

Street News



The Green Man

by Rainbow

You've probably seen Him around, in stone images, garden decorations, wood carvings in churches and official buildings, or pictures. When you're out in the woods, He's the spooky feeling that you're being watched, the weird laugh - or music - overlapping the rustling leaves, or the flash of unexplainable movement seen in the corner of your eye. He has eerie, fey eyes - usually green or black - that sometimes look within and sometimes twinkle at you with barely suppressed mischief. He favours you with a strange, knowing smile, hinting at ancient wisdom and hidden knowledge. Sometimes He wears goat horns or stag antlers. Although usually pleasant, He's occasionally moody - or even vaguely threatening. He exudes



Male Power. His face is partially or fully composed of foliage. Although best known to us in His Anglo-Celtic forms, He has been spotted

all over the world for millennia. He is...The Green Man.

On October 2, Start Me Up will be holding a Harvest Festival (with a Green

Man contest). As we celebrate the First Fruits, let us remember the seeds from which they came - and from which they will rise /continued on page 2

anew next Spring, after Winter's barren cold recedes. This is the essence of the Green Man archetype. In ancient days, He gave us hope that the Dark Times would end. Winter was not all-powerful. Life Would Continue. But the Green Man is more than the changing of the seasons. Renewal, Reproduction and Rebirth and the sense that we are part of, not separate from, Nature, is as human as it is animal, vegetable and seasonal.

Lord of the Trees. Stag King. Oak Man. Jack-in-the-Green. John Barley Corn. Puck. King of the Fairies.

Keeper of the Animals. Herne the Hunter. Robin Goodfellow. Robin-in-the-Wood. Combined with a

The Green Man reminds us that saving the environment is saving ourselves. He also reminds us that in life, as in seasons, all things change

historical person, He's even Robin Hood. The Green Man and His Consort the Green Woman (Kore,

the May Queen, Maid Marion, Virga Viridissima, etc.) have many faces. Continually dying and rising (and often killed, mourned and rescued by Her) the Green Man is connected to god forms as various as the Shepherd Kings Dumuzi (Sumerian), Tammuz (Babylonian) and Pan (Arcadian); Wadj Wer (Egyptian for "Great Green"); Rishaba, Lord of Light (Hindu); Kirtimukha (Tibetan); Huntin (Bantu); Adonis (Greek); Adonai (early Jewish); and Dionysus (Thracian), who became part of the Eleusinian Mysteries of Demeter, where an ear of wheat was shown to initiates. Stonemasons built Him into churches, a pagan holdover

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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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Never do anything that you wouldn't want to explain to the paramedics.
- Unknown

that priests tolerated because of the Resurrection theme that connected Him to Christ.

The Cornucopia/Horn of Plenty is a Native American symbol that is woven in a spiral pattern to represent the Field of Plenty, where Elders say all things exist in unmanifest form until our prayers manifest them. It is filled and then given away, to teach that plenty comes from respect and sharing.

The "Field of Plenty" is millenia old, yet it sounds suspiciously like Quantum Physics' "Zero Point Energy Field", which has only very recently been proven to exist. What did the Elders know that we are just relearning?

This year, we grew some of our own food. As the year wanes and the Harvest approaches, let us



hope that this continues. Let us be thankful for both inner and outer gifts given.

Be grateful for the Growth of Spring, the Abundance of Summer and the Bounty of Autumn. But don't hold on to them; they won't last. Don't fear the Winter. It won't last either. Humanity is reconnecting with Nature, something vitally needed now. The Green Man reminds us that saving the environment is saving ourselves. He also reminds us that in life, as in seasons, all things change. He sleeps but is not defeated. We are not separate. We are One. So save your physical, mental and spiritual seeds. Share, that others may not go hungry. When the Green Man rises next Spring, it will be time enough to plant. ✕

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Harvest Festival

BBQ

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Games

& MORE

**PLACE:
CENTENNIAL PARK
ST. CATHARINES**

**DATE:
SAT. OCTOBER 2, 2010**

**TIME:
11 A.M. - 4 P.M.**

INFO / VOLUNTEER CALL 905.984.5310

CELEBRATE FOOD & NEIGHBOURHOOD

Voting is the Voiceless Having a Voice

by Paul Shtogryn

No one is more annoyed than me when it comes to politicians ignoring the “Out of the Cold” crowd. In my memory, over the last decade or so only the late Mike Collins and Peter Kormos of Welland have visited the suppers being held. With the city hall being only a five minute walk away from some of the host churches, few councillor have taken ten minutes out of their time to visit these people. Come either a federal or provincial election, none of the candidates have bothered to show. But with that being said, not all is lost. A few years back there was a close race for mayor in St. Catharines. I remember not going anywhere in the city without seeing those red octagon signs reading “Wendy Works”. The election was decided by less than 50 votes between Wendy Patriquin and Tim Rigby. The recount took two weeks before a winner was declared. Imagine what 250 or even 50 votes can do to make the difference, should

a close election happen again.

In my riding of Welland, Malcolm Allen won the federal election over the conservative candidate by only 500 votes and it wasn’t declared until after midnight. Can you imagine a similar situation happening in the St. Catharines riding if there were popular high profile candidates running? Those 250 votes can make a difference in a close election, by not voting, people are throwing their voice away.

If that doesn’t convince you, then

think of these others:

1. In the 4th Century, at the Council of Nicea, women “gained” souls – and the natural world “lost” them – by just one vote.
 2. In 1653 Oliver Cromwell briefly took over England as its “Lord Protector” by just one vote.
 3. In 1776 the American Founding Fathers chose English over German as the official language, by just one vote.
 4. In 1789 France became a republic, by just one vote.
 5. In 1923 the then fledgling National Socialist Workers Party in Germany chose Adolf Hitler, by just one vote.
 6. Bush got both his terms by just a handful of votes.
- The voiceless can make a change. Whether its 250 or 50 votes, you have the power that can fire an MP, MPP, or mayor. Think about these things before you decide to sit it out. The next municipal election is October 25, use your voice – vote! ✕



She’s Here!

After a very successful opening, the Nurse Practitioner Program is in full swing. The clinic is open Tuesdays from 9:30 a.m. till 2 p.m. Everyone is welcome, and health cards are not required. Health Practitioner Crystal takes Jennifer’s blood pressure. The Health Practitioner is also able to make referrals as required. We welcome the Nurse Practitioner Program and encourage people to use it.

Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet
- Albert Einstein

Death by Diet

By Rainbow

What common substance that is consumed by billions of people is so toxic that it can:

- cause devastating inflammatory intestinal destruction that, if unrecognized, can lead to disability and death?
- increase blood sugar higher and faster than table sugar, raising the risk of diabetic shock?
- interfere with an alcoholic's detoxification process?
- trigger autoimmune inflammation in the thyroid and elsewhere?
- create intestinal bloating, cramps, and alternating bouts of diarrhea and constipation?
- raise triglycerides and LDL (bad cholesterol) several hundred milligrams, while depressing HDL (good cholesterol) levels?
- cause irritating rashes?
- weaken the muscle controlling food exit from esophagus to stomach, causing reflux esophagitis (heartburn) and, eventually, acid reflux disease?
- cause encephalopathy (brain inflammation)?
- has been conclusively linked to the onset and/or worsening of physical, mental and emotional symptoms, pain, inflammation, deterioration, and eventual disability or death caused by the following: ADD/ADHD, AIDS, Arthritis, Autism and other autoimmune disorders, Cancer, Celiac, Cholesterol, Crohn's and Colitis, Depression and other mood disorders, Dermatitis Herpetiformis, Diabetes, Heart Disease, Learning Disabilities, Obesity, Pancreatitis (a precursor to Pancreatic Cancer), Schizoaffective and Schizophrenia, Stroke, and Systemic Lupus?

The answer will shock you. The fact that the articles that sparked this one were written by a doctor and a nutritionist should make you think.

This deadly substance is WHEAT. And the deadliest substance in wheat is GLUTEN.

All people with any of the above conditions should avoid wheat – and all other sources of gluten – like the plague.

As a person with Autism, ADD, Arthritis Depression, High Cholesterol, and major digestive issues, I can personally attest to the physical and emotional relief I've experienced after cutting wheat and gluten out of my diet. After some research, I cut out dairy, artificial flavour/ colour/ preservatives, and salicylates as well, and I'm picky about eating organic GMO free food, much of it raw. I've even lost 20 pounds on a modified version of the Feingold diet, created by a doctor who treats autistic people.

And don't despair – there are a lot more gluten free alternatives out there than there were just a few years ago, and they're coming down in price. Good bread is delicious – and it doesn't need to kill you. Places like the Peanut Mill and Great Canadian Superstore sell organic/gluten free products. I've found that some gluten free stuff has an odd taste or texture unless it is toasted. Check out what you like. Mark the stuff you don't like as a reminder not to get it again. I've had good luck with brands like Glutino, Natures' Path, VegeHut, and Edward & Sons, but everyone's taste is different.

But wait, you say. Wheat and whole grains are good for us and they keep farmers working. Well, actually, yes and no. Gluten is toxic to everyone, though to those who are merely "sensitive", rather than "intolerant" or outright "allergic", the symptoms can take years to show up. And whole grains are definitely better for you than white bleached flour that's had to be "enriched" because over processing destroys essential vitamins and minerals. (Not to mention that the "enrichment" is done with impure versions of said vitamins and minerals, that have very little bioavailability (meaning that the body doesn't recognize

the substance and can't process it easily). But there are better ways to get whole grains and better grains to get them from. Wheat farmers could remain economically viable, be healthier, and take advantage of the exploding Organics movement by growing an ancient grain. Wheat, oats, rye, and triticale are relatively new grains, (5000 years or less), all containing gluten. Spelt and barley are the only ancient grains that contain gluten. Corn, flax, hemp, rice, amaranth, kamut and quinoa do not. Moreover, they are not merely much more nutritious, but yield more than wheat does –without pesticides. Quinoa (keen-wah), in particular, is so nutritionally packed, that it is referred to as the "Mother Grain" by the ancient MesoAmericans. Hemp is a high yield low maintenance crop, whose seeds are a "superfood". Its fibers can be made into 1001 things including textiles, hempcrete, higher grade biofuel than corn based, even a renewable form of oil. Hemp is, in fact, one of the most environmentally sound crops in existence! Try going gluten free for one month. See how you feel. Notice what changes and what doesn't. Digestive issues and depression have followed me since early childhood. Now they are almost gone. My pain level has dropped. My arthritis still hurts, but not as much. I am healthier, more focused, and a little less antisocial than I was.

Try it. You have nothing to lose. Except maybe a few pounds! ✕



Sacred Geom

by Rose Wisher

The Start Me Up Program has a labyrinth at our community garden in Vineland. A labyrinth is different from a maze, in that no one can get lost traveling it.

Dr. Vanessa Compton, who directs the labyrinth program at St. Luke's Anglican Church in Ottawa, says the labyrinth is "an ancient form of public and spiritual technology that reliably triggers life-changing insights". There is a single pathway, with just one entrance/exit. Ours is created using herbs and flowers, and is soon to be wheelchair friendly.

The entrance symbolizes birth and new beginnings. As one walks, dances, skips or wheels through the winding path, the idea is to let go of worries, sorrow, anger, grief and everyday problems. The walk is a prayer or meditation, if you want to call it that. It opens up the participant to a fresh way of looking at life, new creative ideas, and peace of mind. When you shed the old, you make room for the new.

At times it may feel as if you are walking in the wrong direction...very symbolic of life, as we can all attest. But there are no mistakes. All journeys lead to the center and when that is reached you have achieved a place of inner calm and can reflect on all that deserves gratitude in your life. Perhaps you will have an inspiration or an epiphany. Perhaps simply listening to the birds and feeling the warm sun is the bliss that you need to lift your spirits. Sometimes, I feel as if I need to walk the labyrinth several times a day!...and I do!

To walk the labyrinth is to practice focusing on the journey, not the destination.

The first time I walked a labyrinth I was attending a friend's wedding. It was much larger than ours, and took quite a while to walk, and I thought "how strange." As the wedding party walked and laughed to the center, I "got it". How appropriate for a union such as this. My friends walked

in single people and walked out having a union that is still growing and wonderful after 20 years! This is a very literal example of a life changing event. Most of us experience the changes on a very subtle and symbolic level. The labyrinth is a tool for transformation

While labyrinths have ancient roots, their origins are shrouded in myths, like

Labyrinths were embraced by the Christian church almost since its conception. In medieval Europe some were planted with herbs outside, as ours is, and others were constructed in the floors of the world's greatest cathedrals, like Chartres. People have created them in their own gardens using whatever material is available. They have been drawn in the



the Greek legend of Theseus and the Minotaur. Examples of ancient labyrinths are found throughout the Mediterranean. Although modified to suit our space, ours is based on the Cretan style.

sand. They can be traced with your finger on a piece of paper. All have the same remarkable results.

Labyrinths are enjoying a renaissance for many great reasons, including health

etry

benefits. There have been studies done with prisoners who have simply used a labyrinth that was drawn on a piece of paper. They traced the pathway with their fingers. The results yielded tangible physical effects, such as lowered heart rate and calmer breathing. Those monitored by EEG technology (the tracking of the brain's electrical currents) had calmer brain activity, as if in meditation. In addition, the participants claimed they felt more at peace and less stressed. Neurophysiologist, educator, and author Carla Hannaford found that for children labeled with ADHD, Autism and Dyslexia, the labyrinth "promoted coherent cognitive patterns and a calm and focused state." Labyrinths are now being used in schools, prisons, nursing homes, even in places that have experienced high conflict and devastation like Rwanda and Bosnia.

I warmly invite everyone to walk the labyrinth. Run your hand in the lavender and inhale deeply. Cut some chives for your baked potato. Pluck some mint leaves to dry for tea. Snip some lemon balm for your bath. Use it in good health and in good spirits!

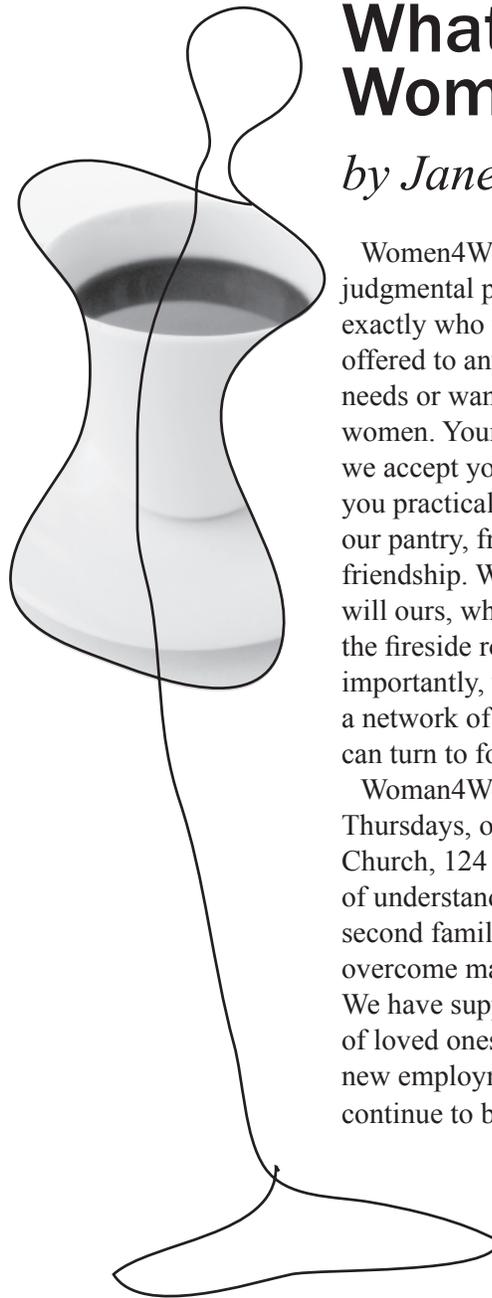
If you would like to learn more, our local library has many books to explore. You might consider these two:

Lauren Artress, *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool* (New York: Riverhead Books, 1995).

Helen Curry, *The Way of the Labyrinth: A Powerful Meditation for Everyday Life* (New York: Penguin Compass, 2000).

Another book worth considering (but we do not have it in the St. Catharines Library) is: Dr. Carla Hannaford, *Smart Moves: Why Learning is all in Your Head* (1995).

If you would like to volunteer in any way for the labyrinth at the Vineland garden site, please contact one of the staff at Start Me Up. ✕



What is Women4Women

by Jane LaVacca

Women4Women is a safe supportive, non judgmental place where you are accepted for exactly who you are. It is a networking program offered to any woman in the community who needs or wants the companionship of other women. Your life situation does not matter here, we accept you on your terms. We in return offer you practical assistance, with low cost food from our pantry, free clothing, hair cuts, a hot meal and friendship. We will enjoy your company as you will ours, while doing a craft together, or sitting in the fireside room having a coffee and a chat. Most importantly, you will leave Women4Women with a network of women just like yourself that you can turn to for advice and help in the future.

Woman4Women starts up again 10am - 1pm Thursdays, on September 9, at Westview Church, 124 Queenston St. It fosters a climate of understanding, friendship and caring. It is a second family to many of its members. We have overcome many struggles together as a group. We have supported each other through the loss of loved ones. We have shared in the joys of new employment, marriages and births. We will continue to be there for each other. We are sisters.

women₄women

Thank You Silver Spire

A large part of programming at the centre and in the community has been the contact with our partners at Silver Spire United Church/Niagara Presbytery. Morning prayer at Silver Spire continues to strengthen our link. Again we appreciate their continued support and their confidence in the vision of SMUN.

"A society where all people are included, healthy and self-sufficient."



Poetry...

The Sun's Light, Days Bright

By Paul Shtogryn

The days of summer are long and bright
Birds chirping, children playing late into the night
Sunshine in the summer is long and tall
Until the autumn when the days are short
And dark days are the call
When winter comes the sun is brief
That's when people are hoping for the sun's relief
Enjoy the summer when the days are long and tall
For darker days are ahead when it turns to fall
That's when everyone wishes for spring to come
Isn't that true about us all

The Beach

By Helen Hegedus

The beach is the only place of retreat
When you're caught by the turmoils of Life
When your freedom and confidence has been destroyed
And you're totally surrounded by strife
Here... the gulls gather without a care
And the waves roll gently over the shore
Here's where you can find peace of mind
Here's where new freedom is in-store

Resistance Is Fertile

By Rainbow

Growth, lush and verdant, Overflowing
Resistance Is Fertile, rising to the Light
Eternal the Cycle of sowing and reaping
Explosive the power of the mighty, tiny, Seed
Natural (Wo)Man is Peaceful (Wo)Man
(W)omb of Creation, Field of Plenty
(O)rganic and pure, raising your Energy
Master of animals, living in Harmony
Abundant harvest is shared in Respect
Nature is dressed to the Tens and Elevens

Blue Skies or Grey

By Geoff Ashcroft

Our bread can be toasted
Our bread can be plain
A life with bright colours
Or dreary some days
Blue skies or grey skies
The sunshine or rain
Love goes together
Like a picture in frame

So bring on the sunshine
Or send down the rain
We can handle whatever
That life sends our way
Blue skies or grey skies
Heartache or pain
A little of both
Or a lot of the same

Blue skies and grey skies
Thunder and rain
Glad times or sad times
Together we stay
Blue skies or grey skies
Our love will remain
We take what life sends up
And never complain

How

By Nicki Bridges

How does it feel
When the blades cut in?
To die a small death
With a gaping wound
Pain follows pain
Blood to wash out
But how does it feel
When the blade cuts in?
The glorious pain
Healing the soul
When cutting agony away
It makes it worse
A sickening feeling
Failing again
Promises broken
More heartache and pain
How does it feel
When the pain cuts in?
To make that mistake
Once more

OUTSIDE - LOOKING IN

By "Caveman" John Langridge

I thought freedom would embrace me
Here I am on the outside looking in
I left my orange jumper and blue shoes at A and D
From the shelter to a one bedroom apt
Cold sweats, Panic attacks
My conviction was being born
I am doing life on the Installment Plan
I don't know how to survive outside
With nowhere to hide I die inside
Trying to survive in this Concrete Jungle

CUTTING

by Nicki Bridges

Cutting is a form of self mutilation. You may not be aware of it, but someone you know may be a cutter. Cutting is where the skin is cut as a distraction from when the severe emotional pain of depression, anger or heartache become too much to handle. It makes the cutter feel better by replacing emotional pain with physical pain.

Unfortunately as a 22 year old male cutter 'John' told me "its never gone, its just temporary release...and all it does is make you wanna cut more." Cutting becomes a vicious cycle. When you feel bad you think, "not going to cut, not going to cut," – while eyeing the razor that is still by your bed (should have thrown it away but it might be needed). The emotional pain is still there after you cut, so you cut and cut

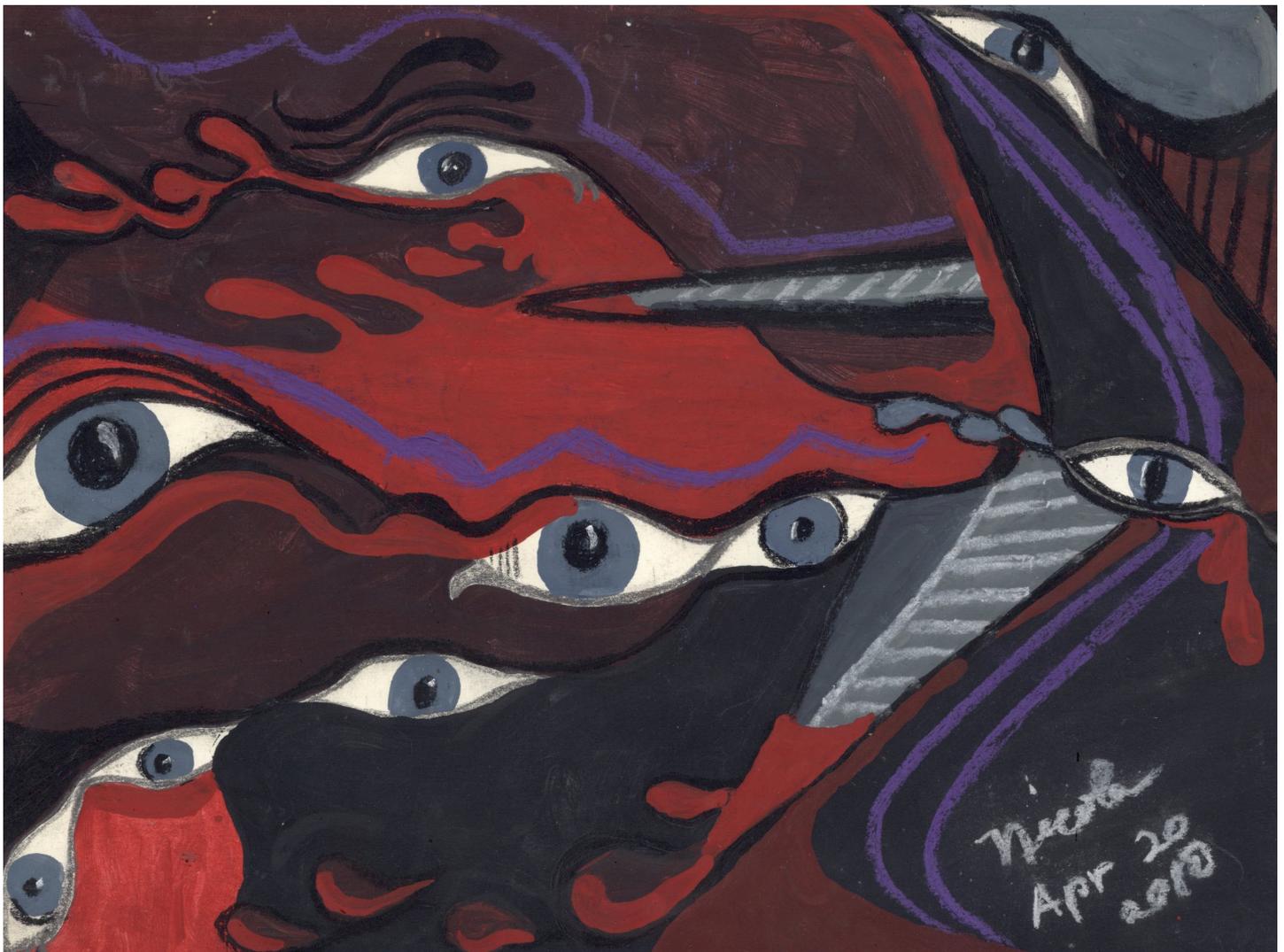
and cut...some cut too much. 'Davion', a man who lost friends, said, "Two friends of mine saw to 'clean' themselves from their pains and woes... cutting themselves... and each other... was their thing. And this led down a long dark and deep path. One of them, in a lonely moment, sat in the tub, and (probably for the first time)... cut himself. His friend died two weeks after... his body having so many fresh cut wounds". This end is a tragic ending that can happen to any cutter, either on purpose or by mistake.

It's a vicious cycle. Cut to feel better, discovering the emotional pain still there, cut again. This is a problem worldwide. While generally it is a problem of the young, some older people, desperate to end the pain in their lives, try it too. They know better, they know exactly how it is as they make their first cut. Not only does the pain distract, but the whole action of cutting, of putting blade to skin, eases the emotional

pain. I should know, last summer I fell into this trap when my heart was shattered. I was desperate and I had to do something. In desperation... I picked up a blade and made a few tiny cuts. The thing is, you go from tiny and a few to bigger and many. You won't see me in a bathing suit or shorts that show my thighs. I look at the scars and think, never again, knowing I'm lying.

I know, despite promises to loved ones, I may cut again. The pain is still there; how can I not? I DO however hold onto those promises, when at times, like now – I want to cut. "I will not, I will not," I tell myself. I think of a special someone in my life, and think of how it would hurt him if I did. He gives me strength.

If you know a young person who is always covered up in the hottest of weather, they might be, like me, wearing long pants or sleeves to cover the scars. Ask them, carefully, how they are doing and try to draw them out. You may just save a life. ✕



The Green Harvest

by Liz Roulston

The Gardens offer their Yield. What a summer! What a yield! From the seed of an idea in the winter to the planting in the spring, to the care of the gardens through the summer, to the ongoing yield and Fall Harvest that continues to give. Yes it gives food; but just as important is the community building that goes on through participation.

Every weekday Dave from Start Me Up drives volunteers to the farm at 9:00 a.m. Sean from Gateway may bring some workers along with Farmer Vic from Westview Christian Fellowship. Other agencies pitch in as well from time to time. Dave counts 300 volunteer hours a week, with about 100 different participants over the summer. This has created and maintained this bountiful project. It's amazing! The corn is so high and so good...over 2000 ears of corn for roasts, chowders and sharing and it was still growing...early September. The flowers are prolific, and none have been so dominating as the sun flowers. So many tomatoes; served, shared, canned, salsa, tomato sauce for pasta dinners. How many salads have been served at the centre, all from our gardens?

And kudos to Elizabeth, Tony and the kitchen volunteers who find ways of making the weekend Vineland surprises much anticipated tasty and nutritional fare.

The efforts of so many contributing to the stewardship of the land (generously donated by the Vineland Research Centre and Nokara Farms) resulted in crops that supply food for Start Me Up Niagara Drop In Centre weekend lunch program, other meal programs, and the participants who planted, picked and weeded, as well as providing the vegetables for canning that now fill the shelves in the cold storage pantry at SMUN.

In the Spring Issue, Susan Venditti wrote "Start Me Up Niagara Dreams". Susan outlines one dream about the land. "SMUN has been given two acres of prime 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 the gardeners, sold at a stand, shared with community." A dream has been realized!

Some of the harvest will be displayed and on sale at the Harvest Festival at Centennial Gardens Park, October 2nd, 11-4 p.m. Everyone is welcome.

Start Me Up Niagara also sponsored 2 plots at the Centennial Gardens Park, coordinated by Jane Hanlon of Climate Action Now. Those plots have also had a prolific yield, shared by both the gardeners and the folks at SMUN.

Pictures are worth 1,000 words.



Photography by Julia Blushak



**If you judge people, you have no
time to love them - *Mother Theresa***

SMUN Centre Drop In Stats 2009 - 2010



**18,333 drop in visits
recorded**



**9,386 hours
of volunteer
time donated
by 138 people**



**12,000 weekends
lunches served**

**Support SMUN's work. Fundraising Pasta
Dinner. Wednesday, September 22.
5 - 7 p.m. Eat in or Take out - \$10.**



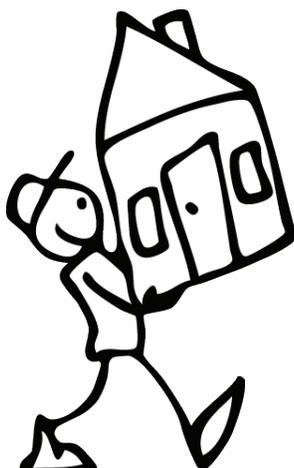
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forgive your
enemies -
Nothing
annoys them
so much
- *Oscar Wilde***

Origins and Meanings - Words, Expressions and Phrases

Have you ever wondered, when in conversation, where certain phrases originated from? Well here are a few more phrases that you might be surprised to learn the origins of. There are many interpretations for the same words and expressions.

Axe to Grind

Benjamin Franklin published a lot of stories, in one of which he was the central character. Franklin was approached by a stranger who stopped to admire the family grindstone. He asked to be shown how it worked and offered Ben Franklin an ax to demonstrate. Once his ax was sharp, the stranger walked off laughing. Today, having “an ax to grind” means that someone has a hidden motive behind their actions.



Sandwich

John Montagu, (1718-1792) became the 4th Earl of Sandwich in 1729 at age 11. He was Lord Commissioner of the Navy and instigated several naval reforms. He also backed Captain Cook, who named the Hawaiian ‘Sandwich Islands’ after him. The usual story has him as a gambling addict who layered bread and meat so he wouldn’t have to leave the cards. In reality, John was poor (supported by loans from the Prince of Wales) and was a workaholic. The sandwich was created to support him through long hours at his desk.



Blockbuster

The origin of this expression is from WWII and refers to a bomb that could level an entire block. When the boys came home, the phrase caught on to represent anything that made a real impact.

Pooped

The term goes back to sailors who brought it to land. The stern of a ship is called the poop deck. During strong winds and storms, big waves crashed against it repeatedly. Any ship’s stern that showed damage from all of this was called “pooped” and lucky to still be floating after days of battering waves. So when the sailors got ashore, in their own descriptive way they would often say that they felt as tired and battered and as “pooped” as their ship. People took hold of this phrase and soon used it to describe themselves even when on land as being totally pooped out when they were really tired and exhausted from anything.



Break the Ice

All cities that grew as a result of being on rivers (for trade) suffered during bitter cold times when the river froze. Even large ships got stuck, making them icebound for weeks. Small sturdy ships known as “icebreakers” were developed to precede the ships, breaking ice and making a path. It was important for the ships to get the goods to market. Every boatman knew that in order to get down to business, you had to first break the ice. Today it represents any sort of start to a project.

Double-cross

Illiteracy was common in the old days, and so when a person was asked to sign

his name to a document, he would put an “X” or a cross and then it was considered perfectly legal. Many times this was done under pressure and the party

making the “X” had no intention of observing the terms of the contract. Oral lore stated that if a cross was doubled—one written over the other one—then the second one voided out the first. The contract was then null. So a double-cross was often referred to as someone who promised their word in writing, but changed their mind, or never intended to follow through with the rules they agreed to.

Throw in the Towel

In old boxing days many bruised fighters couldn’t get to their feet when the bell for the new round began. Their managers knew they could do nothing but give up since they were too weak to continue. As a signal, one of them would toss in an article used to soak up blood – a towel or sponge. Today’s boxing regulations are meant to limit the brutality of the past. But the saying today (meaning you are forced to give up) of “throwing in the towel” still remains. **x**





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Green and Yellow Bean Salad With Cherry Tomatoes and Basil

All four components in this great summer salad are now showing up at our local farmers market. Summer's produce bounty is here. And this salad is just the summery rainbow of colors and burst of balmy flavors that we needed.

Ingredients

3/4 pound green beans,
trimmed

3/4 pound yellow wax beans,
trimmed

3 cups cherry tomatoes (about
14 ounces), halved

1 medium-size red onion, thinly
sliced

1/2 cup thinly sliced fresh basil

5 tablespoons extra-virgin olive oil

3 tablespoons red wine vinegar

1/4 teaspoon sugar

Cook all beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain; rinse with cold water and drain well. (Can be prepared 1 day ahead. Pat dry, then wrap in paper towels. Enclose in plastic bag and refrigerate.) Combine beans, tomatoes, onion and basil in serving bowl. Whisk oil, vinegar and sugar in small bowl to blend. Season dressing with salt and pepper. Add dressing to vegetables; toss to coat. Cover; chill at least 1 hour and up to 4 hours, tossing occasionally. Serve salad cold or at room temperature. **x**



CEDRIC SMALL

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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
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