

Rocky Bay Child and Family Services

MONTHLY NEWSLETTER

SEPTEMBER 2024



SEPTEMBER IS
WABAABAGAA-GIIZIS
(CHANGING LEAVES
MOON)

Back to School BBQ's:

As the summer ended, the RBCFS team brought the community together for a fun festive Back to School BBQ. Held Both in Thunder Bay and BZA, these events were filled with laughter, delicious food, and a sense of togetherness. In BZA, the celebration was made even more special with the addition of a lively dance, getting everyone on their feet and in high spirits!

Community Members at both locations enjoyed classic BBQ favorites, including juicy burgers and hotdogs, complemented by hearty macaroni and potato side salads. To keep everyone cool and hydrated, a variety of drinks were available, from refreshing juice boxes to sodas and water.

But the events weren't just about celebrating the end of summer – it was also about preparing our kids for a successful school year. Thanks to the generous efforts of the Jordans Principle Team, back-to-school backpacks were provided for those who registered. Each backpack was thoughtfully packed with a lunch box, thermos, bento box, ice pack, and even a gift card to the Intercity Shopping Mall for a bit of back-to-school shopping!

A big shout-out to the Jordans Principle Team for their hard work in putting together these wonderful bags. Your dedication ensures our children head into the new school year equipped and excited!

As the school year begins, we at Rocky Bay Child & Family Services wish everyone a joyous and fulfilling journey ahead! Whether you're stepping into the classroom for the first time or approaching the final chapters of your academic story, we believe in each one of you.

Your dedication and passion inspire us, and we are confident that you will achieve the goals you've set for yourself this year.

Remember, we're all cheering you on every step of the way. Here to a year filled with learning, growth, and wonderful memories!

"EMBRACE THE FEELING OF A FRESH
START AND LET YOUR ASPIRATIONS
SOAR."- anonymous

Programming

THE SOCIAL

In August, BZA's Prevention Worker, Josee Lynch, hosted a vibrant social gathering at the RBCFS office, bringing together community members of all ages for an evening of creativity and laughter. The event kicked off with a burst of color as participants unleashed their artistic talents, painting masterpieces that reflected their creative sides.

As the program went on, the group settled for a hearty dose of laughter with a screen of the hilarious Jack and Jill, a comedy classic by the legendary Adam Sandler. The room echoed with laughter as everyone enjoyed the light-hearted fun.

But what's a social without some mouthwatering food? Josee made sure no one went hungry, serving up a beloved rez classic – KD with hamburger. To add some variety, there were also tasty perogies, crispy chicken fingers, crunchy chips, and , of course, sweet cookies to satisfy everyone's cravings.

The event was a true celebration of community, creativity, and connection – leaving everyone with full hearts and bellies!



RBCFS Prevention Staff Engage at Unity Gathering

RBCFS Prevention Team members Amy King, Josie Lynch, Cathleen Nobis and Bill Kuszner attended the Unity Gathering hosted by the Nokiiwin Tribal Council in BNA. Throughout the event, they connected with 36 participants, offering valuable insights into RBCFS prevention programs and services. Each visitor to our booth left with a swag bag full of our exclusive RBCFS items.

We were thrilled to announce the Winners of our door prizes: Hailey K. took home a brand-new fishing rod, while Stephen R. won a spacious tent.



MEAT BINGO...

On August 15, the Jordans Principle team partnered up with the Traditional Care team to host a meat bingo in Thunder Bay at the Spence Clinic.

Participants enjoyed Subway sandwiches and cookies while the Jordans Principle and Traditional Care team introduced themselves and explained their roles in RBCFS.



Afterwards participants played some bingo for a chance to win various types of meats to fill their fridges. Jackpot game was a nice stack of meats, there was a door prize with a cooler filled with meats and side dishes to make a beautiful BBQ meal.

Congratulations to all the winners and we thank everyone who came to play!

Next month the JP team will be hosting another bingo for dry goods in BZA as well as a dry goods bingo in Thunder Bay in the next month after. Keep a look out for the posters and calendar to see what the dates are!



ADULT SOCIAL...

On August 12, 2024, our Adult Social, Hosted by Band Representative Winonah Thompson, brought together community members for an evening of delicious food and good company. Attendees were treated to a mouthwatering meal featuring slow-cooked roast with veggies and mashed potatoes, followed by a delightful banana cream tart for dessert.



Everyone enjoyed the hearty meal, and the fun didn't stop there! Lively games of bingo ensured that no one left empty-handed, with plenty of prizes to go around.

Don't miss out on the fun! Our next Adult Social will be held in September 2024. We look forward to seeing you there for another wonderful evening of food, games, and community!



AGE WELL IN HOME...

On August 22nd, some of our community Elders joined us alongside Anishinaabek Employment Training Services for the Age Well in Home presentation.

This presentation touched base on how supports are offered to First Nation community Elders. This brand-new program with AETS is to encourage Elders to stay living safely and independently in their own home through active engagement, community support, learning and employment.

Should any Elders like to obtain more information on this program, feel free to reach out to Winonah Thompson at (807) 473-4705 or directly to AETS at Amanda.sawatzky@aets.org or Lorraine.Keough@arts.org



BEACH DAY ALWAYS...

Members of our Traditional Care Team, Jamie Ledger and Rita Pugliese, headed down to the beach in the BZA community for a day of fun and relaxation. Despite the brisk weather, spirits remained high as everyone enjoyed splashing in the waves and soaking up the beautiful scenery.

Jamie and Rita came prepared, beginning along light snacks and refreshments to keep all the swimmers energized and hydrated. It was a fantastic day filled with laughter, community, and the simple joy of spending time by the water.



Ribbon Skirts & Shirts...

On August 29th, RBCFS Prevention Team Members Jessica Colvin and Jamie Ledger hosted a heartwarming Ribbon Skirt and Shirt making program at the Spence Clinic in Thunder Bay. The event saw a wonderful turnout, with participants excitedly gathering to create beautiful ribbon skirts and shirts. Each attendee received a kit filled with vibrant materials and ribbons, allowing them to dive into the creative process.

As sewing needles moved and ribbons intertwined the room buzzed with lively conversations and laughter. Participants bonded over shared stories and the beauty of their creations, making it a truly memorable experience. The event wasn't just about crafting; it was about community, connection and celebrating cultural heritage.

A special congratulations goes out to Lisa and Kalinda, who were the lucky winners of the door prizes!

These beautifully crafted skirts and shirts are more than just garments – they are a symbol of pride and tradition. They will be proudly worn at the upcoming one-day powwow at the BZA powwow Grounds in September, showcasing the hard work and dedication of everyone involved.



BACK TO SCHOOL HAIRCUTS ...

Gitchi-Miigwech to NuWave School of Hair Design for hosting our community members for back-to-school haircuts!

We hope everyone was pleased with their new 'do's. We wish you all the best in the new upcoming school year



Elder Socials...

On August 26th, we hosted a vibrant and well-attended Elder Social, led by Band Representative Winonah Thompson. At the Thunder Bay Memorial office. The event was a full house, filled with laughter, good food and the joy of community connection. Our elders came together to enjoy a wonderful evening of socializing, sharing stories, and creating cherished memories.

Bingo was a highlight of the night, with many enthusiastic participants and happy winners taking home prizes. The excitement and camaraderie in the room were truly heartwarming, making the event a memorable occasion for everyone involved.

On August 29th, in BZA an Elders Social was also hosted. This social was hosted by Tracy Lesperance and Robin Thompson. There was a variety of foods spread out for elders of the community to enjoy. The elders also participated in multiple rounds of bingo!

A heartfelt thank you to everyone who joined us for this special evening. Your presence made the event a true celebration of our community spirit. We look forward to seeing you all again at our next Elder Socials in September!



August Recruitment...

This August, our Traditional Care team member Jessie Cameron had the pleasure of setting up at the Blueberry Blast in Nipigon. It was a wonderful opportunity to connect with community members from Nipigon and the surrounding area. Jessie had great conversations with attendees, who shared their positive feedback about RBCFS.

The enthusiasm and interest from the community were palpable, and we are excited to share that many expressed potential interest in becoming Traditional Care Providers. Fingers crossed that we would see new faces joining our team soon!

A big thank you to everyone who stopped by to chat. Your support and feedback are invaluable as we continue to grow and serve our community.



SEPTEMBER FEATURED STAFF

Thunder Bay Summer Students

This summer, the Rocky Bay First Nation in the City was alive with activity, thanks to our vibrant group of 26 summer students. This year, they embraced a diverse range of educational and recreational experiences that were both enriching and engaging.

Our students took part in culturally significant activities, including earning their Firearm Training and Chainsaw Safety certificates. They also had the chance to engage in traditional crafts by creating ribbon skirts and exploring the great outdoors through canoeing at Old Fort William Historical Park. Leadership skills were gained through the Wake the Warrior program, helping students build confidence and teamwork.

The summer students were instrumental in making Honouring Our Children Day a success, their bright smiles and eager assistance adding a special touch to the event. They also enjoyed a "FUN DAYS" where they collaborated on various activities, from preparing their own meals with Roots for Harvest to building, racing robots with Science North, paintballing, and spending time swimming either at the beach or local pool.

Beyond learning new skills, our students developed important life skills, built strong relationships, and enjoyed many moments of laughter and joy. Their enthusiasm and positive spirit made them an absolute pleasure to have around this summer.

We're thrilled with their accomplishments and can't wait to welcome them back next year for another round of exciting opportunities and growth. Thank you to all our summer students for making this season memorable!

The best of luck in your future endeavours this upcoming school year!

