



**SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH  
WINTER 2021-2022 // VOLUME 17**

# EarlyON Newsletter



The local EarlyON Child and Family Centres welcome you to participate in all of their programming offered in-person and virtually. Hours are subject to change so please pre-register using KEyON or call the centre. We look forward to seeing everyone!!

### Virtual Programming

 EarlyON Child and Family Centre  
Prince, SSM & Sault North  
EarlyON SSM  
Urban Indigenous EarlyON

 EarlyON Child and Family Centre  
Prince Township @EarlyONCentre

 @urbanindigenousearlyon

 @urbanindigenousearlyon

### Hours Coming Soon!

Please check KEyON and social media accounts for current updates on hours of operation.

#### Holy Angels

705-945-8898 Ext. 255  
102-A Wellington Street East

**Monday** 10:00 AM - 2:00 PM  
**Tuesday** 10:00 AM - 2:00 PM  
**Wednesday** 10:00 AM - 2:00 PM  
3:00 PM - 6:00 PM  
**Thursday** 10:00 AM - 2:00 PM  
**Friday** 10:00 AM - 1:00 PM  
**Saturday** 10:00 AM - 1:00 PM

#### Holy Cross

705-945-8898 Ext. 303  
16 Texas Avenue

**Monday** 9:30 AM - 1:30 PM  
**Tuesday** 9:30 AM - 1:30 PM  
**Wednesday** 9:30 AM - 1:30 PM  
**Thursday** 9:30 AM - 1:30 PM  
**Friday** 9:30 AM - 1:00 PM  
**Saturday** 10:00 AM - 1:00 PM

#### Boreal

705-945-8898 Ext. 315  
232 Northern Avenue

**Wednesday** 10:00 AM - 2:00 PM  
**Thursday** 10:00 AM - 2:00 PM  
3:00 PM - 6:00 PM  
French Services

#### H.M. Robbins

705-779-3627 / 705-779-3055  
83 East Balfour Street

**Monday** 9:00 AM - 1:00 PM  
**Tuesday** 9:00 AM - 1:00 PM  
**Wednesday** 9:00 AM - 1:00 PM  
**Thursday** 9:00 AM - 1:00 PM  
**Friday** 9:00 AM - 1:00 PM

#### Mountain View

705-779-3627 / 705-779-3055  
21 Mahler Road, Goulais River

**Monday** 9:15 AM - 12:15 PM  
**Tuesday** 9:15 AM - 12:15 PM  
**Wednesday** 10:00 AM - 12:00 PM  
*\*Outdoors off-site at Captain Tilley*  
**Thursday** 9:15 AM - 12:15 PM  
**Friday** 9:15 AM - 12:15 PM  
*\*Closed the 3rd Friday of the month*

#### Prince Township

705-779-3627 / 705-779-3055  
3024 Second Line West

**Monday** 9:00 AM - 1:00 PM  
**Tuesday** 9:00 AM - 1:00 PM  
**Wednesday** 9:00 AM - 1:00 PM  
**Thursday** 2:30 PM - 6:30 PM  
**Friday** 9:00 AM - 1:00 PM  
**Saturday** 10:00 AM - 1:00 PM

#### River View

705-945-8898 Ext. 315  
51 Wireless Avenue

**Monday** 9:30 AM - 2:30 PM  
**Tuesday** 9:30 AM - 2:30 PM

#### St. Basil

705-945-8898 Ext. 324  
250 St. Georges Avenue

**Monday** 9:30 AM - 1:30 PM  
**Tuesday** 9:30 AM - 1:30 PM  
**Wednesday** 9:30 AM - 1:30 PM  
**Thursday** 9:30 AM - 1:30 PM  
**Friday** 9:30 AM - 1:00 PM  
French Services

#### Urban Indigenous

705-256-5634 Ext. 3204 / 705-989-4595  
241 Albert Street West



**Tuesday** 2:00 PM - 6:00 PM  
*Supper Provided*  
**Wednesday** 9:00 AM - 1:00 PM  
**Thursday** 9:00 AM - 1:00 PM  
**Friday** 9:30 AM - 12:30 PM  
*Outdoor Programming*  
**Saturday** 10:00 AM - 2:00 PM  
*Nov. 27, Dec. 11*

Lunch Provided Daily

#### Rosedale

705-945-8898 Ext. 301  
90 Chapple Avenue

**Monday** 10:00 AM - 2:00 PM  
**Tuesday** 10:00 AM - 2:00 PM  
3:00 PM - 6:00 PM  
**Wednesday** 10:00 AM - 2:00 PM  
**Thursday** 10:00 AM - 2:00 PM  
**Friday** 10:00 AM - 1:00 PM  
**Saturday** 10:00 AM - 1:00 PM

**Pre-registration Required for In-Person Programming**  
Visit [www.keyon.ca](http://www.keyon.ca) or contact an EarlyON Centre

# VIRTUAL PROGRAMMING

EarlyON Child and Family Centre virtual programming is continuing to be offered weekly through Zoom. Participation in these sessions also registers families to pick up various take home kits to support them and their learning.

## Virtual Story Time

**Mondays at 9:30 a.m. on ZOOM**

Participation will also register you for a take home activity kit and snack bags!

## Virtual Science Exploration

**Thursdays at 9:30 a.m. on ZOOM**

Participation will also register you for a take home meal kit!

Registration for all virtual programming is required and can be completed by visiting [www.keyon.ca](http://www.keyon.ca) and using the CCA-SSM-Virtual program calendar.

Please message us on Facebook at **EarlyOn SSM** or call (705) 945-8898 ext. 255 with any questions or for assistance with the registration process.





# Community Christmas for Children

This year marks the **31st season** of **Community Christmas for Children!**

It is because of the generous contributions from our Community that we have been successful in distributing our annual calendar and offering no cost events and activities to children and their families during the holiday season!

Free activities and events will be available from  
**December 1, 2021 until January 2, 2022**  
to celebrate the Holiday season!

Watch for the 2021 Community Christmas for Children calendar by visiting  
[www.uwssmalgoma.ca](http://www.uwssmalgoma.ca)  
[www.childcarealgoma.ca](http://www.childcarealgoma.ca)  
or  
"EarlyOn SSM" on Facebook



# CHRISTMAS STORIES

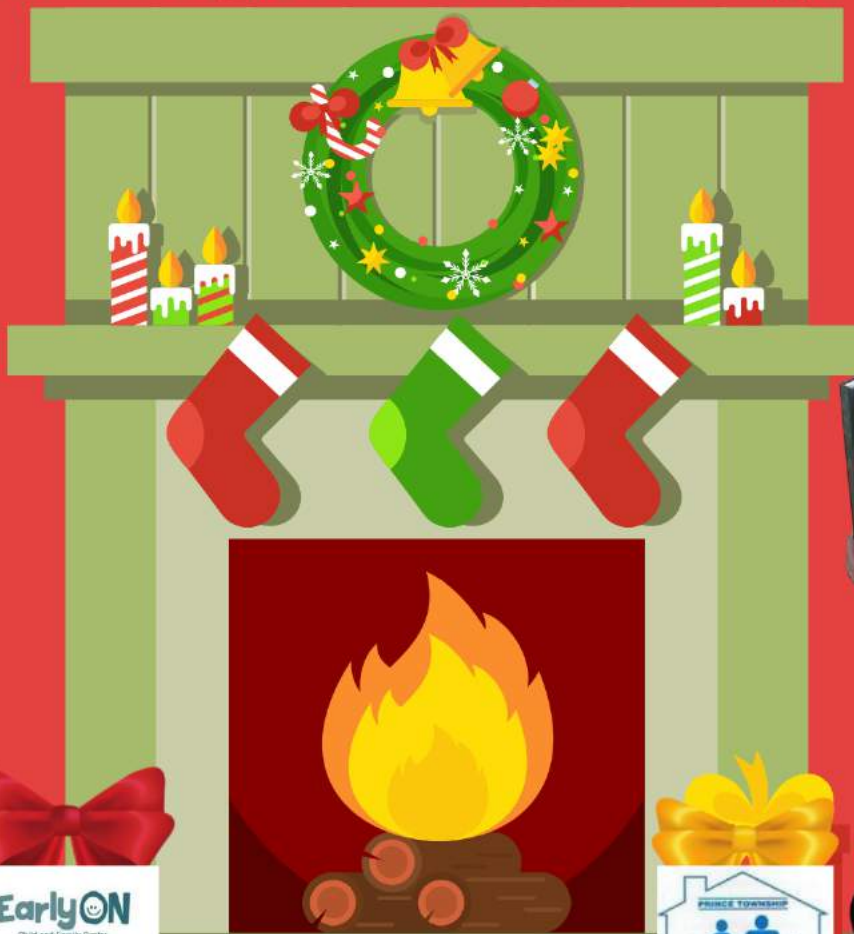
with



# MANDY THE ELF

Put on your comfiest clothes, cuddle up and get your Holidays on while we read some fun and festive favourites.

Join us Mondays and Fridays in December at 1:30 pm. Be sure to Pre-register on KeyON to get your Zoom link!





Popcorn Garland



December 2nd

Cone Trees



December 9th

Cookie Decorating



December 16th



MOUNTAIN VIEW EARLYON



# CHRISTMAS KIDS IN THE KITCHEN



Pre-register at [www.keyon.ca](http://www.keyon.ca)

Mukwa Waanzh  
Urban Indigenous EarlyON



## Holiday Cinnamon Playdough

### Ingredients:

- 4 Cups flour
- 1 Cup salt
- 1 tsp cinnamon
- 2 Tbsp alum
- 1/3 Cup oil
- 4 Cups boiling water
- Food Colouring

\*You can also try mint extract\*



### Directions:

In a large bowl,  
mix all dry ingredients  
together.

Slowly add the boiling  
water, food colouring and oil;  
mix until combined.

Pour dough on the counter  
and knead until smooth.

\*If dough becomes sticky, you  
can add more oil as you are  
kneading\*

Once the dough is cooled, it is  
ready to use.





# *PINE NEEDLE KEEPSAKE ORNAMENT*

## **Items Required:**

**Pine Needles**

**Air Dry Clay (or make your own salt dough and bake the ornaments)**

**Christmas Cookie Cutters**

**a Straw**

**Twine for hanging ornament**

**Modge Podge**

## **Instructions**

1. Roll out the clay.
2. Choose cookie cutter designs and cut out your ornaments! We chose Christmas trees and stars.
3. Just grab some pine needles from outside or from your Christmas tree and you're all set to start decorating. My boys instantly loved this activity and wanted to make multiple ornaments! Make sure you push the pine needles into the clay with gentle pressure. This will help them stay in place when you apply the Mod Podge.
4. Use the straw to poke a hole in the top of the ornament.
5. Use modge podge to cover the pine needles. This helps them to stay in place.
6. Air dry on a cookie sheet for 2 days and then use twine to hang the decorations!

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



**Woodob e-miskwaajaaned adik -Rudolph the Red-Nosed Reindeer**  
***Translated by Michael Zimmerman***

**Gigikenimaag ina Dasher miinawaa Dancer miinawaa Prancer  
miinawaa Vixen,**

**Comet miinawaa Cupid miinawaa Donner miinawaa Blitzen.**

**Gi mikwenimaa ina, e-gikendaagozid adik...?**

**Woodob e-miskwaajaaned adik**

**Gii gichi-waawaaskonejaaned**

**Miinawaa giishpin ge gii waabandaman**

**Ge daa ikidoyan "waawaaskoneg"**

**Gakina idash gwa adikoog**

**Gii baapiwaad nawaj maanenimaawaad**

**Gaawiin wiika o'gii-bagidinaasiwaan Woodoban**

**Wii gwejitoonid adikodaminowinan**

**Mii idash ingoding naagoshig gii awan**

**Santa gii bi ikidod "Woodob e-miskwaajaaned**

**Gi da babaa-niigaaniz ina gwa noongom naagoshig?"**

**"Mii idash gakina gwa adikoog gii zaagii'aawaad**

**epichii gii-minoondaagoziwaad**

**"Woodob e-miskwaajaaned adik**

**apane giga mikwendaagoz sa!"**



**Mukwa Waanzh**

**Urban Indigenous EarlyON**



# *SAVORY WINTER SOUP*

## Ingredients

- 1 lb. ground beef
- 2 medium onions, chopped
- 1 garlic clove, minced
- 1-2 cans (10-1/2 ounces each) condensed beef broth, undiluted
- 1 can (28 ounces) diced tomatoes, undrained
- 3 cups water
- 1 cup each diced carrots and celery
- 1 cup fresh or frozen cut green beans
- 1 cup cubed peeled potatoes
- 2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- Salt and pepper to taste

## Instructions

1. In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2. Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.







# Mukwa Waanzh Urban Indigenous EarlyON



## Giizhigaa'aandakaabo - Cedar tea

### Directions:

1. Gather all the amount of cedar you would like to use (usually four sprigs is enough).
2. Fill a medium pot with water and bring to a boil (roughly 6 cups)  
One pot can make up to 3 cups of tea.
3. Once your water comes to a boil, lay your cedar on top.
4. let boil for at least 10 minutes.
5. Remove from heat once your water is tinted green.

Drink and enjoy.

Optional: Add natural honey

Any additional tea can be stored in the fridge to drink at a later time!

Used cedar should be placed back into nature

Cedar is commonly used in teas as an anti-inflammatory and can help with respiratory organs. It can help with bronchitis, pneumonia, and rheumatoid arthritis. It can also be used as a smudge to remove negative energies or boiled in water to purify a space. Anishinaabe people place cedar boughs above doors and windows as a form of protection

When picking cedar you must show your respect to the plant and nature. Always offer tobacco, preferably in cloth, when picking cedar or any other medicines as a sign of respect. Try collecting from different plants and leave space for regrowth to avoid killing it. Avoid young trees and plants and only take what you need. Ensure the plant is able to regrow and replenish itself.





**MOUNTAIN VIEW EARLYON  
GREAT EXPECTATIONS  
POSTNATAL SUPPORT  
GROUP**

**A support group for  
new moms and their  
babies to gather and  
share their experiences  
and support one  
another in the early  
days of parenting.**

**Beginning Monday 's  
January 17th for 5 weeks at  
1pm  
Mountain View EarlyON  
Pre-register at [www.keyon.ca](http://www.keyon.ca)**



**OUTDOOR FUN WITH  
AMANDA & CHRISSEY**

**JOIN US FRIDAY'S IN  
JANUARY FROM  
1:30PM - 2:30PM  
AT PRINCE TOWNSHIP  
FOR SNOWSHOEING  
AND SKATING**

**Snowshoes are available on site.  
Please call (705)779-3627 to reserve your  
snowshoes.**





January 24th-29th, 2022  
Learning in the Great Outdoors!

# FAMILY LITERACY WEEK!

Come play at one of our locations during the week  
of January 24th - 29th  
and receive a free book for your child.

Pre-Register at [KEyON.ca](http://KEyON.ca)



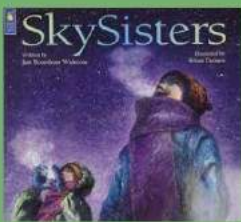




# Mukwa Waanzh Urban Indigenous EarlyON



## Featured Indigenous Children's Books



### Sky Sisters

**Written by:** Jan Bourdeau Waboose

**Illustrated by:** Brian Deines

**Purchase from:**

[indigo.ca](http://indigo.ca)

[goodminds.com](http://goodminds.com)

**Purchase from:**

[indigo.ca](http://indigo.ca)

[goodminds.com](http://goodminds.com)

### You're Just Right

**Written by:** Victor Lethbridge

**Illustrated by:** Ben Crane



**Purchase from:**

[indigo.ca](http://indigo.ca)

[goodminds.com](http://goodminds.com)



### We Dream Medicine Dreams

**Written & Illustrated by:**

Lisa Boivin

**Purchase from:**

[indigo.ca](http://indigo.ca)

[goodminds.com](http://goodminds.com)

### When We Are Kind

**Written by:** Monique Gray Smith

**Illustrated by:** Nicole Neidhardt







PRINCE TOWNSHIP EARLYON



PRESENTS:

# WINTER CRAFTS

MONDAYS IN

JANUARY



Please pre-register on

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



## Mountain View EarlyON Family Skate



Join us on  
Wednesday February 23rd  
from 10am-12pm at Captain Tilley  
and lace up your skates and enjoy the outdoors!  
Pre-registration is required at [www.keyon.ca](http://www.keyon.ca)





Mukwa Waanzh  
Urban Indigenous EarlyON



# Zoogipon Noongom

It's Snowing Today

.....

**Zoogipon. Zoogipon. Zoogipon noongom.**

It is snowing. It is snowing. It is snowing right now.

**Z-O-O-G-I-P-O-N. Zoogipon noongom.**

(Spell it out). It is snowing right now.

Change the weather term...

**Gimiwan** - it is raining



**Noodin** - it is windy



**Ningwakwad** - it is cloudy



**Miizhakwad** - it is clear skies



**Waasese** - it is lightning







# Planning Survey

Your feedback is helpful and important to us as we plan for delivery of our programs this winter and beyond.

Watch our social media pages for an opportunity to complete a quick survey and be entered into a draw for a **\$100 Grocery Gift Card!**





# 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)