

# Street News

VOICES FROM  
OUR STREETS  
SPRING 2012

START ME UP  
NIAGARA  
Working Together ... Moving Forward

## Now Who Owns this Deficit Really?

*by Angela Browne - guest writer*

It was a nasty week, though not too full of surprises from either the federal or the provincial budgets. What bothers me most is how governments lie to their people about these things. They assume voters are stupid and will swallow whatever bit of ideology of the day that seems to make people believe they have to "do their part" in repaying the debts of others. Yes, that is what I said. This deficit is not our debt, at least for most of you reading this here. If your neighbour takes out a mortgage on their home and uses the money to enjoy a pool in their backyard and to create a fireplace in their basement, are you willing to give your neighbour some of your hard earned cash to help him pay off this mortgage? Of course not! So, why are we gladly acceding to paying for debts of the wealthy and the corporate sector, while our own incomes dwindle away year over year?

At the provincial level, the Premier stared at the camera and said in his usual

gaze: "Others would make different choices," Mr. McGuinty said, noting that the previous Progressive Conservative government cut welfare by 22 per cent.

"We are not prepared to balance this budget on the backs of families who may find themselves in difficult circumstances for the time being, or on the backs of our children."

Yet, this is exactly what the provincial government is doing. As the wealthy and higher corporate elites sleep well this week, knowing the government is not going to be picking their pockets anymore, and in fact will continue to be getting even further "out of their way", the costs will all be borne by the poor and middle class. A single individual on welfare, or what is euphemistically called Ontario Works, gets a total of \$599 per month to live on for all of their needs ... that means shelter, utilities, phone, clothing, transportation, and personal hygiene products. Most are lucky if they can even find housing at that price, let alone all the other necessities of life

A single person on the Ontario Disability Support Pension gets \$1,063 per month, also for all of their needs. While better than welfare, most people that get ODSP have major barriers in the paid labour force and often vilified by others, particularly those that think "at least half of those on disability aren't



## Deficit continued from page 1

really disabled". I would love to have their internal knowledge of everybody's personal medical history like that. Would work nice in today's Parliament, particularly when vilifying another politician, but not in the streets where it is usually done. The people who say these things usually don't even know the people they are talking about, and use their "friend of a friend" story as statistical research. When you work at the ground level with these people, you know they pay rent and usually have very little for anything else, and they also face huge barriers to a healthy diet.

The provincial government is indeed making the poor pay for the tax cuts enjoyed

by the wealthy for way too long. They say the budget for social programs is suddenly unsustainable, but their program for all day kindergarten isn't? Giving people on Ontario Works and ODSP a decent raise is unsustainable, but continuing the ongoing

Community Start Up and Maintenance Benefit and the Home Repair Benefit, which helped many people on assistance move from slum dwellings, get rid of bedbugs or replace their furniture after an infestation, or leave an abusive relationship, or fix the

leaky roof that is causing mould to grow in the children's bedroom. They want to dump it to the municipalities, so they (the municipalities) can decide if and when they are going to do this, and what kind of benefits, if

any, they will continue to offer.

Have you ever tried to secure a so-called discretionary benefit from your municipality? I have seen people repeatedly turned down for essential health services, such as physiotherapy, orthotics,

## The sad fact is austerity agendas do not save the government any money or lead to more jobs...

corporate welfare cheques is not? The Special Diet Allowance was unsustainable, but somehow a double digit jump in the number of low income people with diabetes, heart disease and other malnutrition-based diseases is not? They want to dump the

### CONTENTS

This Deficit.....	1
Ontario's Poor.....	4
Food Glorious Food.....	5
2012.....	6
Oxyconton .....	8
Homelessness.....	9
Volunteer of the Year.....	9
An Interview.....	10
Coalition Against.....	10
Garden Gnomes.....	11
Drug Treatment.....	12
Speaker School.....	13
Recipe.....	14
Food Plus.....	14
Emergency Resources.....	15
Sudoku.....	16

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## Street News

VOICES FROM OUR STREETS

Published Quarterly ©

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mouth guards, dentures and other so called discretionary benefits, which get awarded on the basis of a worker's say so, not on actual medical need. By downloading these benefits, there are no appeal mechanisms available. Many municipalities use the money for other programs, and when one seeks help for these types of programs, they get handed a list of charities to go begging to. Hospitals will now get funding based on expertise and numbers, so if a low income person does not happen to live near a busy, urban hospital, their needs will likely not get met. The wealthy don't have to worry about this. They can just cross the border and use their VISA or American Express cards to pay for what they need right away, while the rest of us will be facing longer waits for poorer quality care. The health care sector is a personal beef of Harper's. His strategy is to encourage provinces to "experiment" with private health care, and gradually give less and less to the provinces, so they will end up having to consider cuts. This has already been demonstrated with Harper's health care accord he just imposed on the provinces. There is no need for a meeting, he says. He will tell the Council of the Confederation where it's at.

So, whither the hope for the poor? This is no different than how the poor have always been treated. I don't recall massive spending programs to help lift people out of poverty, ever. Yet, it is these very programs that are now getting blamed for causing the deficit. Like, never mind ORNGE, eHealth, OLG and other programs gone mad under the present regime with truck loads of money being given to people that already have enough to do very little, and despite the controversy around any of these programs -- not a single benefactor, including those consultants billing over \$3,000 a day for their "expertise" and their choco bites from Tim Hortons, ever had to pay a penny back! Yet when somebody on Ontario Works or ODSP even dares find a penny extra, it is clawed back.

Dalton McGuinty has lied to us in the past. We know that. However, please know he is now lying to us once again when he says he will not balance the books on the backs of the vulnerable. He just did. It is

too late for this friend of a friend of mine who heard "budget rumours" related to housing or something, that led her wrongly to believe she was going to lose her housing subsidy under the budget. She tried to kill herself, and is now in hospital under 24 hour suicide watch. This \$800 a day could have gone to give her better nutrition through additional funds to help her eat better, or

## **People my age were literally robbed of our entitlement to a retirement pension by people like Stephen Harper and other proponents of socialism for the rich and austerity for the poor**

they could have been spent on making necessary repairs in her building so that she can feel more safe ... but no, another \$800 a day is being spent to pay professionals to protect this woman from herself. I am sure there are more out there like this and I would encourage all of you to share your stories here.

The sad fact is austerity agendas do not save the government any money or lead to more jobs. It is a form of population control. At one time a former Minister of Community and Social Services suddenly announced there were "too many" people on ODSP. I would hate to believe this is the way the government would go in order to reduce these costs, although it is not difficult to imagine. The same debate is going on in the UK, except it has gone

beyond debate into three dimensional reality. There are suicides, hate crimes, continuing harassment of people with disabilities, riots, etc. The government of the day wants to cut more taxes, only of course to make matters even worse -- less revenues means less money to spend and less money to spend can aid a government in enforcing their own prejudices.

The federal Conservatives chose the chicken way to get elected by denying they will ever touch old age pensions, but now as far away as Davos, Switzerland, Harper publicly muses about how the Old Age Security is no longer sustainable. Perhaps, as he tells his banker and other elite friends, most of whom earn too much to even qualify for the Old Age Security anyways, that it is good enough that people are "living longer" and perhaps, they should be working longer - assuming of course, they even have a job to work at, or can work at all. I have no illusions about ever retiring. People my age were literally robbed of our entitlement to a retirement pension by people like Stephen Harper and other proponents of socialism for the rich and austerity for the poor. It is also another way for Harper to "stick it to the provinces" which will now have to carry more people for two years on welfare or ODSP monies.

Unfortunately, this ignorance is just going to spin its course because there are still too many people out there who are "all right Jack", that continue to believe the poor and disadvantaged are there on their own merit, and not due to systemic issues beyond their control. Personally, I am in a bloody hurry too. I am in a hurry to one day see those who today say, "I'm all right Jack" lose the one or two things that are keeping them from joining the breadlines today. That may be their spouse who earns a good income. Marriage isn't guaranteed in stone, girls. Forty to fifty percent of marriages end in divorce. It may be their health. Not everybody can continue to work if they fall ill, and less and less workplaces are offering benefits to those recovering from serious health issues. Welcome to the world of ODSP, folks... the place you turn to on your way down! It can be their job. Many say they are living one or two pay cheques from the streets, and we all know



how fragile jobs can be. Maybe tomorrow it will be your boss that comes in to announce that you will have to take a fifty percent cut in pay, or lose your job. Can you survive on fifty percent of your salary? Maybe not. Even if you can, what stops your boss from coming in two years down the line and asking you to take a further fifty percent cut?

People like me have been watching the trends. Former middle class workers who used to be "all right, Jack" are now living out of their cars, losing their homes, and losing their health. Women who used to be self confident in the corporate world are now getting ill, having to rely on social assistance incomes. Because their doctors have nothing more to do for them, many of them have been shipped to nursing homes in their forties, just so they can have three meals a day! Another man I know, a former home builder, is going to lose both of his legs later this year to diabetes, because his disability allowance leaves him less than a hundred dollars a month for food. I wonder how much all of this is costing the public purse.

Perhaps, we need to take another look at that report on the cost of poverty, and how little it would actually cost at the federal level to bring everybody who is currently living in poverty out of poverty and destitution. Oh, I forgot. The National Council of Welfare that produced that federal report is no longer useful, because they do not march to the drum of austerity like the federal government thinks everybody must. I think all of you need to read the links, understand that the government is making policy choices to keep people in poverty, as opposed to it being an inevitable thing. There are countries where poverty is very rare, and such countries have the best economies of the world. Unfortunately, our governments don't want us to know that, because they want us to become more ignorant of the facts in our own country.

However, I refuse to be ignorant. I refuse to stop asking questions. I also refuse to stop demanding that our politicians start representing all Canadians, not just those that can live in comfort this week knowing their pockets will not be picked and that government will just "get out of the way" for them. ■ Your thoughts?

<http://browneassociates.blogspot.com/>

# The Health of Ontario's Poor

by Theresa Boyle - Health Reporter



If poorer Ontarians were as healthy as richer Ontarians, there would be 230,000 fewer people with disabilities and nearly 3,400 fewer deaths annually, according to an exhaustive study on women's health.

There would also be 318,000 fewer people in fair or poor health, says the study released Tuesday.

While it has long been known that poor people are sicker, this is the first time provincial researchers have drilled down to measure the extent of such inequities.

"There were a couple of things that jumped out to us — the magnitude (of inequities) and the impact in Ontario is huge," said lead researcher Dr. Arlene Bierman, a scientist with the Institute of Clinical Evaluative Sciences and a physician at St. Michael's Hospital.

The study found that poorer people are more likely to end up hospitalized because of chronic conditions such as heart failure, diabetes, asthma and chronic obstructive pulmonary disease. If poorer people had the same hospitalization rates for these conditions as high-income Ontarians, there would be 15,709 fewer hospitalizations annually in Ontario, for an overall drop of 30 %. Tackling the problem would take pressure off Ontario's overburdened hospital system and save taxpayers millions.

In addition to suffering more severe chronic disease, poorer people face more barriers in accessing primary care practitioners, such as family doctors or nurse practitioners, who could help with prevention and management.

"The point we want to make out of this, more than anything, is this has huge implications for how we improve the health system, how we improve (people's) health," Bierman said.

The report makes 10 recommendations to reduce inequities, including better prevention and management of chronic diseases.

But many of the solutions lie outside the health system, the report notes. Key to achieving health equity, it states, is "moving upstream and addressing the root causes of disease in the social determinants of health." The determinants refer to

factors that affect one's health, including income, education, employment, age and geography.

Offering examples of this, Bierman said that people who live in poorer communities tend to have less access to healthy food or safe places to exercise. Healthy food and exercise are key to managing diabetes and heart disease.

The results come from the six-year study known as POWER, Project for an Ontario Women's Health Evidence - Based Report. The most comprehensive provincial women's health report ever conducted, it involved 60 investigators from all over the province who produced 13 chapters, or almost 2,000 pages, on gender differences in health care.

Numerous study results have been released along the way, including one that showed poorer Ontarians get less cancer screening, one that showed women with abnormal pap smears are not followed up on in a timely fashion, and another showing that too many people with major depression do not see a doctor after being discharged from hospital and are back in hospital within 30 days.

Scientists tapped into and cross-referenced multiple sources of information to measure access to health care, quality and patient outcomes and population health. This included databases from OHIP, hospitals, disease registries, the health ministry and Statistic Canada's Community Health Survey.

Bierman said this final chapter provides policy-makers with an evidence-based blueprint for how to address inequities.

"This project has identified a lot of opportunities. We have the exact numbers for the exact populations, so we know where the gaps are and what we can do about them." ■

<http://www.healthzone.ca/health/articlePrint/1138332>

# Food Glorious Food

by Susan Venditti



Start Me Up Niagara is pleased to announce funding from the Ontario Trillium Foundation and United Way of St Catharines and District for its kitchen and garden programs. These will build on the work SMUN has done so far using 'food' as a valuable tool for individual and community growth.

When Start Me Up Niagara moved to 17 Gale Crescent in August 2009, not only did it achieve its long term goal of consolidating

shared with our neighbours and featured at the Harvest Festival. Some was even stored in our new fruit cellar. We put gleaning on our 'to do again' list for the next fall.

Soon planning was underway for our annual Christmas party. I received a phone call from Ray at Vineland Research and Innovation Centre. He asked if we could use 200 pointsettia... "Yes"! Ray and Katherine joined the party and we thanked them for the

harvested. We worked together. We learned a lot. We provided food for ourselves and others. We hoped for another year. We gave thanks to all who made this happen.

Spring 2011, and everything was a go. Vineland Research and Innovation Centre donated the land again, prepared it for planting and continued to cheer us on. Once again Dave, Sean and Vic, with help from Rick at Niagara Prosperity Initiative, sourced everything we

needed at no cost. On opening day the sun shone as John played his guitar to start the ceremonies. Fred's truck, filled with plants from Niagara Growers, stood by waiting for the many volunteers to put them into the ground. Once again the plants and seeds grew. The



all programs at one site, it also acquired a functioning kitchen and large dining room. This kitchen was a dream come true for the volunteers who had prepared and served weekend meals in less than ideal locations since 2002, as well as for the patrons who now enjoyed coming for lunch in the roomy, bright space.

With the larger space it was possible to improve the quality of the food served and add food related activities. To do this we needed fresh produce. Calls to farmers began and soon we were gleaning a few orchards and fields. The produce was served at lunches, for courses,

beautiful plants. As Ray accepted our thanks he announced another gift...the use of 1.7 acres in Vineland to be used for our own garden. "Yes!", I responded enthusiastically sounding confident but my brain was spinning, "Oh my! Wow! Are you kidding! Thank goodness we have a van. Wow! How?"

Spring 2010 came very quickly. Dave from Thunder Bay who was a member of our prosperity transition team became the garden coordinator and with the help of Sean from Gateway and Pastor Vic from Westview, started sourcing donations for everything we needed. The community responded generously and on the grand opening day all was in place for the planting of SMUN's Green Garden. Even the healing labyrinth designed and built by Rose was ready for the celebration. As a group of participants, donors and friends gathered, Sonny and Wilhelmina (the tallest best dressed scare crows in Niagara) stood in place ready to guard our garden from marauding predators. It was a happy, sunny, May day with everyone bending to plant seeds and slips. The plants grew. A shed appeared. The weeds thrived. We

produce was welcomed in the kitchen. It was even more welcomed when it was washed. The shed got a door. The battle with the weeds continued. The perimeter of sunflowers was beautiful up against the giant pumpkins that Sean nursed all summer. One topped out at 92 lbs. The volunteers did the work and were happy taking produce back to the Centre to share.

After Garden 2011 we started to dream big. We saw that the garden was the first step toward food taking its rightful place in the life of the Centre. We all loved to eat and many of us loved to be outside helping in the garden. The benefits to all were amazing. We sought funding and secured it from Ontario Trillium Foundation and United Way St Catharines and the District, so Garden 2012 is underway.

The Planting Day opening ceremony is May 24 at 11 a.m in the garden. Volunteers are needed. Sign up with Debbie or Tony. Transportation is provided. The kitchen will be getting very busy when the veggies grow. Talk to Susan G about volunteering in the kitchen. There is a busy summer ahead. Lots of hands are needed and welcome. ■



# 2012-A Year

*by Rainbow*

***"It's the end of the world as we know it;  
It's the end of the world as we know it;  
It's the end of the world as we know it,  
I feel fine - I feel fine!"***

Do you know these lyrics from the band "REM?" They could be the theme song of this year.

There is a lot of speculation going on about this year-and a lot of misinformation and fearmongering with it. Much of this has to do with the "Mayan Calendar" and its "end date" on the Winter Solstice ((21/12/2012).

First off, the Mayan Calendar, which is older than the Maya, is actually a series of calendars within calendars. The longest one runs approximately 250 million years. The shortest one lasts 20 days with 13 galactic "Tones", or vibrations attached to them. Physicists only discovered that all matter vibrates at certain frequencies in the last century; the Ancient Maya knew of it 5000 years ago.

This means that the Tzolkin (Choke-in), or "Sacred" calendar, goes 260 days, the Haab, or solar calendar goes 360 days + 5 days of "no time", etc. (For instance my mayan birthday is 13 Chuen, or Ascension/Monkey. 13's are all about taking it to the next spiritual level, and going over that next mountain in order to get there-which would be 1, the tone of Unity. 13's are on a mission of wholism and completion. Monkeys are curious, artistic, funny, better at starting things than finishing them, and they excel at taking things from many sources, finding the synchronicities that link them, and weaving them into a unified whole. They also tend to have a strange relationship to the process of Time; something the Ancient Maya were obsessed with.)

The Maya were exceptional Time Keepers, engineers, astronomers and mathematicians. The Calendar they created takes the Galactic

Alignment into account (more about that later) and they began to record it on 4 Ahau (Stability/Sun), 3114 BCE. This universal system of time management is as old as Time itself; 3114 BCE is actually not the "start" date but the first recording of it. The Calendar flips over to Zero on a 4 Ahau, making the term "the end" a serious misnomer.

Yes the Maya tracked Solstices and 4/ Ahau - among many other things. Yes, December 21, 2012 is a 4 Ahau. But to say that it is "the end of the world" - or even of the Calendar - is a load of Taurus droppings.

For one thing, the series of calendars all reset to zero - and begin again. For another, the Maya themselves are unsure of the "end" date. Hunbatz Men was the Mayan "Elder of Elders", chosen by all Mayan Elders to speak for them. His book was only recently translated and he believed that the "reset" button was pushed 500 years ago, with the arrival of Cortez. Don Alejandro Perez de Oxlaj, Men's hand picked successor, doesn't believe in "2012" but isn't (as far as I know) giving a date. There is a date of Feb 19, 2013 floating around, but I can't find out what it means or what it's related to.

Don Alejandro's shamanic line goes back before Cortez. Plus, he's a Day Keeper, making him the Living authority on all things "Mayan Calendar". If you Google him you can watch on Youtube as he gently but firmly blasts certain "men who are attempting to deliberately confuse the people" regarding the Mayan calendar.

In fact, he actually names one - Jose Arguiles. Jose Arguiles is a poet/musician who started a Mayan calendar-themed cult many years ago, based on a "dreamspell" calendar which is now known to be completely spurious and of his own creation. Unfortunately, many who have written about the Mayan calendar have used Arguiles, work as their basis. Be

aware that the Maya themselves accept none of his work. Nor do they appreciate him setting himself up as a prophet of Mayan Culture.

I find it sad that a recent CBC special on the Mayan Calendar concentrated on catastrophe nuts, conspiracy theorists and the greed and fearmongering of survivalist groups. The only "light" in the program was Arguiles, who has already been branded a liar by the Maya themselves. Nice work, CBC. Next time, please do your homework. I find it even sadder that Jay Leno was not disciplined for encouraging such answers to his "What would you do if the Mayans are right about 2012" question as "shoot them all" and "find a Mayan and punch him in the head." Leno actually laughed at this perfect example of misinformation, fearmongering and outright racism. But CBC and Leno are merely examples of the flippancy, fear and hate that is rampant right now. Calm down people. The only events that happen for sure on 11:11 AM on December 21, 2012 are the Galactic Alignment and the Aquarian Age.

Galactic Alignment happens every 26,000 years, and it has been happening since this solar system was created. Astronomically, on the Winter Solstice, the Sun and Earth-and sometimes other planets - line up exactly with the portion of the Galactic Centre known as the "Dark Rift." This portion of the Milky Way Galaxy's centre is actually visible as a cloud of interstellar dust. The "Xibalba Be" or Black Road, as the Maya called it, lies at 6 degrees Sagittarius (Sidereal), or 27 degrees Sagittarius (tropical) The Sidereal Zodiac is closer to what's actually going on in the sky. In many ancient cultures, black or blue was the colour of Deity and the Maya saw the Black Road both as the Road to the Underworld and the Birth Canal of Divine Wisdom. Death begets Life.

The Precession of the Ages (the wobble of Earth's axis) shifts position by one degree every



# to Celebrate!

71.5 years; so the Alignment actually takes 36 years to happen. This one started in 1980, reached exact midpoint in 1998, and will finish on the Winter Solstice of 2016. (Interestingly, 1996-1998 was the time period that many seers-and some scientists-gave as the last time an all out nuclear war could happen on Earth. Apparently the Schumann Resonance of 7.8 hz, also know as the “Heartbeat of the Earth” messes with nuclear testing to the point that  $\frac{3}{4}$  of such tests actually fail. But you’ll never hear the military say that!) The Precession itself takes approximately 25,800 years, and this Solstice will also mark the coming in of the Age of Aquarius.

The Aquarian ideals of brotherhood, peace, equality, genius, electricity and all things quantum began to hit us in the late 60’s, fulfilling a portion of a Native American prophecy that spoke of “the long haired children who speak of peace”. They would be a heralding generation to the Tribe of Many Colors, or Rainbow Tribe, where the Ancestors would come back in bodies of all colours, leading to the integration of Humanity as a whole. 11:11 AM is that astrological beginning.

There are those who say that a comet will hit us and cause an Extinction Level Event. Relax. A comet of that size would have been visible for the last 2 or 3 years. It isn’t, so Morgan Freeman and Elijah Wood can breathe sighs of relief.

There are those who say the Poles will shift. Well actually, yes. But it takes several hundred years for this to happen, and we have been going through it since the mid 19<sup>th</sup> century. This has been happening every 13,000 years since Earth formed - and Humanity survived the last 2 times. At worst, it will cause huge tidal waves in coastal areas - nothing new - and



wreak havoc in our satellites and technology, etc. But those won’t be happening anytime soon. Plus, the end of electromagnetic technology can only be a good thing, as more and more studies show that its disruption of our natural biomagnetic fields causes harm including a serious rise in cancer rates.

Some say our Star Brothers and Sisters will show up. Maybe.

Everywhere I look, I see hope. The polarization we are going through is necessary for the new Paradigm to come in. But fearmongering has no place here. It is a form of bullying and it needs to go.

There is no new life without the death of the old ways. Birth is painful, but it ushers in new life. More people are “getting it”. We are slowly but surely moving into a world of Love, Compassion and Healing. New quantum based technologies are being developed. The people are rising and rediscovering their power. People are realizing that ‘spirituality’ and “dogma” are not the same thing.

As we physically align with our Cosmological Heart, we are learning to

spiritually align with our own hearts. Even entertainment is trying to connect to the new Paradigm, with shows like “Touch”. No one date is going to kill - or save - us, however sacred. But don’t treat 21/12/2012 as “just” a date either. As John Major Jenkins says, this is “a transformational nexus in time, a still point turnabout inviting us to reconnect with our cosmic heart and eternal source. With the Divine wisdom.”

Little Grandmother, the Shaman who leads the Tribe of Many Colors, agrees: “When you are vibrating in love and acting out of love, everything you do will be what you are meant to do and will have a positive effect.” This is the darkness before the dawn, as the old Paradigm breaks down. Yes, it will be painful, and our addiction to our way of life will not be broken easily or quickly.

The “Golden Age” will not happen overnight any more than the world will suddenly explode. But hold on for a wild ride. It’s not the end of the world, it is merely the beginning of the end of the world as we know it - and I feel fine! ■

# The Truth about Oxycontin

AKA - HILLBILLY HEROIN

by *Rainbow*



“Pain Management.”

15 years ago, few knew this term. Chronic pain that wasn't easily linkable to disease was considered to be “all in your head!” There was no easy pill, no miracle cure. Then, in 1995, in Lee County, Virginia, Perdue Pharma Inc decided to change that.

Lee County like most of Appalachia, is coal country. The miners there know little but back breaking work, crushing poverty and severe pain. It was the ideal testing ground for Perdue's new “miracle cure”. Unfortunately, for thousands, Oxycontin has proven to be anything but.

Oxycontin is an “opiod”. It is derived from opium as are heroin and morphine. Oxy was billed as “the one to start and stay with”, a slow release drug that was half as addictive as morphine. (Perdue has since

admitted that they knew in 1995, before Oxy was even being prescribed, that it is actually twice as addictive.)

In 1997, Dr. Roman Jovey was hired by Perdue to write the bible on pain management. “Managing Pain” has several chapters extolling the virtues of Oxy-while depressing information about its dark side. Perdue Pharma representatives were extremely aggressive in selling both Jovey's book and Oxy, to the point of going into med schools and selling “Managing Pain” as a text book to new doctors. Some established doctors started prescribing it as Jovey went on the lecture circuit-all paid for by Perdue. 300 Prescriptions were given in 1996. By 2001, that number would reach 7.1 million in the U.S. alone.

By that time police and some doctors

were already dealing with the fallout. Oxycontin tolerance builds up very fast. It doesn't take long for the prescribed dose to stop working. This means more doctors visits for more and larger prescriptions, all of which puts money in Perdue's pockets.

By 2001, people were starting to realize that they had become addicts.

Jobs were lost, savings were blown, and lives were ruined over Perdue's “Miracle Cure”.

Lee County saw a 200% increase in crime. Many formerly enthusiastic doctors stopped prescribing Oxy. Some went so far as to raise an outcry about Oxy's dangers but they were drowned out by an aggressive Big Pharma lobby. One doctor now describes this as the “Perfect Storm” of extremely aggressive marketing, low education of medical students, and failure of oversight by medical agencies.

In 2007, Perdue Pharma Inc.'s 3 top executives were charged, tried and convicted of “fraudulent claims” related to Oxycontin. They were fined \$600 million - a fraction of what Oxy has cost society. The presiding judge said he would have given out jail terms if he could have. (My question is, why couldn't he?)

If you think this is only an American problem, think again.

Canada is second in the world, both for opiod addiction and for deaths due to opiod overdose. Nearly half of our teens admit to abusing “scrip” at least once-and three quarters of them stole it from their parents.

Perdue Canada claims to have no affiliation with Perdue USA, but by 2010 they had made \$13.5 million off of Oxycontin.

Dr. Roman Jovey, whose book “Managing Pain” was recently pulled from U of Toronto for bias, complains that they caved to “outside forces.” Yet, he admits to being paid by Perdue Oxycontin has cost Ontario alone over \$200 million. There are 36 thousand people on methadone - a 600%





increase from 1996- just trying to get off oxy. Those are the ones who admit their addiction.

Recently, a class action lawsuit has been filed against Perdue but it has yet to be heard in the Canadian courts. All this over a "miracle cure" for chronic pain.

Unfortunately, Perdue's mindset has seeped into North American society. Have a problem with pain or depression? No need for therapy, self examination or Mother Earth's natural remedies and holistic healing modalities. Just take a pill. Like Zanax, which can cause strokes. Like Valium, which is highly addictive. Like Halcyon, which has been documented to cause amnesia - yes, amnesia.

In case you think that I'm making light of chronic pain or depression, please remember that I suffer from both. I know how it feels. I applaud the term "pain management" being added to our vocabulary. I applaud the medical profession finally learning that there are biological bases here and that it's not just "in our heads!"

There is no quick fix here. Going from pill to pill does little but cause grief while lining Big Pharma's pocket.

"Hillbilly Heroin" has just been recalled by Purdue.

Holistic medicine sometimes takes longer. Not every herb is good for every person. One must be knowledgeable. And Government, Allopathy and Big Pharma between them have tried to make Naturopathy as expensive as they can. But that is changing. As we move into the next Paradigm people are realizing that treating the whole person involves finding and treating the root cause of the pain and stopping it at its source. I do believe that Allopathy has a place; I just don't believe in miracle cures.

My pain level has dropped significantly just by drinking a Native American tea. That may not work for everyone, but there is so much out there that will.

What it boils down to is this: God made Mother Earth and all Her medicines. Big Pharma made Oxycontin and her fellow "cures"- and makes a killing off of them.

Who do you trust?

I know who I do.

Stay tuned - \$\$ MIRACLES CURES \$\$, coming soon to a drugstore near you. ■

# Homelessness and Poverty

*by Alison Wentworth*

What has caused this? What is the solution?

There is no pat answer.

My own experience with this has led me to write about it. Thank God I still can. I am extremely thankful for places like Southridge and Nova House. After years of trying to rid myself of abusive relationships, I married a man who brought the level of mistreatment and abandonment to a point where I simply could not take it anymore. Having to move 9 times within 18 months caused me to rethink my entire life. I am more than thankful that I got out before it was too late. Some are not so fortunate. Being put down for who you are and where you're at in life does not help anyone. My aunt once said "it's easy to stand up for yourself as you get older." I've hung onto those words for dear life. God Bless her.

I believe it's so important to encourage our children and grandchildren to do what is right and nurture their strengths, gifts and talents. If we do not receive encouragement, we learn to withdraw and go elsewhere for support.

When my supports fulfilled my needs I learned to encourage myself and not let the opinions of others influence my life or damage my self esteem. Not easy though. It is a daily overcoming process.

Rather than telling people to be quiet or letting them know my feelings were hurt, I'd

simply walk away. In a word environment, instead of just taking the verbal garbage, I let the person know I'm not happy with their thinking and defend myself right away instead of holding in the anger and getting depressed. It's not as easy at home though.

I will say that a lot of poverty and homelessness is caused by drug and alcohol addictions but not all. Some of us have gone through most of our lives not able to have the confidence, self esteem, drive or motivation to pull ourselves out of joblessness and poor self esteem. Our ancestors did and still do what they know best. A lot of committed individuals are staying with what they chose until the end. Good for them!

Baby Boomers and Generation "X" will have different challenges. Both mother and father have to work. There is no free lunch. Children need the most help and attention of anyone. We must stop just giving them things. They need our time, love and attention. Let's teach our children to love and help one another rather than trying to buy their love. When our children learn to give to one another, so will the following generation.

Let's break the cycle of homelessness and poverty in Niagara by giving people a hand up rather than a handout.

It is better to teach someone how to fish than to give them a fish! ■

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## SMUN's Volunteer of 2012

Peggy has been volunteering at Start Me Up Niagara since September 16, 2009. She helps everywhere. On Wednesdays she is our office receptionist. Her friendly manner insures that anyone who calls or walks in receives a warm welcome. While at this desk she keeps busy handling many clerical tasks well. On Fridays she is here to prep for Start Me Up's weekend lunch program. She is definitely the cheerleader for the other volunteers as they chop and peel. Peggy always helps with our Pasta Supper bringing service with a smile to a new height. She is a proud mother of Sinead & Ryan, and she is looking for part time employment. Her personality and work ethic will be an asset to any employer. Peggy is making a valuable contribution to Start Me Up Niagara. She is our number one supporter. Her enthusiasm and volunteer effort lift all of us up.

Peggy received her Volunteer Award on Tuesday, April 17<sup>th</sup> 2012 at the Mayor's Annual Volunteer Award Night...Way to go, Peggy!



# An Interview with Maurice

It all began with an invitation

The *Vineyard* sat down with Deacon Maurice Prindiville to discuss his call to the permanent diaconate. He was ordained in May of 2010 for the Diocese of St. Catharines.

**Vineyard:** What was your secular job?

**Prindiville:** I was a classroom teacher for 22 years and vice principal for 11 years in the Catholic Secondary Schools in St. Catharines.

**V:** How did you come to the diaconate?

**P:** I was interested at first - but I didn't really inquire until I was invited by Msgr. Leo Clutterbuck, pastor, St. Alfred, St. Catharines, at an end - of - year reception he gave for the staffs of schools connected to that parish.

**V:** What changes did you make in your thinking during formation?

**P:** I found the practical experiences most beneficial - meeting people in prison ministry, and visiting patients in the hospital. I have continued to do both ministries, because the people I meet there support me spiritually.

I also found the opportunity to meet instructors who were passionate about scripture study. It was very valuable. Having a comprehensive over - view of scripture and scripture scholarship is of value to me day - to

-day in providing a context to help understand and apply the readings from daily and Sunday Masses.

The most significant thought that I was able to confirm during formation is that God does not call deacons to change people. Certainly God did not call me to make people into my own image (perceived or real). God calls you and me to be present to people as a sign of God's love and companionship, and to allow them to discover from God what God is calling them to do and become.

**V:** How do you assist the pastor in your parish?

**P:** I am the deacon at parish Masses, preach during weekday Masses and at some school celebrations, celebrate some baptisms, celebrate para-liturgies and assist with any tasks as requested.

**V:** What diocese - wide ministry do you have and where do you carry it out?

**P:** My ministry of service is with the organization **Start Me Up Niagara**, located at 17 Gale Cres., St. Catharines. It provides opportunities for individuals who



are marginalized, assisting them to increase their level of self - sufficiency and quality of life by improving health, integrating them into the community and helping them to earn income. The program works with individuals who have multiple issues including mental illness, disabilities, addictions, and past traumatic life experiences. These individuals face poverty, unemployment, homelessness, marginalization and stigma.

**Start Me Up Niagara** is committed to removing service access barriers for individuals who have complex needs. Meeting people where 'they are at' and giving them the time and support needed to move forward are core service values. My ministry includes service to the organization, a one - on - one ministry of presence to clients, volunteers and staff.

That people would share with me these most traumatic moments, is a gift for which I thank them.

Invariably, the people who have blessed me the most, with whom I have had the clearest sense of sharing a moment in which they drew close to God, have been people that, before my ordination, I may have avoided and under-valued. God is good. ■

Reprinted from *The Vineyard*, February 2012

## National Coalition Against Poverty

by *Paul Shtogryn*

There is now a local chapter of the National Coalition against Poverty in our area. I myself am a member, along with about 40 other people from all over the Niagara Region. It's a mixture of different people from all walks of life. Some are skilled professionals, some have had bad experiences with bureaucracy (including the Health Care System), while others are on OW/ODSP.

NCAP Niagara used Facebook to seek out other members for the August 17 committee hearing on OW/ODSP held at SMUN.

We had a meeting/BBQ with OCAP and CUPE at Montebello Park on August 21<sup>st</sup> and 28<sup>th</sup>. NCAP will now be participating



in the annual Labour Day Parade.

We agreed that the best solution to ending poverty was to have a guaranteed annual income that includes price indexing which will take care of OW/ODSP raises.

We had demonstrations at Chamber of Commerce meetings and candidate debates during the provincial election. We will also be networking on Facebook to educate the public about the upcoming

issues on government policies and how they affect the average citizen who is struggling to make ends meet.

One of my colleagues has a favorite phrase; "Pushed to the Left - and Loving it!" That sums up what we intend to do. Though we are new to Niagara, we will not be silent or go away. As long as there is poverty in Niagara there will be a need for NCAP. Our members have connections with business, government, trade unions and labour and we will continue to network all around the Niagara region, and we will not go away until poverty becomes history. There is strength in numbers and organization, and our thoughts and ideas will have to be taken into account. We are open to all who want to join; there are no fees. Get involved, and look forward to hearing from us soon! ■

pshtogryn@cogeco.ca

# Down - to - Earth Garden Gnomes

by Janet Elgie

Garden Gnomes are a marvelous way to add interest, intrigue and personality to your spring garden. It is fun to take a step back into the interesting history of Garden Gnomes as we move forward into springtime and start planting our miraculous gardens. According to lively German folklore gnomes are regarded as good luck charms and guardians of the earth. The German word for garden gnome is "gartenzwerg". Gnomes are legendary creatures and mythical beings that symbolize honesty, integrity and hard work. Gnomes are very much a part of daily culture in Germany.

Thuringia, Germany is known as the Gnome Capital of Europe and is the birthplace for the production of Garden Gnomes in the 1800's by Philip Griebel and August Heissner. A sculptor and potter named Philip Griebel produced the first garden gnome in the mid 1800's. This gave everyone an opportunity to pay tribute to German myths and legends of gnomes. Terracotta clay was used to make garden gnomes. The garden gnome is gently removed from the mould, dried and fired in a kiln. Once cooled the gnome is carefully hand-painted with great attention given to details like beards, teeth, wrinkles and thumbnails. Garden gnomes became extremely popular throughout Germany and Europe. Phillip



Griebel's ceramic factory produced garden gnomes in approximately 300 different varieties of characters in large quantities. Garden gnomes are delightful little statues of approximately 8-12 centimeters in height and they are in proportion.

The Worker Gnome, the Leisure Gnome and the Culture Gnome are a few of the varieties of garden gnome figurines on display in small and large gardens throughout the world. The male gnome's extensive bushy beard appears to turn gray before their hair does. They live in complete harmony with trees, animals and are plants and are believed to have deep insight into the spirits of woodland creatures.

Male gnomes wear slightly bent strawberry red pointed hats and the females usually wear green or blue sporty pointed hats. Legend tells us that the pointed hat is a reflection of what the

miners wore on their heads when working long hours underground in the mines. The perky pointed hat would act similar to an antenna to let a miner know when to duck so as to be clear of the numerous underground beams inside the mines.

Back in 1847 Sir Charles Isham returned from Germany to his estate in England bringing with him approximately 21 garden gnomes. Having a gnome or two in your garden became a Victorian status symbol. One of Sir Charles Isham's garden gnomes named Lampy is still in existence. Lampy is over 150 years old and is considered one of the oldest garden gnomes in existence. Lampy is a very famous garden gnome and is considered to be quite valuable.

Two World Wars interfered with the production of garden gnomes as well as many other industries. The number of manufacturers instantly declined. About five years after World War II ended entrepreneurs started to emerge and garden gnomes were once again being produced with great enthusiasm making them available for purchase by collectors and admirers.

Plastics, concrete, cement, stone, and ceramic are some of the durable materials used to create the variety of gnomes we can purchase in our local garden centers today. Springtime is the perfect time to start preparing our gardens for planting. Add a garden gnome to your garden to add charm and good luck.

For more information, google it! ■

## JOIN US FOR...

Pasta Supper \$10.00

May 16th 5-7 pm

17 Gale Crescent

June 20th

Garden Opening Celebration

May 24th 11 am Vineland

(Victoria at South Service Road)

Watch for Niagara Artists Centre's  
movies in the Park (Centennial Park)

Queenston Neighbourhoods'

3rd Annual Harvest Festival

Saturday October 13th

## when and then

### by midc

when i wake  
to early moon glow  
star shine bright time  
warm feelings  
letting anger go  
walking in the grass  
barefoot bold foot  
keeping eyes open  
hummingbird nectar  
sweet life i'm told  
it does not matter  
if the water is warm or cold  
sweet natures tangerine  
i'll dance and sing



Thanks to Silver Spire United  
Church for your ongoing support of  
Start Me Up Niagara. The bridge of  
friendship continues to grow as we  
share vision in the community



# Drug Treatment Court

by Rev. Bruce Sweet - Emmanuel United Church, Guelph



I want to tell you about a place I like to go once a week where I am a part of community. Within this community is failure, forgiveness, confession, repentance, transformation, testimony, challenge, support, discouragement, encouragement, grace and a rising to new life. And, no, in this case it is not church. It is court! But not just any court. I am speaking of Drug Treatment Court. It is in session every Wednesday from noon until 2 PM in the Provincial Court Building at 200 Frederick Street in Kitchener. Here, in this midweek gathering in Courtroom 101, you will experience community.

There are currently six of these courts that are federally-funded in Canada: Toronto, Vancouver, Edmonton, Winnipeg, Ottawa and Regina. What makes this region's different is that it is not funded. This means that the judge, crown attorney (both federal and principal), defense lawyers, court officers, primary support workers and representatives from various community agencies are all volunteering their time for something that they feel is very worthwhile-to help people succeed.

But what is Drug Treatment Court about anyway and what makes it so important?

It presents an alternative. Instead of incarceration DTC offers court - monitored treatment and community service support to help people stop their substance abuse. Various agencies and support workers

will also assist them in finding housing, employment and even job training. Here there is an option to punishment and simply going to jail. Here there is hope.

But where does "community" come in?

Well, it begins as soon as you walk into the space. While it looks like a normal courtroom that's where the word "normal" no longer applies. Even before the judge appears and the day's business begins one can feel the absence of tension and fear. There are casual conversations, greetings, even laughter. Someone might ask you if you would like a cookie or some other refreshment. Then, when the judge does take his place and the first person is called to go to the front, there are no confrontations or opposing sides. There are certainly both crown and defense attorneys but all, including the judge, are working together to encourage the person toward health. And I cannot overstate the use of encouragement here. The crown attorney with carriage of the case will start by describing what has happened with the individual in the past week and will then praise him or her for any positive action that they have done. And this is the prosecutor! Too, if the person has had a good week, there is applause from all present. If the person has attended every appointment and done all they were told to, they can earn a reward such as a chocolate bar or some small token. If someone's test results come back clean they can earn a small gift card donated by a local agency.

It is not all praise and rewards though. If a person has missed appointments they will be sanctioned. They might have to do community service, have their bail terms tightened or, as a last resort, have their bail revoked and be taken into custody.

The judge is also deeply engaged in the lives of the people appearing before him. There are no Judge Judy lectures or scolding here but rather personal grandfatherly advice and wisdom gathered from life experience. Justice Colin Westman who presides said to me following one session, "They are just broken souls who need help like everyone." So, even when the individual has failed a drug test or is having a hard time in treatment, Justice Westman neither criticizes nor threatens but instead encourages them to remove the word "can't" from their vocabulary and, proceeding one step at a time, accomplish anything they wish.

There is another part of our gathering that I always find both moving and inspirational. One of the participants is unable to be present because she is in treatment elsewhere. To check in with her the court simply calls and puts her on speaker phone so the whole court can hear. During this conversation one of the crown attorneys asks about her progress and then informs her how everyone else in the program here is doing. She then responds with great joy and offers congratulations and encouragement to the others in continuing along the path. And she does this with such sincerity and enthusiasm that I am convinced she should be a motivational speaker. Too, because there are no more than eight people in the program at any time, all of the participants get to know each other and become familiar with their circumstances so they can then offer mutual support. Encouragement indeed!

So while we do expect to experience community in church, we do not expect to find it in court. But the shock is that we do find it even here amidst human setbacks and pain. It never fails to lift me.

Lately I've been telling people who are feeling down to go to the Drug Treatment Court. If you would like to be a part of a group of people slowly moving toward wholeness then come along. I might see you there. ■

*Reprinted with permission from Good Work News, September 2011.*

# My experience at Speaker School

by *Pete Juhlke*

It all started when I got a call from Kim Penwarden asking me if I'd be interested in attending the injured workers speakers school. I was kind of shocked as I had just been looking to see what was available for night school courses on public speaking. I also had prayed about it as my last talk in front of about 80 people was really scary and nerve racking. I was giving a power point slide show of our latest mission trip to Nicaragua. This was my sixth mission and I finally took some decent photos to do this.

I started out facing the crowd and started to explain the photos and was so marble mouthed that it was very uncomfortable. I had to keep turning to the screen to talk and finally figured out that if I stayed facing forward I could talk ok. I had included some real funny and bizarre photos. So that made everybody laugh and I was able to relax a bit.

When Kim called I couldn't believe it was happening and free too! And with Kim's high energetic spiel how could I say no? Was there a catch? Apparently not, so I said sure I'd go for it!

I really needed to get out more too.

I had just recently come through a state of depression from being in pain and not able to do the work I used to love so much. I need to keep physically busy as I have ADHD and a couple of other issues. Also not being able to play golf or other games sort of gets you down, as I'm still a kid. My wife and I used to play badminton twice a week through the winter at the local high school.

Not any more.

But luckily I am receiving the proper help.

I was ready to get going with my life.

Then the school offer came. Perfect timing!

So I went and, "wow!" I had no idea there were others that were going through the same run around with WSIB.

Ordinary men and women just doing their jobs and they get injured. We had a wide variety of people from nurses, fire rescue, public works, a factory worker and one guy who had done everything and knew everything... sorry.

Hard working people paying taxes, doing their thing to keep this world a safer or better world. Some were very shy others like to be heard.

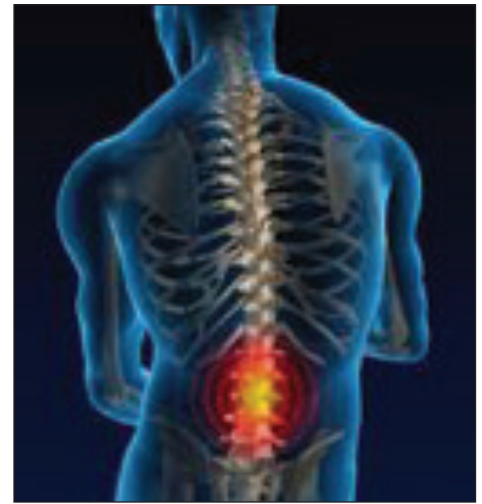
So the classes went very well, we learned about breathing, and other methods to help us put together a 3 minute speech and deliver it at graduation in front of a sizable audience. We also had the opportunity to give a 15 minute talk on what our lives have been like since being injured.

I felt very comfortable and even got a round of applause.

Wow what a rush!

You could see people improving, coming out of their shells. Others did good right from the start but were able to tweak their speeches as the class progressed. The history of WSIB was really interesting, and the food was so delicious!

The group really bonded well. The



facilitators were wonderful. It was really interesting and it helped me a lot. What a wonderful way to bring injured workers together. We need to make our presence known and not hide away.

The group has shown interest in starting a local chapter of injured workers and will help with an injured workers information centre if we can get the funding. Most of us truly enjoyed going to this course and appreciated the hot meal after our busy day.

What else can I say but that this course was life changing for me.

Before I dreaded public speaking, still a little nervous now, but I look forward to the next challenge. ■

For more information about the Injured Worker Speaker School, call Kim @ 905-984-5310 ext. 11, or e-mail to [injured.worker@gmail.com](mailto:injured.worker@gmail.com). Region Prosperity

Injured Worker Speaker School is offered through a partnership between Niagara North Legal Clinic and Start Me Up Niagara, and is funded by Niagara Region Prosperity Initiative.

**Start Me Up Niagara is now on**



**TWITTER & FACEBOOK**

To **VIEW** Start Me Up's Twitter Account: **TWEET US** @SMUNiagara  
go to [www.twitter.com/smuniagara](http://www.twitter.com/smuniagara)

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**Xibalba Be**

*by Rainbow*

Xibalba Be  
Black Road of Wisdom  
Dark Rift in the Galactic Soul  
Now is the time to be strong  
To travel the Void with courage and honour  
As Humanity integrates  
As Frequencies rise  
May we ascend to our True Selves  
Shift our focus beyond our own pain  
And accept our Collective Rebirth  
Into the Light

# Roasted Chickpea Snack



Most kids love salty snacks they can eat with their fingers. Roasted at high heat with a drizzle of oil and sprinkle of salt, chickpeas can be customized with any kind of spice according to your family's taste. Try experimenting with nutmeg and cinnamon, rosemary and thyme, or dill!

## Ingredients

1 19 oz can chickpeas -  
rinsed and drained well - 60 ml  
¼ cup canola or olive oil - 60 ml  
1 tsp cumin - 5 ml

1 tsp paprika - 5 ml  
1 tsp coarse salt, or to taste - 5 ml  
½ tsp freshly ground black -  
pepper - 2 ml

1. Preheat oven to 400F. 2. In a medium bowl, combine the chickpeas, oil, cumin, paprika, salt and pepper. Spread out in a single layer on a rimmed baking sheet and roast for 20-30 minutes, stirring once or twice until golden. 3. Season with extra salt as needed and serve immediately. Makes about 2 cups.

**PER ¼ CUP: 119 calories, 5.8 g fat (0.5 g saturated, 3.5 g monounsaturated, 1.8 g polyunsaturated), 0 mg cholesterol, 13.8 g carbohydrates, 3 g protein, 2.8 g fibre**

## Food Plus *by Susan Grimard*

In addition to food preparation and catering, I teach a cooking school on Wednesdays. The course involves learning basic cooking in the kitchen to improve life skills. The classes are designed to discuss choices we make in life regarding our food. We talk about nutrition, menu planning, food safety and storage. We talk about



how to eat healthy when you don't have much money, and where you can go to get a free meal to make your money last longer. We discuss purchasing food by weight, reading labels, scanner practices, the best time to shop for groceries, and food handling procedures. We had two students graduate, and over the next few



months we will have three more students ready to move from the Booth Centre to their own home and kitchen. This is an exciting time for the kitchen, which continues to blossom. Thanks to Mike and Mike, who have been very helpful these past months making soups, doing lots of dishes, and so much more.

For Employment Help  
Call Faye  
905-984-5310  
ext 15

\* \* \*

For Housing Assistance  
Call Kyle  
@ 289-686-0639



## KIND CYCLE



Open bike repair clinic - Sundays from  
12pm - 4pm - Free bike repair class  
Thursday at 8pm-9pm - All services  
are pay-what-you-can - or pay by  
volunteering - Cheap refurbished bikes  
are available for cash or in exchange  
for labour - 21 King Street, L2R 3H1  
- St. Catharines, Ontario - 289-219-  
1992 - kindcycle@gmail.com

## Answer for Suduko from page 16

8	7	1	4	3	6	5	2	9
2	9	3	1	8	5	7	4	6
6	5	4	9	7	2	8	1	3
4	1	7	3	5	9	6	8	2
9	3	2	6	4	8	1	7	5
5	8	6	7	2	1	9	3	4
1	2	5	8	6	4	3	9	7
7	6	8	2	9	3	4	5	1
3	4	9	5	1	7	2	6	8



# 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</b> (ages 16-24) 172 Church Street	Daily 6:30pm-8:00pm	no cost
<b>Southridge</b> 201 Glenridge Avenue	Daily 6:00pm	\$2.00
<b>Ozanam Centre</b> 235 Church Street	Monday to Friday 11:30 - 1pm	\$1.00
<b>Start Me Up Niagara</b> 17 Gale Crescent	Saturday, Sunday 11:15am-1:00pm	no cost

## SMUN Family of Businesses

Happy Being Me  
Steve K-Lentinello Computer  
Wendy Brown Photography  
David Allen Computer  
The Happy Spinster  
Hilton Tobin - Skin Care  
Paint It - Clean It  
Donna's Mobile Beach  
Niagara Bags of Rags

## Business Supporters

Minuteman Press  
H2O  
Tree'n'Twig  
Vineland Research &  
Innovation Centre  
Con Gusto Artesan Bakery  
Starbucks at Fairview Mall,  
4th Ave and Scott at Niagara  
Wrights' Brothers Produce  
Rysons United School of Music  
Royal Crown Printing  
The Peanut Mill  
Donut Diner  
Liberty Cycle  
Niagara Growers  
Fresco's Euro Grille  
The Office Tap 'n' Grill  
Stoke Seeds  
Marinelli's True "Italian Pasta Sauce"  
Pharma Viva Pharmacy  
Rich's  
Sheehan & Rosie Insurance  
Village Wellness - Healing Centre  
Canadian Tire Financial Service  
Costco  
Meyers Fruit Farms  
De La Terre Bakery  
Simply Delicious  
Seaway Farms

# SUDOKU

Sudoku is a number grid. The aim is to fill in the missing numbers so that all horizontal columns, all vertical columns and all 9 mini grids contain the numbers 1 to 9. They can be in any order. Good luck! Answer on page 17.

	7			3			2	
2			1		5			6
6		4	9		2	8		3
	1		3	5	9		8	
9		2				1		5
	8		7	2	1		3	
1		5	8		4	3		7
7			2		3			1
	4			1			6	



**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

