



# Walk a Mile...

## Mental Health Consumers and Law Enforcement

by Russell Cousins

It's a philosophy as old as civilization itself, the idea that by allowing oneself to be metaphorically transported into another human being's shoes positive results or at least empathy, will soon follow. Understanding can finally take the place of misguided intentions; enlightenment can overcome ignorance.

But modern, urban society is often a place where a stranger's state of mind is the last thing on anyone's agenda. Not so for law enforcement.

Police have the unenviable task of having to make split-second decisions about people each and every day, often in protection of their own selves and not just to protect society. It's a delicate balancing act that officers in metropolitan settings – as well as urban areas – find difficult to manage. Many times in the past individuals who have mental disorders ranging anywhere from Schizophrenia to Bi-polar Disorder to Epilepsy to varying degrees of Post-traumatic Stress, found themselves on the wrong end of a set of handcuffs or a firearm simply because the officer(s) didn't approach them with an understanding of symptoms, body language or verbal queues that would give both the officer and the "offender" a better "way out" of a given situation. The results can be tragic when misunderstanding

and lack of information rule the moment.

In June of 2004, a mental disorder sufferer named O'Brien Christopher-Reid was shot to death by Toronto Police in Edwards Gardens. There had been a report of a man with a knife and police responded quickly. The officers surrounded Christopher-Reid and shouted at



him to "get to the ground!" The young man ran immediately. Police say that Christopher-Reid tried to use the knife on them but witnesses reported different accounts of Christopher-Reid's last actions.

An inquest soon followed. John Sewell, with the Toronto Police Accountability Coalition, testified that it is common knowledge in the

psychiatric and mental health community that sufferers of mental disorders often run or respond with violence when in a confrontational or threatening environment; especially if they are approached in the wrong way. Sewell goes on to state, "...if a trained plainclothes officer and an outreach worker working in a crisis prevention unit had been involved, Mr. Christopher-Reid would still be alive." He goes on to say that, "There's no question that putting together officers and mental health workers to go out and deal with people in crisis seems to be very, very effective in de-escalating a situation. The traditional police response, of course, is to go in a big, authoritative way and say, 'Lie down,' and that just seems to get people in crisis very worried and creates a confrontation." But the obvious question remains: how does one know what state of mind a person is in? This is where trained mental health professionals as well as trained officers have a direct impact.

In the United States, CIT (Crisis Intervention Teams) have sprung up in over thirty states in the last twenty years. Results have been nothing but positive and have had a lasting impact on communities where tragedy had struck too often in /Continued on page 2

**Walk a Mile... continued**

the past and thus the fear of authority in those communities had soared. In 1988, two universities in Tennessee (U. of Memphis and U. of Tennessee), along with the National Alliance on Mental Illness (NAMI), local mental health providers, and the Memphis Police Department, embarked on a groundbreaking course to alter the approach of officers in dealing with potential crisis and encourage awareness and prevention in terms of protocol in handling situations that may involve individuals with mental disorders. Major Tim Canady, CIT Coordinator, Memphis Police, relates his department's approach.

"The CIT program is a community partnership working with mental health consumers and family members. Our goal is to set a standard of excellence for our officers with respect to treatment of individuals with mental illness. This is done by establishing individual responsibility for each event and overall accountability for the results. Officers are provided the best quality training available, they will

be part of a specialized team which can respond to a crisis at any time and they will work with the community to resolve each situation in a manner that shows concern for the citizen's (sufferer's) well being." Officer Canady also points out that people who suffer from a disorder and find themselves in crisis with the general public in any setting require a quick response. This allows for a rapid de-escalation and avoids further conflict. The program in Memphis, as well as many others across the U.S., note that benefits from CIT include:

- Arrests and use of force decreasing
- Under served consumers are identified by officers and provided with care
- Patient violence and use of restraints decreasing
- Officers are better trained and educated in verbal de-escalation techniques
- Officer's injuries during crisis events declining
- Officer recognition and appreciation by the community increasing
- Less "victimless" crime arrests

• Decrease in liability for health care issues/costs in jail

In short, the Memphis model gave birth to a new mind-set in dealing with crisis involving mental health circumstances and issues. Studies by the University of Tennessee have shown a significant decrease in arrests for the mentally ill and consumers being diverted into the health care system rather than incarceration.

Locally, there is a movement to address the issue. In some regions and municipalities, law enforcement professionals recognize the need to change with the times as new and more definitive best practice methods are being examined due to medical and technological discoveries to help understand the flexible nature of the demographic in question. While some protocol remains static there is the growing belief that changes need to happen in order to accommodate a more realistic, preventative, and positive outcome for mental health consumers which in turn leads to a better protected community and a less burdened custody

**CONTENTS**

Walk a Mile.....	1
What to Wear.....	4
Employment Chat.....	5
Liberty or Death.....	6
Recipe.....	8
Wanted Advocates.....	8
In Memoriam.....	9
Herb Culture.....	9
Poetry.....	10
Celebration.....	11
Save Money.....	12
Happy Holidays.....	13
For the Birds.....	13
Special Events.....	14
Emergency Resources.....	15
Classifieds.....	16
Wordsearch.....	16

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Editor In Chief  
Liz Roulston

Copy Editor  
Melissa "Rainbow" Leigh Fowler

Art Director  
Mary Jo FitzGibbon

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17 Gale Crescent  
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Fax 905 984-8949

www.startmeupniagara.ca  
streetnewsniagara@gmail.com

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**Laughter is  
the sun that  
drives winter  
from the face...  
Victor Hugo**

system. The establishment of partnerships between Police Services, legislators, and health providers is key in developing proper training of officers and awareness among consumers, the courts, and the public in general.

In Toronto, St. Michael's Hospital and the Metro Police Service divisions 51 and 52 have partnered up to engage programs that facilitate street level, mental health consumer issues. The Crisis Stabilization Unit and Mobile Crisis Intervention Team are just part of ongoing efforts to ease the community's apprehension about more tragic events taking place within the Greater Toronto area. The Centre for Addiction and Mental Health has also made in-roads with St. Mike's by instituting Community Mental Health Liaison Teams which supplement efforts by the police and mental health providers by giving another outlet for designation and effective referral and or treatment.

In Niagara region, where we have some way to go to measure up to other North American police service initiatives, ongoing efforts and resources are being affected to develop methods to help streamline and make protocol more adaptive. With a ratio of 1 in 5 Canadians having one or more forms of mental illness, it is incumbent on all jurisdictions to come together and share their understanding, programs, concepts, and become involved in delivering an updated community policing policy that reflects modern social, medical, and legal realities as in Halton County, where an initiative titled COAST – Community Outreach And Support Team – funded by the Canadian Mental Health Association (CMHA) and operated on a 24 hour basis by health care professionals in conjunction with specifically trained officers. The Hamilton Police Service (HPS) too has engaged itself in this effort (COAST) to help address Agency's and the community's concerns of a seemingly increasing population of mental health consumers who are on the street and find themselves in conflict with members of the community and quite often – the law. Hamilton's unique position in Ontario as one of the highest concentrated per capita centers in the country of mental health consumers, makes it a highlighted concern for communities throughout the region and to its credit, the HPS itself.

In 2003 the Niagara Regional Police Service (NRPS) issued a Community Policing Strategic Action Plan – phase II. Their model consisted of very aggressive and seemingly important issues. And although they may very well be important, many of the points of interest that relate directly to the issues of mental health and the law enforcement community such as identification, prioritization, and problem solving of related local policing issues, had yet to merge with the mental health consumer dynamic.

In recent years this dynamic has changed

and so the NRPS has sought to avail themselves of the tools other Police Services and community organizations and Agencies have developed in order to be more effective in dealing with the changing landscape of diverse community demographics.

The Niagara Human Services Justice Coordinating Committee, in 2008, met with COAST Hamilton and NRPS reps to review the need and benefits of such a program in Niagara. This resulted in a pre-proposal being drafted in February 2009 to obtain funding for the Niagara Community Outreach and Support Team to begin in earnest. The Local

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Health Integrated Network (LHIN) has responded favourably to the Region's request but states that current economic conditions are curtailing approval at this time. That being said, the NRPS is continuing to develop in-house strategies designed to accommodate the issue. Reflecting on past casework and applying methods that are standard in training, officers who encounter individuals in a crisis situation and are consumers of mental health medication and/or treatment, rely on these tools to help in de-escalation and as much as possible, appropriate referral.

As Staff Sergeant George Bench of the NRPS Training Unit suggests, "Police Officers are often called to situations that involve persons who may be suffering from addictions or mental health issues." He goes on to explain that officers are people and their stature as police officers doesn't inhibit their ability to assess individuals with a certain amount of empathy. "In these situations, the police officer's goal remains the same, that is to resolve the matter with compassion in

the safest manner possible.

The annual training received by police officers and the specialized training delivered in partnership with Healthcare professionals is provided with this very goal in mind." To that end, officers across Ontario who attend training at the Ontario Police College (OPC) in Aylmer, Ontario are schooled extensively in deploying techniques that serve this issue. And although apprehension is sometimes an unavoidable result of an individuals actions, a mental health sufferer and concerned community advocates can be assured that every attempt at resolving issues in an adequate fashion will be paramount for officers when faced with this dilemma. The NRPS members are provided with practical and academic training on an annual basis that includes dealing with mental health consumers/sufferers. Officers are subjected to a variety of scenarios that force the officer into interaction with sufferers of varying degrees/behaviours and instructors look for resolution that is adequate for both the individual and the community.

The NRPS's award-winning Video Unit - working in conjunction with the Training Unit – has produced training videos that highlight this facet of police work and community concerns. These successes have led to the development of the Ontario Police Video Training Alliance (OPVTA) which encompasses partnership with the OPC and police agencies across the province. To supplement these efforts the NRPS in partnership with St. Joseph's Healthcare Hamilton, have hosted training programs specifically designed to address Crisis Intervention as well as other facets of policing. Dispatching personnel with specific skills in dealing with individuals having difficulty coping with their disability and finding themselves in violation of the law is one of the efforts being made through this combined process. Developing the ability to assess individuals and provide immediate recognition is an ongoing effort that both instructors at the OPC and current NRPS members recognize as vital tools in an officer's skill-set.

There's always room for improvement in any line of work. The NRPS as well as local mental health and social agencies recognize this and are always willing to listen and take notice where improvement can be made and implemented accordingly while attending to development. As members of the community, we might be better served if we help ourselves to understand and trust that we are all in the struggle to find common ground and some kind of "happy medium" on all kinds of issues. Sometimes putting ourselves in the shoes of the people on both sides of an issue can help clear the fog of ignorance and gives us an opportunity to be more understanding and patient with the process and the people involved. ■



# Tips on What to Wear on a Job Interview

by Janet Elgie

Congratulations! Your job search and persistence has rewarded you with a job interview. That is splendid news. Now the next step is putting together an outfit that is perfect for your job interview. This is a very special time in your life and here are some tips for both men and women on job interview attire.

The first impression you make to a potential employer is the most important one. The first judgment an interviewer makes is going to be based on how you look and what you are wearing. That's why it is always important to dress professionally for a job interview, even if the work environment is casual and informal.

These very simple steps will help you feel more prepared, confident and polished for your amazing interview.

- The purpose of your clothing is to project an image of professionalism.
- Your clothes should enhance your appearance. Wearing proper business attire on a job interview shows respect.
- Wearing the business attire communicates instantly that you are a stable, mature, professional and an enthusiastic member of the team.
- Firm handshakes are an indication of experience in the business world.
- A job interview is an opportunity to learn more about you and your amazing skills, talents, and attention to detail.

## Job Interview Attire

### Tips for Men

- A conservative suit in a neutral shade, like dark navy or grey.
- A single breasted suit is more current and safe.
- A spotless clean white long-sleeve shirt



delivers a "take-me-serious" look.

- An attractive tie is an important part of the interview. Fabric must be seasonably appropriate and properly pressed.
- Nicely polished dress shoes. Shoes that are well cared for say "Good attention to detail".
- Your belt should be in a neutral color that matches your shoes.
- Try your outfit on before the day of your interview. Be ready – be prepared.
- Never match socks to shoes, always match socks to pants for a real polished look.
- If you have a beard or mustache, your facial hair should be nicely trimmed.
- A clean shave.
- Carry a pen in your inside jacket pocket not in your shirt pocket
- On the day of the interview give yourself lots of time to get dressed.

### How To Tie A Tie

<http://www.ties.com/help/howtotie> is one of several websites that will show you how to tie a tie. Two computers are available at Start Me Up Niagara and you

can go on the internet and find out how to tie a tie. It is that easy.

### Tips for Women

- A conservative suit in a neutral shade such as navy, grey, or brown.
- A blazer with a simple crisp, clean blouse and clean line skirt is a possible second choice to a suit.
- You should always wear a good fitting jacket.
- Skirt length should be slightly below knee.
- When wearing a dress accent it with a jacket.
- Blouses should be white or light shade.
- Long sleeves are important to a "take-me-serious" look.
- Shoes should be low-heeled and freshly polished.
- Avoid open-toed shoes and sling backs.

- Try your outfit on several days before the interview. Be ready and prepared.
- Make-up should be minimal, with lipstick and nail polish in conservative tones.
- Pantyhose should be flawless (no runs) and in a flesh tone.
- If you decide to wear a skirt you must wear pantyhose. Bare legs are considered a no-no in the business world.
- Do not wear perfume or cologne.
- Keep jewelry to a minimum.
- On the day of the job interview allow yourself lots of time to get ready.

## Knock Out Attire at Can't Believe Prices

It is no secret that Second Hand shopping has become a trendy resource for frugal shoppers in today's economy. Second Hand stores offer real value for many reasons, mostly because these stores often receive quality or slightly used merchandise. Second Hand Stores must

turn over merchandise quickly to make room for the newest donations. Most people would not hesitate to buy a used car, a used boat, or a used house. In difficult economical times it makes sense to be frugal. Have a plan to go Second Hand Garment Shopping and discover a nearly new world.

1. Make a list of what you need.
2. Look at any signs posted. You might discover the store is having a \$5.00 bag sale or color tags may indicate a greater price discount.
3. Walk around the perimeter and get to know what is in the store.
4. Focus on job interview attire in classic neutral shades like grey, navy and brown tones.
5. Avoid geometric patterns, plaids and bold brassy bright prints.
6. Zip the zippers up and down and check out those shiny buttons.
7. Most important – Try the clothes on.
8. If you see something you like... make sure you buy it before it is gone.
9. Check the store hours and make a point of getting there when it opens.
10. Remember to look for a nice dress belt to match your shoes
11. Ladies take a pair of knee-highs with you for trying on stylish dress shoes.
12. Get a neutral colored dressy blazer coordinate with lighter shade pants.
13. If the pants need to be hemmed - do it yourself or go to an alteration shop.
14. Attractive ties are a must have. Look and you shall find.

When the big day arrives and you are looking like a million dollars remember to congratulate yourself. In the excitement you will have no problem remembering to stand up straight and be confident. Your resume and your attire are your ticket to your dreams coming true. Your positive attitude and your job interview attire speaks volumes about what you think and how you feel. Just relax, be happy and be confident for this is your moment to shine. ■

Congratulations Janet on your new job!  
All the best from your friends at Street News.

## Employment Chat Corner

### Getting work is hard work!

by *Faye Nickerson, Employment Facilitator*

We have all been there at one time or another looking for a job. Some essential parts of a job search:

1. Be Persistent – this may be a natural personality trait for some, but others may have to fake it till they make it (i.e. - get a job). Hand out resumes as often as possible. It may seem that you're bugging a potential employer, but trust me, that is better than falling off the radar.

2. Network - Talk to your friends and your friends' friends (and their friends too). Use every contact you make as a possible lead to jobs or to ask about a job. Just keep asking!

3. Research – The internet is a good way to research jobs but also to research companies and factories in your area. You can access computers through local libraries, or at an Employment Assistance program, such as the employment program at Start Me Up Niagara. You may think you can't use the internet. Start Me Up Niagara has a basic computer class which can help to upgrade your skills to access the internet giving you more control over your job search

4. Keep Your Mindset Positive – This is hard to do, but very important. Well, if you're in the dumps because you're



unemployed or “underemployed,” it's going to show. Once again you may have to “fake it till you make it.” This is a daunting task.

5. Go on Interviews, even if you Don't Want the Job - interviews for jobs you have no intention of taking - even if offered - are good practice. You know what else? I've often heard of people interviewing for one job and ending up with another at the same company because they were overqualified for the one they interviewed for (I've also heard the reverse - people being under qualified for a given position, but impressive enough to score a job.

One thing to remember – it is Your job search and -if You don't DO anything, You won't GET anything. ■



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# LIBERTY

## THE HARRIET TUBMAN STORY

*By Rainbow*

“Refuge! Refuge for the oppressed! Refuge for Americans escaping from cruel bondage in their native land!...Refuge and rest! These are the first ideas which arise in my mind in connection with the town of St. Catharines”. Benjamin Drew, 1856

Drew, a passionate Canadian abolitionist, had a specific place-and person-in mind when he said this. The place was Geneva Street. The person was Harriet Tubman.

In the 1700’s, a daughter of the Ashanti tribe was kidnapped straight out of Ghana and sold into American slavery. She was renamed “Modesty”. Modesty eventually had a daughter she named Harriet. “Rit” was owned by the wife of one Anthony Thompson in Dorchester County, Maryland. Rit married one of Thompson’s slaves, Ben Ross, who was a lumberman.

In 1822 sometime between late February and early March the 5th of their 9 children was born. The exact date, unfortunately, is unknown, but the little girl was named Araminta. When Thompson’s wife died, his stepson Edward Brodess claimed ownership of Rit and her children and took them to his plantation in Bucktown.

By the time “Minty” was 6, Brodess was hiring her out as a nursemaid and field hand. Her first job was to stay awake all night to ensure that the baby she was watching wouldn’t disturb the mistress by crying. When the baby cried, Minty was beaten. This started years of abuse by Brodess and others. In 1833, when Minty was 13, she was caught in the crossfire between a disobedient slave and a furious overseer who

demanding she prevent the boy from fleeing. In a foreshadowing of the dynamic person she would become, Minty not only refused, but stepped between them. When the overseer threw a chunk of iron at the boy, he hit Minty instead. She suffered the effects of temporal lobe epilepsy, such as nap attacks, lights and voices, and flying sensations for the rest of her life. Instead of considering this a disability, however, she merely incorporated it into her profound spirituality, which included elements of her grandmother’s voodoo, her father’s Roman Catholicism, and the Quaker, Methodist and Episcopal teachings she learned from others. Minty’s deep devotion to God kept her strong through

circumstances that daunted others.

In 1844, Minty married John Tubman a free black man. Tubman often gets a bad rap from history, but for a free man to marry a slave at all was remarkable, as he would have no rights to her or their children. From this point on, Araminta Ross took her mother’s name and became known as Harriet Tubman.

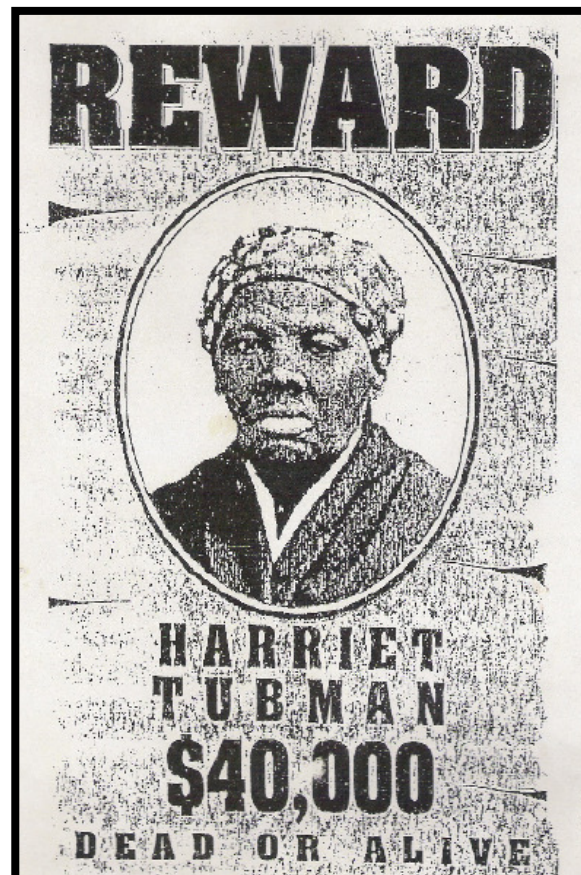
In 1849, Brodess died in debt and his widow began to sell off his slaves to pay it off. Harriet was forced to watch her 4 sisters be sold off. She and her brothers Ben and Henry ran on Sept 17 1849. Harriet’s first wanted poster listed \$300 for all three. By the time Harriet’s career as a conductor ended 11 years later, she

had a \$40,000 price on her head. By today’s standards, that’s \$2 Million!

The boys chickened out and Harriet was forced to return with them but several weeks later, she tried again-alone. “I had reasoned this out in my mind,” she said later, “there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.” This time Harriet made it all the way to Philadelphia. She was a free woman.

In 1850, the Fugitive Slave Law was passed, meaning that slavers could legally kidnap their former slaves back from the free states of the North. Ironically, this law did some good as well, as it brought Northerners who previously hadn’t cared into the Abolitionist fold. It didn’t take long for the diminutive dynamo to discover her calling. Nor did it take long to acquire the nickname “Black Moses”.

Harriet’s first rescue was her niece Kessiah and her two children.



# OR DEATH

Between 1850 and 1860, Moses would make 13 trips, eventually rescuing 70 people personally and helping another 70 or so to freedom through her advice. Many of these were family members, including the dramatic 1857 rescue of her 70 year old parents, Ben and Rit. Since the North was no longer safe, Harriet would bring the slaves to Geneva Street, St. Catharines, Ontario, Canada. In winter, Harriet would do lumber work and prepare for her next mission. In early spring she would leave sometimes walking down as far as Northern Virginia. Quakers, Mennonites, and other abolitionists would use signals to spread the word that 'Moses was coming'. Songs like "Go down Moses," "Swing Low, Sweet Chariot" and "Follow the Drinking Gourd" contained escape codes, as did trees marked with foot images. Lanterns in windows and the code "Friend of a Friend" marked safe houses. Moses would use tricks like stealing the master's horse and buggy for the first leg, leaving on Saturday (rewards could not be posted till Monday), losing slavers by going south, and drugging babies with opium to keep them quiet. She carried a pistol at all times and was perfectly willing to use it on slavers and the faint hearted alike. "You'll be free, or die a slave!" was a threat she used more than once. But it worked. Harriet was never caught and never lost a single passenger. By Mid December, she would have followed the Choptank River through Maryland, through the swamps, across the Delaware River, then over 500 miles more north into N.Y. and then St. Catharines. In 1858 Harriet met John Brown at her home on North Street. (Though it no longer stands, the BME Church now owns and rents out that land.) Harriet was in on the Harper's

Ferry raid but ironically, the illness that kept her away, kept her from dying with him. Brown, Frederic Douglas,(who said "she was devoid of personal fear") William Still, William Hamilton Merritt (who donated the land for the British Methodist Episcopal Church) and other abolitionists thought highly of "General Tubman."

During the Civil War, Harriet was a nurse and a spy. In 1863, she led Col. James Montgomery and the 2nd South Coloured Regiment into South Carolina, where her ex-slave scouts found a major cache of food and weapons. They also liberated 753 slaves, bringing Harriet's total to 893 lives saved. As a nurse, her grandmother's herbal cures, rooted in voodoo, saved many from dysentery.

Harriet's passion did not end with the war. Settling in Auburn, N.Y., she opened an old age home and worked for several causes, including the suffragettes. She also ran a small farm and brick making business. John Tubman, who had taken up with another woman, was murdered in 1867 and Harriet married Nelson Davis in 1869.

Harriet, who had done so much for freedom, was denied his pension when he died in 1888. Due to pressure from friends in high places, Harriet Araminta Ross Tubman Davis was eventually granted a small pension of her own. She died at 93 on March 10, 1913 and is buried at Fort Hill Cemetery in Auburn New York. There are Ross descendants on both sides of the border to this day and "Nana" Tubman was recently enstooled as an official ancestor in Ghana.

So the next time you walk down Geneva St., remember Harriet. This tiny, black, poor, illiterate female had a passion. She braved slavers, governments, illness and

weather to save nearly a thousand lives. And here is where she brought them. We have a responsibility to keep her memory- and her work as an advocate and example for the rights and freedoms of all-alive. ■



## Geneva Street By Rainbow

No more whuppin', no more chains  
No more hidin' beside the road  
No more sloggin' through swamp and snow  
Now I can lay down my load  
I can look into your eyes  
I can raise my head again  
Since I walked Geneva Street  
I can say "I Am A Man!"

**If you can't be a good example, then you'll just have to be a horrible warning.**  
**- Catherine Aird**

## Turkey Burgers

Leftovers have never tasted this good before



### Ingredients

- 3 cups ground turkey
- 1 egg
- 2 tablespoon ketchup
- 1 cup onion, finely chopped
- 1 cup dry oatmeal
- 8 slices swiss cheese
- 1 cup mayonnaise
- 1 tablespoon horseradish
- 1 teaspoon crushed garlic

Combine turkey, egg, ketchup, onion, oatmeal and garlic, make into patties. Cook in a greased skillet until brown, flip and place one slice of cheese on each burger. Mix mayonnaise and horseradish and spread on rye bread or bun. Garnish to taste. Makes 8 burgers. ■

## Wanted: Advocates

*by Kyle Kuzyk*

Are you sick of being pushed around? Have you ever felt like a victim and wanted to fight back but not known how? Do you hate being lied to? Do you ever wish people would just be honest and transparent in their dealings with you? Are you tired of seeing other people you know being taken advantage of? Have you ever wanted to live in a more caring and compassionate community? Do you feel the need to stick up for others? If you have answered yes to any of these questions then perhaps you are ready (if not willing) to become an advocate.

**Advocate:** (v.ad-vuh-hey;t;n.ad-vuhkit,-keyt)

### Verb

1.to speak or write in favour of; support or urge by argument; recommend publicly: He advocated higher salaries for teachers.

### Noun

- 1.a person who speaks or writes in support or defense of a person, cause, etc. (usually followed by of): an advocate of peace.
- 2.a person who pleads for or in behalf of another; intercessor.

Now that you know what an advocate is



and what an advocate does, the next step is to educate yourself to the best of your ability. This means asking questions, tracking knowledge to its source, understanding that knowledge and then applying that understanding to a specific event or cause.

I honestly cannot think of a better way to spend your time than trying to help others. If you are interested in advocacy take a look around you, see the injustices taking place and resolve yourself to do something positive about it. Help to bring about the change you would like to see. Mohandas Ghandi said, "you must be the change you want to see in the world". Tom Petty once said "Everybody's had to fight to be free, you see baby you don't have to live like a refugee"!

Let's all be free, and if we need to, let's fight for the ones who can't!

Wanted: Fighters! ■

**"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."**

**- Harriet Tubman**



# In Memoriam

**THESE PEOPLE WILL BE MISSED THIS CHRISTMAS.  
THEY WERE SUPPORTERS AND FRIENDS.  
MAY THEY REST IN PEACE.**



Dave Nadeau  
Stanley Lord  
Boris (the Spider) Tonika  
Jesse Watson  
Alysha Hill  
Jon Leslie  
"Moose" Ryan Pyvise  
Naomi Meredith

Stanley Gadula  
Florence Mitchell  
Jeremy Talor  
John Macrini  
Joe Keddig  
Myngu Joseph  
Tammy Mitchell Seaborne  
Kendra Nunn

Matt Scott  
Teresa Josephine Gadula  
Bernie Olm Jr.

## Herb Culture A History of

*by Terry O*

What are herbs? To some a herb is a plant that is found in small jars and spice racks, mainly used in cooking to enhance taste.

Whoa, there is more to herbs than just this.

In ancient times, herbs were used for aromatic, cosmetic or healing qualities as well as in food.

Many kinds of seeds, including coriander and fennel have been found in Egyptian tombs. Many tombs were painted with herbs, like onion.

Bay leaf, garlic and rosemary were used in Greek food and medicine.

Today herbs are front page news, as we discover more and more medicinal properties in them.

They are used for cooking, bathing in, and in preparations for the skin and hair. Most herb growers grow herbs like rose, sweet basil or lavender, for added fragrance.

With health awareness on the rise, herbal medicines have become more popular today. These plants are potent, interesting and mysterious. They enhance flavour, relieve ailments and are very nutritious.

The herb is an amazing and helpful plant, with many uses. ■



## SUBMIT

Do you have a story to tell?  
Do you want to contribute to  
your community paper?

### Contact

Start Me Up Niagara  
for more details  
17 Gale Crescent  
905-984-5310  
Fax 905-984-8949

## December 17th International Day to end violence against sex workers

March of the Red Umbrella's  
Bring your own red umbrella  
(international symbol of  
violence against sex workers)  
or purchase one from TEARS  
and join the march along the  
St. Catharine's sex stroll.

11:00 a.m. Gather at Westview  
Christian Fellowship,  
124 Queenston Avenue for  
opening ceremonies  
Conducted by local Elder and  
Ghering Thunder

11:30a.m. March of the Red  
umbrellas culminating in "Stolen  
Sisters" roll call recognizing  
the disproportionate loss of  
women from our Aboriginal  
communities.

12:30 Speakers and Memorial  
Ceremony

2:00 p.m. Workshop  
phone 905-341-8377

# Poetry ❄️❄️❄️

## A brother's love: is one that's strong

By Eugene Price

A brother's love is one that's strong  
A brother's love will live on  
A brother's love can't be taken  
A brother's love can't be forsaken  
A brother's love can't be bought  
A brother's love can't be tough  
A brother's love is one that's true  
A brother's love from me to you

## A Day in a Life

By Terry O

Open doors. Among the Crowd  
Shrines of music and laughter fill the masses  
Camouflaged by the rapids of time  
Tranquility arises to an extreme height  
Simple moments gain  
Acceleration of the spirits

## Liberty or Death

By Rainbow

I feared her near as much as I feared chains  
this vessel of the Lord's most holy Light  
for Freedom's fire boiled within her veins  
and lit the darkened road through slavery's night  
through swamp and snow, through weariness and weather  
we'd long since passed the point of no return  
this tiny woman kept us all together  
and with the hope of Freedom made us burn  
with bare and wounded feet I walked those roads  
I'm shamed to say I tired and tried to balk  
But I had seen the Quakers and the codes  
She could not take the chance that I would talk  
She cocked her pistol, aimed it at my head  
And, "You'll be free, or die a slave", she said

## The twilight

By Paul Shtogryn

Homeless and betrayed he slept on the bench  
Cold feet, cold hands, cold face  
The wind was bitter  
It was hard to embrace  
But he kept his tempo as the night wore ?  
Everything he now did seemed like a major chore  
His feet were frost bitten, his cheeks now red ?  
No money, no food, and he wasn't even ?  
The moon up above was shining bright  
He's shaking, shivering bitter cold and  
a long long way to go  
For its not even midnight

## You'll Never Get to Heaven

By Geoff Ashcroft

Never knew a girl like heaven  
Heaven never leaves my sight  
In this world aren't many angels  
That wear wings of satin white  
And you'll never get to heaven  
For you don't have the fare  
No you'll never get to heaven  
While I am standing there  
Heaven lives within my heart  
Her love I'll never share  
So don't make a move for heaven  
Only I'm allowed in there  
Yes they say above are angels  
I believe that could be so  
But when I found you, right then I knew  
There are angels, here below  
Bible say's its bright in heaven  
Some day we'll have to go  
Though at night, out goes the light  
In the dark of night, she glows

## Winter Spirit

By Sheldon V. Reddy

As days grow short  
and cold winds start to blow  
and skies turn grey  
with promises of snow,  
then spirits ebb  
and darkness overtakes the soul  
as once again begins  
that journey into winter's frigid hold.

Why?

Who is this inner messenger  
that compels me to be sad?  
when beauty of the changes  
can excite me to be glad!

My spirit grows.

With youthfulness of spring I was enthralled  
I bathed in summer's warmth  
and revelled in the colours of the fall  
then, when winter comes,  
why should I spurn its call and shy away!  
I shall with eternal love, embrace it all.

Let spirits soar.

## my good news story

by midc

i am leaving a place  
of severe and absolute poverty  
to a place of simply stated poverty  
but this lights up my life  
for I may live  
a few years longer  
so this as it stands  
is my good news story

05.05.05

By Julia Blushak

Le petit déjeuner  
Hope arrives, a bit late  
Loves brings an entrée, on time  
Hope is ravenous  
Love requests sustenance  
Hope eats and eats  
Love uncorks and pours a round  
Hope asks for more  
Love praises the cook  
Hope leaves with a doggy bag  
Love clears the table, offers to do the dishes  
Hope says 'let's do lunch.'  
Love sends a thank you note.





## Pictures are worth a 1000 words

October 14th was a huge success as we celebrated Start Me Up Niagara coming together under one roof. Organized by Julia Blushak of the SMUN Prosperity Team the afternoon party attracted over 300 friends, colleagues and neighbours who enjoyed a day filled with fun, good food, conversation, entertaining speeches and music. Volunteers and staff worked together to show-case our new facility. Many of our neighbours joined us including Bones of the Ice Dogs and a couple of his hockey pals. It was a wonderful day filled with promise. S.V.





# Ways to Save Money at the Supermarket

By Christine Taylor

Food shopping must be taken seriously, for health (you are what you eat), budget (who has the money to waste on produce you don't really need), and guarding against the way customers are manipulated and seduced into parting with their hard earned cash. Knowledge and common sense will save you a bundle of \$\$\$.

## Plan ahead

Before you go shopping assess your needs, make a list and stick to it. Wandering up and down food aisles is not only a waste of time but you'll end up buying produce you don't need and spending more money. Do not shop on an empty stomach. You are less likely to impulse buy, if you eat first.

## Coupons

Good savings can be made by using coupons - but only if the product is on your shopping list. Check out Yahoo.com. Type "coupons" in the search box and see what there is to offer.

## The supermarket

The minute you walk through the door the only thing that the supermarket manager wants is for you to part with your money. The supermarket manager has been trained at a high level to sell you produce that you don't really need. He knows what tempts his customers and he knows all the tricks of the trade. Try and complete your shopping in one hour, customers will spend approximately 50 cents more a minute after you have been in the store longer than thirty minutes. Also, an empty shopping cart promotes impulse shopping.

## Getting the run around

You will find in most supermarkets to get to food basics such as milk, eggs, butter, etc that they are usually located at the rear of the store which forces you to past endless aisles of produce where the shopper will pick up items they did not originally

come into the store for. Where possible try and shop at a store where you are familiar with the layout. Essential items are often placed on the top or bottom shelves whereas the most expensive items are at eye level. Another trick of is to move items to different locations in the store once again promoting impulse buying (remember your list.) Items that are displayed at the front of the store are usually 'seasonal' rather than 'sale'-Check first!

## Generic brands

Generic brands are cheaper because they are not advertised. They do not have the fancy packaging, brand names such as Tylenol or Bayer that can cost \$3 or \$4 more, but most of the time the quality is equal to the higher priced advertised brand. Stop paying for all the television ads: keep your \$\$\$\$ in your pocket.

## Food Tips

Food can be bought in many different forms to suite your lifestyle and budget

## Turkey

You don't have to buy a whole bird, most supermarkets will separate the breast meat, thighs, drumsticks, ground and so on.

## Steak

Stewing steak, flank steak, and other less expensive cuts of meat are 10% to 30% cheaper but they require longer cooking time for foods such as stews, chilies, etc. Cheaper

ground beef may not necessarily be higher in fat than the more expensive cuts. Ground beef is fine for slow cooking; use prime cut beef for hamburgers.

## Chicken

Save money on chicken by buying a whole bird and cutting it up your self. Use bones and any leftovers in stocks and soups.

## Fish

When buying fish it should not smell fishy, the flesh should be plump and bright, and eyes should be bright and clear. Try and buy fish that is in season.

## Prepared Food

Pre sliced cold cuts can cost you an extra 10% on your food bill, freshly sliced meats from the deli will stay fresh much longer. Bags of pregrated cheese can cost as much as 25% more than a block of cheese. Grate your own and store in plastic bags in fridge.

1. Flowers, fresh fruit, the salad bar and the deli counter entice you in and immediately gratify your senses. Wait to the end to see if you really need them
2. Make smart decisions between packaged and loose fruit. Don't be tempted by the salad dressing and dips, often the most expensive are placed beside comparatively inexpensive produce.
3. If you have only come in for a loaf of bread, don't pick up a basket, you may fill it.

4. The end-of-aisle displays are made to look like specials, but don't be fooled, they may be full prices.

5. Often special-food displays are positioned to block your way to the cash stacks of cookies and other treats whet your appetite, but they're expensive.

6. Waiting in line is boring, but don't look at the items at the cash registers, they are impulse buys you don't need, and they usually have a high markup. ■





## Happy Winter

### Frosty is coming to Town

It's winter: All over the world seasonal and religious holidays are celebrated bringing family and friends together. The one thing they all have in common is providing an opportunity for communities to gather and share in traditions of dance, food, spirituality, and gift giving. Some celebrations are:

**Happy Hanukkah!** Dec. 12-19th "Hanukkah" means dedication. Each December, Jewish families light the the menorah, commemorating the miracle of a 1 day supply of oil that lasted for 8 days-just long enough to make more oil in order to rededicate the Temple. Families give gifts of gold (money) and hold feasts.

**Bodhi Day** (Buddhist) Dec. 12-19

**Happy Eid!** Muharram! Ashura! Eid-al-Fitr marked the end of Ramadan, the Muslim month of fasting from dawn to dusk. Eid-al-Adha (Nov. 28th) marked Ibrahim's willingness to sacrifice all for God. Muharram 1 (Dec. 18) is the Islamic New Year. Ashura (Dec. 27) is the 10th of Muharram.

**Happy Solstice!** Dec. 21 This is the time of the shortest day and longest night. Seeing the sun up represents the victory of Light over Darkness. From now to Summer Solstice the days get longer.

**Merry Christmas!** Dec. 25th (Gregorian calendar) Jan. 7th (Julian calendar) marking

the birth of Jesus Christ the Son of God. A time of family, feasting and gift giving. Orthodox Christians will follow the Julian date. On Dec. 8th, Catholics celebrate the Feast of the Immaculate Conception.

**Happy Kwanzaa!** Dec. 26-Jan.1 Kwanzaa is a week-long Pan-African festival primarily honouring African heritage in North America. Households and people are decorated with African arts and clothing. Fresh fruits represent African idealism. It is customary to include children in ceremonies that honour the ancestors. Often an honorary "ancestor" is chosen.

Happy Holidays everyone. Happy New Year Jan. 1, 2010. Happy Chinese New Year February 14, Year of the Tiger! ■

## Winter and Our Feathered Friends



Winter is here. Squirrels are particularly chubby this year indicating a long, cold winter. We can help make it easier. Not for the squirrels so much who have been storing food away; but for the birds who may have been tricked by a long warm fall into a false sense of security.

We can help create a bird-friendly habitat. It is simply a matter of providing the creature comforts we all crave starting with food.

Understanding a bird's preferences and needs will help. Birds are smart; but when food supplies are short they eat what is available just like the rest of us. We can help in the winter by making good choices. We'll keep it simple by offering a

**Bird Food Recipe:** Suet. Tried and true. Apparently, suet is the perfect bird food recipe for the winter months when birds' food sources dwindle. Suet Cake: 2 parts melted fat (bacon fat, suet, or lard) 2 parts yellow cornmeal, 1 part peanut butter Mix all ingredients together and cook for a few minutes. Pour into small containers (tuna fish cans are good), and refrigerate or freeze until needed. Mixture can also be stuffed into 1-inch holes drilled in small logs to hang from trees. The recipe can be made all year long as long as you accumulate fat. Fasten containers securely to trees or feeders. Enjoy watching your feather friends warm up with your offerings.

Suet is loved by nuthatches, woodpeckers, wrens, chickdees, cardinals and most insect eating birds. Birds also like dried fruits, so consider adding raisins, currants, apricots or citron. Whatever you have to share. The basic Suet Cake recipe above with or without the additions is a feast for the gods in bird land. ■

**CONGRATULATIONS**  
**Silver Spire for the first**  
**year anniversary of morning**  
**meditation and prayer.**  
**You provide hospitality and a**  
**beautiful sanctuary for everyone.**



## SPECIAL HOLIDAY EVENTS – NO COST

DATE	TIME	EVENT	SPONSOR	ADDRESS	NOTES
Dec 4	5 pm	Dinner	AIDS Niagara	111 Church St	Members only
Dec 10	6 - 9	Tea/Karaoke	Women4Women	124 Queenston St	Women only
Dec 14	10 - 3	Open House	AIDS Niagara	111 Church St	Open House
Dec 16	3 and 5:30	Dinner	Booth Centre	Westminster Church	Reg by Dec 11
Dec 24	11 - 12	Lunch	Ozanam Centre	235 Church St	All
Dec 25	12 - 5	Dinner	Stella's	45 James St	All
Dec 25	4 - 6	Dinner	Joey's Only	318 Ontario St	Taxis from B.C.
Dec 27	1 - 6	Dinner/party	C.A.W. Hall	124 Bunting Rd.	Continuous Buses run from B.C. & C.C

B.C. - Booth Centre C.C. - Community Care

Friends of Recovery invite you to a 48 Hour Christmas Party Westview Christian Fellowship, 124 Queenston Street, December 24 - 4p.m. to Dec. 26 - 4p.m. Coffee, food, games carols and more...All Welcome!

Out of the Cold St. Catharines runs its regular schedule

Start Me Up Niagara Centre open regular hours ; Monday - Fridays 9 - 3, Saturdays, Sundays - Lunch 11:15 - 1

Start Me Up Niagara Office closed December 24 - 26, December 31 to January 2, 2009

Salvation Army closed Dec 24- Jan 3. Van will run Dec 23 & 30, resume regular hours Jan 6, 2009

Ozanam closed December 25 & 26 and January 1, 2009

### St. Catharines

## OUT OF THE COLD

**November 1 to March 31**

**6:00 p.m.**

**Hot Meal / Overnight Shelter**

Sunday Night	Redeemed Christian Church of God	95 Church St.
Monday Night	Silver Spire United Church	366 St. Paul St.
Tuesday Night	Roman Catholic Cathedral of St. Catherine	67 Church St.
Wednesday Night	Redeemed Christian Church of God	95 Church St.
Thursday Night	St. Alfred's Roman Catholic Church	272 Vine St.
Friday Night	Knox Presbyterian Church	53 Church St.
Saturday Night	Queen Street Baptist Church	57 Queen St.

Out of the Cold (905) 984-4223 or (905) 641-2249 Homelessness Outreach (905) 984-8649





# Emergency Resources

## Shelters Homeless outreach 905-984-8649 9a.m.-9p.m.

EMERGENCY SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
Abbey House	905-684-9736	115 Dufferin Street St. Catharines, ON L2R 2A2	8	24hrs	females and females with children; 8 weeks clean
HOPE House	905-734-8492 905-734-8302	116 Division Street Welland, ON L3B 3Z9	21	24hrs	accommodate men, women & families; no alcohol or drugs
Nightlight Youth Shelter	905-358-3678	5207 Victoria Avenue, Niagara Falls, ON L2E 4E4	10	24hrs	males and females, ages 16 - 30; no alcohol or drugs
The RAFT	905-984-4365	17 Centre Street St. Catharines, ON L2R 3A6	16	24hrs	males and females, ages 16 - 24; no alcohol or drugs
Salvation Army Booth Centre	905-684-7813 905-684-7990	184 Church Street St. Catharines, ON L2R 3E7	22	24hrs	males only, ages 19 and older; no alcohol or drugs
Southridge	905-682-2477	201 Glenridge Avenue St. Catharines, ON L2R 3G8	35	24hrs	males and females; no alcohol or drugs
YWCA St. Catharines	905-988-3528	183 King Street St. Catharines, ON L2R 3G8	28	24hrs	females and females with children; no alcohol or drugs
YWCA Niagara Falls	905-357-9191	6135 Culp Street Niagara Falls, ON L2G 2B6	20	24hrs	females and females with children; no alcohol or drugs
SPECIALIZED SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
CMHA Safe Beds	905-684-7271, ext. 43230	15 Wellington Street St. Catharines, ON L2R 5P7	7	24 hrs	must be referred from hospital's community crisis care or mental health agency; 3 to 5 day stay; ages 16 and up; no alcohol or drugs
Men's Detox	905-682-7211	10 Adams Street St. Catharines, ON L2R 2V8	18	24 hrs	men only; no alcohol, drugs or smoking
Women's Detox	905-687-9721	6 Adams Street St. Catharines, ON L2R 2V8	12	24 hrs	women only; no alcohol, drugs or smoking
Gillian's Place (St. Catharines & District)	905-684-8331	P.O. Box 1387, St. Catharines, ON L2R 7J8	24	24 hrs	females and females with children; at risk of violence, no alcohol or drugs

**Start Me Up Niagara 905-984-5310 17 Gale Crescent Monday-Friday, Holidays, 9-3 Saturday-Sunday 11:15-1 Open to all**

## Meals

<b>Salvation Army Booth Centre</b> 184 Church Street	Daily 8:00am, 12:30pm, 5:15pm	\$2.50-\$3.00
<b>St. George's Breakfast Program</b> 83 Church Street	Daily 7:30am-8:30am	no cost
<b>RAFT (ages 16-24)</b> 172 Church Street	Daily 6:30pm-8:00pm	no cost
<b>Ozanam Centre</b> 235 Church Street	Monday-Friday 11:30am-1pm	\$1.00
<b>Start Me Up Niagara</b> 17 Gale Crescent	Saturday, Sunday 11:15am-1:00pm	no cost

# CLASSIFIEDS

## Peanut Mill

191 Welland Ave. St. Catharines, ON  
 905-685-8848 thepeanutmill.com  
 SMUN Business Sponsor

## SMUN FAMILY OF BUSINESSES

### Happy Being Me

Organic Clothing and accessories  
 Wendy Matthews 905-935-2082  
 inspire@happybeingme.com

### Niagara Bags of Rags

Rags for Commercial Cleaning  
 Jane Coxon 905-687-4132

### Sabre Seasonal Services

Lawn care, Snow removal, odd jobs  
 Port Colborne  
 Call David 905-736-8902

**Jazz Unlimited** Pianist available for parties and special performances  
 905-359-3230

### A J's Beads & Floral

Creative and customized floral arrangements and bead work for all occasions. Andrea at 905-682-0350  
 andreatoth@cogeco.ca

**TO ADVERTISE HERE PLEASE CALL  
 STREET NEWS @ 905-984-5310,  
 FAX 905-984-8949**

# Winter

Find and circle all of the Winter related words that are hidden in the grid.  
 The remaining letters spell a Japanese proverb

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

BLACK ICE/BLIZZARD/BOOTS/CARNIVAL/CHRISTMAS/COLD/EGG NOG/  
 FIREPLACE/FIREWOOD/FOG/FREEZE/FROST/GLOVES/HAIL/HEADBAND/  
 HIBERNATION/HOCKEY/HOLIDAYS/ICE FISHING/ICICLES/KNIT CAP/LONG  
 UNDERWEAR/MITTENS/OLYMPICS/PARKA/SCARF/SEASON/SKATES/SKI DOO/  
 SKI PANTS/SKIING/SLED/SLEET/SLIPPERY/SNOW CASTLE/SNOW PLOW/  
 SNOW SHOVEL/SNOW TIRES/SNOWBALL/SNOWBOARD/SNOWFLAKE/SNOWMAN/  
 SNOWSHOES/SOLSTICE/SOUP/STEW/STORM/SWEATSHIRT/TOBOGGAN/  
 VACATION/WIND CHILL/WOOL SOCKS



## Yes, I want to support Start Me UpNiagara

Our fundraising goal for 2010 is \$250,00.00

Enclosed is my donation for:

\$25    \$50    \$75    \$100    other\$ \_\_\_\_\_

Please direct my donation to: Street News

The Centre, 17 Gale Cresnet    Where it is needed most

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

THANK YOU. Please make cheques payable to:  
 Start Me Up Niagara, 17 Gale Crescent  
 St. Catharines, ON L2R 3K8 (905) 984-5310



Working together...Moving Forward