



# Street News

VOICES FROM  
OUR STREETS  
WINTER 2010-11



## Etiquette Lesson #11

by Liz Roulston

How do others hear us? I work at the Start Me Up Niagara Drop In Centre. In a recent exchange with a guest who was in a troubled situation, I was attempting to offer 'helpful advice'. Angered, she asked me, "how many children do you have?"

"Three" I replied.

"Well" she said, "I'm not one of them!" Later when I thought about this, an old Erma Bombeck Etiquette Lesson came to mind...

On TV, a child psychologist said parents

should treat their children as they would treat their best friend – with courtesy, dignity and diplomacy. "I have never treated my children any other way," I told myself. But later that night, I thought about it. Suppose our good friends, Fred and Eleanor, came to dinner and ....

"Well, it's about time you two got here! What have you been doing? Dawdling? Shut the door, Fred. Were you born in a barn? So, Eleanor, how have you been?

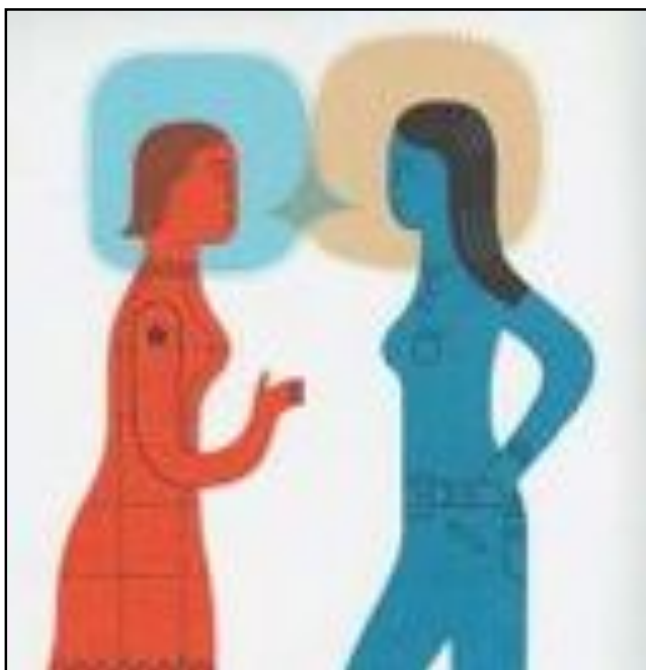
I've been meaning to have you over for ages, Fred! Take it easy on the chip dip or you'll ruin your dinner. What's the matter, Fred? You're fidgeting. It's down the hall, first door on the left. And I don't want to see a towel in the middle of the floor when you're finished. So, how are your children? If everybody's hungry, we'll go in to dinner. You all wash up, and I'll dish up the food. Don't tell me your hands are clean, Eleanor, I saw you playing with the dog."

"Fred, you sit there, and Eleanor you sit with the half glass of milk. You know you're all elbows when it comes to milk. Fred, I don't see any cauliflower on your plate. You don't like cauliflower? Have you ever tried it? Well, try a spoonful. If you don't like it, I won't make you finish it, but if you don't try it, you can forget dessert. Now, what were we talking about? Oh yes, the Grubers. They sold their house, and took a beating, but – Eleanor, don't talk with food in your mouth. And use your napkin..."

At that moment in my fantasy, my son walked into the room. "How nice of you to come," I said pleasantly.

"Now what did I do?" he sighed.

Considering Erma's story, I have a better understanding of why my adult children and people at the centre roll their eyes during one of my 'meant to be helpful' comments. I'll try to do better in 2011.



**The Start Me Up Centre will be open through the holidays. Please drop by for a warm greeting and a hot cup of coffee. December 25, 9 - 4pm  
December 26, 11:15 - 1pm  
January 1, 11:15 - 1pm  
December 27 - 31, Centre will be Open 9 - 3pm - Office will be closed**



# COMING UP IN 2011

- ◆ “10,000 pieces of Fleece” in the next Street News edition
- ◆ Kitchen-New recipes, group preparation, healthy and local foods.
- ◆ Exercise-gym time, walking seminars-Tai Chi
- ◆ Story Telling
- ◆ Garden Planning, Planting, Eating
- ◆ Harvest Festival-Neighbourhood Celebration Planning

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of volunteer reporters and poets

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## Street News

VOICES FROM OUR STREETS

Published Quarterly ©

### 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.



Since 1999

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**A New Year's  
resolution is  
something that  
goes in one Year,  
and out the other  
-Anonymous**



Event founders; Rose Ann Vita, Valerie Hennessey, Susan Venditti, Erika Klassen and Liz Roulston



## Harvest Festival at Centennial Garden Park, October 2, 2010

What started as an idea over breakfast with the now founding group of the first Harvest Festival in the Queenston neighbourhood culminated in a day of music, food, crafts, harvest and information tables, bouncy toys, jugglers, a unicyclist, and a dancing scarecrow, totaling a whole lot of fun for the whole family. There was even a bicycle repair station that was very popular.



Over 300 people attended this afternoon event on a day that threatened rain but didn't. Despite the overcast day, a genuine warmth was generated by everyone there.

A tent displayed some of the harvest from the acreage donated by the Vineland Research Innovative Centre and Nokara Farms to Start Me Up Niagara. It was a true celebration of harvest.



People who attended the event were pleasantly surprised by the beauty of this park. The mayor talked about plans to develop Centennial Park in a way that would invite the public to use this beautiful green space.

A lot of people from the neighbourhood churches and agencies came together to ensure this event was a success.



We were entertained by the Countrymen, Forward Motion, the Golden Hammers and the Bouncing Daisies from the Ryson's United School of Music. Thank you, Anne.

A number of churches, agencies, schools and people from the Queenston neighbourhood met on a regular basis to ensure this event took off. And it did. The wind-up dinner (thank you Rose Ann) at Silver Spire Church gave organizers an opportunity to relax and evaluate the first Harvest Festival and initiate plans for next years event to be held October 1st, 2011. See you there.



## SENIORS STORY PROJECT: THEN AND NOW

A Queenston community of Story tellers and Story Listeners!

Everyone has a story to tell. Through stories we share history, heritage and memories in a compelling way. Our vision is to create an intergenerational experience with seniors, children and youth as story tellers and story listeners. Seniors will share and offer stories of 'Then and Now' focusing on the Queenston neighbourhood. We invite the students' participation at Story Circles January through March 2011.

Contact: Liz Roulston, Project Facilitator,  
Start Me Up Niagara, 17 Gale Crescent,  
mukti2kali@yahoo.com  
905-984-5310 ext.13



## Outside Our Comfort Zone

*by Janice and Laura*

Having no idea what to expect and feeling very nervous we walked into Start Me Up Niagara for the first time over six weeks ago. At the time we were completely unaware of how our lives would be affected by our placement as 3rd year Brock nursing students at SMUN. After the first week or two we grew more comfortable and started to recognize some of the familiar faces. As the time went on we got to have conversations with many of you which we truly valued. These conversations often took us to a world outside our comfort zone and forced us to look at issues we were not aware of. As the weeks flew by, we continued to realize how much we were being affected by this placement.

We became much more conscious of the way we live our lives.

The safe, friendly, and supportive environment of Start Me Up was not only conducive to our learning but also gave us a place where we felt welcomed and part of the community. Watching many of you gave us a better definition of community than we could have ever read in one of our textbooks. The cohesion and comraderie we witnessed astounded us and moved us on multiple occasions.

We would sincerely like to thank all who have shared their lives and stories with us. You have given us many opportunities to grow, both professionally and personally. We will truly miss seeing all of you every week and working at the centre.

## Niagara Supportive Living

*by Maria Sider*

I arrived at the Group Home on Tuesday 31 of August. I met Francesca. She is the cook. She is Italian like me. She is awesome. A friend lives here too and someone else I know does the night shift.

Later we'll get a V.C R so we can watch movies. I have to get used to it because they're doing everything for you, so you don't have to do anything. You can come and go as you want to, as long as they know where you are. I thank Kyle for finding this house. It's just what I needed for the longest time. Stress is not good for anyone. It's a big adjustment for me because I like to cook for myself. I've made friends easily wherever I go. I seem to attract a lot of people. I am a "people" person. I guess its my personality and the positive attitude that I have. Charlie is the owner. They haven't been here that long. There's a senior centre across the street. I think it costs @29.95 dollars a month. They have cards, bingo and crafts.



**17 Gale Crescent  
Holiday Caroling  
Cider & Treats  
December 22, 6 - 8 pm  
Everyone Welcome**



# Homelessness

Often commentary is written about how people become homeless from the perspective of the person's conditions or short comings. They don't work, they're lazy, they have addictions, they're mentally ill. Most people don't want to identify with situations that are distasteful to them. Most people don't want to get too close to something they fear could touch them.

How often is commentary written about what is systemic in society that contributes to homelessness.

## Why People Become Homeless?

**Housing** - Insufficient livable/low-income housing

**Employment** - Inadequate job skills.

Unemployment/underemployment.

**Transportation** - Lack of public transportation. Lack of personal vehicle

**Health** - Mental health/physical problems

**Financial** - Poor money management (credit, debt). Insufficient income. Chronic poverty.

**Education** - Lack of basic life skills. Educational deficiencies.

**Family** - Loss of family support/ divorce. Domestic violence/ abuse.

**Natural Disasters** - Fire, flood, disease.

Perhaps if more people looked at homelessness from what is systemic in society rather than blaming the individuals who are victimized, solutions based on reason and kindness would be found.

**“The trouble is that rich people, well-to-do people, very often don’t really know who the poor are; and that is why we can forgive them, for knowledge can only lead to love, and love to service. And so, if they are not touched by them, it’s because they do not know them”  
- Mother Teresa**

# The John Howard Society

The John Howard Society of Canada continues its work to develop and deliver effective rehabilitation programs while the national office promotes policies based on what we know to be effective to ensure that best practices will be used in our prisons and communities.

The John Howard Society of Canada is particularly concerned about the treatment and care of a growing number of individuals in prison who suffer from mental illness.

In the most recent report prepared for the Office of the Correctional Investigator, Dr. John Service claims that “prevalence rates for mental health problems and mental disorders in offenders is growing and significantly exceeds the capacity, services and supports of the federal correction authority to meet the growing demand.”

Research indisputably shows that money spent in the community on effective programs directed at rehabilitation, youth, early childhood education, and

health care is the most effective way of helping people change their lives, avoid crime and reduce victimization.

The crisis in our federal prisons concerning persons with various kinds of complex trauma and mental illness is real and getting worse. Inmates whose mental illness renders them unable to cope on institutional ranges are often housed in segregation units which only exacerbates their mental health problems.

Without programs and treatment options, their disorders can

only get worse---negatively impacting them personally and also impacting the potential safety of others in the institutions in which they are housed. Their chances of success after release to the community are also diminished.

The current “tough on crime” agenda will increase Canada’s rate of incarceration by 10-11% over the next several years. Many caught up in this net will be mentally disordered in various ways or suffering from a concurrent disorder. Canada’s largest mental health

institution and the Correction Services are currently stretched to their capacity to treat and manage the current caseload-to say nothing of what’s expected over the next 5-7 years.

The John Howard Society of Canada has been drawing attention to the following themes for years: lack of human resource capacity to fill therapeutic positions: shortfalls in governance and accountability processes to ensure that money flows where it’s supposed to flow: Programs announced but

never implemented: opportunities lost because of shifting political priorities. But the big take away message is that more attention must be paid to community-based rehabilitation and therapeutic interventions.

Early prevention and sound rehabilitative strategies are the best way to reduce crime.

The above is an excerpt from a letter from Catherine Gogan, President of the John Howard Society.



# As the Le

by Rainbow



It started with the deer. I was hyper anxious at that point in my life. She came right out of the woods as I turned a bend in the road. Rather than fleeing as I approached, she quietly stayed looking straight into my eyes. Suddenly my troubled heart and mind became very light. A few years later, I discovered that according to Native Teachings, Deer holds the 'medicine' or spiritual power, of gentleness and unconditional love.

I've always loved animals; growing up I shared a succession of outdoor cats with my siblings. George (a beautiful black lab) and Samantha (a chicken) were a comedy team, but George died for love (his girl lived on the other side of the highway) and Sam got sold.

I've had a succession of cats myself,

but it's the wild animal experiences that teach me the most.

Between an unusually hot summer, losing my bed, and the air conditioner breaking, I spent from late June to early September sleeping on my back porch. I was privileged to watch the latest episode of "As the leaves turn", brought to me straight from Mother Nature herself. With this before me, is it any wonder that I don't have a T.V.?

I played 'That's my birdfeeder' and 'pin the walnut on the human' with the squirrels (gather your resources and talents-then share them). I watched them play 'this is my territory' and 'steal the nuts from the guy who isn't looking'. I was visited by a grasshopper (quantum leaps forward) and fed doves

(fempowerment) and cardinals (vitality, creativity, and recognition of one's importance in the Great Mystery).

I seem to have a weird attraction for corvids too. Blue Jays (fearlessly

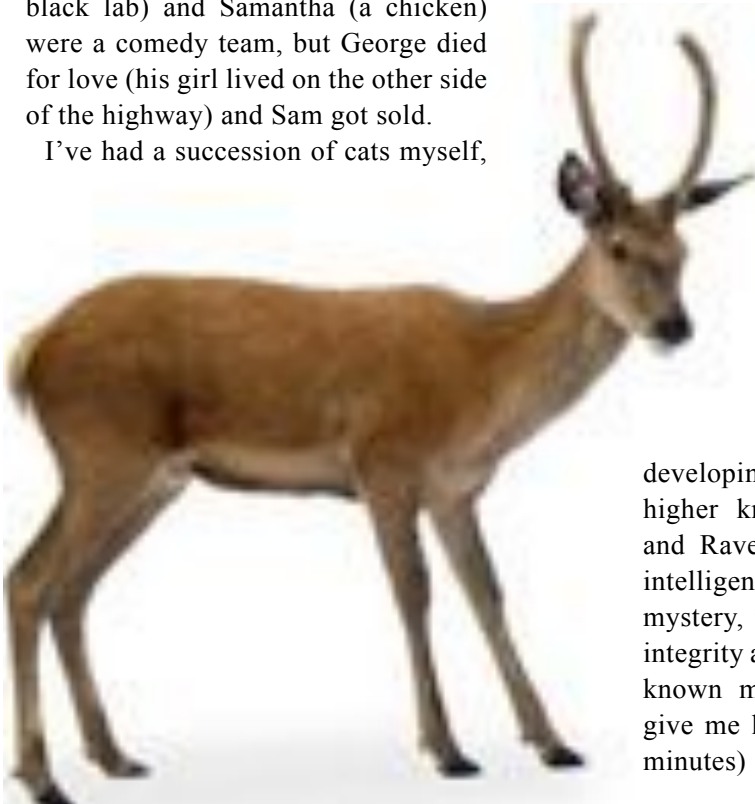
developing talents and higher knowledge) Crows, and Ravens (synchronicity, intelligence, adaptability, mystery, the laws of Spirit, integrity and will) have been known more than once to give me long (as in several minutes) knowing, intense



stares, not to mention the Blackbird (a new understanding of nature). How she got in I don't know, but she was banging her head against various windows trying to get out. I nearly touched her before she flew out through the door.

The opossum (expect the unexpected) visited me once, but it was Papa Raccoon, (benevolence and sharing) who really made this year.

Accepting my offering of fruit, nuts and berries, Papa Raccoon would show up between 11p.m. and 1a.m. It gave me a sense of wonder and joy to know that I was in harmony with Nature, to see a wild animal scarfing food not 5 feet away from me. The two times she came, Mama would eat two bites, stare at me suspiciously and repeat. Papa and I, however, developed a trust. At the beginning of summer, when I was already in bed, Papa came up to my



# aves | urn...

sleeping bag. Wanting to know what I was, he literally touched my back. I thank the Creator for giving me the privilege of looking straight into a raccoon's eyes with no space-or fear-between us. By the end of summer he was coming right up to my chair.

Nor is this the first episode of 'As the leaves turn' that I have seen. Several years ago, 'Papa Squirrletto and Squeakers' was on. Papa was a squirrel the size of a cat. He used his yes man, Squeakers, to bully everyone within 3 or 4 backyards. Squeakers was long, thin and sneaky. Someone in the Animal Mafia must have decided Papa's behaviour merited a trip to Jersey, because the next year Squeakers was alone. Having no one to kowtow to, the 'yesman' was quickly kicked off the team. I guess even squirrels have karma.

There was the skunk (self respect, walk your talk) who sniffed clockwise around our cabin at a festival. Climbing the stairs, he walked right past my seated self and sniffed the doorway. Then he turned and sniffed my foot in passing. He looked straight at me. There was no fear or judgement on either side. Satisfied, he left.

There was the Monarch butterfly (clarity and transformation) who landed on my foot then flew to my hand. She stayed there for ½ an hour while I showed her to people!

There was the bat (rebirth) that I rescued from the apartment next to mine many years ago. Young, confused,

and nocturnal, she did not know her way out. I simply picked her up, took her to the front door, and released her.

There was Mr. Whiskers, an unbelievably bold mouse (pay attention to details) who would literally dare me to catch him. I never did.

There was the humming bird (joy) who dive bombed me. My sister-in-law exploded with laughter as I was reminded to lighten up.

Finally, I can't seem to escape Grandmother Spider, the weaver of fate and co-creation. She is a common totem for writers...hmmmm!

Every once in a while, it's good to just drop 'doing' and take time to 'be'. Remember that you are a part of a greater whole. Missing out on Nature is missing out on who you really are. Take a breather and look around. Just because the season channel has changed, doesn't mean that "As the leaves turn" is off the air. Mother Nature plays 365/24/7. Her Beauty recharges our own.

Just like the animals (whether feathered furred or fanged), the creepy crawlies and winged ones, the rocks, and the Standing Up Nation (trees and

flowers), each of us is important. Each of us has a story to tell, a lesson to learn and a gift to give. Mother Nature doesn't care about mental health or social status. She doesn't judge. All are equal in the sight of the Creator. *All* have our place in Great Mystery. *All*.

*Mitakuye Oyasin* (we are all related)!







## Green People Competition Winner

Congratulations to Rainbow, our grand winner in the Green People Competition and exhibit at last month's Harvest Festival in Centennial Gardens Park. Her sculptural treatment using whole grain dough to bake a mask-like portrait of The Green Man captures the spirit and organic themes of first fruits and harvest grains that have been used throughout history.



"Quit complaining and eat it...Number one, chicken soup is good for the flu - and number two, it's nobody we know."

## Healthy Chicken (or Turkey) Soup

A healthy soup to boost the immune system and the soul! Great for those with limited cooking skills and especially good for those with the flu or a hangover. This recipe serves six and take about three hours to complete without much prep time.

### Ingredients

1 roast chicken or turkey carcass  
1 clove of garlic  
1 medium parsnip  
2 carrots  
1 onion (sliced)  
2 sticks of celery, chopped

Soup noodles or pasta (optional)  
1 medium onion, sliced  
Chopped parsley  
Salt and pepper to taste  
Fresh coriander (optional)  
Throw in any left over vegetables

Simmer the carcass or whatever you're using for at least an hour with salt and pepper. Chop up the vegetables and the garlic and onions. Find a big frying pan and fry the onions and garlic for about 3 minutes and then add the other vegetables and fry gently for another few minutes. Filter the water that the chicken has been in and pour into a saucepan. You can also put in any pieces of chicken or turkey. Add vegetables to the saucepan. Bring to a boil. Let simmer gently for about 45-60 minutes.

Serve with warm bread or soup noodles. Garnish with fresh coriander. Enjoy

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# In Memoriam

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

Larry Booth  
Stan Livingston  
Dawn Napper  
Mike Reeves  
Robert Gordon  
Ken Jaiklyn  
Elaine Malaney  
Rick Carruthers  
Dave Campbell  
Al Fortune  
Joyce Book

Bill Bonney  
Charlette Lavelle  
Joey Mills  
Lorraine Cameron  
David Sault  
Tammy Hicks  
Tom Smallman  
George McDonald  
Gabriel Genest  
Marie O'Shea  
Tim O'Donnahue

Sgt. Ernest Henley  
Tracey Grey  
Norm Peskett  
Joyce Peskett  
Joey Claimter



**War does not  
determine who  
is right - only  
who is left  
-Bertrand Russell**



Regardless of politics, we need to remember all who are not able to spend the season at home. We wish the troops and their families a safe and happy holiday season. Please send warm thoughts and prayers to the troops and the leaders.

Please send prayers to all who live in war torn countries.



## SUBMIT

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

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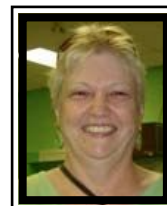
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[fnickerson@startmeupniagara.ca](mailto:fnickerson@startmeupniagara.ca)

# Poetry..

## A Generation Gap

*By Helen Hegedus*

Our great society has a gap  
And it's our kids using an act  
To try and conform in such a way  
That their elders never have a say.

Most kids are cruel, hard and mean  
Adolescence are making the scene  
Their killing their own human feeling  
Then expect their parents to do their healing

What they have they never use  
They never give but always choose  
These are the things which mar or bless

Their proud human happiness  
Then they begin to experiment  
Then they begin to torment  
Their elders way to strive  
To keep their way's alive

But don't forget some of us kids  
Who believe in the way their elders live.  
But we reform in such a way.  
Whereby we live day by day

## I Quoth To Thee

*By MIDC*

i quoth to thee  
in my land of humility  
i'll open my mind  
i need to see  
then so then again  
i will see  
why i have a knee jerk apology  
i'll open if i can  
i self no longer deceive  
drinking my tea  
running out of time  
yes know maybe not  
is this my way  
in my fortunate mind  
i think i'll sleep tomos  
another grey and special way  
but for now  
i'll just walk my special mile  
don't judge me  
i've had my trial  
not guilty all along  
open the gaits let me free  
as i quoth no apology

## A Guest House

*By Jelaluddin Rumi*

*Submitted by  
Rev. Rose Ann Vita  
Translation by Coleman Bark*

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

## Society's Last Taboo

*By Paul Shtogryn*

He walks the street, scruffy, shopping cart in hand eyes twirling  
He's in his own world, and it seems not worrying  
But people wish he would go away  
It costs them money, that taxpayers pay,  
Hey schizo got yourself a job,  
You walk the streets looking like a slob,  
He is harmless in his world, each and every day,  
But people discriminate and look the other way  
Yes mentally ill poor is still the last taboo,  
If only people realized it can happen to me or you

## Lonely

*By Brian Lawrence*

I used to think I was fine  
Now I know I have become lonely  
Not needy, by any means  
Just alone

I guess it comes with the territory  
Being in this community has its limitations  
It's hard to love someone who doesn't love himself  
But learning to love oneself is a chore in itself

So as it stand, I just have to be happy alone  
But I still am hopeful  
After all that is all we can ask  
Or at least try for more

## “With your Walker and Cane”

*By Geoff Ascroft*

You can still reach for me  
And I'll reach for you  
You stand by my side  
In what ever we do.

Each day's an adventure  
As we walk through this life  
Now it's been 50 years  
With you as my wife.

Ch. Gray hair and wrinkles,  
feeble and lame  
Still loves never ending  
I know you feel the same

Ch.If you should give out  
Lose the strength in your legs  
I'll be there beside you  
With your walker and cane

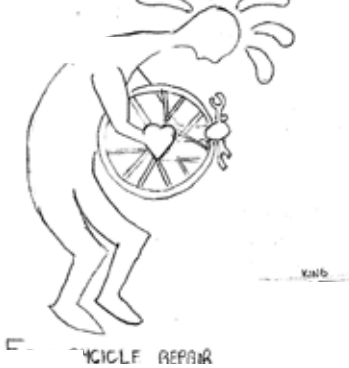
Still we walk hand in hand  
Our affection still strong  
Like the day we first met  
We still play these love songs.

We still kiss and hug  
Like two school kids in love  
Hooked on each other  
We love from the heart.

Chorus..Gray hair and wrinkles,  
feeble and lame  
Still love's never ending  
I know you feel the same.

If you should give out  
Lose the strength in your legs  
I'll be there beside you  
With your walker and cane

# KINDCYCLE



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## Congratulations

to Silver Spire United Church  
for the second year anniversary  
of Morning Prayer. You provide  
hospitality and a beautiful  
sanctuary for everyone.

At Start Me Up Niagara  
we are always appreciative  
of your generosity and support.



## ORIGINS AND MEANINGS

### Barking up the Wrong Tree

Settlers hunted raccoons, possums and squirrels. Most hunting dogs would chase them up a tree and then bark until their masters came and shot the animals. Sometimes, the treed animal managed to sneak across to another tree without being seen. The dog would continue to bark up the tree that didn't have any prey. Soon, the phrase became known in social circles as anyone who is wrong and/or is being misled.



"Friendship is born at that  
moment when one person  
says to another,  
What! You too? I thought  
I was only one."  
-C.S. Lewis



# Dread the HST

by Paul Shtogryn

On July 1st the Harmonized Sales Tax came in. There was great opposition to the HST in B.C. with massive demonstrations and petitions. Although Premier Campbell finally agreed to a referendum the results are not encouraging. According to the NDP and the protestors, the referendum had twice the votes needed to kill the HST; but the government has raised questions-and may be contemplating charges-about the canvassing process. Hmmm...Sounds like the Feds are passing the buck while disregarding the peoples' wishes... again.

Here in Ontario, Dalton's gang has gotten away with it with hardly a whimper. Harper's 5% Federal Tax has been combined with Dalton's 8% Provincial Tax to create a single 13% tax.

The NDP want the HST removed from the Hydro bill, which they say will cost Ontarians \$792.00 extra - minimum - in heating, increased hydro costs, 200% in Northern communities (the Northern Energy credit won't even come close to offsetting it!), and increase inflation.

One of Dalton's "Reasons" for the HST is that businesses will pass on their 'savings' to the consumer. Not only is this not happening, but several business owners are already blaming the HST for slipping sales.

I've noticed disturbing trends. Some products and services that had no PST



are under the HST. No new money is being put into new energy supplies or environmental issues. In fact, the ICE fund (innovative clean energy) has been discontinued.

Literacy (already a major problem) will go down further as newspapers, magazines, TV and internet access, and school supplies go up. Books are too heavily taxed as it is.

Health will be affected as vitamins, and smoke detectors go up.

Don't get caught being cold this winter. Energy star rated appliances, insulation, plumbing and electrical work, renovation costs and furnace repair are all going up. This will hit the poor and low income seniors the hardest.

Don't plan to eat. Food producing plants and trees are going up.

Don't plan weddings or have a death

in the family, as weddings and funerals are also going up.

Don't get snowed in, as landscaping and snow removal are going up.

If you think a carton of cigarettes is too expensive now, they just went up. But if you want to quit, nicotine replacements also went up, so Dalton's gang have 'gotcha' either way.

Don't get in trouble with the law. Legal fees are going up.

If you're having trouble paying the bills it just got harder. I've known very few low income people who won't be affected in some form by the H.S.T.

The question is, Why did Ontario just roll over and accept Dalton and Harpers' stupidity?

Have a safe, warm winter, no matter how many banana peels are thrown your way.

Have a happy holiday season.



Bill C-51 is a conservative bill to restrict natural health products and services. It would radically alter the

Food and Drug Act, allowing Stephen Harper to control and restrict natural products, herbs, supplements, vitamins and even foods. It seems Harper and Big Pharma want to control your choices. The drug industry is the most profitable industry in the world. Do we want supplements to jump, for example, from \$8 to \$45 (vitamin C)? Health care has become a for profit business. For more information please go to [www.nhppa.org](http://www.nhppa.org), [www.stopbillc51.com](http://www.stopbillc51.com) and [www.hans.org](http://www.hans.org) and write to our local MP, Rick Dykstra.

## BEDBUGS

Do you have experience with these creatures.

We'd like to hear from you. They seem to be everywhere. Itchy? Moving again? Fed up?

Let's share solutions!  
[mukti2kali@yahoo.com](mailto:mukti2kali@yahoo.com)

# Signs of Depression and Suicidal Thinking

Winter and the Christmas season are hard on some. Stress and anxiety levels go up, the weather (which often affects mood) turns cold and nasty, shopping-for those who can afford it-becomes crowded and expensive and those who can least afford it, are hit by higher heating costs.

Many have issues with family that surface at this time. Depression is often the result.

We need to be extra sensitive to others' needs at this time. Unrealistic expectations can cause disappointments.

Some things to watch for with people at risk are: out of character behaviour, making repeated remarks about death and dying, giving away prized possessions, and signs of depression such as sleeplessness, social withdrawal or loss of appetite.

We need to listen deeply and without judgement. The person we are talking to needs to know that they are in a safe place, with someone who won't tell them off as stupid, weak, or melodramatic.

If you can draw out a person you are concerned about, then allow them time and respect their privacy.

Set boundaries. Ask how you can help. Ask them if they have a plan, and make them aware of resources.

Stay in touch. Praise them for having the courage to trust you with their feelings. Be positive. Keep the information confidential unless the life is clearly in immediate danger. If it is, then act appropriately.

During the Dark Times we need to band together and give extra thought to each other.

After all, at its core, that is what this season is really about

Crisis Contacts:

Distress Centre Niagara: 905-688-3711  
Open 24/7

[www.distresscentreniagara.com](http://www.distresscentreniagara.com)

Canadian Mental Health Association:

905-641-5222 [www.cmha-niagara.com](http://www.cmha-niagara.com)

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

[www.lovingoutreach.org](http://www.lovingoutreach.org) (Support group for those who lose loved ones)



# At the very Least I'll Be Able To Eat

*by Brian Lawrence*

Many years ago I had a very good job with a very large company and had full benefits. This included 90% on all dental expenses. I had an estimate on repairing my teeth that was around \$4000 dollars which I had just started to get done when I was laid off. Since then I became homeless with no medical benefits whatsoever and felt I had to let my dental care wait. I now had to remove all my teeth, 28 in fact, and have ordered dentures for the lowest quote of \$1850 dollars. Ontario Works provided \$650 towards this debt, and Silver Spire church with the Lions Club provided additional funds so that I am left with \$500 to pay towards this bill. I am presently on ODSP and even though this generous help from these sources made this process possible, I still lacked the funds to finish the process. I received a call from my denture clinic saying that I cannot leave the office with the dentures without paying the bill in full. I had previously asked them to cut me some slack and that was no problem because so much had been paid already. Now they changed their mind. I guess it sucks to



be me. Obviously being disabled just doesn't mean much anymore. So I'll take my rent payment and give it to them and just hope for the best... I may become homeless again but at least I will be able to eat.



## ORIGINS AND MEANINGS

### To go GaGa

The French painter Paul Gauguin is the source for this saying. Rumor has it that admirers loved his paintings but had problems pronouncing his name. So they shortened their admiration to saying that they were just "GaGa." Others claim that's just nonsense, and the word comes from the French origin for "fool" and so the word represents the sounds a mindless person makes.





## SPECIAL HOLIDAY EVENTS – NO COST

DATE	TIME	EVENT	SPONSOR	ADDRESS	NOTES
Dec 15	3 and 5:30	Dinner	Booth Centre	Westminster Church	Reg by Dec 10
Dec 22	6 - 8	Carols'n'cider	Start Me Up	17 Gale Crescent	All
Dec 23	6 - 8	X - Mas Party	Women4Women	124 Queenston St	Women only
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

Out of the Cold - Southridge - Booth Centre - RAFT - All run their regular schedule through the Holidays

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

Start Me Up Niagara Centre - open Christmas Day 10 - 4

Start Me Up Niagara Office - closed Dec 26 - Jan 2, 2011

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

Salvation Army closed Dec 24- Jan 3. Van will run Dec 23 & 30, resume regular hours Jan 6, 2011

Ozanam closed Dec 24, 27 & 28 and Jan 3, 2011

Community Care & Housing Help Centre close noon Dec 24 & closed Dec 27, 28 & 31 at noon, closed January 3

CMHA closed at noon Dec 24 and Dec 27, 28 & 31

O.W. closed Dec 24, 27, 28, 31 & Jan 3

O.D.S.P. closed Dec 27, 28 & Jan 3

Breakfast Club - St. George's Church open 7:30-8:30 am daily

## St. Catharines

### OUT OF THE COLD

November 1, 2010 to March 31, 2011

6:00 p.m.

Hot Meal / Overnight Shelter

Sunday Night	St. George's Anglican Church	83 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	Queen Street Baptist Church	57 Queen 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) 984-5310 or (905) 641-2249 Shelter Information 211





# Emergency Resources

## Shelter Information - 211

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>Out of the Cold See schedule page 14</b>		Daily 6-7:30 pm	no cost
<b>Ozanam Centre</b>	235 Church Street	Monday-Friday 11:30am-1pm	\$1.00

## SIMON Family of Businesses

Happy Being Me  
Niagara Bags of Rags  
David Steele-Lawn care  
Steve K-Lentinello Computer  
David Allen Computer  
Maca Vitality Natural Products  
The Happy Spinster

## Business Supporters

Minuteman Press  
H2O  
Tree'n'Twig  
Vineland Research - Innovation  
Centre  
Nokara Farms  
Costco  
Speck Industries  
Con Gusto Artisan Bakery  
Starbucks at Fairview -  
4th Ave and Scott at Niagara  
Wrights' Brothers  
Rysons United School of Music  
Lows Glass and Windows  
Royal Crown Printing  
The Head Shop  
Rona Cashway Framing and  
Art Centre  
Rittenhouse Farm Equipment  
Jeffrey Greenhouses  
Burtnik Printing  
Gary Waters Ltd. Menswear  
Trojan Alarm and Security  
The Peanut Mill  
Trojan Security  
Donut Diner  
Sheraton Fallsveiw

## Happy New Year

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for  
celebrating New Years Eve

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

APPETIZERS/BABIES/BALLOONS/BANNERS/BUFFET/CELEBRATE/  
CHAMPAGNE/CONFETTI/DANCE/DAY ONE/DECORATIONS/END OF  
DECEMBER/EVENTS/FAMILY/FATHER TIME/FEAST/FESTIVITIES/  
FIREWORKS/FIRST OF JANUARY/FRIENDS/HATS/HOLIDAY/HORNS/  
KISS/MIDNIGHT/MUSIC/NEW YEARS DAY/NEW YEARS EVE/  
NOISEMAKERS/OCCASION/PARADES/PARTY/PUNCH/RESOLUTIONS/  
SINGING/STREAMERS/THIRTY FIRST/TIARAS/WINE/YEAR IN REVIEW/



## Yes, I want to support Start Me Up Niagara

Enclosed is my donation for:

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

Please direct my donation to: ☐Street News

☐The Centre, 17 Gale Crescent ☐Where it is needed most

**OR** - Go to [www.startmeupniagara.ca](http://www.startmeupniagara.ca) - 'Donations' - and follow instructions

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