



Community Contacts:



ALGOMA FAMILY SERVICE	705 848-0790
ALGOMA PUBLIC HEALTH UNIT BOB (4002) MARIE (4001)	705 848-2314
ALCOHOLICS ANONYMOUS	705 461-3150
ADSAB HOUSING	705-848-7153 EXT: 311
ASSAULTED WOMEN'S HELPLINE	1-866-863-0511
CAMILIUS CENTRE	705 848-2129
CLUB 90	FAX 848-3752 TEL 705 848-2879
COMMUNITY ALCOHOL/DRUG ASSESSMENT	705 848-2314
COMMUNITY LIVING ALGOMA	705 848-2475
CONSUMER SURVIVOR INITIATIVE (BEEHIVE)	705 461-3912
EAST ALGOMA MENTAL HEALTH CLINIC	705 848-9131
ELLIOT LAKE FAMILY HEALTH TEAM	705 461-8882
COUNSELLING CENTRE OF EAST ALGOMA	705 848-2585
ELLIOT LAKE FOOD BANK	705 461-3663
HOSPITAL	705 848-7181
LEGAL CLINIC	705 461-3935
MARCH OF DIMES	705 848 4840
MOBILE CRISIS RESPONSE	1-800-721-0077
NORTH CHANNEL LITERACY COUNCIL	705 848-1661
OAKS CENTRE (DETOX)	705 461-4505
ODSP (FAX 253-2090)	1-800-825-7593 EXT 0
ONTARIO WORKS (FAX 843-0482)	705 848-7153
SUPPORTIVE INDEPENDENT LIVING (SIL)	705 461-9561
WOODLAND MÉTIS ASSOCIATION	705 848-0276
WOMEN'S CRISIS CENTRE (MAPLEGATE)	705 461-9868
ST VINCENT DE PAUL THRIFT STORE	705 461-1355
NON EMERGENCY OPP NUMBER	1-888-310-1122
CITY OF ELLIOT LAKE	705 848-2287 (PRESS 0)
ST-JOSEPH HOSPITAL	705-848-7181

Club 90



Stepping Stones





Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you with:

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

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

NDP  **NPD**



We are here to help!

Michael Mantha

MPP/député Algoma-Manitoulin

705-461-9710



Eco-Mat@Paris

Serving all your laundry needs!

Offering Wash & Fold Services, pay per use machines and an onsite seamstress.

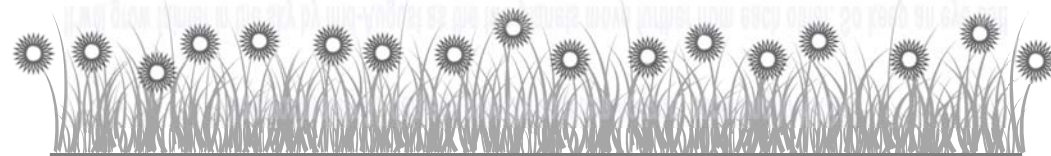
Located in the Paris Plaza (10 Paris street)



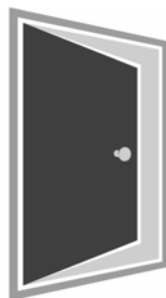
The event known as "Mars Close Approach" happened on July 31. That represents the point in the red planet's orbit at which it comes closest to Earth. Mars was 57.6 million kilometres from Earth!!

At approximately 35 degrees over the southern horizon, according to NASA.

It will grow fainter in the sky by mid-August as the two planets move further from each other. So keep an eye out!



Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

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

**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:

1 Industrial Park Rd., Suite 210
Blind River, ON P0R 1B0

(705) 848-2585

AFTER HOURS CRISIS NUMBER:

1-800-721-0077

**WE'VE
MOVED**

Club 90 has moved to our new location, 10 Paris Drive, in the Paris Plaza (next to the Eco-Mat). Our new location will offer us more room, along with showers available for our members. We are conveniently located next door to a laundry mat, and the new dollar store! Please come and check us out at

our new

location, we would love to see you!

Bus stops right in front of building!



Physical Science Word Search

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

Acceleration
 Alloy
 Amalgam
 Biomass
 Catalyst
 Colloid
 Current
 Diffraction
 Electromagnet
 Fluorescence

Fulcrum
 Gravity
 Inertia
 Isotope
 Lubricant
 Magnetism
 Malleable
 Model
 Nucleus
 Photon

Plasma
 Reflection
 Refraction
 Soap
 Solvent
 Superconductor
 Ultraviolet
 Voltage
 Wave
 Weak Acid

sciencenotes.org



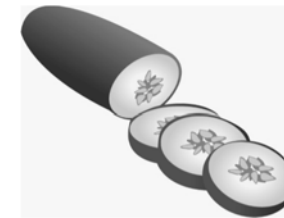
<https://www.foodnetwork.com/recipes/rachael-ray/tomato-onion-and-cucumber-salad->

Ingredients

- 5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced
- 1/4 red onion, peeled, halved lengthwise, and thinly sliced
- 1 Kirby cucumber, halved lengthwise and thinly sliced
- A generous drizzle of extra-virgin olive oil, about 2 tablespoons
- 2 splashes red wine vinegar
- Coarse salt and black pepper

Too hot to cook? Try this **no cook tomato, onion & cucumber salad!**

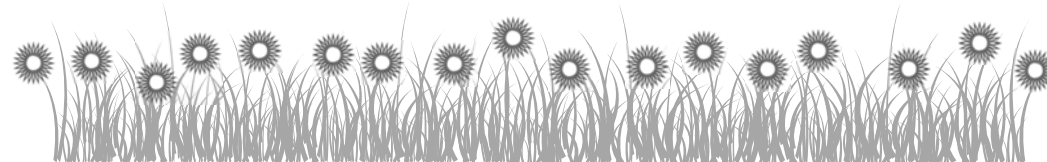
Each serving provides: 88 calories, 7 grams of fat, 1 gram saturated fat, 77 milligrams sodium, 6 grams carbohydrates, 1 gram dietary fiber, 1 gram protein and 4 grams sugar.



Directions

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.



August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days.^[1] It was originally named *Sextilis* in Latin because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, and March was the first month of the year. About 700 BC, it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 46 BC (708 AUC), giving it its modern length of 31 days. In 8 BC, it was re-named in honor of Augustus. According to a *Senatus consultum* quoted by Macrobius, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt.^[2]

In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere. In many European countries, August is the holiday month for most workers. Numerous religious holidays occurred during August in ancient Rome.^[3]

Certain meteor showers take place in August. The Kappa Cygnids take place in August, with the dates varying each year. The Alpha Capricornids meteor shower takes place as early as July 10 and ends at around August 10, and the Southern Delta Aquariids take place from mid-July to mid-August, with the peak usually around July 28–29. The Perseids, a major meteor shower, typically takes place between July 17 and August 24, with the days of the peak varying yearly. The star cluster of Messier 30 is best observed around August.

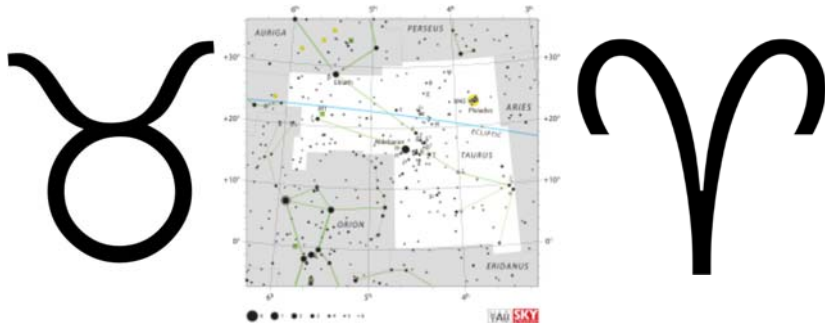
Among the aborigines of the Canary Islands, especially among the Guanches of Tenerife, the month of August received in the name of Beñesmer or Beñesmen, which was also the harvest festival held this month



Keep the Mind Busy !

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

TWO DIFFERENT THINGS
BUT IS IT THE SAME ?



<https://en.wikipedia.org/wiki/August>



Who we are:

NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. provides community support services and activities to people living with mental health issues.



NORTH SHORE COMMUNITY SUPPORT SERVICES, INC. fournit des services d'assistance communautaires et des activités aux gens vivant avec des questions de santé mentale.



**Come and see us...
Monday to Friday
9:00 am to 5:00 pm**



East-Algoma Connects is a free app created to help people find Addictions and Mental Health Services with ease.

Touch Base with us..

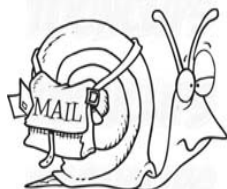


www.facebook.com/nscss.club90
<http://www.nscss.com/>



Snail Mail Us at...

10 Paris Dr.
Elliot Lake, ON
P5A 2L9
Phone: (705) 848-2879
Fax: (705) 848-3752



Daily Meals and Activities:

- *Please call Club 90 at (705)-848-2879 for daily meals and activities We are now open to the public at our new location at 10 Paris plaza.*
- *Free lunch Tuesdays and Thursdays*
- *Special Dinner every Wednesday*
- *Come on down and check us out!*



Club 90 Camp Thompson Camping trip August 21st–23rd. Please bring in 25\$ by August 1st to book your spot!

Club 90 Members Daily Dinner at 4:00pm

Please call in by 1:00 pm for your dinner for \$2.00 reservation: 705-848-2879



Membership Council Meeting: Pending

If interested in joining membership council please call 705.848.2879 for more information.

Access card renewals are now being issued. If your card expires **before October 1st, 2018**. please ensure that **all** adult members in the household have their Notice of Assessment and Photo ID and call Samantha at 705.848.2287 x 2120. As of July 28 expired cards will no longer be accepted.

Solutions?!

We welcome your

Solutions and Questions!

Anyone can have suggestions, lets come up with Solutions!

This is your Club and we want to hear what

you feel would be beneficial to maintain

or improve Club 90. Submit your questions

or ideas to NSCSS Club 90 staff.

Or Email: Supportmh@nscss.com



Squigly's Brain Teaser Riddle:

What can you catch but not throw?

A cold.

Disclaimer

All articles reflect the opinions of the authors and are not necessarily shared by all the

members of Club 90

Nor are they

necessarily

reflective of the

viewpoints of

North Shore Community

Support Services, INC.

Advertise in our Monthly newsletter at very reasonable rates.

For more

info. Please feel free to Contact Us

(705) 848-2879

mhsupport@nscss.com

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Local Health Integration Network

Réseau local d'intégration des services de santé



Elliot lake and North Shore Community Legal Clinic

The legal clinic provides free advice and representation in multiple areas involving the law.

They work around the following

- Tenant rights
- Ontario Works
- Ontario Disability Support Program
- Canadian Pension Plan
- Old Age Security
- Criminal Injuries Compensation
- Native Issues
- Pardons
- Small Claims Court Matters
- Will Preparation and Powers of Attorney.

If you are presented with an eviction notice, or are having problems with your landlord please contact the Legal Clinic and find out your rights! They will make sure you are being treated fairly and that you are given everything you are entitled to.

Shopping Bus trips with AJ Bus lines

The next shopping trip will be on August 7th



Please call AJ Bus lines up to a day before the trips to book your seats, and please refrain from paying for your seat on the bus.

The phone number is: 705-848-3013 Ext: 21

FREE LUNCH AT CLUB 90

Free lunch dates have changed to work with those at The Hope Centre.

The Free lunches will now be on Tuesdays and Thursdays
instead of Wednesdays.

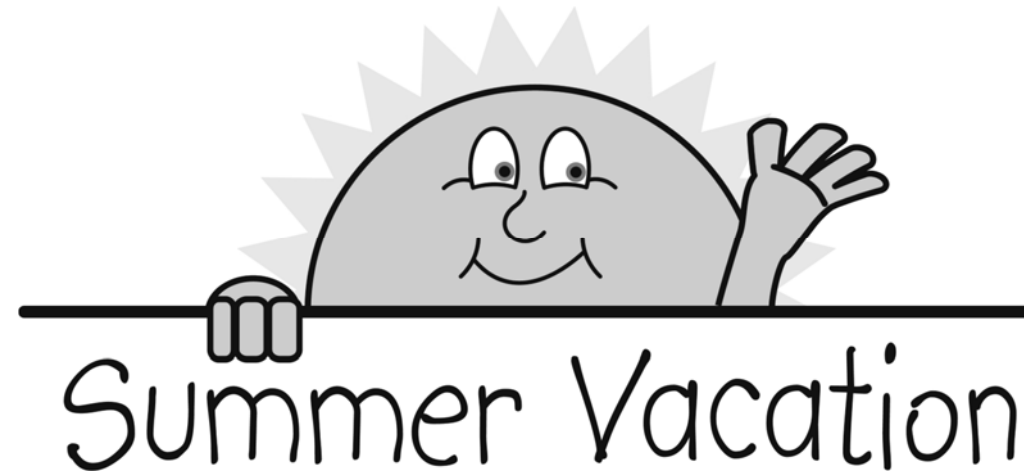
For a free lunch on Wednesdays please go to
the Hope Centre on Charles Walk,
Next to the salvation army thrift store.

**PLEASE EITHER COME IN OR SIGN UP BY 11:30 a.m. FOR EACH LUNCH
TO ENSURE THERE IS ENOUGH. THANK YOU**



Facts about August

1. It is the last of the summer months.
2. The Islamic holiday of Ramadan runs from July 19 to August 18 in 2012.
3. August in the Northern Hemisphere is similar to February in the Southern Hemisphere.
4. Augustus renamed the month of Sextilis because many of his greatest triumphs occurred during this month.
5. August is a month of summer vacation and holiday for many children around the world.
6. Many cultures



<https://www.ducksters.com/history/augustinhistory.php>