

Street News



From Z to A Zimbabwe to America

by Winnie Murombedzi

I left Zimbabwe in October 31, 1999, and I arrived in United States November 2, 1999. It was my first time in the United States and I did not know anyone there. If that wasn't scary enough, prior to arriving in New York I had spent about a total of 24 hrs in transit in Germany.

Although this wasn't the first time I had visited other countries, it was my first time visiting both these countries. When I arrived in New York, I had never been in a big airport comparable to JFK international airport. It was very overwhelming for me to be inside this magnificent place. After all security checks were done, it was time to find my way to the hotel. I had booked for one week, so I could find an apartment to live in.

On my way to the hotel I was very lucky to meet the yellow cab driver, who was very helpful, in giving information on where to find affordable apartments. Before he dropped me off, he gave me his phone number and told me to call, whenever I needed a ride. It was very nice of him to offer his help to a total stranger. I knew it would be very expensive for me to stay in a hotel,

so I needed to find an apartment and employment soon before all the money I had ran out. I was very lucky, and felt grateful, that the same driver that drove me from the airport was available when I



called. He agreed to drive me to Queens, New York. I remember renting the first apartment the same day and moving in the next day. In less than a week I had an apartment and then employment.

Now that I had an apartment, I needed to find employment. Since I did not know anyone else besides the gentleman that

had been helping me so far, he introduced me to his wife, who in turn assisted me in registering with a nanny agency. This agency helped families find nannies, and I was fortunate to find a wonderful family that I worked for, for 6 years, before I moved to Canada.

I moved to Fort Erie, Ontario, Canada in 2005. I lived in Fort Erie for one year. In that period I worked at the Hilton Hotel in Niagara Falls. I then moved to St Catharines, where I obtained a Personal Support Worker certificate (PSW), which gave me an opportunity to do what I enjoy doing best – assisting those who are unable to do things by themselves. I am currently working as a PSW, and also taking a Social Service Worker program. Taking the program has allowed me the opportunity to do my field

placement at Start Me up Niagara, where I am able to give back to the community and at the same time enhance my knowledge of our Social Systems.

This has been an amazing journey with both great and sad experiences but I wouldn't change a thing. I hope there are more adventures in the future. ■

Happy Faces Created by Busy Hands

by Faye Nickerson

In my role as an employment facilitator I often hear how people on O.W. do not want to work. I had a different experience I would like to share.

A few weeks ago we received a call. It was from a local greenhouse who felt it was important to hire as many locals as possible. They felt the Niagara Region lost a significant number of manufacturing jobs which put a strain on an already suffering economy.

As we know those seeking entry level positions and whose income is below the poverty line such as individuals receiving O.W. or O.D.S.P. face various barriers. These barriers must be addressed in order to increase the percentage of people getting and maintaining

work. Barriers such as lack of work experience, low literacy and educational levels - no proper work equipment or clothing, insufficient food and no transportation. Through brainstorming, team work, and partnering with other agencies, efforts to remove as many barriers as possible were put in place. Several agencies were involved, such as Employment Help Centre, O.W., and YMCA, to meet the needs of the employer and the workers.

The individuals who came to take on the jobs offered by this greenhouse were assisted with proper clothing, tools, nutritional food and transportation. With these barriers aside the work began. What was the result? During work visits by the employment facilitator,

it was evident that the work meant "Happy faces created by busy hands."

Ten individuals on social assistance were hired. SMUN employment program enjoyed working with other agencies and a motivated employer to achieve positive results for these individuals.

SMUN's employment supports program enjoyed our first efforts in partnering with other agencies and an employer to produce a very positive outcome for individuals seeking and maintaining employment.

SMUN was delighted by the effort of individuals who took part. People in low economic situations often get worn down by the obstacles faced in finding work. At SMUN we believe people want to work, but sometimes life circumstances get in the way. Given support and encouragement individuals want to work and can.

Happy faces created by busy hands works. ■

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Street News

VOICES FROM OUR STREETS

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Start Me Up Niagara

Working Together...Moving Forward

Working with individuals whose lives have been affected by mental illness, addictions, unemployment and homelessness to develop self sufficiency by providing opportunities to earn income, improve health and integrate into the community.



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**Sit quietly,
doing nothing,
spring comes,
and the
grass grows
by itself
- Zen Saying**

Activities at the Centre

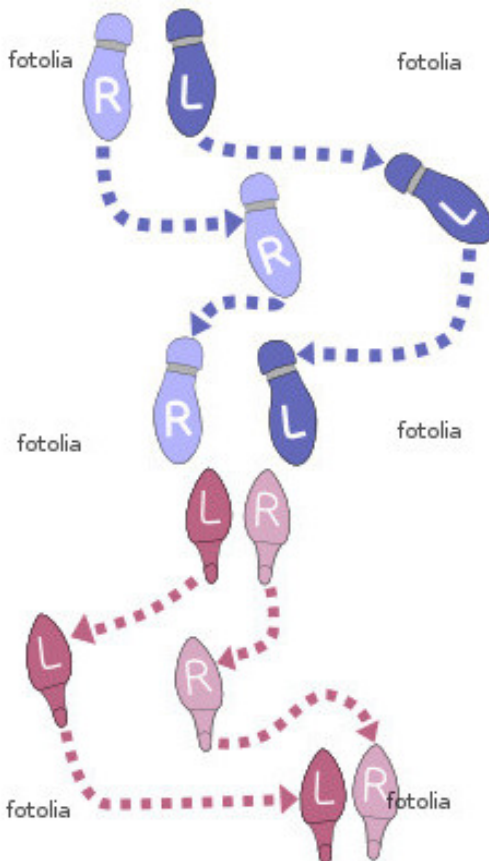
Cooking Classes

Cooking classes at the centre were a welcome addition to Thursday programs. We partnered with the Multi Cultural Association and people from various ethnic backgrounds were invited to share recipes and cooking instructions with us. Up to a dozen people would join the group to cook and learn to make tasty, nutritional, and affordable meals. It was a fun time in the kitchen where friendships were formed and some of the participants, new to Canada, got to socialize as they shared their cuisines. Visitors to the centre seemed to increase during this class as delicious samples were circulated to everyone. A popular time and the classes continue with centre participants continuing to offer recipes and instruction.



Dancing Too!

One of the cooks offered a few salsa sessions. Brave participants joined in moving body parts that may have been dormant for years. We hope this cook, the one with the dancing boots, returns to the centre one day to resume this lively activity. ■



The Greening

by Liz Roulston



Last year we wrote about the thin green line, guerilla gardening with the encouragement to plant wherever we could.

The plot we had at Ventura Park through Community Care, had a fair yield; as did individuals growing in various locations in yards, community plots or balconies.

On another front, through the Start Me Up Niagara Prosperity food sourcing initiative an idea was hatched. It started with the Vineland Research Centre offering SMUN clients the opportunity to pick fruit weekly.

It was an incredible success and it was clear how happy people were to be in the country in beautiful orchards picking fruit for the centre, for the neighbourhood, and for themselves. It was a bountiful and happy time for all who took part. Much fruit was shared and dispersed through the centre at 17 Gale to visitors to the centre as well as by baskets shared in the neighbourhood. The fruit was widely used for many desserts, very popular with guests at our weekend meals. Weekly visits to the orchards at Vineland were organized and posted, and anywhere from 5 to 15 people would show up. The enthusiasm and enjoyment for these trips was contagious.

Then came the welcome news that the Vineland Research and Innovation Centre in Lincoln donated 1.25 acres of prime agricultural land to be used as a source of produce for disadvantaged people through the Start Me Up Niagara centre. Donations started coming in by way of expertise, tools, volunteers, plants and

seeds. More land was donated to the cause through the effort of Vic Ratzlaff by Joe and Catherine Feretti, Nokara Farms. The Ferretti's have been long time donors to "Out of the Cold" and other feeding programs. Farmer Vic will co-ordinate the farming efforts in both locations. Farmer Sean and 'Want to be' Farmer Dave will organize the volunteers and do the hands on work. Both donors will also supply expertise and other needs to the gardens.

It's good to be in a position to participate in growing programs that will increase people's self sufficiency as well as offer opportunities to be out in nature.

Volunteers will learn to grow their own vegetables in communal gardens. Some of the vegetables will go toward Start Me Up's group meal program, some toward Gateway's Good Food Box initiative and gardeners will get to take a share home. A new venture and exciting times with new friendships and partnerships growing every day.

On yet another front we have the Community Gardens at Centennial Park organized by Climate Action Group. We are fortunate to have two plots that most of our participants can walk to. Two and ½ plots have been turned by John and crew and are waiting to be planted. Tammy, Trish, Therese, Brenda, Sue, to name a few have been busy collecting seeds and plants.

We're hoping for a bountiful harvest; but the important part is participation; working cooperatively in the gardens, making new friends, getting our hands in the earth, nurturing our plants and each other. Here's to a great harvest on all levels.

Liz Jackson tends to the flowers at 17 Gale St. in front of Start Me Up and we are grateful for the beauty she has created with limited resources and watering by hand.

This greening initiative is growing beyond our expectations. Hopefully it's a good sign for a heavy harvest.

Thanks to all who contribute. ■





SMUN says thanks to Vineland Research and Innovation Centre, thank you Ray. Thanks to our partners Westview Fellowship Church and Gateway. Thank you Vic and Sean. Special thanks to Bob "the Builder" Hillier. Thanks also to Joe and Catherine Ferretti from Nokara, Al Grimm from Jeffrey's Nursery, Bruce Zimmerman from Rittenhouse Tools and Equipment, Linda Crago from Tree and Twig, Tiffany Mayer from Garden of Eating, Rob and Melissa Achal from The Lavender Boutique, Val Hennessey from Salvation Army, Rose Ann from Silver Spire, Thelma from Stokes Seeds and Niagara Prosperity Initiative. Many more thanks to come.

Renewal

By Rainbow

Stripping away shades
Polishing of depth and hue
Rainbow Woman glows.

Start Me Up Niagara Dreams

by Susan Venditti



At this time last year Start Me Up Niagara had what seemed like an impossible dream. The dream was 'a home of our own open 7 days a week'. With a lot of hard work, some luck and generous donations the seemingly impossible dream became reality. We moved to a building that houses all SMUN programs and is open every day.

We have been welcomed into a neighbourhood that has much potential for growth. The work has started. The dreaming continues. Now our dreams are about sustaining and growing so that we can improve lives. The possibilities are amazing.

Imagine owning 17 Gale Crescent. Ownership would reduce our costs, improving financial stability and developing asset levels. It would free us to plan for a long term future and be there for the long run for individuals who have multiple complex issues and have been let down too many times when services end and programs are disrupted. A lottery win, a benefactor, fundraisers, a loan a gift?? SMUN's wildest dream is to own 17 Gale. **Visualize:** The lease expense line eliminated from budget.

SMUN has been given two acres of prime agricultural land to use

to support its feeding programs and the organization. How do we realize the potential of these gifts? Is there someone with expertise wanting to volunteer? SMUN sees the gardens. **Visualize:** The produce filling our cold cellar, being used for meals, distributed to gardeners, sold at a stand, shared with community.

SMUN's new neighbourhood is full of possibilities but it needs a lift to get it going. SMUN is dreaming about a celebration in the fall. Close off the Crescent! Bring in the music! Add the crafters! Sell our produce! Picnic in the park! Roast the corn! Ride the hay wagon! Start building the neighbourhood so that good

things happen Who can help? **Visualize:** It's a sunny fall day and people are enjoying the corn roast, the music and our crafters are selling their creations.

In 2009, SMUN hosted 18, 534 drop in visits by just over 300 individuals. 95% were unemployed. Most had work experience and skills. SMUN has a snow blower, shovels, lawnmower, trimmer, tools and unemployed workers. SMUN dreams about creating or finding employment for those who are able to work. Are there employers who will hire someone full or part time in the neighbourhood? Who needs grass cut? **Visualize:** Several men dropping by to say hello and tell us about their jobs. They do not hang around anymore. They are busy. A few others come in for their coffee break. They have been busy cutting grass in the area.

They pick up their work gloves and follow the crew to the next job.

Big dreams, but not impossible when a community believes and works together. ■





Start Me Up Niagara

needs your support to continue our Greening and Community Outreach support services during 2010.

*100 Yard Challenge

Dedicate your next yard sale to SMUN and donate the proceeds to this vital community service. All cash contributions welcome. Charitable receipts available.

For more information please call Julia at 905.984.5310 x13.

17 Gale Crescent St. Catharines Ontario L2R 3K8



Success is to be measured
not so much by the position
that one has reached in life
as by the obstacles which
he has overcome

- *Booker T. Washington*



Start Me Up Niagara

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COME VISIT

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Friends by Chance- Sisters by Choice

By Margaret Daye

Whenever a friend I needed
You always listened to my voice
We were brought together for a reason
And decided we'd be sisters by choice
You never once judged me
Or reminded me how wrong
It's your friendship I rely on
On your family tree I belong
We're closer than most sisters
For many years we have been friends
Never asking much of one another
So the means justify the ends
Even when we're gone away
But still part of this earth
We're going to be together
In the eyes of another's birth



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Make Poverty History

by Paul Shtogryn



With St. Catharines having the second highest unemployment rate in Canada after Windsor, we had a forum called “Community Conversation about Poverty”. It was held Wednesday October 21, 2009 with a follow up on November 25th at 17 Gale Crescent. Some issues that were raised were:

1. that lockers should be used to store people’s possessions at the Centre;
2. phone cards should be issued so people can retrieve messages when job seaching
3. free dentures for work because several people have bad teeth and several missing ones when going for interviews.
4. transportation to and from or when putting in applications in several places.

At Rona in Welland 3500 people lined up as early as 7 o’clock in the morning for what was announced as just 55 jobs paying minimum wage.

My suggestion of guaranteed annual supplementary income for all low income Canadians was supported by Senators Hugh Segal and Art Eggleton, and world renowned surgeon Dr. W. Keon. It should be said I sent my own MP 14 suggestions and in their report they gave 74 recommendations.

The field of mental health is also an issue that is dear to my heart. In St. Catharines 40% of the homeless have some form of mental illness and or addiction. With the cutbacks by the Harris government these people were dumped onto the streets with little support. What is also needed is an adolescent ward in Niagara along with a “Raging Spoon” restaurant similar to the one in Toronto. There should also be a permanent large venue centre for the homeless. A monument could be erected (perhaps in Montebello Park) for the homeless, impoverished, mentally ill, addicted and marginalized who have died.

There is also a hidden poor that is invisible to the “Out of the Cold” crowd, which may only represent about 15% or less of the poor living in Niagara.

Aboriginals are rock bottom as being the

poorest of the poor. There are also single mothers who live on what used to be called mothers allowance (now OW) generally living in the north and west ends.

The other is seniors living on a small pension who never worked in major industries that paid a good pension. If you don’t pay property taxes for 3 years you lose your house coupled with the fact that the then Premier David Peterson did away with Bill Davis’ \$500 tax grant. One senior in St. Catharines who owns a home has only \$43 leftover at the end of the month after gas, hydro and water bills. “there are lies, damn lies and then there are statistics” There are 3241 single OW recipients, 3000 registered with temporary agencies, 264 actual known homeless in Niagara region, The city of Hamilton pegs the poverty line at \$16,000 a year. In St. Catharines 43% of the population is 50 years or older, 29% is 60 and over and when UI and social assistance is included approximately 50% cannot survive right now. The median age in St. Catharines is 41.7 meaning this is an old persons city, not a young persons city. The banks are certainly not making the system any easier for the poor. If you put \$300 under the mattress with no interest and no fees,

at the end of 28 years you have \$300.00. If you put \$300 into a savings account with 0.25% interest 95 cents monthly of fee at the end of 28 years you have \$0 in your savings account. In 1988 a savings account of \$5000 paid 9.35% interest. In 2010 the same savings account pays only 0.750% interest. When Pierre Trudeau was prime Minister in 1974 gold was tagged at \$35.00 an ounce, today it is over \$1000.00.

The poor certainly can’t get ahead with roadblocks like this.

St. Catharines heyday may have come in the 1950’s with GM, which back then was called McKinnons, 3 movie theatres on St. Paul St., Diana Sweets Restaurant, and Brian Cullen and The Tee Pees. But those days are gone for good. It didn’t surprise me when the closure of the Ontario Street Plant (built in 1927) was announced. Workers there had 15 years or more of seniority.

The two largest employers today are Brock University and Casino Niagara. Some United Empire Loyalist members of the Temperance Society must be spinning in their graves knowing that one of the largest employers today is a gambling casino. St Catharines badly needs a white knight like RIM in Waterloo or a Silicon Valley Kananta computer base region to invest millions in this region. The manufacturing era has come to an end and needs to be replaced with something better. ■



Origins and Meanings - Words, Expressions and Phrases

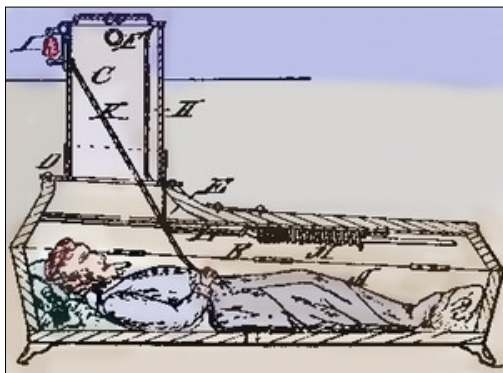
by Christine Taylor

Have you ever wondered, when in conversation, where certain phrases originated from? For example, “don’t put all your eggs in one basket” or “let sleeping dogs lie”. You might be surprised to find that many of these phrases originally may have had completely different meanings.

I have picked a few from the thousands and thousands that have been passed on through time. There are many interpretations for the same words, expressions and phrases.

Saved by the Bell

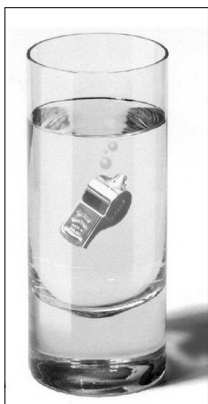
This phrase may have come from the 17th century when our ancestors realized that many people were being buried alive



through wrong diagnosis by the so called medical practitioners of the time. They tied a string onto the “dead” persons’ hand, buried them, and tied the other end to a bell hanging from a nearby tree branch. If the person revived to ring the bell, their survivors would rush to dig them up. Hence, saved by the bell”.

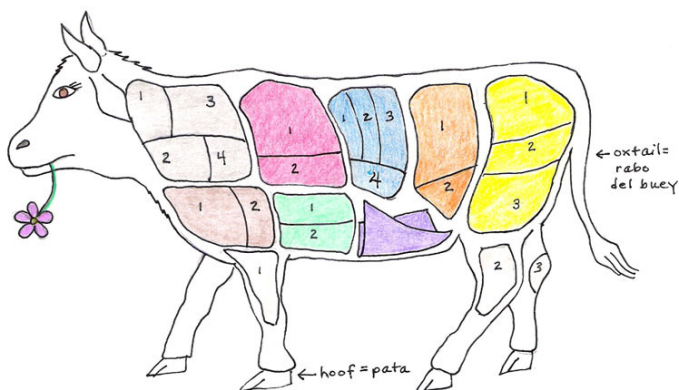
Wet Your Whistle

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they would blow the whistle to get some service.



Giving Someone the Cold Shoulder

When a guest would overstay their welcome, the host would (instead of feeding them good, warm meals) give them the worst part of the animal.



Pitcher

A leather jug treated with tar pitch to help hold its shape.

Chew the Fat

A host would offer his guests a piece of bacon, which was stored above the fireplace in the parlour, so he could chew the fat during their visit.

Not Fit to Hold a Candle to

A menial household task was holding a candle for someone while they did some kind of activity. Some people were not held in much esteem, therefore they were “not fit to hold a candle”.

Turn the Tables

Tables at one time had only one finished side. The other side was rough, and less expensive to make. When the family was alone, they ate on the rough side to keep the good side nice for company. When company came, the whole top lifted off and was turned over to its good side.

Lock, Stock and Barrel

An entire musket. The lock was the firing mechanism; the stock, the wooden part that rests against the shoulder; the barrel, you already know.

Don't Throw the Baby out with the Bathwater

Centuries ago whole families bathed one after another in a single tub of water. The idea of throwing the baby out was that the water became so black that the baby could possibly be thrown out with the filthy water.

Raining Cats and Dogs

This is but one of the many versions of the expression. In medieval England, the houses were surrounded by open sewers, big ditches running down the road to channel the rainwater. The houses were low, with low hanging thatched roofs and the dogs and cats used to climb up there. In heavy downpours the animals would tumble from their perches, past the windows, and fall into the ditches compelling the residents to exclaim, “Aaargh, it’s raining cats and dogs”.



Saving Face or Losing Face

The noble ladies and gentlemen of the late 1700’s wore makeup to impress each other. Since they rarely bathed, the makeup would get thicker and thicker. If they sat too close to the heat of the fireplace, the makeup would start to melt. If that happened, a servant would move the

fireplace screen in front of the fireplace to block the heat, so no one would “lose face”.

Shut Your Face

This phrase goes back to the days of knights in shining armour with face-plates. Shutting your face plate would effectively limit speech.

Get Out the Wrong Side of the Bed

Being in a bad mood. An ancient superstition held it to be unlucky to touch the floor first with the left foot when getting out of bed. An earlier version of the expression with the same meaning was “you got out of bed the wrong way”, i.e. on the left side.

Keep a Stiff Upper Lip

Before the Napoleonic wars there was a bizarre fashion among officers to have tarred



moustaches. Their moustaches would be smeared with hot pitch and then moulded into shape before it solidified. These brave officers would now “keep a stiff upper lip”.

Cold Enough to Freeze the Balls off a Brass Monkey

This naval saying has nothing to do with the gonads of metallic primates. Cannonballs were made of iron. They were stacked on a brass plate called a “monkey”. Since iron and brass freeze at different rates, when the brass contracted, the balls would often roll off the plate.

Mind Your Own Beeswax

This came from the days when smallpox left regular disfigurements on faces. Fine ladies would fill in the pocks with beeswax. When the weather was very warm the wax might melt. It was not the thing to do for one lady to tell another that her make-up needed attention, hence the sharp rebuke to “mind your own beeswax”. ■



Keeping the Fun in Fundraising

It takes a lot of resources to keep Start Me Up Niagara programs going. Pasta dinners have become a popular fundraising event at 17 Gale Crescent. This delicious fare is attracting more and more supporters, especially when \$10 buys you a take out or a sit down dinner with good company in welcoming surroundings. The meals are prepared and served by our dedicated volunteers. A recent dinner featured a down home Cape Breton style dinner that knocked our socks off. Thank you Angus, and thanks to Ann Ryson of Ryson's Music for providing musicians Mark and Beth of Vox Violins and young violinists Alexander George and Katie Green. The dinners are a monthly event.



The Bee's Knees

AND OTHER SCARY GMO STORIES...

by Rainbow

What do bees, flowers, short sighted scientists, genetic diversity-or lack thereof-autoimmune disorders, and a very common but surprisingly toxic substance have in common? The answers are a little scary.

Let's start with the humble bee.

She's a queen... and she's treated like one. Her every wish is instantly catered to. She is also trapped for life in one small space, condemned to 'put out' constantly. Imagine your entire life being spent wandering from room to room in your house-and birthing one baby per day, per room.

He's a travelling man-with an ethic that would put any human workaholic to shame. He's an aerodynamic oddity who shouldn't be able to fly-but he does. He's a one man social calendar, introducing the ladies to the gents all over the garden, orchard and meadow. He keeps the offspring diverse by taking pollen from many sources. He's a spatial genius who can remember where the best stuff is, a mild mannered guy who shares his mother lode with others, and a talented dancer. And he spends his life dodging predators and bad press to bring us honey, one of Nature's greatest super foods. If you ate today, thank a farmer. They're busy thanking the bees. Trees and plants can't bear fruits and flowers until the blooms are pollinated. Yep, that's right. Welcome to the garden's red light district, where bees pimp so plants can have sex. No pollinat-

ing, no blooming, no flowering, no fruiting, no eating. What's really scary is that in a few years, this industrious couple may become extinct-because of us.

In case you haven't noticed, the bees are in serious trouble. People started to notice a few years ago that hives are dying. It's called Colony Collapse Disorder, and original theories about it ranged from virus to magnetic interference due to cell phones and telephones. Recently, scientists from USA, Ontario, Mexico, and Jena University in Germany figured it out.

The problem is Genetically Modified (or Engineered) Organisms. Familiarly known as "Franken Food", these plants have not been bred to diversify, like Mother Nature and responsible, organic breeders do, but have literally had their genes tinkered with until genetic homogeneity overload results in a particular desired trait. Moreover, GE crops which were supposed to solve the world hunger problem, have been found to have much lower yields than natural crops. Many of these GMO's are now inserted with a gene for a naturally occurring insecticide bacterium called *Bacillus Thuringiensis* (BT). BT and other insecticides have now been shown to cause an immune response in several animals-including bees. This response has been shown to cause learning and memory impairment. Bees code memory through a protein they get from

pollen. Their unusual spatial ability gives them great navigational skill-but since they carry so little at a time, they must go straight from flower back to hive. If they forget where they are for an instant, they're dead. But injecting Bt triggers an immune response in the bees digestive system. This response impairs the bee's memory, learning, and spatial skills.

BT kills the bee's ability to navigate. Unable to "phone home", the bee falls and dies.

If enough bees can't make it home to do their intricate "I know where the good stuff is" dance, the colony will die. BT and these other toxins have also been shown to render animals more susceptible to other pathogens and toxins. Although not directly responsible for bee deaths, BT is a cofactor, much like alcohol is a cofactor in many human diseases. GMO crops have been shown to cross contaminate organic ones. Monsanto is the only company I know of that has been successfully sued for that. And now, at the University of California, one of these "scientists" has raised the bar. Dr. Cai-Zhong Jiang has created a synthetic chemical called Thidiazuron (TDZ). When you spray it on cut flowers TDZ makes the blooms last that much longer. This makes them "cheaper for the consumer". The problem is, he has no idea how TDZ works. "Our deepest interest lies in determining precisely how TDZ affects genes and proteins inside the



Yeah, dude. i'm
totally not gonna
make it in
today.

plants.” Dr. Jiang is not alone in not noticing the bees. Nor does he understand that autoimmune disorders are exploding in humans as well as bees.

Bruce Lipton, the eminent cell biologist, proved that “genetic determinism”- the belief that our genes control our biology- is wrong. “The diseases that are today’s scourges”, he says, “are not the result of a single gene, but of complex interactions among multiple genes and environmental factors...specific genes are correlated with an organism’s behaviour and characteristics. But these genes are not activated until something triggers them.” Dr Lipton, who discovered the actual cell mechanics of the relationship between Nature (genes) and Nurture (environment), has this to say about GMO plants and foods: “Genes are shared not only among the individual members of a species but also among members of different species...now that we are aware of this inter-and intra- species gene transfer mechanism, the dangers of genetic engineering become apparent.” Studies since 2004 have shown that “when humans digest genetically modified foods, the artificially created genes transfer into and alter the character of the beneficial bacteria in the intestine...similarly, gene transfer among genetically engineered agricultural crops and surrounding native species has given rise to highly resistant species deemed “superweeds”. Genetic

engineers have never taken the reality of gene transfer into consideration (and) we are now beginning to experience the dire consequences.”

Hmmm... bees code memory through pollen protein. Their digestive systems and memory are impaired by BT and other GMO’s which trigger a severe auto-immune response. Gene transfer between species-especially in the food we eat-means that there is “no wall between species”. Diseases and disorders that include digestive and autoimmune responses-like Cancer, Autism, Arthritis, MS, Celiac, ADD/ADHD, etc. are exploding, in spite of earlier diagnoses and better treatments. We are what we eat, people. And we are destroying ourselves by allowing the production of GMO’s. As for GMO flowers being “cheaper”, that smells like Taurus Droppings. Both physically and energetically, cut flowers are dead flowers. If one really wants to “say it with flowers” it makes far more sense to give a happy, healthy, organically raised plant.

And yet our government has not only allowed GMO corn, canola, soy and sugar (from sugar beet) for the past fifteen years but is considering allowing Monsanto’s insect resistant (ie BT laden) sweet corn, alfalfa and wheat!

Resistance to GMO/GE (genetically engineered) crops is growing in Canada by leaps and bounds. Now that we can scien-

tifically prove the dangers of GMO/GE we need to mobilize and stop this nonsense forever. A good way to start is to go to www.cban.ca/474. Bill 474, introduced by Alex Atamanenko (NDP) is in third reading right now. It would require “an analysis of potential harm be conducted before the sale of any new GE seed is conducted”. GE seeds are living pollution. Once introduced they contaminate everything. This is what Monsanto is counting on.

Remember the bees. Remember me. CCD bears a striking resemblance to autism. Then take a long hard look at what you eat. Monsanto, the people who created “Roundup”, are large, rich and nasty. But they have been stopped before-Monsanto potato, tomato and eggplant plans were halted by consumer protest. “Round-up” has been fined for deliberate gene transfer to a formerly organic farm. They can be stopped-but only by you. Realize that all species are interconnected. Hurting one hurts us all.

Support organic farming. Plant and eat their crops. Watch your health improve. Mine did-drastically. If you ate today thank a farmer. He’s busy thanking someone else.

JUST SAY “NO” TO GMO! BRING BACK THE BEES! ■

Some material is quoted from **The Biology of Belief** by Bruce Lipton, PHD.

“Today I Found My Yesterday”

By Geoff Ascroft

Today I found my yesterday
I went back many years
Been reaching out for yesterday
I’ve always been so near

I never could quite touch it
Not in all my endless dreams
Till today I found my yesterday
Still the way it use to be.

Today I found my yesterday
Regained lost happiness
Been reaching out for yesterday
And found its sweet caress,

They say the past cannot return
To go back into dream
But I’ve been reaching back so long
It’s reaching out to me.

And I’ve been walking backwards
Each and every step to take
Hoping to find a future
In the miss of yesterday

Today I found my yesterday
Regained lost happiness
Been reaching out for yesterday
And found its sweet caress

They say the past cannot return
To go back is to dream
But I’ve been reaching back so long
It’s reaching out to me...
Today I found my yesterday,
Still the way it use to be.

Budgeting, Budgeting Galore

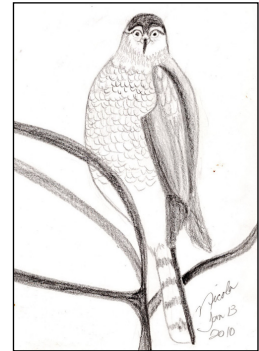
by Paul Shtogryn

Budgets are the norm for me every day
It helps when it comes for the bills to pay,
How much food, how much water, how much gas,
It’s a dail chore, for without it nothing will pass
What to buy, what to afford and what to pay
If only the high powers to be knew what I suffer every day
Making odds and ends do is how I scramble
And there’s certainly no lotto money leftover to gamble
The poor have no choices, no alternatives but one,
But soon enough when the bills are finally paid, another month has been won!

Morning Prayer

By Terry O

A glance of the pews.
All walks of life
Monments of silence endure
Minds reflecting, thoughts inspire
The Reading of his word and praises
Fellowship and friends rejuvenated
The tokens of time rememberd
So we adjourn for another day.
May the Lord’s hands be with us.
For Another day will be born.



Songbird Rising

By Rainbow

Possibilities
Stir the air in feathered form
Chirping Spring reborn.



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*Always laugh when you can, it is
cheap medicine - Lord Byron*

The Storm

By Richard

I'm lifted up, I'm going to shine
If all else fails, your love is devine
Help me to see clear thru the storm
To find a place where I belong

There is a house to welcome me
From a road oh so long
You have built it for me
And it is where I belong

And I'm feeling lighter with you in my heart
I was lost and lonely with no compass or chart
Your walls stand strong almost mocking the cold
Now you've placed it in my heart, your story to be told

Help me see the very best in all my fellow man
Why I feel the way I feel, I can't explain
No foot prints in the snow, I'm the first to arrive
And it feels so nice to be warm and alive

Help me to see clear thru the storm
To find a place where I belong



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- Unknown

Solitude

By Nicki

A sense of being alone
A place to meditate
Looking for my centre
To find my peace
My life brought forward
Love pushed back
No time for love
In my solitude
To work on me
To work for me
To focus and find peace
No worry or concern
Outside my solitude
I've searched
But I'm lost
Within my solitude

The Mighty Cuke



Surprising positive information about the very accessible cucumber caught our attention in an article published by The New York Times. We share it in part here.

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamins B1, B2, B3, B5, B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing spa like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but it drives garden pests crazy enough to see the area.

5. Looking for a quick and easy way to remove cellulite? Try rubbing a slice or two of cucumber along your problem area for a few minutes. The phytochemicals in the

cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost..

7. Looking to ght off that afternoon or evening snaking binge? Cucumbers have been used for centuries by European trappers, traders and explorers for quick meals to thwart starvation.

8. Have an important meeting or job interview and no time to polish your shoes? Rub a freshly cut cucumber over the shoes. Its chemicals will provide a quick and durable shine that looks great and repels water.

9. Have a squeaky hinge and out of WD40? Rub a slice of cucumber along the hinge, and voila, the squeak is gone.

10. Stressed and no time for a massage or facial? Cut up an entire cucumber and place it in a pot of boiling water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress.

11. Just nished lunch and you have no

gum or mints? A slice of cucumber pressed to the roof of your mouth for 30 seconds will eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean faucets, sinks or stainless steel? A slice of cucumber rubbed on the surface will not only remove years of tarnish and bring back the shine, it won't leave streaks and won't harm your ngers or your nails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the writing. It also works on crayons and markers that the kids have used to decorate the walls. ■

The Mighty Cuke Salad

A medley of tomato, onion, feta and cucumber

Ingredients

- 1/2 cup veggie or olive oil**
- 1/4 cup vinegar**
- 1/4 tsp salt**
- 1/4 tsp pepper**
- 1 tsp basil**
- 1 tsp tarragon**
- 2 cloves garlic minced or chopped**
- 3 tomatoes chunked**
- 1 cucumber chunked**
- 1 sm red onion thinly sliced**
- 1/2 cup feta cheese chunked**
- handful of olives**



Combine oil, vinegar, salt, pepper, basil, tarragon, and garlic. Mix well. Add to the rest of the ingredients and chill. Enjoy.

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

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

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Find and circle all of the names that are hidden in the grid.

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

ARTHUR/BAMBI/BARNEY RUBBLE/BETTY BOOP/BUGS BUNNY/
CHARLIE BROWN/DAFFY DUCK/DONALD DUCK/DUMBO/EEYORE/ELMER
FUDD/FELIX THE CAT/FRED FLINTSTONE/GARFIELD/GOOFY/MICKEY
MOUSE/MIGHTY MOUSE/MR MAGOO/PLUTO/POPEYE/PORKY PIG/ROAD
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AND JERRY/TOP CAT/TWEETY/WINNIE THE POOH



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