

SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH
FALL 2022 // VOLUME 20

EarlyON Newsletter



Mountain View EarlyON

Let's Get
Moving!

Fall Walk

Walking for 30 minutes a day
or more on most days
of the week is a great way
to improve or maintain
your overall health

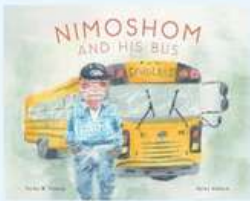


Wednesday September 7th, 14th, 21st, 28th at 1:00 pm
21 Mahler Road, Goulais River
Pre-register @ www.keyon.ca

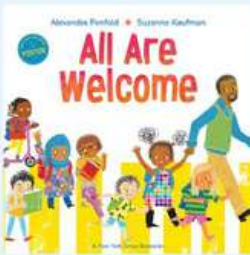


International LITERACY DAY

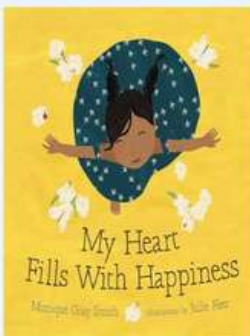
International Literacy Day is celebrated every year on **September 8th** to raise awareness and concern for literacy problems that exist around the world, but more importantly in our own local communities! Here are our top four stories at Mukwa Waanzh...



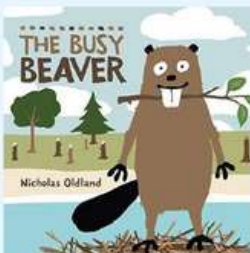
Alyssa's Pick - 'Nimoshom and His Bus' by Penny M. Thomas
Where to purchase - GoodMinds, Chapters, Amazon



Angelica's Pick - 'All Are Welcome' by Alexandra Penfold
Where to purchase - Chapters, Amazon



Ashley's Pick - 'My Heart Fills With Happiness' by Monique Gray Smith
Where to purchase - GoodMinds, Chapters, Amazon



Katie's Pick - 'The Busy Beaver' by Nicholas Oldland
Where to purchase - Chapters, Amazon



Mukwa Waanzh
Urban Indigenous EarlyON





Prince Township **Walk & Talk**



Let's go for a walk!



**TUESDAY, SEPTEMBER
13, 20 & 27 @ 1:30PM**

Pre-registration is required @ KEyON.ca

SAULT STE. MARIE EARLYON INVITES YOU TO THE

PUMPKIN PAL HIAWATHA ADVENTURE



SNACKS, ACTIVITIES, CRAFTS, GIVEAWAYS & MORE

SEPTEMBER 23, 2022, 11:00AM- 2:00PM

PLEASE PRE-REGISTER BY CALLING (705) 945-8898
X 255 NO LATER THAN SEPTEMBER 20, 2022!

TRANSPORTATION AND LUNCH PROVIDED.



National Day for Truth and Reconciliation

September 30, 2022



Join Us As We Wear
Orange

Established in 2013, Orange Shirt Day recognizes the legacy of the Residential Schools System for First Nations, Métis and Inuit families and communities.

By wearing orange, we acknowledge the truths of Residential Schools in Canada, we honour Survivors, and we remember the thousands of children murdered by these schools, many of them buried in unmarked graves.





Why do Indigenous people have long hair?

Throughout history, cutting another's hair has been used as a form of punishment and humiliation. When Indigenous children were brought to residential schools, one of the first things they were forced to do was to cut off all of their hair. This was seen as a way of eliminating their sense of culture, their identity, their self-esteem and their strength.

In the Indigenous culture, long hair equates to POWER, VIRILITY, and PHYSICAL STRENGTH. Beliefs and customs do differ widely between tribes, however, as a general rule, both men and women are encouraged to wear their hair long.

A teaching in the Indigenous culture is that our hair closely relates to Sweetgrass, which is seen as the hair of Mother Earth. When we use Sweetgrass as a medicine (the kindness medicine), it is often used in a braid. By braiding the sweetgrass, it gives the medicine strength, rather than single strands, which can break easily. It is the same when we braid our hair. Each strand of our hair holds our thoughts, feelings, and intentions. So when we braid our hair, we put all of our good thoughts and intentions into the braid, and that gives us our strength, pride and sense of identity. We start braiding our children's hair from a very young age, as it is the beginning of establishing an intimate and nurturing relationship. While we gently braid their hair, we tell them stories and teach them to be kind, brave, loving and respectful. We teach them the importance of their hair, and we reinforce the value of the family and tribe along with our connection to all of creation.

With our hair embodying so much of who we are, boundaries are important. Touching someone's hair without permission is disrespectful in the Indigenous community. Some even find that asking permission is a form of disrespect, especially with children and elders. This is not something to take personal, it's our way of protecting ourselves from the energy of someone we know nothing about.



The Strength of His Hair is a children's book that discusses Paul's nervousness to go to a new school, after he meets another boy in his neighbourhood who didn't want to play with him because he thought Paul was a girl. Paul's grandfather hears him out, and then reassures Paul that his long hair and his braids make him strong, and he should be proud of his long hair.

Paul remembers when he was little and his mom would take extra long to braid his hair, while telling him stories about why his hair was long.

As our children get excited to go back to school, it is important to have discussions with them about other cultures and what they may see from other children in their class. We should teach them to respect each others' differences, and embrace each individual for who they are. We do not need to know everything about every culture, but teaching our children respect for others and respect for ourselves is important.



Mukwa Waanzh
URBAN INDIGENOUS EARLYON



NANDAWAABAM DAGWAAGIN SEARCH FOR FALL



ANIIBIISH (A-KNEE-BEESH)



MITIGOMIN (MITT-I-GO-MIN)



AJIDAMOO (A-JID-A-MOE)



OKOSIMAAN (O-KUSS-I-MAN)



MISHIIMIN (MI-SHE-MIN)



ASIN (A-SIN)



NIKA (NI-KAA)



ROBBINS TODDLER PICASSO



**THURSDAYS
IN OCTOBER
1:00PM-2:00PM**

**AGES
12M - 2YRS**

**SPACE IS LIMITED SO
PLEASE PRE-REGISTER
ONLINE AT KEYON.CA**

**COME JOIN US AS WE EXPLORE
DIFFERENT TEXTURES, FINE MOTOR
SKILLS, HAND-EYE COORDINATION AND
CREATIVITY TO MAKE A WORK OF ART
WHILE HAVING MESSY FUN!
AT THE END OF THE PROGRAM, YOU
WILL BE GIVEN A PORTFOLIO OF YOUR
CHILD'S CREATIONS.**

Ages 6-12
months!

PRINCE PICASSO

Early ON
Child and Family Centre
ON y va
Centre pour l'enfant et la famille



Tuesday
October
18th @
1:00pm
for 6
weeks!!

Come join us as we use different textures,
fine motor skills, hand-eye coordination and
creativity to make a masterpiece while
having messy fun!

At the end of the program, you will be given
a wonderful portfolio of your child's
creations.

Pre-registration is required @ KEyON.ca





Prince Township's Halloween Kids Party

COME DRESSED IN YOUR COSTUME
AND JOIN US FOR:

HALLOWEEN ACTIVITIES,
SPOOKY SNACKS
AND TRICK OR TREAT-ING!

Wednesday, October 26, 2022



Pre-registration is required @ keyON.ca

Baby Picasso

Dates: November 8, 15, 22 & 29, 2022
Time: 12:00 - 1:00 PM
Location: EarlyON Child and Family Centre
Rosedale Site
90 Chapple Avenue
Registration: www.keyon.ca
SSM & Area Rosedale Calendar

For further assistance, email
ssmeyss@childcarealgoma.ca or
message EarlyOn SSM on Facebook.

Baby Picasso is an interactive program for adults and infants ages four to twelve months to experience creative art together. Parents and caregivers will learn the benefits of early stimulation and sensory activities. All materials used are non-toxic and baby friendly! Parents and children will get messy so be sure to bring a change of clothes.





The Three Sisters, Corn Beans and Squash

A long time ago there were three sisters who lived together in a field.

These sisters were quite different from one another in their size and way of dressing.

The little sister was so young that she could only crawl at first, and she was dressed in green. The second sister wore a bright yellow dress, and she had a way of running off by herself when the sun shone and the soft wind blew in her face.

The third was the eldest sister, standing always very straight and tall above the other sisters and trying to protect them. She wore a pale green shawl, and she had long, yellow hair that tossed about her head in the breeze.

There was one way the sisters were all alike, though. They loved each other dearly, and they always stayed together. This made them very strong.

One day a stranger came to the field of the Three Sisters - a Mohawk boy. He talked to the birds and other animals - this caught the attention of the three sisters.

Late that summer, the youngest and smallest sister disappeared. Her sisters were sad.

Again the Mohawk boy came to the field to gather reeds at the water's edge. The two sisters who were left watched his moccasin trail, and that night the second sister - the one in the yellow dress - disappeared as well.

Now the Elder Sister was the only one left.

She continued to stand tall in her field. When the Mohawk boy saw that she missed her sisters, he brought them all back together and they became stronger together, again.

- Centennial College "Indian Legends of Eastern Canada"

Three Sisters Soup Recipe

Ingredients:

2C canned white hominy	2C fresh green beans; trimmed
2C peeled and cubed butternut squash	1.5C peeled and diced potatoes
5C chicken or vegetable stock	2Tbsp butter; melted
2Tbsp all-purpose flour	1/4 tsp pepper

Directions:

Place the hominy, green beans, squash, and potatoes into a pot, and pour in stock. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

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

**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.

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



Indian Friendship Centre
in Sault Ste. Marie

www.ssmifc.ca



www.princetownship.ca



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

www.socialservices-ssmd.ca