








SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH  
FALL 2021 // VOLUME 16

# EarlyON Newsletter



The local EarlyON Child and Family Centres would like to welcome you back to indoor programming. The hours below are subject to change so please pre-register using KEyON or call the centre.

We look forward to seeing all of our families!!

<div>Virtual Programming</div> <div><div> EarlyOn Child and Family Centre Prince, SSM &amp; Sault North EarlyOn SSM Urban Indigenous EarlyOn</div><div> EarlyON Child and Family Centre Prince Township @EarlyONCentre</div><div> @urbanindigenousearlyon</div><div> @urbanindigenousearlyon</div></div>		<div>Opening Hours Coming Soon!</div> <div>Please check KEyON and social media accounts for current updates on hours of operation.</div>			
<div>Boreal</div> <div>705-945-8898 Ext. 315 232 Northern Avenue</div> <div>.....</div> <div>Wednesday10:00 AM - 2:00 PM</div> <div>Thursday10:00 AM - 2:00 PM 3:00 PM - 6:00 PM French Services</div>		<div>Holy Angels</div> <div>705-945-8898 Ext. 255 102-A Wellington Street East</div> <div>.....</div> <div>Monday10:00 AM - 2:00 PM</div> <div>Tuesday10:00 AM - 2:00 PM</div> <div>Wednesday10:00 AM - 2:00 PM 3:00 PM - 6:00 PM</div> <div>Thursday10:00 AM - 2:00 PM</div> <div>Friday10:00 AM - 1:00 PM</div> <div>Saturday10:00 AM - 1:00 PM</div>		<div>Holy Cross</div> <div>705-945-8898 Ext. 303 16 Texas Avenue</div> <div>.....</div> <div>Monday9:00 AM - 1:00 PM</div> <div>Tuesday9:00 AM - 1:00 PM</div> <div>Wednesday9:00 AM - 1:00 PM</div> <div>Thursday9:00 AM - 1:00 PM</div> <div>Friday9:00 AM - 1:00 PM</div> <div>Saturday10:00 AM - 1:00 PM</div>	
<div>H.M. Robbins</div> <div>705-779-3627 / 705-779-3055 83 East Balfour Street</div> <div>.....</div> <div>Monday9:00 AM - 1:00 PM</div> <div>Tuesday9:00 AM - 1:00 PM</div> <div>Wednesday9:00 AM - 1:00 PM</div> <div>Thursday9:00 AM - 1:00 PM</div> <div>Friday9:00 AM - 1:00 PM</div>		<div>Mountain View</div> <div>705-779-3627 / 705-779-3055 21 Mahler Road, Goulais River</div> <div>.....</div> <div>Monday9:15 AM - 12:15 PM</div> <div>Tuesday9:15 AM - 12:15 PM</div> <div>Wednesday10:00 AM - 12:00 PM *Outdoors off-site at Captain Tilley</div> <div>Thursday9:15 AM - 12:15 PM</div> <div>Friday9:15 AM - 12:15 PM *Closed the 3rd Friday of the month</div>		<div>Prince Township</div> <div>705-779-3627 / 705-779-3055 3024 Second Line West</div> <div>.....</div> <div>Monday9:00 AM - 1:00 PM</div> <div>Tuesday9:00 AM - 1:00 PM</div> <div>Wednesday9:00 AM - 1:00 PM</div> <div>Thursday2:30 PM - 6:30 PM</div> <div>Friday9:00 AM - 1:00 PM</div> <div>Saturday10:00 AM - 1:00 PM</div>	
<div>River View</div> <div>705-945-8898 Ext. 315 51 Wireless Avenue</div> <div>.....</div> <div>Monday9:30 AM - 2:30 PM</div> <div>Tuesday9:30 AM - 2:30 PM</div>		<div>St. Basil</div> <div>705-945-8898 Ext. 324 250 St. Georges Avenue</div> <div>.....</div> <div>Monday10:00 AM - 1:00 PM</div> <div>Tuesday10:00 AM - 1:00 PM</div> <div>Wednesday10:00 AM - 1:00 PM</div> <div>Thursday10:00 AM - 1:00 PM</div> <div>Friday10:00 AM - 1:00 PM French Services</div>		<div>Urban Indigenous</div> <div>705-256-5634 Ext. 3204 / 705-989-4595 241 Albert Street West</div> <div>.....</div> <div></div> <div>Tuesday9:00 AM - 1:00 PM</div> <div>Wednesday9:00 AM - 1:00 PM</div> <div>Thursday9:00 AM - 1:00 PM</div> <div>Friday9:30 AM - 12:30 PM Outdoor Programming</div> <div>Lunch Provided Daily</div>	
<div>Rosedale</div> <div>705-945-8898 Ext. 301 90 Chapple Avenue</div> <div>.....</div> <div>Monday10:00 AM - 2:00 PM</div> <div>Tuesday10:00 AM - 2:00 PM</div> <div>Wednesday10:00 AM - 2:00 PM 3:00 PM - 6:00 PM</div> <div>Thursday10:00 AM - 2:00 PM</div> <div>Friday10:00 AM - 1:00 PM</div> <div>Saturday10:00 AM - 1:00 PM</div>					
<div>Pre-registration Required for In-Person Programming</div> <div>Visit <a href="http://www.keyon.ca">www.keyon.ca</a> or contact an EarlyON Centre</div>					





## *CREATE A 3-D FALL COLLAGE*

Take advantage of the amazing natural collage materials that await you on a crisp fall family stroll! Bring a basket and collect items that would be easy to glue onto a cardboard base. When you get home, examine the items and glue them down.

### **You will need:**

- A piece of cardboard
- Liquid glue
- Nature items (helicopters, leaves, acorns, sticks, dried flowers, pinecones, herbs, feathers etc.)

**Visit EarlyOn SSM on Facebook for activities and challenges,  
for your chance to win a monthly prize basket.**





# Made with Love



DIY  
Teethers  
Necklaces  
Soother Clips



For program details and registration information, please visit our Facebook page.

# Infant Massage

Certified Instructors of Infant Massage facilitate this five-week program which offers families a stimulating form of touch that nourishes the relationship between parent and child.

Intended for families with infants 0 to 12 months.

**Dates:** October 19, 26, November 2, 9, 16

**Time:** 1:30 p.m. to 2:30 p.m.

**Location:** EarlyON Child and Family Centre  
Holy Angels School Site (102-A Wellington St. E.)

Registration is required by visiting [www.keyon.ca](http://www.keyon.ca)

For more information, contact (705) 945-8898 ext.267

# *CHANSON D'AUTOMNE*

## *(MUSIC OF THE FALL)*

Joignez-vous à nous pour chanter!  
(Join us and sing!)



# **NURSERY RHYME**



### **Pomme de reinette et pomme d'api**

Pomme de reinette et pomme d'api

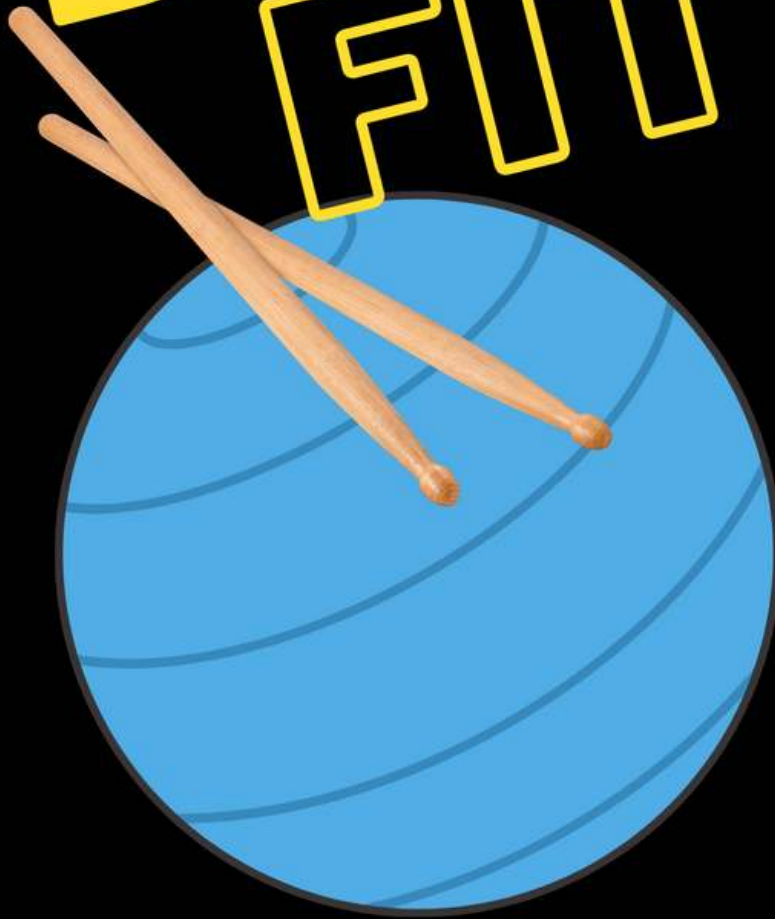
Tapis, tapis rouge

Pomme de reinette et pomme d'api

Tapis, tapis gris.



# DRUM FIT



Join us at our H.M.  
Robbins EarlyON on  
September 15th,  
22nd and 29th for  
our family fun,  
outdoor Drum Fit  
sessions.

Pre-registration is required. Limited spaces  
available. Please visit us on Facebook or call  
705-779-3627 for more information.

# APPLE PIE MUFFINS

[HTTPS://WWW.MOMABLES.COM/AP  
PLE-PIE-MUFFINS/](https://www.momables.com/apple-pie-muffins/)

## Ingredients

- 2 cups whole wheat pastry flour
- 2 tablespoons ground flaxseeds
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ⅓ cup maple sugar (or granulated sugar)
- 1 teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 cup unsweetened applesauce
- 2 tablespoons melted butter
- ⅓ cup milk
- ¾ cup chopped apple (about 1 apple)

## Instructions

1. Preheat oven to 400 degrees.
2. In a large mixing bowl combine dry ingredients; flour, ground flax seeds, baking powder, baking soda, sugar, cinnamon and nutmeg. Add in applesauce, melted butter, milk and chopped apples. Stir until well combined.
3. Divide the batter evenly among muffin cups.
4. Bake for 15-20 minutes, until golden brown.
5. Allow to cool and store in an airtight container.





# Butternut Squash Soup



## Ingredients

- 1 Tbls olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp powdered ginger
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp fresh or dried thyme, finely chopped
- 1 medium butternut squash, peeled and cut into 1-inch cubes
- 4 cups vegetable stock
- 3/4up coconut milk

## Instructions

1. Heat oil in a large pot over medium heat. Add olive oil.
2. Add the onion, garlic, ginger, salt and pepper and thyme. Saute until the onion is soft and transparent.
3. Add the cubed butternut squash and toss into the onion mixture.
4. Add the vegetable stock and stir to combine. (You might need to add a little more or less. The liquid level should be just slightly lower than the squash).
5. Add the lid and bring to a boil over medium-high heat. Once it reaches a boil, simmer for 20 minutes or until the butternut squash is very tender
6. Remove the soup from the heat and add the coconut milk..
7. Puree with a hand immersion blender or in batches with a regular counter-top blender. Serve immediately.



**EARLYON PRINCE TOWNSHIP  
PRESENTS**

**RACHEL  
READS**

**ON ZOOM!**

**WEDNESDAYS IN SEPTEMBER.  
REGISTER ON [KEYON.CA](http://KEYON.CA)**



# International Literacy Day

*September 8, 2021*

## History

Although much progress has been made in improving literacy rates, it continues to be a global problem.

Literacy is defined as the ability to read and write. Since 1967, International Literacy Day celebrations have taken place around the world to promote the importance and make the public aware of literacy human rights.

These skills enable greater opportunities which empower individuals to make choices that improve their lifestyles.

[www.unesco.org](http://www.unesco.org)



### Tips: fostering reading skills!

- Lead by example (read together)
- Schedule a reading time (no distractions)
- Join a Library
- Create a special reading nook
- Introduce puppets (make it fun)

[www.bizjournals.com](http://www.bizjournals.com)

## The Importance of Literacy in Child Development

Children who develop strong literacy skills perform better in school and have a positive, healthier self image. Reading to children at a very young age stimulates their imagination and expands their vocabulary as they begin to recognize written words. They become life long learners who build essential skills that can open up more opportunities for employment.

[www.readingrockets.org](http://www.readingrockets.org)

Article: The importance of literacy in a child's development

## INTERNATIONAL LITERACY DAY (SEPTEMBER 8TH)

Wednesday, September 8, 2021 is **International Literacy Day**, and in celebration of this day the **Mukwa Waanzh Urban Indigenous EarlyON** would like to share one of our featured stories with you all...

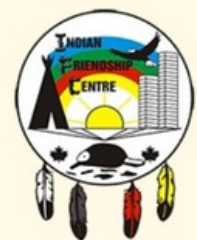


Children are often told by many different people what kinds of toys they should play with, how they're supposed to dress, what interests they should have, and who they should be **simply because of their gender...**

Laura Gehl's stereotype-breaking book ***Except When They Don't*** invites children, parents, and families to rethink how they look at "boy" and "girl" activities, toys, and clothing, and encourages children to play however they want to and to be exactly who they are! This book is published in partnership with GLAAD to boost 2SLGBTQIA+ inclusivity and belonging in children's spaces.



**MUKWA WAANZH  
URBAN INDIGENOUS EARLYON**



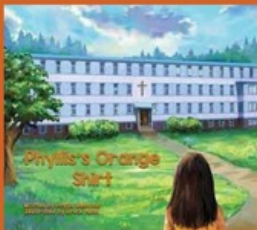


# MUKWA WAANZH

Urban Indigenous EarlyON



## Featured Children's Books To Talk About Residential School



### Phyllis's Orange Shirt

Written By: Phyllis Webstad

Illustrated by: Brock Nicol

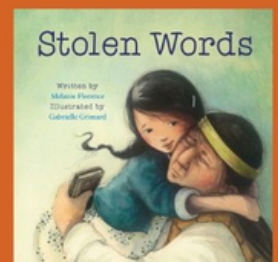
This is both Phyllis Webstad's true story and the story behind Orange Shirt Day.

### Stolen Words

Written By: Melanie Florence

Illustrated by: Gabrielle Grimard

A heartwarming story of how a little Cree girl sets out to help her grandfather find his language again.

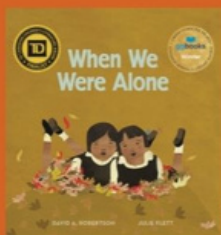


### When We Were Alone

Written By: David A. Robertson

Illustrated by: Julie Flett

A beautiful story of how a grandmother tells her granddaughter about the time she spent at residential school.





URBAN INDIGENOUS EARLYON

# September 30, 2021



**September 30th has been declared Orange Shirt Day annually, in recognition of the harm the residential school system did to children's sense of self-esteem and well being, and as an affirmation of our commitment to ensure that everyone around us matters.**





## Other Important Dates to Recognize this Fall

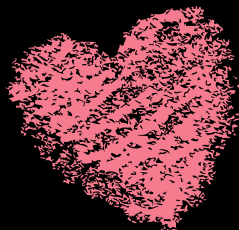
National Family Week (October 4-10, 2021)

The theme this year is, "Connected Families. Connected  
Communities."

National Child Day (November 20th, 2021)

This year is the 30th anniversary of National Child Day  
and the theme is "The Right to Survive and Thrive".

Show your true colours and wear BLUE in support of  
National Child Day.



# COMMUNITY RESOURCES

**Soup Kitchen**

**705-942-2694**

**CMHA Algoma**

**Mental Health**

**& Addictions Services**

**705-759-5989 or 1-855-366-1466**

**Are You in Need of Help?**

**Message Urban Indigenous  
EarlyOn through Facebook**

**OR**

**Email: [earlyon@ssmifc.ca](mailto:earlyon@ssmifc.ca)**

**Messages will be responded  
to within 24 hours**



Did you know that the Triple P Positive Parenting program can now be completed online?

As a part of this process, you will be connected with a Triple P Practitioner who will do check ins and assist you with any questions or clarification that may be required throughout the program.

For more information in regards to the Triple P Program, please visit [www.triplepalgoma.ca](http://www.triplepalgoma.ca).

## For EarlyON Updates and Interactive Activities



EarlyOn Child and Family Centre Prince, SSM & Sault North;  
EarlyOn SSM; Urban Indigenous EarlyOn; Social Services SSM



@urbanindigenousearlyon; @socialservicesssmd



EarlyON Child and Family Centre Prince Township  
@EarlyONCentre; Social Services SSM @Soc\_Serv\_SSM



@urbanindigenousearlyon



[www.childcarealgoma.ca](http://www.childcarealgoma.ca)



Indian Friendship Centre  
in Sault Ste. Marie

[www.ssmifc.ca](http://www.ssmifc.ca)



[www.princetownship.ca](http://www.princetownship.ca)



Social Services | Services Sociaux  
Zhawenimi-Anokiitaagewin  
Sault Ste. Marie District

[www.socialservices-ssmd.ca](http://www.socialservices-ssmd.ca)