

Community Supports

Phone Number

362nd edition

Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Canadian Mental Health Association Algoma	(705) 759-0458 ext 200
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Algoma District Services Administration Board	(705) 848 7153
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Community Care Access Centre (CCAC)	(705) 461-9329
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
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 and Ontario Works	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living	(705) 461 9561

**CCEA After Hours Crisis Support
WARM LINE**

**1-800-721-0077
1-866-856-9276**

Stepping Stones October 2021

NSCSS



Club 90



Why Thanksgiving...

The Canadian Thanksgiving is celebrated on the second Monday of October while in America the festival is celebrated on fourth Thursday of November.

While many assume that Canada- being the younger nation- copied the concept from US, but history says otherwise.

Canadian Thanksgiving celebration, in fact, dates back to 1578 after Martin Frobisher's third voyage to Canada. He had lost one of his ships on the way and had hosted a big celebration as a token of thanks to people of Nunavut for providing a safe passage.

The incident took place years before the first recorded US feast between the Pilgrims and Native Americans at Plymouth in 1621. The event is now a much somber one in many Native American households as they lost many of their own in war that followed a generation later.

There are others who suggest that the festival in Canada is always centered around the Harvest season which is earlier than US. Many state that the idea of Thanksgiving came from the French settlers in Canada in the early 17th century who wanted to celebrate their harvest in what was then known as New France.



Wishing a Happy Birthday to:

*Dave, Derek, Gary,
Corrie, Dale, Beverly,
Jerry, Rebecca*

A national holiday was formalized though only in 1879. Even then the date wasn't fixed until 1957- the government officially named the second Monday of October as Thanksgiving Day in Canada. While it began as a religious festival, over the years it has become a day to spend with loved ones.

Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

Providing professional counselling services in our Elliot Lake
Office and Blind River Offices.

Crisis services are available 365 days a year through our
partnership with Sault Area Hospital's Mobile Crisis Program.

Elliot Lake Office:
9 Oakland Blvd., Suite 2
Elliot Lake, ON P5A 2T1

705.848.2585

Blind River Office:

Available by phone

705.848.2585

AFTER HOURS CRISIS NUMBER

1-800-721-0077

10 Paris Drive, Unit #6 Elliot Lake, ON P5A 1P3
North Shore Community Support
Services/Club 90

Thanksgiving Celebration

October
6/7
Wed/Thur

2 Seatings: 12 Noon and 3pm

Please sign up by October 4th/2021 to save a seating. All members welcome to bring a quest.

Thanksgiving MENU

MAIN COURSE

Chicken, Ham, Mashed Potatoes, Carrots, Acorn Squash, Stuffing, Turnip, Gravy and Homemade Cranberries!

DESSERT

Apple Crisp with Vanilla Ice Cream

DRINKS

Fruit punch/Apple or Orange Juice



meeting

iChef meals available via pick up for our members for \$2.50 on Friday afternoons.

Current and new iChef members come join Tammy on Friday October 8th at 2pm for an iChef Meeting. Get involved by sharing your thoughts and give your ideas for upcoming meals!

Call to sign up for iChef



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
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.gc.ca

NDP  NPD

From our kitchen

Duchess Baked Potatoes

Ingredients—8 SERVINGS

Preparation

- 12 medium Yukon Gold potatoes (3½–4 pounds)
- Kosher salt
- 5 large egg yolks
- 2 garlic cloves, finely grated
- 1½ cups heavy cream
- ¾ cup sour cream
- 10 tablespoons unsalted butter, melted
- 1 teaspoon pink or black peppercorns, finely ground

Step 1 Place potatoes in a large pot and pour in water to cover by 2"; season with salt. Bring to a boil over medium-high. Reduce heat and simmer until a paring knife very easily slides through potatoes, 25–35 minutes. Drain and let cool slightly. 8/30/2021 Duchess Baked Potatoes.

Step 2 Preheat oven to 425°. Whisk egg yolks, garlic, cream, sour cream, butter, and peppercorns in a large bowl; season generously with salt. Peel potatoes and pass flesh through a ricer or a food mill (or mash them by hand if you don't mind a few lumps) directly into bowl with egg mixture. Fold in gently (be careful not to over-mix). Transfer to a 3-quart baking dish and decoratively shingle or swirl surface. Bake, rotating once, until golden brown and slightly puffed, 30–40 minutes.

Step 3 Do Ahead: Dish can be assembled 1 day ahead. Cover and chill. Increase bake time by 5–10 minute

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.eastalgomacommunityconnects.com or download or app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:





Elliot Lake Reel Wings Hockey
2021-2022 Season

We are excited to let you know that the owner of the Elliot Lake Red Wings, Paul Noad, has generously donated 4 season passes to our Club 90 Clients.

Please let us know if you are interested in attending one or more of the upcoming games for the 2021-2022 season of the Elliot Lake Red Wings hockey games.

Email us, call, or come in and sign up!

Let's go Red Wings!!!!

(705) 848-2879



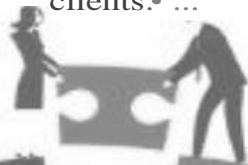
Email: coordi

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Proud !! Upporter 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



City of 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

Halloween Word Search

Q M T J V M P L P L S W R Y N Y
 S B R L E F W H X B V C L P K W
 P H P Q V F T O S H T F X H X H
 O B F H D J I J N O T E L E K S
 O R Q C A N D Y I F U Q I O O B
 K G H O S T S L K J J E N D O S
 Y M Z L G J F C P H E K Y J X Y
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 D M W F I T P A R T Y Q G L C U
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 S S B J E C C R F F K X P W I Y
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BOO
 GAMES
 HALLOWEEN
 PARTY
 SPOOKY
 WITCH

CANDY
 GHOSTS
 MASK
 PUMPKINS
 TRICK

COSTUMES
 GOBLIN
 MUMMY
 SKELETON
 TREAT

www.thetypicalmom.com

Mental Health in an Unequal World

The WFMH (World Federation for Mental Health) President Dr Ingrid Daniels has announced the theme for World Mental Health Day 2021 which is **'Mental Health in an Unequal World'**.

This theme was chosen by a global vote including WFMH members, stakeholders and supporters because the world is increasingly polarized, with the very wealthy becoming wealthier, and the number of people living in poverty still far too high. 2020 highlighted inequalities due to race and ethnicity, sexual orientation and gender identity, and the lack of respect for human rights in many countries, including for people living with mental health conditions. Such inequalities have an impact on people's mental health.

This theme, chosen for 2021, will highlight that access to mental health services remains unequal, with between 75% to 95% of people with mental disorders in low- and middle-income countries unable to access mental health services at all, and access in high income countries is not much better. Lack of investment in mental health disproportionate to the overall health budget contributes to the mental health treatment gap.

Many people with a mental illness do not receive the treatment that they are entitled to and deserve and together with their families and carers continue to experience stigma and discrimination. The gap between the 'haves' and the 'have nots' grows ever wider and there is continuing unmet need in the care of people with a mental health problem.

WORLD
 MENTAL
 HEALTH
 DAY





“myPlan Canada” is a free app to help you with your safety and well-being if you have experienced abuse from current or past spouse, partner, boy/girlfriend. It’s private, secure, personalized, & backed by research.

You can download or use online at www.myplanapp.ca

Halloween Fun Fact: Trick-or-treating comes from "souling" - Like several other Halloween activities, the tradition can be traced back to the Middle Ages and the rituals of Samhain. It was believed that phantoms walked the earth on the night of Samhain, so people would dress up in costumes in an effort to repel the spirits.

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.

705-461-3663

PHONE



Welcome Larrissa

PLEASE WELCOME LARRISSA TO OUR STAFF TEAM AS A MENTAL HEALTH WORKER FOR THE CLUB 90 PROGRAM



Jessica, we will miss you
here at Club 90!!