

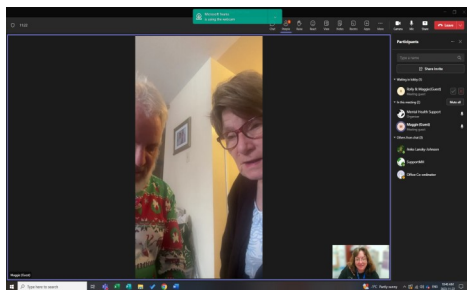
Community Resources at Your Fingertips!

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Psychiatric Case Manager (CMHA)	(705) 849-4115
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Beehive	(705) 461-3912
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Christian Horizons	(705) 789 1725
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma	(705) 848 2585
East Algoma Mental Health (EAMHC)	(705) 848 9131
Elliot Lake Food Bank	(705) 461 3663
Elliot Lake Family Health Team	(705) 461 8882
Hospital	(705) 848 7181
Larry's Place (Men's Shelter)	(705) 989-5600
March of Dimes	(705) 848 4840
Maplegate House for Women	(705) 461 9868
North Shore Legal Clinic	(705) 461 3935
North Shore Literacy Council	(705) 578 3200
Non-Emergency OPP	(705) 848 6975
Oaks Centre (Detox)	(705) 848 2129
ODSP	(705) 253-2001
Salvation Army	(705) 848 2417
Suicide Crisis Helpline	9-8-8
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support1-800-721-0077
WARM LINE.....1-866-856-9276



Support from our Members and Activities

In November Members enjoyed playing Cards, Bean Bag Toss, watched upcoming seasonal movies, laptops for their personal use and attended our morning Virtual Chats with other members. Thanks to our members for getting together to get our



ST. NICK *Happy New Year* **SNOW** *is the season* **Peace**
Merry **Peace on earth** *to the*
JOY *happy* **CHRISTMAS SPIRIT!** *try to the*
It Smells Like *holidays*
Bells *Santa*
Be *Claus*
SNOW *happy*
rejoice **19th** *JOY*
20th *all our*
21st *New*
22nd *is the sea*
25th *lieve*
BE *World*
CELEBRATE *the season*
to the
holiday *Home for the holidays* *rejoice* **HO**
ingle *SNOW* *Believe* **MERRY CHRISTMAS** *Snow*

Join our CHRISTMAS SPIRIT!
 At Club 90
December 2023

RING IN THE CHRISTMAS SPIRIT
 Finger foods, Fruity punch and receive your Secret Santa Gift! Starts at 1 p.m.

LAST MINUTE SANTA'S WORKSHOP CHRISTMAS CRAFTS ALL DAY
 And Christmas HAMPER PICK UP AT CLUB 90

CHRISTMAS LAZIES HANG OUT DAY
 Christmas Sweater or PJ Day. Indulge in Hot Chocolate, Cookies baking and tasting, Popcorn, Movies ..

Homemade Turkey Soup at Club 90 & Take-Out Christmas Dinner
 Enjoy a Turkey dinner with all the fixings take-out!

Berghammer Christmas Dinner Collins Hall, 2 p.m.
 Call 705-848-2585 for a spot. Rides to and from provided.

What happens when you text 9-8-8?



You will receive a message

To let you know you are in the right place.



You will be asked a few short questions

Including whether you'd like to text with someone in English or French.



You will connect to a trained responder

If you need to wait for a short time, please stay with us - we will answer your text.



The responder will support you without judgment

Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

9-8-8

**Suicide Crisis
Helpline**

9-8-8: Suicide Crisis Helpline is funded
by the Government of Canada

Ring in the Christmas Spirit!

Starts at 1pm.

Finger Foods and punch provided!

Come and enjoy some Christmas Movies, games, treats and bring your Christmas Spirit!

Secret Santa gifts handed out today!



**Rocking around the
Christmas tree, let
the Christmas
spirit ring.**



Sebastian

Club 90 would like to introduce our Co-op student, Sebastian. Sebastian comes to us from École Secondaire Villa Française Des Jeunes. He started with us in September 2023 and will be with us until February 2024.

Sebastian, is 19 years old and was born and raised here in Elliot Lake, Sebastian explained that he is on the Autism Spectrum. Socialization is something he struggles with, however since being at Club 90, our members have welcomed him with open and has been able to socialize little by little.

Club 90 was not Sebastian's first Co-op, last year he attended George Vanier Daycare. When asked why he choose that, he said that teaching is in his family and in his blood.

When asked what he has learned so far since being with us at Club 90, his response was "I now have a better understanding on Mental Illness and how it can affect peoples everyday lives." He then explained the difference from working here as opposed to the daycare, he replied "Most children haven't developed a mental illness yet." He then went on to say that working with children and working with those who have mental illness will help developed patience, acceptance and tolerance which is needed when going into early childhood education.



North Shore Community Support Services Inc/Club 90

Christmas Dinner to Go!

When: December 22/2023

Time: After 1pm

Where: Here at Club 90!

Christmas is a time for sharing, spending time with people that care. Mental Illness does not take a break during the holidays, Club 90 is here to support you and your belly during this Christmas season.

On December 22/2023 we are handing out Turkey Dinner to go, please come in or call to sign up.

Also please come in to enjoy a bowl of Turkey Soup and desserts before you go!

We hope your holiday season is full of peace, joy and happiness. From all of us at Club 90!



How to cope with loneliness over the holidays

The Holiday season can be filled with Cheer and Festivities. Others are alone. The COVID-19 pandemic has changed how we interact with each other and experience events, making the holiday season potentially even more challenging and feelings of loneliness more common. Here are some tips to cope during the Holidays.

Remember that you are not alone: Talking to others who may share your feelings (either via the Internet or in person) can help you examine where your emotions stem from and make you feel less alone in your situation.

Reach out to the people around you: If you feel isolated, make it a priority to work on your relationships with others. Exchange friendly words with neighbors or coworkers. Write holiday cards to loved ones. Call or video chat old acquaintances. Attend a holiday event. Connecting with others strengthens bonds and can help you feel less lonely.

Practice Self-Care: Focus on taking special care of yourself. Take time to implement healthy habits like exercising, getting enough sleep, and eating nutritiously. Engage in activities that you enjoy. That might include reading a good book, relaxing with a warm bath, learning something new, or devoting time to a favorite hobby.

Redefine you expectations: Many people have high expectations for this time of year. Popular culture portrays the holiday season as synonymous with spending time with close family, friends, and romantic partners. But no matter what culture tells us, that's simply not true for everyone – and that's OK. Focus on the good things you have in your life instead of comparing yourself to how you think others are spending the holidays.

Give back to the community: Volunteering to support a cause you believe in is a great way to feel less lonely during the holidays (or any other time). Helping others who are less fortunate can remind you of all you have to be grateful for and leave you with a sense of love and admiration for yourself. Soup kitchens, animal shelters, senior assisted living homes, or organizations such as Toys for Tots are all excellent volunteer options this time of year. You can also reach out to neighbors or friends who are experiencing hardship. These experiences can also help cultivate gratitude, which can make you feel better about your situation.

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YOU ARE INVITED TO THE SECOND ANNUAL

Berghammer Christmas Dinner

Kindly donated by *Suzanne Koley Rogers*

DATE: DECEMBER 25, 2023

TIME: 2 P.M.

WHERE: COLLINS HALL

COST: FREE

HOW TO REGISTER:

**Registration deadline is
DECEMBER 15th, 2023**

CALL: 705.848.2585

ONLINE:

WWW.COUNSELLINGCENTRE.ORG/COMMUNITY



Dates to Remember

For December 2023

- Dec 01, World AIDS Day
- Dec 02, Women's Brain Health Day
- Dec 02, World Peace Day
- Dec 06, National Day of Remembrance and Action on Violence Against Women
- Dec 10, Human Rights Day
- Dec 17, Anti-Bullying Day
- Dec 21, Winter Solstice
- Dec 24, Christmas Eve
- Dec 25, Christmas Day
- Dec 26, Boxing Day
- Dec 28, National Call A Friend Day
- Dec 31, NEW YEARS EVE

Proud supporter of the Club 90 program

H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626



ELNOS

Your Partner in Business

New Business? Looking to Expand Operations? Need support for a Community Event? Let ELNOS partner with you!

Who we are?

ELNOS is a not-for-profit organization created as a result of the mine closures in the early 90s to stimulate economic growth through new business development, business expansion or diversification, and investment in the region.

ELNOS serves business in our 5 communities:
Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

How Can We Help You?

ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at

www.elnos.com

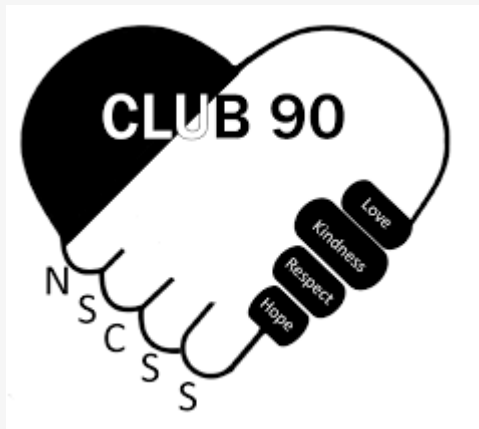
31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299



We are asking all members to please get in touch with the Mental Health Worker to up date your files. We are asking for your current address, phone numbers, and emails.

You can call at 705-848-2879 or email mhsupport@nscss.com

This is to ensure you receive the proper supports and recourses needed.



Thank you,

This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc . opinion. Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel:705-848-2879

sudoku

		9	5			2		
	4			1			6	
2					3			9
		8						2
	7						4	
3						5		
7			2					3
	6			4			7	
		1			9	6		



Wishing a Happy Birthday To:

Robert, Nathalie, James, Edwin, Chester, Christopher, Roland, Craig Sr, Charleen, and Ryley

We are here to help

Nous sommes là pour vous aider

Available by phone



Michael Mantha MPP
 Député Algoma-Manitoulin
 705-461-9710



Carol Hughes
 MP/Députée
 Algoma-Manitoulin-Kapuskasing

Available by phone

My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

705-848-8080
 1-855-297-4200
 carol.hughes@parl.ac.ca

NDP  **NPD**

CHRISTMAS/NEW YEARS
Dinner menu

December 28, 2023

2 Seatings: 1pm and 3pm

Serving

Roast Beef

Glazed Ham

Yorkshire Pudding

Brown Sugar Acorn Squash

Roasted Mini Potato's

Assorted Desserts

Please call to sign up 705-848-2879



ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY

10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.



705-467-3663

PHONE

East Algoma Connects

Local resources at your fingertips

Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in an instant! The various petals offer you information on where to get food, go for education, health care and what helplines to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:




City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliottlake.ca

705-848-2287

 Find us on
Facebook

fb.com/cityelliottlake



This article is written by our Club 90 member J.R.B Gibbons III (Robbie). Robbie has a vast knowledge in military history and often shares with us what he knows. He is also the one that loves to build military models such as tanks, ships, and planes and he displays them at the Club for all to enjoy and admire.

Remembrance Day is an unusual day in which both the practice of mourning and of celebration of life takes place. Make no mistake it is no holiday, it is a memorial day recognized and practiced throughout the Commonwealth. It is a day for those who served their country in war and peace with the armed forces. For those who live, lived and those who gave their lives for our freedom, our homes, and for our lives. For those such as....

Joseph Robert (Robbie) Gibbons, who served as a pilot in RAF Bomber Command during the war. Flying mainly Lancasters but also Avro 504's, Catalinas, Wellingtons, and Dakotas. While flying he received the Distinguished Flying Cross for actions during a bombing mission. He would meet his wife Mary Joan Hawes while serving in England. After the war he would move back to his home in Bermuda. After traveling around the Caribbean for many years they moved to Canada in 1956. The war affected him greatly and he became heavily involved in the Anglican Church as such. He passed away in 1976. Joseph Robert Gibbons was the grandfather of Club 90 member Robbie Gibbons.

Bruce William Watson Gibbons, served in the Royal Canadian Navy from 1981-2017. Bruce Gibbons served throughout the end of the Cold War and in many ships, (over 30), both Canadian Navy and ships of Foreign Allies. Spending the majority of his sailing career on the West Coast of Canada. Bruce served on exchange with the US Navy from 1996-1999 where his first 2 kids were born. Upon returning to Canada he settled down and stopped going to sea to raise a family. He spent half the second half of his career at DND in Ottawa, being sent around the world to NATO meetings and working at a desk. Discharged Medically in 2017 after a life changing heart attach in 2015. He moved to Elliot Lake in 2020 to officially retire. Bruce Gibbons is the father of Club 90 member Robbie Gibbons.

Phil Maynard, Phil served consecutively for 18 years, including as infantry with Grey and Simcoe Foresters and with Cadets. Making many friends and connections while serving. Phil stated that the best part of serving was the Camaraderie. After retiring from the service in 1994, Phil became involved in security and has worked in security for 25 years. Phil moved to Elliot Lake 6 years ago from Barrie ONT, and has continued working security in Elliot Lake.

William Olver, serving in WW@, William would end up in the infamous Dieppe Raid at hardly 23 years of age. Landing on Blue Beach, he would be one of the many captured as a POW during Operation Jubilee (Dieppe Raid). Surviving the horrors of a Nati German POW Camp. He would return to Canada at the end of the war. After the war he would serve in the Metropolitan Toronto Police force for 35 years alongside other Dieppe survivors, he would retire in 1980. He fathered 2 sons, Douglas Olver and Bill Olver. He is the father of Club 90 member Bill Olver.

They shall not grow old for we shall never forget.

Article by J. R. B Gibbons III (Robbie)



Lest We
Forget