

## 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
Supportive Independent Living	(705) 461 9561
After Hours Crisis Support .....	.....1-800-721-0077
WARM LINE.....	.....1-866-856-9276

# Stepping Stones

November 2023 Club 90

Edition 386



# Rememberence Day Fish



Remembrance Day is a yearly memorial day that is observed in many Commonwealth countries, including Canada, to remember those who died in military service, and honor those who served in wartime. It is observed across Canada each year on 11 November — the anniversary of the Armistice agreement of 1918 that ended the First World War. On Remembrance Day, public ceremonies and church services often include the playing of “Last Post,” a reading of the fourth stanza of the poem “For the Fallen,” and two minutes of silence at 11 a.m. Wreaths are laid at local war memorials and assemblies are held in schools. Millions of Canadians wear red poppy pins in the weeks leading up to and on 11 November in remembrance.



## DIRECTIONS

- Peel and cut up potatoes.
- Place in pot with fillets and cover with cold water.
- Boil until the potatoes are "fork done".
- Drain off the water.
- Mash the potatoes and fish together.
- Mix chopped onion, eggs, and 1 tablespoon water.
- Add this to the fish and potatoes and mix well.
- Form the mixture into hamburger size patties.
- Season with salt and pepper and fry in well greased skillet until golden brown on both sides.

## Ingredients

- 1 lb boneless fish fillet
- 5 large potatoes
- 3 tablespoons chopped onions
- 2 eggs
- 1 tablespoon water
- salt and pepper



# 7 Ways You Can Help Raise Mental Health Awareness

## 1) Take on a career path where you can make a positive, lasting impact

If you're interested in pursuing a career in mental health, there are a number of fields that offer an opportunity to provide care to those afflicted. Consider a future in counseling, psychology, psychiatry, social work, or nursing.

## 2) Talk about mental health more openly

Talk to those around you about how they are feeling, and take the time to truly listen. Check in regularly, especially if you know they are under strain or dealing with a mental illness.

## 3) Keep the conversation going

As mentioned above, stigma and discrimination are two of the biggest obstacles to a productive public dialogue about mental health — but that can change the way we talk about health.

## 4) Don't leave children out of it

Kids are naturally curious and have questions about everything, including mental health. Adults can help children understand that mental illnesses are real illnesses that can be treated. You can be a part of changing the conversation for future generations.

## 5) Share mental health screening sites on your social media channels

Gather a list of screening sites and share them with your social network. It helps to raise the awareness around mental health issues and offers your followers a tangible first step that could change someone's life.

## 6) Learn the signs and symptoms of various mental health illnesses

Understanding the warning signs and how you can help your loved one cope once they're receive a diagnosis will help decrease the number of people who suffer in silence without advocates.

## 7) Participate in local advocacy efforts to support and expand mental health legislation

Policy change is a big, impactful way you can make a difference in the lives of those living with mental health conditions and those that support them. Consider voting for candidates who highlight improving mental health in their platforms.

## *In Flanders Fields*

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

# Happy Thanksgiving

On Thursday October 5th 2023, Club 90 had their Thanksgiving Dinner. Members enjoyed a classic Thanksgiving meal, entertainment by Thor Bonfig and company, and we even had members dancing. Thank you to all that came and helped us put this together.



# Happy Halloween

On October 31st, 2023 Club 90 members enjoyed a Halloween Party where members enjoyed a cold plate meal, played games such as Bingo and Guess what's in the bags, and Karaoke. Thank you to all that came!



# NAME OUR PLOWS!

Help us pick names for our City Plows!

Submissions can be made at:  
[elliottlake.ca/namethatplow](http://elliottlake.ca/namethatplow)

Submission deadline is November 17th, 2023  
 See link for contest rules.



**Club 90 will be paused to our members on November 29th for our Staff Development Day.**

***Employee development*** is a process of improving employees' existing competencies and skills and developing newer ones to support the organization

# Secret Santa

HERE AT CLUB 90! PLEASE SIGN UP BY NOV 20TH CALL MELANIE AT 705-848-2879

**Bring your wrapped gift in by December 10th. Gifts handed out at our Christmas Dinner.**



## 2023 ANNUAL SANTA CLAUS PARADE THEME: CHRISTMAS SONGS

**Date: December 1<sup>st</sup>/2023  
Elliot Lake, Ontario**

More information will be available soon. Please go to [elliottlake.ca/santaclausparade](http://elliottlake.ca/santaclausparade) for more information.

**Organized by the City of Elliot Lake**

**Come out with family, friends or loved ones and enjoy the festivities with our Community.**



# Dates to Remember

For November 2023

- Hunger and Homelessness Awareness Week (Nov. 11-18)
- International Stress Day (Nov. 1)
- Veteran's Day (Nov. 11)
- World Kindness Day (Nov. 13)
- World Diabetes Day (Nov. 14)
- International Day of Tolerance (Nov. 16)
- International Survivors of Suicide Day (Nov. 18)
- Transgender Day of Remembrance (Nov. 20)
- International Day for the Elimination of Violence Against Women (Nov. 25)

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](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306

Elliot Lake, ON P5A 1Y9

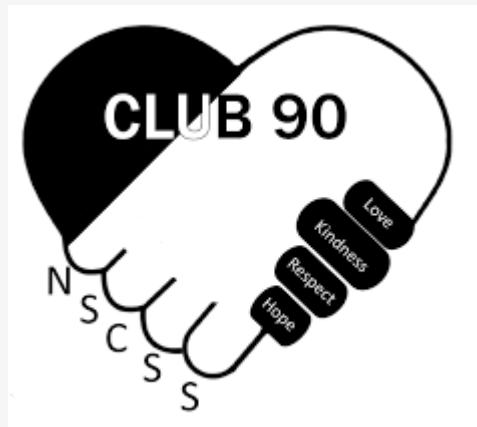
705-848-0229/1-800-256-7299



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](mailto: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

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



**Wishing a Happy Birthday To:**

**Tracy, Deborah, Guy,  
Heather, Stephen, Cheryl  
Lynn, Christopher, and Bill**



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

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

Available by phone



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

**NDP**  **NPD**

# COLOR ME



# 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](http://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](http://www.Elliottlake.ca)

705-848-2287

Find us on  
Facebook

[fb.com/cityelliottlake](https://fb.com/cityelliottlake)