



Community Contacts:



ALGOMA FAMILY SERVICE	705 848-0790
ALGOMA PUBLIC HEALTH UNIT BOB (4002) MARIE (4001)	705 848-2314
ALCOHOLICS ANONYMOUS	705 461-3150
ADSB HOUSING	1-888-326-3133 EXT231
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



RIDES AVAILABLE

IN ELLIOT LAKE
OR
TO SUDBURY
OR
SAULT STE MARIE
(will travel to other locations)

CALL MIKE
705-848-7326



We are here to help!

Michael Mantha

MPP/député Algoma-Manitoulin

705-461-9710

Coffee
Teas
Italian Soda

Coupon

Soups
Salads
Sandwiches

Kathy's Brew Ha-Ha!

Bring in this Coupon to receive a HALF PRICE soup or side salad with your sandwich purchase for the month of December!!

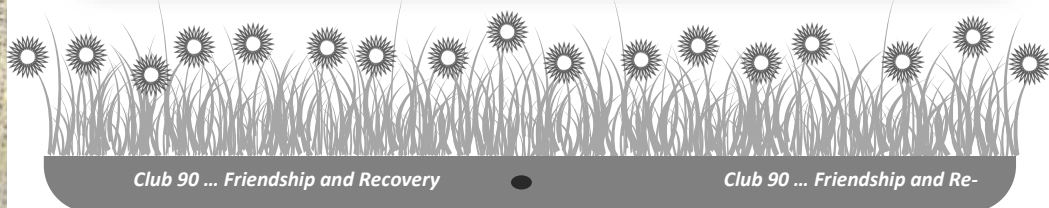
126 Ontario Avenue,
Elliot Lake, Ontario, P5A 1Y2
705-261-1625
kathysbrewhaha@gmail.com
Find us on Facebook:
Kathy's Brew Ha-ha!

ITTECHYGUY

For All Your Technical Needs

ANDRE VIAU
Owner

itechyguy@gmail.com
itechyguy.ca
37 Algom Rd
Elliot Lake
(705)261-1223



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



Club 90 Welcomes you to

Christmas Dinner

Free Dinner

for all Members with a MAX of 2 Guests

When: December 21st

Where: Club 90

**Time: 2:00 Doors Open,
Dinner Served 4:00pm**

The Jewels Of Harmony at 4:30pm

Call

705-848-2879

to Sign up!





A big thank you to the boys from the Elliot Lake Wild Cats and Coach Cory for all their help with our November Survivors' Breakfast !

Also a big thank you for the Counselling Centre of East Algoma for the great presentation on managing emotions!



Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est



Gingerbread Cookies



INGREDIENTS

6 cups all-purpose flour	1 cup shortening, melted and cooled slightly
1 tablespoon baking powder	1 cup molasses
1 tablespoon ground ginger	1 cup packed brown sugar
1 teaspoon ground nutmeg	1/2 cup water
1 teaspoon ground cloves	1 egg
1 teaspoon ground cinnamon	

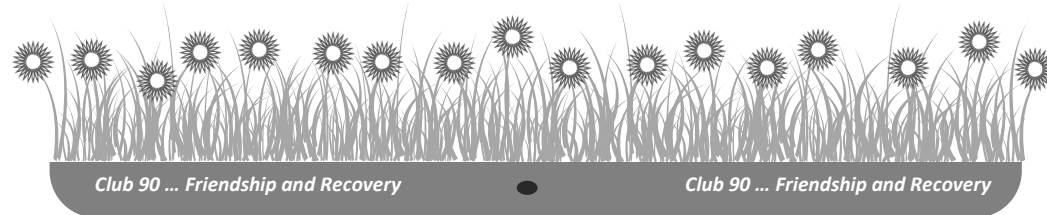
Directions

Sift together the flour, baking powder, ginger, nutmeg, cloves, and cinnamon; set aside.

In a medium bowl, mix together the shortening, molasses, brown sugar, water, egg, and vanilla until smooth. Gradually stir in the dry ingredients, until they are completely absorbed. Divide dough into 3 pieces, pat down to 1 1/2 inch thickness, wrap in plastic wrap, and refrigerate for at least 3 hours.

Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into desired shapes with cookie cutters. Place cookies 1 inch apart onto an ungreased cookie sheet.

Bake for 10 to 12 minutes in the preheated oven. When the cookies are done, they will look dry, but still be soft to the touch. Remove from the baking sheet to cool on wire racks. When cool, the cookies can be frosted with the icing of your choice.



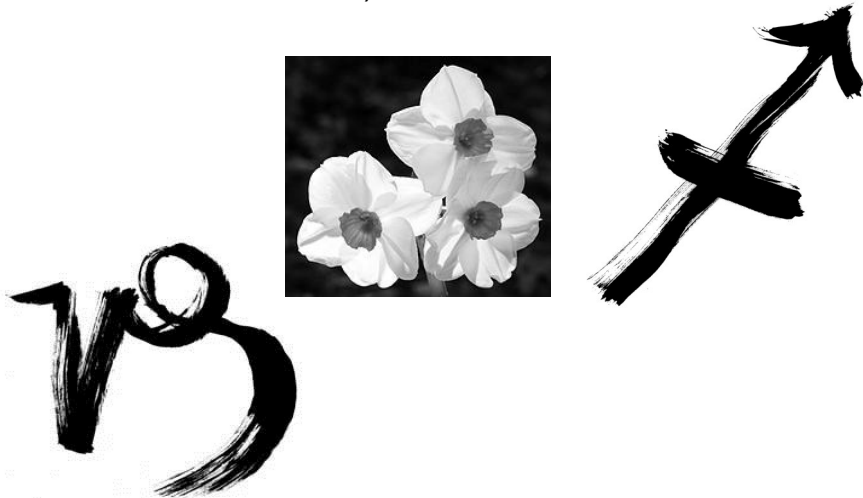
December

December is the twelfth and final month of the year in the Julian and Gregorian Calendars. It is the seventh and last month to have the length of 31 days.

December got its name from the Latin word decem (meaning ten) because it was originally the tenth month of the year in the Roman calendar, which began in March. The winter days following December were not included as part of any month. Later, the months of January and February were created out of the monthless period and added to the beginning of the calendar, but December retained its name. December contains the winter solstice in the Northern Hemisphere, the day with the fewest daylight hours, and the summer solstice in the Southern Hemisphere, the day with the most daylight hours (excluding polar regions in both cases). December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa. In the Northern hemisphere, the beginning of the astronomical winter is traditionally 21 December or the date of the solstice. December's birth flower is the narcissus.

December's birthstones are the turquoise, zircon, and tanzanite.

The zodiac signs for the month of December are Sagittarius (until December 21) and Capricorn (December 22 onwards).

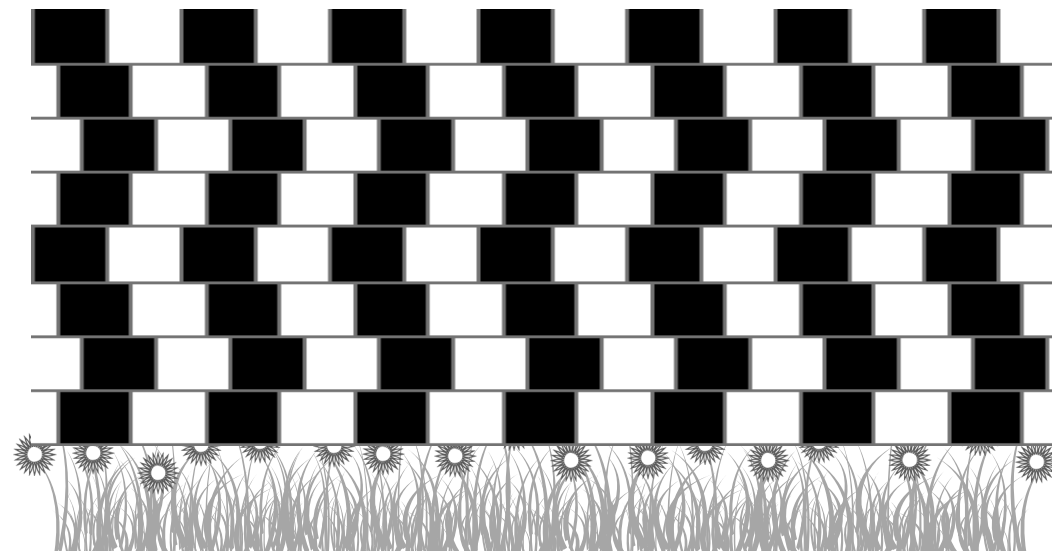


Keep the Mind Busy !

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

<http://www.websudoku.com>

Which Line is Straight?



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.



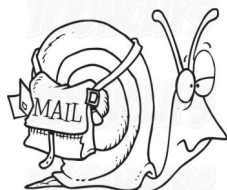
Touch Base with us..



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

Snail Mail Us at...

1 Newfoundland Walk
Elliot Lake, ON
P5A 1Z5
Phone: (705) 848-2879
Fax: (705) 848-3752



Things you can take part in: 15

Ren Centre: Christmas Concert Fundraiser December 2nd, starting at 7:00pm Tickets \$15.00 with a cash bar.

Christmas Concert: December 6th at Lester B Pearson Centre, doors open at 6, show starts at 6:30pm Admission is \$5.00.

Community Living Elliot Lake: December 13th Holiday Come and Go Celebration, Civic Centre Main Floor: 2-5pm. Call to RSVP by December 8th (705-848-2475 ext 1)

A Christmas Carol: December 16th at the Gentle Shepherd Church starts at 6:00pm, join for Carols, live music, lighting of the Christmas tree with warm beverages and Christmas goodies.



**Club 90 — Free Survivors Breakfast
Will Continue on January 19th, 2018
Have a Safe Holiday Season!**

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:

When: December 28th
Where: Club 90
Time: 3:00pm

Club 90 Closed on...

December 25th
December 26th
January 1st
To Observe Christmas Eve, Boxing Day and New Years Day.

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:

A detective who was mere days from cracking an international smuggling ring has suddenly gone missing. While inspecting his last-known location, you find a note: 710 57735 34 5508 51 7718 Currently there are 3 suspects: Bill, John, and Todd. Can you break the detective's code and find the criminal's name?

Bill. If you read the message upside down, you'll notice that the numbers resemble letters and that those letters form legible sentences. The message is "Bill is boss. He sells oil."

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

Editorial Staff

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Local Health Integration Network

Réseau local d'intégration des services de santé

AI Collette Memorial Christmas Dinner

A **FREE** Traditional Christmas Dinner, for anyone who will be alone on Christmas.

The dinner will begin at 4:00 p.m. with the first sitting and 5:00 p.m. is the second sitting, on the evening of December 25th and runs until 6:30 p.m.

The dinner was started by Richard Berghammer, and continued by AI and Penny Collette who took over when Richard became too ill to continue. AI Collette passed away in 2015 and the dinner is continued in his memory by a group of his friends and volunteers.

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

Shopping Bus trips **with AJ Bus lines**

Shopping Bus trips scheduled for December:

December 5th to Sudbury:

Cost: \$33.00

Bus departs at 8:35am First stop choice is Costco/Old Navy, if you wish to just go to the mall stay on the bus, if not bus will come back to pick up at 1:00pm to bring you to the mall. Bus Boards to leave at 4:30pm.

December 17th to Sault Ste Marie:

Cost: \$33.00

Bus departs at 8:35am. First stop is the Big Walmart for one hour, bus than proceeds to Station Mall. Bus boards to leave at 4:00pm.

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



Historical Events:

First Human heart transplant completed: December 3rd 1967

Lewis Washkansky (53 years old) receives first human heart transplant at Grootte Schuur Hospital in Cape Town, South Africa. After Washkansky's surgery, he was given drugs to suppress his immune system and keep his body from rejecting the heart. These drugs also left him susceptible to sickness, however, and 18 days later he died from double pneumonia. Despite the setback, Washkansky's new heart had functioned normally until his death.

Pearl Harbour: December 7th 1941

The attack on pearl harbour happened on December 7th 1941. Japanese airplanes made a surprise attack on the US Navy in Pearl Harbour. The entire attack lasted around 110minutes, just under two hours. President Roosevelt gave a famous speech after the attack in which he said December 7th would be a 'Day which would live in infamy'.

John Lennon Died: December 8th 1980

It was almost 11pm when Lennon's Limousine reappeared outside the Dakota building. Almost as soon as the musician got out, he glanced towards the shadows, perhaps recognizing the man he had seen earlier, and at that moment, Chapman opened fire. The first bullet missed; the next four all hit their target.

Wright Brothers fly into history: December 17th 1903

Mario Lemeux returns to NHL: December 27th 2000

Mario Lemeux returned to the NHL after 3 years of retirement and was the first owner-player in the modern era of pro sports as he purchased the Pittsburgh penguins during his retirement.

Bowling Ball invented: December 29th 1862

www.brainyhistory.com
www.on-this-day.com
www.historyextra.com
www.historyplace.com

Fun Facts:

December 27th is National Chocolate Day

Nobel Peace prizes are awarded in December.

Word Search Fun

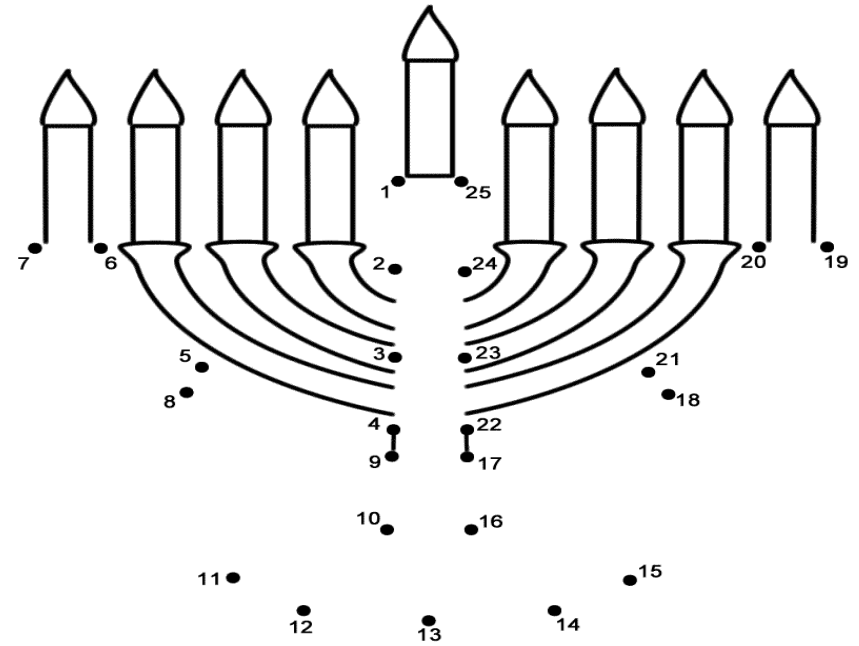


Christmas



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C	U	K	Z	T	U	S	J	U	L	A	A	C	D	A	N	E	G
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J	P	E	N	M	F	Z	P	E	R	C	H	M	Y	C	A	F	E

BELLS	DECEMBER	PRESENTS	SILENTNIGHT
CANDY CANES	ELVES	REINDEER	SNOWMAN
CAROLS	FAMILY	RUDOLF	TREE
CHRISTMAS	LIGHTS	SANTA CLAUS	



Punny of the month:



What do you call Santa Clause after he's fallen into a fire-place? *Krisp Kringle*





Carol Hughes

MP/Députée
Algoma-Manitoulin-Kapuskasing

- My office can help you with:
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1-705-848-8080
carol.hughes@parl.gc.ca

NDP NPD

Origin of Christmas

The origins of Christmas can be traced all the way back to ancient pagan celebrations such as Deus Sol Invictus (December 25th), The Kalends (January 1st-5th) and Saturnalia (December 17th-23rd) The Christian Church approved of these celebrations and declared the 25th as Jesus' Birthday, thus co-opting the holidays.

Mistletoe was sacred to the Norse, Celtic Druids and Native's as it remained green and continues to produce fruit during the winter when other plants die. The Celtic Druids thought the plant had the power to cure infertility and nervous diseases, also to ward off evil. Long before Christmas Trees, Evergreens were the Pagan symbol of eternal life and rebirth.

According to old English folk tales, the Devil died when Jesus was born. Some towns developed a tradition of ringing the church bells near midnight on Christmas Eve to announce the Devil's death. In England this custom was called tolling or ringing "the Devil's knell."

<https://greenglobaltravel.com/christmas-traditions-around-the-world/>



Origin of Hanukkah

"The eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. Hanukkah, which means "dedication" in Hebrew, begins on the 25th of Kislev on the Hebrew calendar and usually falls in November or December. Often called the Festival of Lights, the holiday is celebrated with the lighting of the menorah, traditional foods, games and gifts."

Excerpt from: <http://www.history.com/topics/holidays/hanukkah>

Happy Hanukkah



Origin of Kwanzaa

"The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles in Swahili) are values of African culture which contribute to building and reinforcing community among African-Americans. Kwanzaa also has seven basic symbols which represent values and concepts reflective of African culture. An African feast, called a Karamu, is held on December 31. The candle-lighting ceremony each evening provides the opportunity to gather and discuss the meaning of Kwanzaa. The first night, the black candle in the center is lit (and the principle of umoja/unity is discussed). One candle is lit each evening and the appropriate principle is discussed."

Excerpt From: <http://www.history.com/topics/holidays/kwanzaa-history>

Umoja Unity	Kujichagulia Self Determination	Ujima Collective Work & Responsibility	Ujamaa Cooperative Economics
Nia Purpose	Kuumba Creativity	Imani Faith	Kwanzaa Yenu Iwe Na Heri Happy Kwanzaa!