

Rocky Bay Child and Family Services

MONTHLY NEWSLETTER

MAY 2024



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ZAAGIBAGAA-GIIZIS
(BUDDING MOON)

Traditional Care Month:

May marks Foster Care Awareness Month, a time to shed light on the experiences of children in foster (traditional) care. This month honors the resilience of these youth and the dedication of foster families and social workers. It's a reminder of the ongoing need for stable, loving homes for those in the system. Foster care awareness month encourages communities to consider how they can support these vulnerable children. In the words of Anne Frank, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Foster Care month invites us all to take that first step forward toward making a difference in the lives of our youth. Let's unite in creating a brighter future for all foster youth.



"WE CANNOT BECOME WHAT WE WANT
BY REMAINING WHAT WE ARE."
— MAX DEPREE

Special Thanks

Traditional Care Providers...

Because a child can never have too many people to love them.

A heartfelt thanks and appreciation to all our Traditional Care Providers, today. And everyday.

What have we been up to?



Career Fair Fun

Amidst the vibrant bloom of April, Jessie Cameron, the intrepid Traditional Care Recruitment worker and Fern Schiiler, the ever-vigilant Prevention Manager, embarked in an adventure to a career fair. This Gathering of Minds was no ordinary event; it infolded against the backdrop of Red Rock, nestled within the spirited halls of Nipigon Red Rock District High school.

Diabetes Workshop

In the heart of our BZA office on April 23, 2024, a meaningful gathering unfolded, eager participants joined us for a special diabetes program session, a testament to our community's commitment to health and wellness.

Upon arrival, our attendees were greeted with warmth and a spread of nourishing soup and delectable cake, setting the tone for a day of learning and camaraderie. The session kicked off with an informative presentation on making healthy choices, vital information that empowers us all to lead balanced lives.

As the program concluded, the excitement peaked with the announcement of two door prizes, S. Thompson & T. Berube were the lucky winners!

While we couldn't capture the moment in pictures, the memories and lessons shared during this gathering will surely resonate within our community. Let's continue to support each other on our paths to health and happiness.

Teen Social

Hey Thunder Bay Teens,

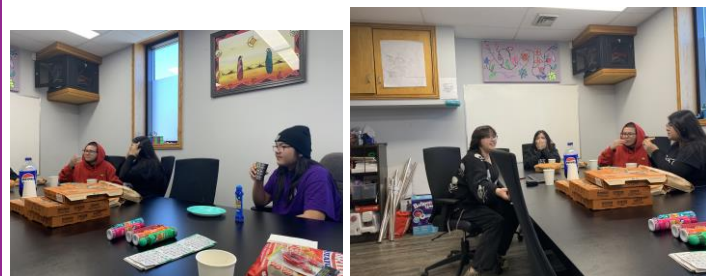
Guess what went down at our RBCFS Thunder Bay Office on April 15? It was an epic Teen Social hosted by the one and only Prevention Worker extraordinaire, Lennzi King!

Picture this: the air is buzzing with excitement, the aroma of Hot n' Ready – Little Caesars pizza wafting through the room. Laughter echoing off the walls. That's the vibe of our Teen Socials, and this one was no exception!

Our awesome teens gathered to feast on mouthwatering pizza, engage in some friendly competition with bingo, and, most importantly, connect with each other. It's all about building bonds and making memories, right?

Now, let's talk about the highlight of the evening: the jackpot winner of our thrilling bingo! Drumroll, please... Congratulations to Sunny for snagging the jackpot prize! Your victory has set the bar high for future bingo battles!

The energy and joy shared at this Teen Social will stay with us until the next one!



What we've been up to continued

April Showers Bring May Flowers

Springtime brought a burst of creativity to our very own RBCFS BZA office on April 17th, with our delightful Spring Craft- Flower Planting event! Hosted by the ever-gracious Administrative Assistant, Raquel Hardy. It was a day filled with blossoming friendships and green-thumb adventures.

The sun streaming through the windows, the scent of fresh soil in the wait. The sound of laughter and chatter filling the room. It was a perfect setting for our gardening escapade! Our green-thumb enthusiasts got their hands dirty as they planted vibrant Zinnias' and Dahlias'.

Of course, no crafting session is complete without a delicious treat to fuel our creativity! Tacos in a bag were on the menu, accompanied by refreshing juice boxes to keep our energy levels up.

There's more excitement in store! We had not one, but two lucky door prize winners. S. Mickelson emerges victorious among the girls, while H. Lesnick claimed the prize for the boys. Congratulations to our winners – your prizes are sure to add an extra dose of joy to your day!



An Introduction to Triple P Parenting

An information session about Triple P Positive Parenting Program was held in the RBCFS with Jessica. Parents received information on this 4-session program, individually tailored to meet the needs of their child and their parenting styles.

A light lunch was enjoyed, and some very good conversation was had about parenting techniques and bonding over having similar challenges. Parents are looking forward to working with their Triple P Practitioner to earn their certificate.

Recruitment

Jessie Cameron, a dedicated Traditional Care Recruitment worker, made a remarkable impact in April by attending four recruitment events. Each a sounding success. Spanning across Thunder Bay to Red Rock, these gatherings culminated in an unforgettable event in BZA.

The BZA recruitment event was particularly outstanding. It provided a platform for meaningful conversations with community members, allowing us to understand their perspectives and incorporate their feedback into our Traditional Care Service model. To add to the vibrant atmosphere, attendees were treated to a delectable Tacos in a Bag, enhancing the sense of camaraderie and community spirit.

Continued

Elders Social – Thunder Bay

On April 22, 2024, in Thunder Bay an unforgettable Elder Social, expertly hosted by the delightful Band Representative, Winonah Thompson! The evening was filled with laughter, camaraderie and of course, delicious food!

Guests were treated to a mouthwatering spread of Chicken Penne, expertly crafted to tantalize taste buds, and satisfy hunger pangs. Each bite was a symphony of flavors, ensuing everyone left with happy hearts and full stomachs!

The fun didn't stop with dinner! Household bingo games took Centre stage igniting friendly competition and sparking excitement in the air. With every call of "bingo!", cheers erupted, and winners were showered with fantastic prizes. No one left empty-handed, ensuring smiles all around!

If you missed out on the April Elders Social, don't worry! Circle May 27th on your calendars and join us for another unforgettable evening of joy and connection. From 5:00 to 8:00 pm, well gather once again!



Elders Social – BZA

BZA also hosted a spectacular Elder Social on Monday, April 29, 2024. Guided by the radiant Tara Kowtiash, our elders embarked on an evening filled with laughter, games, and culinary delights!

The air buzzed with excitement as our beloved elders gathered around for a thrilling game of bingo! With each call of the numbers, anticipation soared, and every win was met with cheers and applause. It was a testament to the timeless joy found in simple moment of shared amusement.

Picture-perfect strands of spaghetti adorned with savoury sauce, accompanied by golden, buttery garlic toast. This delectable feast warmed both hearts and bellies, a true testament to the love and care poured into every dish.

As if the evening couldn't get any sweeter, our elders were treated to a divine desert of Angel Food Cake adorned with plump, juicy strawberries and clouds of whipped cream. With each heavenly bite, they savored the flavours of joy and contentment.



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Parenting Support Meet 'n Greet.

We're thrilled to share the highlights from our recent Meet 'n Greet event featuring Tracy Lesperance, our dynamic BZA Parenting Support worker.

On April 11, 2024, we gathered for an evening filled with laughter, learning and community spirit. Tracy welcomed seven wonderful individuals who came together to connect and engage.

What's a community event without some fun surprises? Tracy treated attendees to not just one, but two exciting draws! Lucky participants had the chance to win fantastic prizes – a shiny new crock pot and a delicious food hamper. Congratulations to our winners!

The Meet 'n Greet wasn't just about winning prizes – it was about building connections and strengthening our community bonds. Tracy's warmth and expertise created an inviting atmosphere where everyone felt valued and supported.



Dream Catcher Making

Traditional Care Workers Jamie Ledger & Rita Pugliese hosted Dream Catcher Making April 30, 2024. Traditional Care Families came out to learn about the teaching on dream catcher. They spent the evening crafting up some dream catchers whilst enjoying savoury BLTs with Fries!

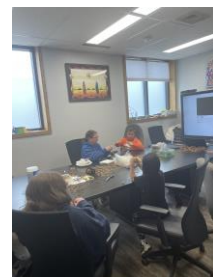
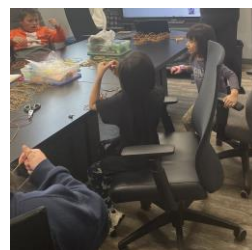
A Dream Catcher Teaching,

Ojibwe people believe that the night air is full of dreams good and bad. The dream catcher was created to capture all dreams and filter out the bad ones. The legend of the dream catcher is to only let the good in and protect ourselves from evil. The good dreams find their way through the center of the circle while the bad get caught and with the first sign of daylight they disappear.

Dream catchers were hung above baby's cradles to protect them and helping them sleep as they get mesmerized by the swaying of the feathers. Larger dream catchers were hung at the head of the household to allow good dreams and thoughts throughout the family.

All the materials used to decorate the dream catcher have their own meanings:

- **single bead** represents the spider that is on the web where Nokomis (grandmother) got her idea of the magical web. Many contemporary dream catchers use different styles of beads to act as the center piece.
- **Scattered beads** throughout the web represent all the good dreams that have been caught through the nights. This style is often displayed with multiple colors that shine beautifully when the light hits them.
- **Hanging feathers** represent breath or air which is usually attached to the ring. Some dream catchers use many feathers while others have only one. **The ring** of the dream catcher stands for giizis (sun) that travels each day across the sky. The circle also represents life that is essential to the Anishnaabe culture. Rings of many sizes are used depending on to create dream catchers, so that we can display them in many places throughout our lives.



MAY FEATURED STAFF

Hi there,

My name is Kirby Thompson, I was born and raised in Rocky Bay, Ontario. I am the Direct Parental Relief Program Coordinator for the Rocky Bay Child & Family Services office in community. Before working for RBCFS, I was working as a cook for the past 11 years, in various restaurants in Thunder Bay as well as a chef's apprentice for a 5-star catering company in St. Thomas, Ontario. I decided to come back to my hometown and got hired at RBCFS, starting off as an administrative assistant before moving up to the current position I have now.

I really enjoy working for RBCFS, as well as being involved in helping my community. Since being here I have learned a lot along the way and love connecting with the people while prioritizing keeping families together. When we host events for our families, I really enjoy seeing everyone's smiling faces and watching everyone talk and laugh while having fun.

I thank my lucky stars everyday for being given this opportunity to help families as Rocky Bay Child & Family Services continues to grow. I can really see the vision and can't wait to see RBCFS grow into something even more remarkable.



ELDERS CORNER:

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.