

Street News

VOICES FROM
OUR STREETS
SUMMER 2013

START ME UP
NIAGARA
Working Together ... Moving Forward

Summer's End

by Susan Venditti

Summer will be over when you read this but I cannot help looking back at what a marvelous season it was. Great weather, lots of sun, fun and for the first time in many years I did not take time off work and stayed close to home and SMUN. I have nothing brilliant to write, no great wisdoms to share. I am just going to recap a busy happy summer before a much more structured and busier fall arrives.

Summer 2013: At home our son, daughter and 2 grandchildren visited adding a lot of noise and joy to a very quiet household. Noel is 13 now and almost as tall as his Grampa. Lilyana is 4 and knows exactly how to get her way. Of course both are adorable. They are back at home in Colorado with mom and dad. John our youngest is off on another adventure. This time to Qatar. Our household is back to near normal.

At SMUN outreach centre numbers were through the roof. The hot temperatures outside made our cool place a popular destination. There was a steady hum of air conditioner and conversation as people socialized and cooled off. The hot spot was the kitchen but the meal prep went on. There were days when everyone was happy to be here even in the midst of some rather chaotic times and other days when all needed some space. The bench out front was a good time out spot. The grass across the street was a close second.

Some came to the lower level and after

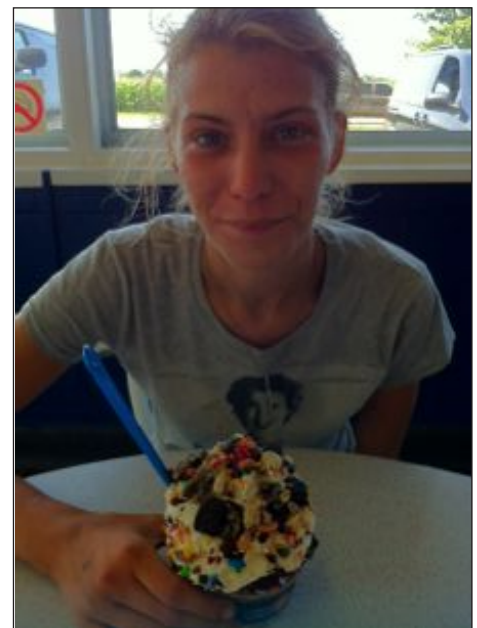
passing the bikes that somehow found their way inside kept the phones busy, the computers humming and reception directing traffic. Housing and employment services continued with people finding jobs and homes. We received a grant from New Horizons for Seniors to create a Recipe Book for Healthy Living; a natural project to link our Healthy Kitchen and Green Garden with the community.

A tent appeared causing consternation and welcome shelter at the same time.

Off site the garden was a magical place to be. The labyrinth in full bloom was filled with needed bees. The vegetables grew in abundance. We were even able to offer a few volunteers part time employment as farming assistants. Thursday's barbeques were delicious. The van was always on the road dropping off workers and volunteers or delivering produce. BOUNTIFUL!

August 21 was our 13th annual general meeting and volunteer appreciation event. It was enjoyable to look back over a successful year and celebrate our volunteers who donated 17,362 hours to SMUN. We broke attendance records with 63 people and the entire staff present. Afterwards we all enjoyed fruit and veggie trays from our own garden. It was a wonderful way to mark summer's ending.

Happy with where we are. Happy with who we are. Happy is good. ■



Mindfulness

Two Brendas by One Brenda

When I first met Brenda (Coleman) it was through the Mental Health Association on Wellington Street. I was in a program with her called Real Work. She was helping with everyday problems, paperwork I was not able to do.

When I saw Brenda in Start Me Up I was happy to see her. We hugged each other. She asked me if I wanted to be a part of this new group she was doing called Mindfulness. I thought it was a spiritual group to bring people to God. People are not going to want this in here. To be invisible is what I thought. You mean it was not about me. People are so much into themselves. This is what I thought people might be thinking.

I came to 3 groups. Brenda told me she wouldn't be here next week, it would be the following week. I forgot she told me this. I showed up for the next group.

I really feel this helps me to be in the present instead of my past thinking. It helps calm me down and takes away agitation feelings. ■

If you missed our
September Pasta Dinner,
You won't want to
miss our next!

Pasta Dinner

**Dine in or take home
\$10.00**

**October 16th 5-7 pm
17 Gale Crescent**



CONTENTS

Summer's End.....	1
Mindfulness.....	2
Garden City Co-op.....	3
George's Story.....	4
Injured Worker's.....	5
Food for Thought.....	6
No Dignity in Charity.....	8
The Deacons Bench.....	11
Healthy Kitchen.....	12
A Testament to Garlic.....	13
Notes from the Garden.....	14
Emergency Resources.....	15
Sudoku.....	16

Thanks to our dedicated group
of volunteer reporters and poets

Editor In Chief
Liz Roulston

Copy Editor
Melissa "Rainbow" Leigh Fowler

Art Director
Mary Jo Fitz Gibbon

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

**To donate or contribute to
Street News
please contact us at:**

17 Gale Crescent
St. Catharines, Ontario
L2R 3K8

Phone 905 984-5310
Fax 905 984-8949

www.startmeupniagara.ca
svenditti@startmeupniagara.ca

Logic will get you
from A to B
Imagination
will take you
everywhere
-Albert Einstien

For all your printing
needs at great rates call

Minuteman Press

905 641-9287

261 Martindale Road

Huntington Square

St. Catharines

Fax 905 641-2049

mmpniagara@bellnet.ca

City Co-op Has a New Name, Garden City Co-op

by Paul Shtogryn

Within the next 2 years a Co-op grocery store plans to open in downtown St. Catharines. A Co-op is an association of people who jointly own and control an enterprise.

Coal workers established co-ops in Nova Scotia in the 1930's. They expanded elsewhere along with Credit Unions. My parents were involved with a grocery co-op in Windsor in the late 1930's

(There were co-ops in western Canada in the late 1800's)

The St. Catharine's downtown has seen a movie theatre close, businesses close, a Salvation Army Thrift Shop close, and a Food Basics leave the Midtown Plaza.

Many of the residents of the downtown area are seniors on pensions or low income earners with no car or transportation.

Some I know shop five times in one day in a grocery store simply because they don't have transportation or any means to carry goods.

Start Me Up Niagara will continue to be involved with the new store and through their garden at the Vineland Farm, may be in a position to supply some local



fresh vegetables when the store opens.

Of course there will be other suppliers, some international (bananas etc).

Our Co-op is called "Garden City Co-op" with a logo that was shown during a pot luck dinner at 198 Russell Avenue Centre on Aug. 18th.

They have already received a generous grant from the Trillium Foundation which will help immensely.

The Garden City Co-op has two groups, one involved in marketing and one involved in fundraising.

There are committee meetings once a month with each group presenting their own ideas.

Come this fall we will be having our membership drive of \$100.00 which will be valid for life as long as the Co-op exists.

Of course in some cases that might seem like a lot and some people will be allowed to give \$50.00.

Anybody will be allowed to shop there without a membership and the general public is more than welcome to do so.

We are certainly there for the lack of service for many low income people living in the downtown area.

I will be buying a membership myself and in the process I would be certainly more than happy to purchase goods for neighbours or friends who are hurting and struggling to get by.

Niagara's rate of job finding is 99 for every one job-making this region one of the poorest and hardest hit in the entire country.

Co-operative enterprises are one way of helping ourselves when in tough times and in regions that are as hard hit as is the St. Catharines-Niagara region.

They are taking their time in getting everything in place, with the idea of having things done right. They are putting things together slowly but surely in an orderly fashion rather than rushing too quickly.

Hopefully this will make things even better in the long run for all. ■

EMPLOYERS: HIRING?

Did you know?

*Approximately 1 in 5 people have a disability.

*A common misconception held by potential employers around hiring people with disabilities is that costs associated with hiring and accommodating employees with disabilities are too high.

*Employers who already hired persons with disabilities emphasized the fact that starting to do so could be easy and at little cost.

*Best Practices found through focus groups with employers converge around three main ideas: workplace readiness, inclusive hiring practices, and partnerships and programs.

Start Me Up Niagara is an ODSP Employment Service Provider
Helping Employers to save time and money through Placement,
Incentives and Retention. Call today to find out more
905-984-5310 Exts 11 & 15

Queen Street Baptist Church

57 Queen Street (near Church St.)



**Do you need a place to rest
your weary feet?**

**To have a cup of coffee +?
To interact with some
friendly people?**

If your answer is yes...

**Come visit us at our
DROP IN CENTRE**

**Tuesdays & Thursdays from
1-4 p.m. starting August 1
Starting in November, Saturday
also, 2-5 p.m.**

**For information call
905-684-6264**

Georges Story

as told to Liz Roulston, SMUN

A few days ago, George, a member of our drop-in community at Start Me Up Niagara, said he would like to tell his story to be published in Street News.

Usually we're asking for stories; so, we truly welcome someone who volunteers a story to us. I had no idea how significant this submission was.

George told me he came to Start Me Up (SMUN) in need of help. Help to find affordable and accessible housing. He needed help to navigate through the bureaucratic system, a system that, in its efforts to discourage abuse (my words) can create roadblocks for those genuinely in need.

He also needed help to apply for the appropriate disability pension to which he is entitled.

George, a gentle man, came not to criticize a system; but, to acknowledge the help he received from staff and volunteers here, at SMUN who helped and guided him through the process. He specifically mentioned Angela, Kim, Kyle and Caleb.

George told me he had always provided for himself. Here in Canada he drove a taxi for years. The driving became increasingly difficult as he encountered health problems. He had constant neck and back pain and it was getting worse. Climbing three flights of stairs to his lodging was more and more difficult. Walking was painful. Driving was impossible.

Trips to the doctor were taken more seriously after x-rays were taken revealing fractures and bone density tests that indicated advancing osteoporosis. George had to quit work and went on OW where there is little money for nutritious food and vitamins to slow the advance of this painful disease. (he has been referred to a specialist at this time due to the results of his MRI.)

When George came to Start Me Up, because of his disability, he was put on a fast track for affordable/ accessible housing, receiving lodging on the first floor of a Niagara Regional Housing building. He was also able to apply for his disability pension.



Today, George is awaiting the results of an MRI that will further his cause and put him in touch with specialists where he can hopefully receive treatment that may alleviate the mobility issues and the pain he told me he deals with.

George is from Czechoslovakia, very near Chernobyl in the Ukraine. He was there during the nuclear plant disaster in 1986 that killed many and continues to affect the health of those in its wake. George feels his deteriorating health stems from his exposure to this disaster.

George wanted to express his gratitude to those here who heard him, helped him and continue to help him. It was very moving to hear George's story and to hear about the compassion he experienced here and continues to experience.. the caring, the understanding and the action.

I've been told that the true meaning of compassion means to suffer with another.

Thank you George for sharing your story with us and thanks to those here and everywhere who can hear, act and share their compassion with another. ■

5 True Friends

by W.G.D.M.D.

Within the mist of my mind
Many figures you will find
They helped me through many things
I always listen when their voices ring

Christian, Demonist,
a 10 year old child
Homicidal, suicidal, helped me through
a world so wild
My 5 true friends are always there
At times I feel they're all who cares

Mental, sexual, physical abuse
My 5 true friends helped
me form a truce
Now my past don't haunt my dreams
I'm free from awakening to
haunted screams

They said what happened in the past,
stays right there
If I wanna move on, and find
someone who cares
They said let go, it's time to move on
That's why the past is the past, and the
past is long gone

Vitamin D

by Kim Mino

As I walk the Sun is gorgeous
The Sun beats down upon me
My body absorbs vitamin D
Vitamin D is healthy and vital for our bodies
As I walk, the Sun is gorgeous
Vitamin D also helps to fight depression
Take vitamin D on a daily basis
For it makes you feel happy and carefree

The Thrush of the Woods

by Paul Shtogryn

The woods are lonely, dark and deep
But I have much to do, much to keep
The winds are howling, I know not where
Yet with winter's contempt its always there.
Spring will come and the sun will rise
The snow, the wet shoes will compromise
The sun is setting as it is getting dark
Yet its quiet and peaceful, quiet as a lark
A new day will dawn, I know not when,
And all will be joyful, keep calm until then.

My Opinion of Injured Worker's Speaker School

by Chester Marczewski

First I acknowledge our facilitator Kim. Kim has empathy even though she is not one of us, meaning an injured worker.

Though we are not looking for sympathy, we are looking for the insurance that was paid out in dollars on our behalf and not some cheap half measures.

Speaker School was good for me and I believe my fellow Graduates because we learned sharing of stories, a lesson of listening with attentiveness, direction, empathy, common ground, a lesson on how to respond with the history of Meredith Principles, learn how to express oneself with truth and knowledge, being informative and it helped me understand my friends who can't (won't) understand me. It made me step back after years of friendship. I wonder and wonder, and then let it go.

I would recommend Speaker School to everyone who has the opportunity. Go for it. It was fun. ■



SUBMIT

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

Contact

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

**Our
Queenston
Neighbourhood**



Harvest Picnic

Crafts

FOOD

Music

ALL WELCOME

Local Talent

Vendors

Centennial Gardens Park
Saturday October 5, 2013 11 a.m. - 3 p.m.

INFO: 905-984-5310 LOCATION: Along Gale Crescent & Oakdale Avenue, St. Catharines FREE PARKING

A Smile Divine

by W.G.D.M.D.

Face of an angel, a smile divine.
More beautiful than heaven,
she's one of a kind.
She lights up a room,
with her heavenly smile.
Just to look in her eyes,
drives a heart wild.

All the beauty of heaven was
sent down to earth.
God created perfection,
on the day of her birth.
All the beauty of earth
cannot compare,
To this heavenly angel
with golden hair.

She's not just a dream,
running through my mind.
She's a shooting star,
she's the diamond's shine.
She's a gift from on high,
with a smile divine.
A little piece of heaven,
that I wish was mine.

Food for

PART 2 : SUGAR, SALT AND FAT

“Obesity is an utterly visible problem. As its prevalence increases, it will be obvious to all...we have to make a sincere effort to be part of the solution if we expect to avoid being demonized.”

-Michael Mudd,
V.P. of Kraft, 1999

Michael Mudd's words-spoken at a secret meeting of the Food Industries' giants in 1999-were prescient. Unfortunately, he was shouted down by General Mills CEO Stephan Sanger. 14 years later, Mudd's words have come true.

In the late 1800's physician Dr. John Harvey Kellogg was so concerned about obesity that he invented Kellogg's Corn Flakes as a healthy alternative to the fat and cholesterol loaded meat and eggs that people commonly ate. Kellogg loathed sugar so much that it was banned altogether from both his sanitarium and his cereal company.

Things stayed more or less this way until 1949. With increasing rivalry between companies, additives such as dyes, flavourings, chemicals and preservatives began to be added to food; by the 60's, this was a way of life. They also began to add the “Big Three”; Sugar, Salt and Fat.

In 1949 Post invented the first sugar coated cereal; In 1963, they invented Pop Ups”. Kellogg's came back with the more successful “Pop Tarts” in 1965 and the food wars were on. The great irony is that “Pop Tarts” contain 19 grams (more than 4 Tbsps)-of sugar-each!

While Dr. Kellogg rolls in his grave, food companies fight.

Their prize? They call it “stomach share”.

Their battleground? Us.

Their 4 biggest weapons? Sugar, Salt Fat and Marketing.

And they don't care-for the most part-how they win or who the casualties are.

Interestingly, Michael Moss, the investigative journalist who wrote “*Salt, Sugar, Fat: how the food giants hooked us*” discovered that many food execs don't eat the food they hawk. What are they not telling us about it?

The small (but increasing) number of industry insiders who do care have been trying to get Big Food to think outside the cereal box since 1999. It still hasn't happened.

Kraft, Coca Cola, Mars, Frito-Lay, Nestle, Proctor and Gamble, Nabisco, General Mills and others were at that secret meeting, hosted by Pillsbury's. General Mills silenced Pillsbury by acquiring it in 2001. Kraft abandoned its altruism in 2011 when Hershey's introduced S'mores. Kraft came back with a “line extension” (minor alterations and new flavours in an existing product) on Oreo's, the #1 cookie in the world.

Here are some scary stats:-The U.S. has the highest number of clinically obese people in the world, and Canada and Mexico aren't far behind.

- Big Food makes 1 Trillion per year.

- 35% (1 in 3) adults is now clinically obese. This number is plateauing but it is still responsible for \$300 Billion per year in medical costs.

- 20% (1 in 5) children are obese- triple 1980's 1 in 15- and that number is still climbing.

- children as young as 3 are used in focus groups at Monell, the premier food science lab in the world. Although Monell is technically independent, Big Food often uses it. Monell is partly government funded, partly funded by Big Tobacco and, ironically, partly funded by monies from lawsuits against Big Tobacco.

- children are targeted by food ads that are revamps of old Tobacco ads. This is not surprising given that General Mills, the biggest bully in the food sandbox, and Kraft, the second biggest, are both owned by Phillip Morris. (Nabisco, which owns Jenny Craig, is owned by R.J. Reynolds, the “other” tobacco company).

- according to increasingly concerned advocates and industry insiders, all these big boys answer to their real master-Wall Street. And when sales dip, they whip.

How did this happen? How did we allow the profit mongers to dictate our health?

The post Second World War era has much to do with it. By 1955, 38% of moms were working-and spending less time cooking. They had more money to spend on “time saving” gadgets and products. More people were watching T.V.

At this time (1954-1965) Charles Mortimer, the former marketing wizard of General Mills who coined the term “convenience foods”, became CEO. During those 11 “golden years”, Mortimer doubled sales, tripled earnings-and made artificial ingredients and the Big Three a way of life. He also waged war on the American Home Economics Association.

This group of consumer activists and teachers inexplicably believed that toxic

Thought

A Refreshing Opinion Piece by Rainbow

contaminants weren't healthy and that "convenience" shouldn't be owned and controlled by profit driven processed Food Giants.

Mortimer came back with the fictional homemaker "Betty Crocker."

We caved. The more fools we.

However, we may have the last laugh.

"Home Economics" has morphed into "Consumer Advocacy". The very children and grandchildren of those first "convenience" buyers are increasingly asking just what we are trading for "convenience"

The Organics wave is quickly becoming a tsunami and home cooking is enjoying a resurgence: The very food science Big Food depends on is hurting more than helping. People are pushing back on things like additives and GMO's.

Consumers are getting wise to tricks like putting the worst (and most popular) stuff at eye level, line extensions, false "sales" at the caps (ends) of aisles, altering packaging or formulas slightly and touting it as "new" or dialing down on the ingredient currently in the news while dialing up the other two to make up sales.

Fast becoming dinosaurs, Big Food has ironically, boxed itself in. Jeffrey Dunn, who left Coca Cola over their refusal to change, says **"they have to be accountable for the social costs of what they are doing."** Julie Manella, a food scientist at Monell, is concerned that Big Food is trying to set, rather than just learn about, children's preferences. **"They are manipulating or exploiting the biology of the child. I think that anyone who makes a product**

for a child has to take responsibility," she says. And Howard Moskowitz, who's been "optimizing" food and packaging since the '60's says **"there is an intellectual laziness in the food industry...we don't want to do our homework."**

So keep asking questions. Stay informed. Buy organic, and local.

Don't fall for the tricks.

Put pressure on government bodies, who care as much about your votes as they do about their kickbacks. Write Big Food and bitch at them.

Go herbal and natural as much as possible. Yes, its more expensive in the short run, (believe me, I know! Between food intolerances and strict preferences, I only eat organic) but in the long run you will live longer and healthier.

On the day when the Food Police try to bust me for my stash of potato chips, I will say "Tough luck, coppers; I've been clean for over 2 decades!" ■

Interesting Facts

*The 10,000 receptors found on the tongue (plus the receptor path from esophagus to pancreas) are hard wired from birth for sugar and from 4-5 months for salt.

*In brain scans, **sugar lights up the orbital frontal cortex and other pleasure centres exactly like cocaine.** They both release dopamine, inducing "craveability".

*Craving is a learned behaviour, driven not by hunger, but by 1) emotional needs

and 2) sensory likes and dislikes.

*The food industry has been raising sugar's **"bliss point"** (Its maximum amount of enjoyment, set in early childhood) since the 1960's. Children "crave" twice as much as adults.

*Americans eat 70 lbs of sugar (22 tspn per day) **not counting** what we add to coffee, etc.

*Salt increases shelf life-and blood pressure.

*Kosher salt is multisided and hollow so it sticks to food better and dissolves quicker. The intense **"flavour burst"** (salt's bliss point) masks the "warmed over" taste of reheated or microwaved food.

*Americans eat 8,500 mgs. per day (twice the recommended amount) **not counting** what we add to food.

*Fat has twice the calories of sugar

*Fat slides under the brain's radar, messing with its "enough already" instinct

*Food scientists manipulate fats' genetic structure to improve its **"mouth feel"** (fat's bliss point)

*Hydrogen is sometimes added to increase shelf life. Hydrogenated/Partially hydrogenated "trans fats" are linked to diabetes, cancer and strokes.

*The FDA allows 1 gram (1/5 tspn) of trans fats or less (**3 times the safe amount**) to be "rounded down" to 0

If you see "(partially) hydrogenated" on the label, the "0" is untrue

*Americans eat 33 pounds of cheese per year, twice the 1970 amount.

*The "gateway drug" of food addiction is the perfect storm of sugar, salt and fat. This "drug" is the **potato chip.**

THERE IS NO DIGNITY IN CHARITY, BUT THERE WILL BE DIGNITY FOR ALL IF WE DEMAND IT!

An Opinion Piece by Angela Browne

In the past few months the news was filled with tragedy, ranging from a massive flood in parts of Alberta, the bombing of the Boston Marathon, a freight train wreck carrying oil through a small Quebec village and the death of more than a dozen fire fighters fighting a fire in Arizona. With the news coverage, the public is presented with both heroes and villains, while both government and members of the community come together to provide whatever support the “innocent” victims of these tragedies need and deserve. Some of these tragedies are natural disasters, while others are sparked by human error. In any case, people are all around, while governments promise and deliver financial relief to individuals and families finding themselves in the thick of whatever happened. Thousands of families returned to their homes in Calgary, Alberta, to find they had to demolish their homes or they lost everything they had, while there is community support to bring these families back to at least a stable position once again. There is nothing wrong with lending a helping hand in these circumstances, or governments stepping in to provide aid when necessary, and for these circumstances, the public does not view this as a charitable act, but as a form of natural justice.

I wish Canadians and our respective governments would take the same approach to eliminating poverty in our country, which is otherwise blessed with wealth, resources and an abundance of talent. In the above scenarios, most members of the public view these tragedies as being nobody’s fault, or perhaps, being someone’s fault, but not necessarily to the point of finger pointing or placing blame. Certainly, those who

are directly suffering the effects of these tragedies are not being blamed for their circumstances and people all around want to ensure they are returned to a position of dignity. At the same time, our citizens and government still don’t get the “dignity” part of this equation when it comes to eliminating poverty. We still blame the person who is poor for their own circumstances, like they somehow brought it on themselves. It is as if these people woke up one day deciding they were going to get sick and be unable to work, or they were going to find themselves at the other end of a layoff when the company they worked at for thirty years slams its door shut on them, or they decide to marry somebody who is later found to be an abusive alcoholic and in order to get out of the situation, they must turn to welfare.

In framing this discussion, we must try to understand our hegemonic (or culturally dominant) concepts of what we understand creates poverty and what can solve it. We need to discuss issues of dominant theory and privilege. People have varying levels of privilege in our society, even though many people with privilege within the dominant culture are not always aware of how privileged they really are. I wrote in this column in the past about how people who have both their driver’s licenses and access to their own reliable transportation take this for granted, especially in a region like our own. They plan their days around their automobile, what routes they will take to their job or their daily activities, and if they need to do anything else afterwards. Drivers usually have a pretty good idea how long it is going to take them to get to different places, and what they can do en route to save time on their way home. The

thought of leaving one’s job and picking up their son after hockey, and then purchasing a few groceries on the way home is a minor detail for drivers. However, take that car away, and the driver quickly finds out that their trip to work may or may not be accommodated by a bus, so a \$30 taxi ride might be necessary each way. They would not likely be able to pick up their son from hockey or make a stop over for groceries on the way back, unless they want to pay additional fare. They are forced to plan for groceries on a day they do not have to go anywhere else, and cannot shuffle from shop to shop seeking bargains like those who drive can do. As a consequence, the former driver realizes they have little time for their family, little time for themselves and much of their time is spent planning how to get places and when to go there. That is just one example of how privilege is instilled in people; how people in a position of privilege don’t often realize how advantaged they are until that advantage is somehow taken away from them. Privilege is not only found in driving, but in many other facets of our society, such as the kind of job you have, how much income your household has and the presence or lack of income security in your work.

In our community, most people believe in charity and goodwill towards others. People believe in these things because they naturally feel a need to “give back” to the community. We are socialized to believe that we all come from some type of privilege and how important it is to “help the less fortunate”. There is nothing wrong with that. I do not object to the motive, but to the method. The method of “giving back” to the so-called “less fortunate” is riddled

with hegemonic ideas that are created by this same privilege and in many ways, serves to uphold this privilege that people feel they have, as opposed to bringing the so-called “less fortunate” into a position of having equal privilege for themselves. We give to food banks because we feel we need to feed the hungry, but rarely do we hear from the hungry about what they need. We volunteer at nursing homes to keep an elderly person company, but rarely do we ask if there is a better environment this person could be in. We support the development of “affordable” and “subsidized” housing because we believe that nobody should have to sacrifice their basic necessities for the high price of shelter, but we don’t ask what residents of social housing really aspire to become, or where they really want to live.

We continue to donate to “charity” because we believe they are a “good cause”. In many cases, they are, but more and more, we are finding that not all charities are equally effective at achieving their goals. While there seems to be a growing awareness of members of the donating public about how monies are being spent by a charity, as well as how much is being used to advance the reason for that charity’s existence, we have not yet come around to asking the real questions that need to be asked. What is the charity actually? Are they actually achieving anything for those they purport to serve? As I have often stated, I have never yet seen a charity use its resources to bring its service users out of poverty. They do everything to keep that person in poverty, make them “live within their means” and to make the rest of us feel more comfortable about our neighbours forced into poverty.

I know these kinds of questions. It is not only about poverty, but about many things we encounter. My husband lost his mother last year to a rare form of cancer. For many months prior to her death and seemingly eternally after her death, he ranted on about how “billions” of dollars are being donated and/or granted to cancer research and cancer organizations, but there never seems to be a cure. We continue to see people die

from the disease. One begins to become cynical, wondering if there really was a cure out there, how many of these people that currently work for these organizations or partake in this research and so forth would lose their jobs. It creates an industry of its own. “Cancer Can Be Beaten” is a mantra that was played over and over in my day, while today, we continue to have more of cancer, but the Cancer Society appears to be replacing its mantra with other upbeat phrases, while 1 in 3 of us continues to die of the disease. The same applies to diabetes, a disease I suffer from and relentlessly curse because of bad genetics, poor health and disadvantage in my day, but to no surprise,



there is also a significant diabetes industry out there. Many organizations “benefit” with the alleged tsunami of diabetes hitting our communities. There are organizations to educate people with diabetes, dieticians to set up meal plans for people with diabetes, doctors to prescribe and treat people with diabetes, clinics to test and assess the progress of diabetic treatment in individuals (e.g. A1C tests), charities to raise funds to provide support and find a “cure” for diabetes, as well as bemoan the world over with apocalyptic thinking how ten percent of our population will soon

be afflicted. There is talk of improved medications, improved forms of insulin management, and greater knowledge, but again no cure for this disease!

This brings me back to the concept of both industry and privilege and how they deal with the concept of eliminating poverty. First, programs and services that are set up to “help” the poor tend to be created, funded and provided by people who are not poor. Second, those setting up committees and roundtables in the interests of resolving or “reducing” poverty tend to be comprised of a majority of people who are not only not poor, but whose livelihood in part continues to benefit from the very existence of poverty in the first place. This does not mean that people who serve in these roles are not well-meaning and do not have the best interests of their community at heart, but it means that those suffering from the effects of poverty are not the ones that are developing and deciding on the very policies and programs needed to get them out of it. If there are people with lived experience at all on these councils, they tend to be in a minority and many of them come from similar backgrounds as those self-selected to serve “from the community” and often uphold similar beliefs to the hegemonic dictates of the poverty industry: People are poor because they need counselling, mental health services, education, etc. – that people are poor because there is something wrong with them, not wrong with the social and economic order of our communities.

There are services of all kinds delivered to poor people, from food banks, soup kitchens, budgeting classes, housing agencies, counselling services, drop in centres, homeless shelters, street workers, etc., but no program in sight to help the poor become NOT poor anymore. For most poor people, what is needed is more money. Instead of spending “billions” of dollars, as my husband describes, on more “services” to make poverty more comfortable for the poor and for the rest of us, perhaps these “billions” can instead

be given to the poor people themselves and let THEM decide how to spend it. This is a scary thought for those who work in and are in particular, paid to provide “services” to, the poor -- it is also seen by others as politically untenable. Yet when a city experiences a major flood, a small village in Quebec is struck with an exploding freight train, or the country of Haiti is struck with a major earthquake, there is NO LIMIT to the amount of money and resources people think should be spent to get these people out of their straitened circumstances. After all, they are there by no fault of their own. I wish we would think the same way about the poor here in Canada.

As I said, nobody woke up one day to decide they were going to have a horrible accident at work that would leave them disabled and unemployed. Nobody woke up to plan to have their spouse leave them. Nobody woke up to decide to become ill enough to make finding and keeping a job difficult, if not impossible. As far as I know, when our adult peers were children, not a single one of them when asked what they wanted to be when they grow up, chose to “be on welfare”.

These things just happen. Programs like Worker’s Compensation, Social Assistance, Old Age Security, Unemployment Insurance and Medicare were created for a reason. Unfortunately, too many people are buying into the idea that *only if* people relied more on their neighbours, families and communities to support them through rough patches, and then there would be no need for welfare, worker’s compensation, minimum wages, and so on. Well, think again. We were in this position before we had all of these programs, and if these things worked so well, why is this not still the case? Perhaps, there was a time when capitalism began to show its cracks and we learned of its imperfections, which are leaving many people behind, either intentionally or unintentionally. As our recessions become deeper and longer, the only solution big business has to offer is to cut back further on these “entitlement” programs, so that people will have less “incentive” to use them and just get a job. If it was only that easy. I always ask those that make these assumptions if they know where they are hiring the thousands of people that seem to have recently chosen

day after day to remain unemployed and dependent on the pittance they get from welfare or unemployment insurance. Niagara Region was recently determined by the *Adzuna Group* to be the worst place in Canada to find a job if you are unemployed, whereby there are allegedly 100 job seekers for every single job vacancy. In our current way of thinking, the other 99 people simply “chose” to remain on social assistance because that lifestyle is so “easy”. The answer big business seems to give us is to cut these programs even further. I have yet to see how this helps. Perhaps, if we withheld *any* aid to those people in Lac Megantic or to those flooded out in Calgary, these people will just learn to save their money for rainy days for now on or not live so close to the train tracks, right?



The prehistoric thinking that surrounds the elimination of poverty needs to be eliminated as well. We need to fight poverty as hard as we fight to bring people involved in the above referred tragedies back to their normal lives to the best of our abilities.

We have to stop thinking about food banks and shelters and more services as being the answer, but instead, try to understand how continuing and perpetuating these same sorts of programs keeps poverty intact and helps no one. Feeding somebody today is fine, but that same person will be hungry again tomorrow. What are we going to *do* about this? Are we going to continue to erode the dignity and prosperity of an increasing portion of our population by dividing our communities into haves/donors/heroes and have-not/recipients of charity/dependent beings? Or are we going to recognize that the dominant culture that we live in is as much at fault as the economy at keeping this segment of the population down? Or is it that we fear that if we empower those we serve with the same privileges and rights to participate in the community that you and I have taken for granted, they will somehow take something

away from you? Food banks didn’t grow out of nature; they were invented in 1981 in the city of Edmonton. Since that time, this concept has grown and become institutionalized, whereby way too many of us have become smug and feel we are doing our part by donating to food banks, even partaking in food drives, thinking we are doing something for those in need, when in fact, we still have even asked those in need what they really want to do with their lives.

There is an important element of dignity at play here, which is something that we all need to keep in mind. We also like to believe that to continue to do what we do will continue to distance the poor and their problems away from our own lives, to keep us in the privileged positions that we might someday be aware that we are in, but even this does nothing of the sort. We need to take steps to eliminate poverty, by putting the responsibility for this situation at the feet of those that can do something about it. Despite their pleadings to the contrary, they can well afford it! Business needs to start creating jobs that pay well and invest in our communities. Governments need to stop paying businesses not to hire

and not to invest, through their own forms of corporate welfare and handing out tax breaks after unconditional tax breaks to keep feeding the myth that somehow this will lead to jobs. There has never been any evidence that this works.

In the meanwhile, there is a growing gap in wealth, the poor are getting more expensive for the rest of us and more miserable, the middle class is bleeding and the Emperor continues to walk down Bay Street buck naked! Let’s start asking the questions of ourselves and our governments and demand answers. Let’s stop assuming that hunger is “being dealt with”. A massive restructuring of our society and our thinking is in order, not only for us to maintain our position, but to keep the rest of us from falling further into despair and desperation at the hands of the so-called one percent minority. Angela L. Browne, July 10, 2013 ■

Angela Browne is a Paralegal with a private office in St. Catharines who sits on a number of advisory and steering committees that lobby on issues of disability, human rights and eradicating poverty, and would like more of us in Niagara to take the same path.

**For Housing
Preservation
and Support
Contact Kyle -
289-686-0639**



**It's always
impossible until
it's done
– Nelson Mandela**

Niagara Injured Workers Centre

**Tuesday and Thursday
4 - 8 pm
SPEAKERS,
INFORMATION
AND SUPPORT
AVAILABLE**

905-327-7868

The Deacons Bench

by Maurice Prindiville

“It was the right thing to do...”
Mallory Holtman

Sometimes we pay so much attention to the harmful things that people do to others that we miss wonderful acts of generosity and fairness. An exceptional story - like that of Mallory Holtman, Liz Wallace and Sara Tucholsky reminds us of the goodness that God has created in every person and which we can find and practice if we choose.

Sara is an American college softball player who played for Western Oregon University. She gained national attention when she was assisted in scoring a home run by members of the opposing team, after a torn ligament injury in her knee left her in agony on the field at first base ... preventing her from running the bases on her own.

In 2008, her senior year, she was the starting right fielder on the school's softball team. She had never hit a home run in her career. On Saturday, April 26, 2008 her team was playing Central Washington University. In the second inning of the game Sara hit what should have been a three-run home run, but she injured her knee while going back to tag first base after she missed it. She had a torn ligament in the knee and could not even



stand, let alone walk. The umpires ruled that Sara's teammates were not allowed to help her run the bases ... and that the hit would only count as a two-run single if she were replaced by a pinch runner.

Mallory, the first baseman for the other team, asked the umpires if she could assist Sara to home plate. The umpires were surprised by the request, but said that there was no rule preventing it. So Mallory and Liz carried Sara around the bases, dipping her down to touch each base on the way. All three players received a standing ovation at home plate. Everyone on both teams and most of the spectators were moved to tears. Sara's team went on to win the game 4-2.

The selfless act of the two players on an opposing team is being called one of the greatest displays of sportsmanship, but Mallory and Liz do not think it was anything special. They said, “She hit it over the fence. Walking her around the bases wasn't something that was thought out. It was something she deserved and it was the right thing to do.”

Jesus answered, “There was once a man who was going down from Jerusalem to Jericho when robbers attacked him, stripped him, and beat him up, leaving him half dead. It so happened that a priest was going down that road; but when he saw the man, he walked on by on the other side. In the same way a Levite also came there, went over and looked at the man, and then walked on by on the other side. But a Samaritan who was traveling that way came upon the man, and when he saw him, his heart was filled with pity. He went over to him, poured oil and wine on his wounds and bandaged them; then he put the man on his own animal and took him to an inn, where he took care of him. The next day he took out two silver coins and gave them to the innkeeper. ‘Take care of him,’ he told the innkeeper, ‘and when I come back this way, I will pay you whatever else you spend on him.’” And Jesus concluded, “In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?” (Luke 10. 30-36)

Healthy Kitchen

by Susan Stevenson

This is a picture of Davina Shafir, she comes in every other week and gives the kitchen a donation of beautiful herbs. She takes extra care of her herbs as you can see by the way she bundles them up. We have been using the herbs she brings and it was



her herbs we used in the herb workshop. (Joey, Will and Mario). It's because of your help that we make positive changes to benefit all, I thank you.

Anyone interested in food workshops, or have an idea of what you would like to learn, get out those recipe books and bring your ideas into Susan. I will gladly create a workshop to showcase your favorite recipe. ■



“Life expectancy would grow by leaps and bounds if vegetables smelled as good as bacon.” - Doug Larson

Call For Recipes

Start Me Up Niagara, supported by New Horizons for Seniors, is creating an intergenerational Recipe Book for Healthy Living.

Not only are we collecting recipes and stories; but we're organizing events to enhance the project, especially in conjunction with the Start Me Up Garden in Vineland and our Healthy Kitchen at 17Gale

We plan to include poetry and pictures from the past and present along with your favourite family recipe(s).

If you are interested in learning more and taking part in this unique project please contact Liz at 905-984-5310 ext 13. You are also welcome to email: kalishiva77@gmail.com.

We look forward to hearing from you. Recipes can be dropped off at 17 Gale as well; but we will need you to sign consent to publish form.

We look forward to meeting with you and enjoying your recipes. Bon Appetit!



Kale Salad

Submitted by Deborah

Kale is being called “the new beef”, “the queen of greens” and “a nutritional powerhouse.”

Kale is low in calorie, high in fiber and has zero fat. It is great for aiding in digestion and elimination with its great fiber content. It is also high in iron, per calorie, kale has more iron than beef.

Kale is high in Vitamin K, is filled with powerful antioxidants, a great anti-inflammatory food, great for cardiovascular support. High in Vitamin A and C. Kale is a great detox food filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.



Ingredients

2-3 average size pieces of kale (per person), washed
Tear leaves from the spine and chop
Scrunch sea salt into the chopped leaves

Dressing

3 parts olive oil
1 1/2 parts white wine vinegar (or cider vinegar)
1 part whole grain mustard
1 part honey
1/2 part dark fruit juice

Toss Kale and dressing with -

sliced radish and pear (or apple)
dried cranberries
sunflower seeds
crumbled feta
fresh blueberries

Enjoy!

A Testament to Garlic

by Lorenzo

One clove a day in the morning before food with cold water... raw! This is a practice Lorenzo said he has practiced for 20 years.

Lorenzo feels this is a Rx for healthy eating.

Lorenzo includes garlic with every meal.. "Its like candy" he said.

He also cut out butter and salt 10 years ago.. he will indulge in a muffin if its whole wheat.

Lorenzo says you get used to it..it feels good and he lost 24 pounds

His philosophy is "If its good for you, why not eat it.

Lorenzo feels he controls his blood pressure, blood sugar through healthy eating, especially the garlic.

Lorenzo learned to make spaghetti from an 83 year old woman He makes enough for a month at a time and bottles it...."What don't I put in it" he says

He sautes the vegetables first.. He puts in everything but the kitchen sink...I don't measure...I don't make it the same way twice..

Lorenzo said he usually includes celery, garlic, Italian spices, onions, bay leaf, hot pepper, plum tomatoes which



he mashes.

Often he will peel and scrape a whole turnip into the sauce.

He simmers the sauce for 10 or 11 hours An 8 pack of hot Italian oven cooked sausages is often included. He bakes them on a rack in the oven at 300 for 50 minutes and then cuts and puts into the sauce.

Lorenzo uses extra lean meat for the meatballs. He says the small ones are the tastiest and he only uses garlic and romano cheese to season.

Lorenzo sterilizes jars and fills them and refrigerates for a month.

When he's cooking the he boils the water first..cooks the pasta...not too soft..strains and saves the water..to pour over the pasta before it's served..

Lorenzo's best tip..what ever you're making..add lots of garlic. ■

Lunch Sponsorship Program

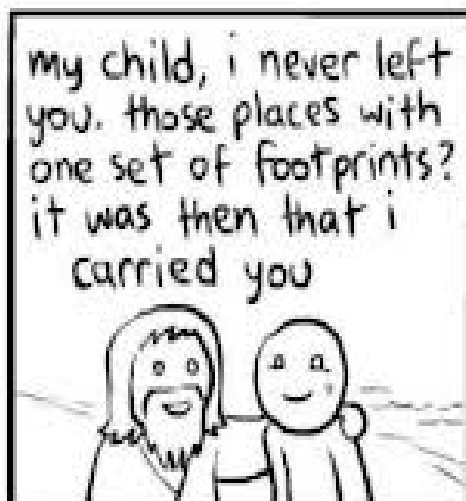
Still some dates available for this year.
For \$200.00 you can sponsor the weekend lunches, feeding over 300 people nutritious hot lunches each weekend.



Call Kim 905-984-5310 ext: 11 to become a sponsor!



Last Sunday, October 27



Answer for Suduko from page 16

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



Notes from the Garden

by Debbie Sexsmith

The garden flourished this summer even though spring rains and cool temperatures challenged farmers everywhere.

Appreciation Day was held in July acknowledging our volunteers, workers and donors. The garden was bustling with activity that day. Wonderful food was enjoyed and we also filled baskets for the Good Food Box.

Special thanks to our donors who helped us build a beautiful trellis in the Labyrinth. It will always remind us to count our many blessings.

B.B.Q's were again the highlight of the week as we grilled pizzas, corn, peppers and more, all from the garden. Thanks Vince and Rose. Art and photography sessions were enjoyed too.

The grand finale of cooking at the garden came recently with the Tzu Chi volunteers coming out and preparing the most wonderful dishes for everyone. We tried the bitter melon that really was bitter. All tasty, healthy asian favourites and again all from our garden.

The garden produce came to our Healthy Kitchen for many delicious meals. The produce also went to the kiosks offering bushels of healthy local fare to our community.

We still have some fall vegetables for the Harvest Picnic Oct. 5th. Thanks to all who helped in the garden with special thanks to Vineland Research and Innovation Centre for the generous use of the land.

Though he works and worries, the farmer never reaches down to where the seed turns into summer. The earth grants. - Rainer Maria Rilke



Emergency Resources

Shelter Information - 211

EMERGENCY SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
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 families with children; no alcohol or drugs
YWCA Niagara Falls	905-357-9191	6135 Culp Street Niagara Falls, ON L2G 2B6	20	24hrs	females and families 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 Centre - Monday-Friday, Holidays, 9 - 4 Saturday-Sunday 11:15 - 1 Open to all
Out of the Cold will open November 1, 2013 - Regular Schedule**

Meals

Salvation Army Booth Centre 184 Church Street	Daily 8:00am, 12:30pm, 5:15pm	\$3.50
St. George's Breakfast Program 83 Church Street	Daily 7:30am-8:30am	no cost
RAFT (ages 16-24) 17 Centre Street	Daily 6:30pm-8:00pm	no cost
Southridge 201 Glenridge Avenue	Daily 6:00pm	\$2.00
Ozanam Centre 235 Church Street	Monday to Friday 11:30 - 1pm	\$1.00
Start Me Up Niagara 17 Gale Crescent	Saturday, Sunday 11:15am-1:00pm	no cost
Out of the Cold	November 1, 2013	no cost

SMUN Family of Businesses

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

Business Supporters

The Laundry Tub
Minuteman Press
H2O
Tree'n'Twig
Vineland Research & Innovation Centre
Con Gusto Artisan Bakery
Starbucks at Fairview Mall, 4th Ave
Martindale and Scott at Niagara
Wrights' Brothers Produce
Rysons United School of Music
Royal Crown Printing
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
Village Wellness - Healing Centre
Costco
Meyers Fruit Farms
De La Terre Bakery
Simply Delicious
Seaway Farms
Home Depot
Antipastos
Dom's Pasta Bar & Grill

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 12.

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



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 - '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

Did you know that Start Me Up Niagara is listed on
Canada Helps. Donations can be made on line. They help!

