, and most of all a vision of insight.

Our dreams are telling us to push away despair, nurture the hope.  
At most times, thinking it is impossible, it seems.  
Remember, the only way out,  
is to hold on fast to our dreams.

Our dreams are showing us, protecting us, and mainly guiding us.  
As we come to terms, about our dreams,  
they are a remarkable vision and have much insight,  
at times with sorrow and mostly with delight.

Our dreams occur for many reasons.  
Guiding us throughout the four seasons.  
We dream for many reasons.

Most of all, a vision of insight and delight.  
So, hold on fast to your dreams.  
They had come to you for a reason.