

Rocky Bay Child and Family Services

MONTHLY NEWSLETTER

APRIL 2024



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(SUCKER MOON)

MARCH BREAK MADNESS:

March break in BZA was an explosion of fun and creativity from March 11th to the 15th, thanks to the dynamic collaboration between RBCFS & the BZA band office. Each day brought its own unique theme, transforming the week into a whirlwind of excitement.

From cozy pajama parties to wild and wacky crazy hair extravaganza, our community came together to celebrate in style. Families eagerly joined our teams every day, ready to dive into a plethora of thrilling activities.

Laughter echoed through the air as kids and adults alike unleashed their imaginations and embraced the spirit of adventure. It was a week filled with unforgettable memories and cherished moments. Proving once again that in BZA, the fun never stops!



Special Thanks

To all those who continue to show up to the programs we host.

Your unwavering support of Rocky Bay Child & Family Services does not go unnoticed!

We're excited to see your faces at every program, we hope your just as excited as we are!

"TOUGH TIMES NEVER LAST, BUT
TOUGH PEOPLE DO."
— ROBERT H. SCHULLER

PAJAMA DAY!

Participants were ready to cozy up and let loose, because Monday, March 11th was pajama day in BZA, and the town was alive with a flurry of fun-filled activities!

Our day kicked off with a round of black-out bingo, where the stakes were high and the excitement even higher. Cheers erupted as lucky winners marked off their numbers, eyes gleaming with anticipation.

But wait, there's more! Bouncy castles transforming the hall into a playground paradise. Kids bounced with unbridled joy while adults couldn't resist joining in on the fun.

For those craving a bit more friendly competition, we had you covered, darts flew with pinpoint accuracy, while the cribbage tournament brought out the strategic masterminds among us. From the thrill of victory to the camaraderie of shared laughter, Monday was a day to remember. So, grab your favourite pair of PJs and join us next time, because in BZA, every day is an adventure worth celebrating!



HOLIDAYS DAY!

Tuesday March 12th was a whirlwind of holiday magic in BZA!

Picture this: the reserve transformed into a festive wonderland as we celebrated holidays near and far. But the real excitement? It was all happening at the Beardmore arena!

First up, we had curling- yes, you read that right! Sweeping, sliding, and strategizing, our teams battle it out on the ice for ultimate bragging rights. It was a sight to behold as friends and neighbors showed off their skills with brooms in hand.

The fun didn't stop there! A penny auction at the arena had hearts racing and bids flying faster than Santa's sleigh on Christmas eve. From tantalizing treats to coveted treasures. There was something for everyone to bid on and win.

Now, here's where things got interesting. For those without wheels, fear not! We rolled out the red carpet (or should we say, yellow school bus?) with transportation provided by none other than the "magic school bus" itself! That's right, folks- Ms. Frizzle, aka as the one and only Ms. Peggy Lynch, was at the wheel, ready to whisk you away on a holiday adventure like never before.



JERSEY DAY!

Wednesday, March 13th was Jersey Day in BZA, and the energy was off the charts!

If you stepped into the hall, you'd think you have landed in the middle of a sports arena. Jerseys of all shapes, sizes and colours adjourned the hall as our community came together to show off their team spirit.

But that's not all- we had some seriously epic activities lined up to keep the excitement going strong!

First up, we unleashed our inner architects with play-dough village making. From towering skyscrapers to quaint little cottages, our imaginations ran wild as we sculpted our very own mini metropolis, it was a sight to behold as creativity flourished and tiny towns took shape right before our eyes.

Then, things got downright daring with Fear Factor. We're talking challenges that would make even the bravest among us break a sweat. From taste tests that pushed the boundaries of culinary exploration to physical feats that tested our limits, it was an adrenaline-fueled adventure from start to finish.

Whether you were flexing your artistic muscles to braving the unknown, Wednesday was a day to remember!



CRAZY HAIR DAY!

Throw away your hairbrushes, because Thursday, March 14th was CRAZY HAIR DAY in BZA, and we took the term 'wild' to a whole new level!

But that's not all – our day was about to get even more hair-raisingly interesting with a trip to Red Rock for some bowling fun.

Picture this: lanes packed with colourful characters sporting the most outrageous hairstyles you've ever seen, from towering dos to rainbow-coloured curls. Laughter echoed through the alley as the pins fell and strikes were celebrated in style.

There also happened to be a birthday girl who attended, they brought cupcakes to share with everyone who attended. How sweet!

MAD HATTER HAT DAY!

Hold onto your hats, because Friday, March 15th was MAD HATTER HAT DAY in BZA, and things were about to get downright whimsical.

At the BZA community hall, we turned ordinary into extraordinary with a lineup of activities that would make even the Mad Hatter himself green with envy!

From the thrill of the dime toss to the excitement of the game wheel, there was never a dull moment. Who could resist the allure of the fish pond, where prizes awaited those with a steady hand and a bit of luck?

But wait, there's more! Our obstacle courses put agility to the test, while the tattoo parlor offered up a chance to embrace your inner rebel and get inked in style.

Friday was a day of madness and mayhem, where ordinary rules were left at the door and imagination reigned supreme.



EASTER DINNER & EGG HUNT - TBAY

On Thursday March 28th, 2024, Rocky Bay Family & Child Services hosted an Easter Dinner & Egg Hunt at the Oliver Road Rec Centre! The event featured a delectable menu including turkey, ham, mashed potatoes, stuffing, perogies, cabbage rolls and salad. Topped off with a variety of pies served with vanilla ice cream. It was truly a feast fit for the occasion.

More than one hundred Easter baskets were prepared for distribution to children under the age of 18. In addition to receiving a basket, attendees had the opportunity to participate in the exciting egg hunt, adding even more treats to their easter haul.

A heartfelt round of applause is well-deserved for the dedicated staff of RBCFS & volunteers! Their hard work and dedication in cooking and preparing for the event truly made it a success, we extend out sincere gratitude to out staff for their unwavering commitment,

Thank you to all who joined us for this celebration of Easter!



EASTER DINNER, EGG HUNT & SOCK HOP – BZA

On Thursday, March 28th, Rocky Bay Child & Family services mirrored events, but BZA brought even more excitement with a lively sock hop at the BZA Community Hall. The evening featured a delectable spread including Turkey, savory ham, creamy mashed potatoes, flavorful stuffing, indulgent perogies and fresh salad. Followed by delightful pies and creamy ice cream for dessert.

Adding to the festive spirit, an Easter-themed cake-making competition captivated attendees, with scrumptious creations disappearing quickly once judges. Every child received a charming basket brimming with goodies and had the opportunity to fill them even further during the spirited easter egg hunt.

Everyone danced the night away!



APRIL FEATURED STAFF

Hey there,

My name is Lily Lindstrom, some of you may know me as “Lily Dale”- my grandmother Simonnes’ name for me. I am the Administrative Assistant for RBCFS in the Thunder Bay office. I do happen to be covering the receptionist position now as well, I am the voice you hear on your end of the phone!

I am a proud member of the Red Rock Indian Band; however, I have always held close ties with BZA. I joined the RBCFS crew in November 2023 and I have been loving every minute of it. I enjoy spending my time with family & friends. I am eager when it comes to learning new things, especially cooking & baking based.

My grandmother was an advocate for RBCFS, she saw nothing but a bright future in the children, and our future generations of BZA members. I’m glad to be a part of that vision!



ELDERS CORNER

Written by Joceline Nobis

The woman who could not cry

I will never forget this story this lady told back when I was travelling down east.

I was in my final year of university. As I boarded the bus, I noticed one seat way back by the washroom. As I approached the seat available, there sat an older lady smiling. I was so glad I found a seat because the bus was packed. I nodded at this lady that was sitting by the window seat. I felt at ease and sat down. She was looking out the window as the bus departed.

Once the bus was in motion, she turned to me.

She was smiling and looked directly into my eyes and said, “Would you like to hear a story about a woman who could not cry?” At first, I was hesitant. I did not want any conversation and just wanted to rest. Surprisingly out of my mouth I said “Of course”. I was intrigued about this title of a woman who could not cry. “Yes” that sounds interesting.

Her face looked so serene and relaxed and began her story.

She began her story of when the woman was a child with a carefree spirit, always happy and content with her surrounding and life with her family. They went to powwows and had a daily ceremony of smudging; life was good then. Picking blueberries and camping was a way of life back then.

She paused for a bit and continued with the story.

This young girl was unable to cry when her dog ran away, when she skinned her knees, and when her dad up and left the family. The most hurtful happening is when they were taken away from their parents. Just before she became a teenager, changes within her began to occur.

She became unhappy with life in general, always blaming others, with so much rage she held inside her and so much emotional turmoil. She became an angry person and carrying this with her into her adult hood.

– continued

She would not show her emotions, she kept to herself and held on tightly to the pain she carried within her, and she would not cry. She did not show any emotions when her mother and father, or her 2 brothers and 2 sisters passed on to the spirit world, and she did not cry.

I was sitting there thinking to myself “that sounded just like me.”

We were coming into a rest stop, and I went into the restaurant to get some coffee. I was thinking about the story while paying for my purchases.

It sure is a powerful story, “I wonder what she will say next”.

I hurried back on to the Greyhound bus to hear what was coming next. But, to my surprise, I did not see her anywhere on the bus. Thinking she got off and I did not see her leave.

Our seat we sat together was empty, I asked the person with a child next to our seat if they saw the woman I was sitting with. The lady looked at me with a surprised expression on her face and replied “No”.

She paused and looked at me once again.

You were sitting by yourself throughout the trip from Nipigon.

I felt dazed as she sat down where she told me the story.

I felt something under my bottom and grasped a small piece of paper that was there.

She opened the crumpled paper.

As tears fell down her cheeks, she cried big sobs and did not care who was watching her.

She hugs this piece of paper close to her chest.

For these words written was for her.

and it said,

“You can Cry Now”!