

VOICES FROM OUR STREETS
SUMMER / FALL 2014



Street News

Buckets of Lemons and Lemonade

Torrential rains flooded our lower level at 17 Gale on June 11th, forcing us to move out for three months. Soon we will celebrate moving back into our building again.

It reminds me of an August day, five years ago, in 2009, when Start Me Up Niagara moved to its new home at 17 Gale Crescent and celebrated by holding an open house inviting everyone to join in the fun. Guests were greeted by plant and bake sales, balloons and treats. Board Chair Maurice welcomed all, thanked the Niagara Prosperity Initiative for their support and called on participants to lead tours of our wonderful new home. We even had a dedication poem written and read by Janet and a framed ribbon cutting momento presented by Richard that still hangs in the hall. For the first time ever all Start Me Up Niagara's programs were located in one building. What a wonderful day!

Now it is August 2014 and Start Me Up Niagara, once again, is moving into 17 Gale Cr. Once again we look forward to having all programs centralized in one location.

This déjà vu feeling is real, not a rerun, for when the rain fell on

June 11th, sewers backed up covering the lower level with black goop that contaminated everything it touched. This nasty surprise forced us to move our programs to different locations including a backyard



portable office, pack up everything on the lower level and move leaving the Centre programs behind. It was a big, sometimes discouraging job to cleanup and rebuild.

When we re-occupy our whole building, the lower level will be freshly painted, newly floored and furnished in matching pieces. Some original design mistakes will be corrected making programs more efficient and effective for our staff and participants. Personally, I learned how easily things can come apart and how lucky we have been to be able to re-build and continue. I hope our move back will capture

some of the magic of an August day five years ago.

The whole experience reminds me of life. We are handed lemons when we do not expect them. We get knocked down and have to get up. We sort through the mess and throw things we value away and save those things that are not damaged beyond repair. As the work goes along more jobs appear. There seems to be no end in sight. We get tired, cranky but keep going. We barely notice that we are getting stronger and that the work is getting done. One day it just seems easier. We are back in the game...wiser, thankful and alive.

SMUN is grateful to everyone who helped out and stayed on board so that services continued. Thanks to the Niagara Centre for Independent Living and Niagara Regional Housing for sharing their space with us for the past few months. Time flew by and everyone is grateful for their patience and generosity.

We begin again. The first event is the annual general meeting at SMUN on September 24th. at 7 p.m. Everyone is welcome.

~Susan Venditti

Upcoming Events:

5th Annual Harvest Festival



11 a.m.-3 p.m.

Saturday
October 4, 2014

Centennial
Gardens Park
St. Catharines

FREE EVENT &

ENTERTAINMENT

FOR ALL AGES

Westview Centre4Women

EVENT 'Unity in the Community'

Thurs. Sept. 18, 2014

11 a.m to 1 p.m.

124 Queenston Street

Admission is FREE

2014 ANNUAL GENERAL MEETING

Start Me Up Niagara

Thurs. Sept. 24, 2014

7 p.m.

17 Gale Crescent

Everyone Welcome

Good Food Box

Call SMUN for more info:

905-984-5310

JOIN US FOR...

Pasta Dinner

Dine in or take home

\$10.00

OCT 15th 5-7pm

17 Gale Crescent



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Thanks to our dedicated group
of volunteer reporters and poets

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Street News

VOICES FROM OUR STREETS

Published Quarterly ©

Start Me Up Niagara

Working Together...Moving Forward

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



Since 1999

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The Opinions expressed
in **Street News** do not
necessarily represent the
views and opinions of
Start Me Up Niagara

*Street News took a break for a
time -- operating once again, we
invite your input. We also welcome
Julia Blushak to the team, as
contributor and art director.*

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Live local, Live healthy

by **Julia Blushak**

This summer downtown Toronto explored 'cyclovia' or the open streets concept to enhance the experience of people friendly street life. Many urban centres, including Hamilton with its successful James Street walk, have already discovered the benefits of bringing cultural and business activity, pedestrian engagement and relaxed pace together. The health benefits come indirectly as passersby slow down to discover unique foods and products, performances and demonstrations, visitors and neighbours.

The promising changes that are about to take root in our own downtown St. Catharines core with the opening of the new Performing Arts Centre and the Garden City Food Co-op also speak to a sense of de-

liberate renewal and public engagement. Perhaps living closer to the action in our once thriving downtown will become a trend again. How wonderful it would be to connect with a hive of artists and studios, small shops and businesses that open up along the eastern and older section of the city, creating a liveable, green and even walkable upper eastside.

The very hidden gem of a green space, once proudly dubbed The Centennial Gardens Park (and home to an annual community organized Harvest Festival) is currently getting City funded attention it deserves, after years of neglect and disrepute. But sadly, many businesses are leaving a yawning vacancy downtown, and especially

near the now defunct St. Catharines Hospital. At first glance, one considers that the Queenston neighbourhood is positioned to become about as interesting as hoarding for the motorized visitors who will flow into town to take in a dinner or play before a quick spin back home. But there are other storylines for this scenario. Now is the time to explore new options. St. Catharines should work even harder to renew from the inside out. And all it takes is the best that social capital has to offer--courage, imagination, civic pride, justice, and authentic community collaboration. Our very own open street approach would grow more healthy pedestrians than cars and parking lots.



Downtown St. Catharines has not had a grocery store since 2004. A group of residents with support from Ontario Trillium Foundation has been working hard for the past few years to not just change this, but to create a sustaining, vibrant, friendly downtown grocery store that is member-owned and controlled, brings value to shoppers and the downtown community. It operates as an important community hub that is open to everyone.

The Garden City Food Co-op will be a co-op, which means that along with profit, it is a business that also values people and the planet and operates according to the seven international co-operative principles. We are proud of our longstanding partnership with Start Me Up Niagara. They've been with us since the beginning and we wouldn't be here without them. Our most recent collaboration involves our video for the National Co-op Challenge.

The Challenge is a contest funded by the Co-operators giving new co-ops a chance to win \$25,000. We produced a 90-second video that highlights the co-op and explains how the co-operative business model will benefit the community. Start Me Up's own Christine, Danny, Debbie, and Reg star in the video. Through the month of September, the co-op will be asking its supporters to vote for the co-op's video once a day, and to share the contest through their networks on social media. ~**Karrie Porter**

HELP US WIN \$25,000!
VOTE DAILY--visit
www.gardencityfoodcoop.ca



We grow one petal at a time

– Anonymous

Tipping Point

by Rainbow

Who will be the final Particle,
in the glorious coming of the Wave of Light?
Which of us will be the one to kindle the
Shining Star of Hope that guides us in the night?
Who is it who will fall as the final drop of Rain
that floods-and feeds-this fertile Earth?
Will you shed the final tear that overflows
the Cauldron of Rebirth?
Who will plant the final furrow
of Potential's Seed?
Who among us will become that Flower
and lend their strength to Love's tender reed?
Who is the Fated One whose final knot
will bind us together in the Web of Peace?
What's the name of the Child
whose trilling laughter is so loud
That the sounds of war must cease?
It could be you
It could be YOU
IT COULD BE YOU...



Rainbow dancing, Summer Solstice 'Drumming
Down the Sun Celebration', Port Dalhousie

Autumn Comes

by Geoff Ascroft

The goldenrod is golden
There's red in sumach leaves
The teasels now stand dry and brown
And thistles gone to seed,
 There's yellow in the poplars
 Seems overnight they've changed
 New breezes blow them to and fro
 This last of August days
Still near as warm as summer
But changes have been made
The Garden plants are not as green
Nor sage these past few days
 I gather seeds from sunflower
 Their heads are bowed so low
 September just a day away
 Three months we may see snow.
The fleeting hours of summer
 Do come and go so fast
Already breezes blow about
 The seeds of ageing plants
 For all things have a reason
 And these seeds that blow about
 Will start a new generation
 In the following Spring's to come.

**“The best way
to cheer yourself up is
to try to cheer
somebody else up.”**

Mark Twain

Martin's Story

by *Martin Mangano*

When I moved to Niagara Falls from London for a new life, I had no vehicle and no job. So I was looking for a job but no luck and I got ODSP and got into the Start Me Up Niagara Program. I learned something new during the Start Me Up Niagara Program and I tried to apply for a job at a fast food chain but no luck – but I wasn't going to give up. The second time I applied, it was at Great Wolf Lodge – and I got the job. During the first year of the job at the Great Wolf Lodge, I got a raise and my first 'Employee of the month' and I started to save the money for a vehicle. I got into a Driving Course for my G2 licence during my 2nd year of the job at Great World Lodge and I passed that course. I bought the car with my own money that I had been saving. During the 2nd year of my job, I got a 2nd Employee of the month and I got a raise. In the 3rd year of my job, I got another raise and I became a trainer for training new dishwashers. Sometimes I get to help with other jobs in the kitchen, like line cook. I just got my 3rd Employee of the month. Thank you, Start Me Up Niagara Program

Centre Activities



Summer outings focus on having fun!

Prescription for happiness

by William Glasser, M.D. Source: ON-LINE

“Mental health is enjoying the life you are choosing to live, getting along well with people near and dear to you, doing something with your life you believe is worthwhile and not doing anything to deprive anyone else of the same chance for happiness that you have.”

According to Dr. Glasser, one is mentally healthy if:

- ◆you enjoy being with most of the people you know
- ◆you enjoy being with family

- ◆you are willing to help family, friends or colleagues who are unhappy
- ◆you are nearly stress free and pain free
- ◆you laugh a lot
- ◆you accept others and rarely criticize
- ◆you are creative and feel as if you're living up to your potential
- ◆even when you are unhappy –and you accept that you will be—you will know why and do something about it.



The Power of Connection

by Rainbow

Reading about something and understanding it on an intellectual level and actually internalizing it into your psyche and your daily life are two very different things. The first I am very good at; the second, not so much.

The information sponge whose been known to read 6 books in one week and the autistic chick who doesn't do 'social' without an exit strategy don't always get along. So imagine my pleasant surprise when I "connected" on a much more intimate level at both of the Festivals I have been to lately. I put names to faces I'd seen for years, seemed-at least to myself-to pick up on social cues a little more easily than usual and even (gasp!) participated willingly in a small amount of what neurotypicals seem to do so easily. ("Chit-Chat" is so not my forte.)

Mind you, the energy at a highly spiritual event where everyone is on the same bus is very different from my day-to-day for most of the year. I always feel stronger for a while. But, inevitably, I lose the connection. The world-at-large has a foreign energy that I do not resonate with.

It may be because I've been working on this issue for years. It may be because at Fest I can internalize deeper stuff-and at my own pace. It may be because of the Work that was being done this year. Or, it may be a combination of all 3.

Whatever the reason, I seem to be retaining more of the "feeling" of connection than in past years. This can only be a good thing, even

when-especially when- it makes me a little uncomfy. It means that I am growing.

It feels to me as if this is going on more or less all over the planet. More and more people seem to be "getting on the bus."

We're 2 years away from the end of the present Galactic Alignment which won't happen again for 26,000 years. We're much more involved in politics while being much more suspicious of politicians. We're listening more to Quantum Physics (and to the more enlightened religious leaders) who tell us that We Are One.

We are collectively realizing not merely that something is wrong-but that we have the power to do something about it. The World is, in Neale Donald Walsch's words, "losing patience with itself."

Walking the 18 inch journey from Head to Heart, both individually and collectively is difficult at best. ISIS, Russia and Ukraine, whacky weather, Stephen Harper's government, Child Soldiers, vets with PTSD committing suicide daily, etc., does not look like a wave of

Light is hitting this planet-but it is. Those very things are getting people talking-and connecting. Apathy is becoming Activism.

Even as a few make war over ideological differences, many are getting tired of such behavior. We are learning to understand our basic Unity, not merely as a slogan but as a real living thing.

War becomes peace when difference becomes understanding. This is a product of talking to, not at (and listening to), each other at a deeper level of respect. One does not have to be 'religious' to understand the Spirituality of Oneness that the World is reaching for.

And notice that I said Oneness, not Sameness. Each colour on the Rainbow Path is equally important, equally needed, equally beautiful.

Do your part to bring about the remembrance of Earth's essential Unity. Do it in your own time, in your own place in your own way, at your own pace. But Do It. Now. Be a particle in the wave of Light. If I can do it, so can you.



"The world has enough to fulfill all our needs but not our greed."

Mahatma Ghandi



Wisdom of the Ages

Housing Support Facilitator, Kyle Kuzyk offered a different twist on housing this issue. It's from his garden, where he created a tipi as home to the beans. His beautiful Buddha statue lives comfortably in the eastern doorway of this prolific structure. Jake, Kyle's 3 year old son, loves helping dad in the garden. and noticed in another part of the garden, some flowers living with another statue, a Gnome, not doing so well. Jake said, "I think the gnome is lonely, let's move it closer to the Buddha.

Much to Kyle's surprise and Jake's delight during a return visit to the garden they saw the flower flourishing with one of the beautiful nasturtiums resting peacefully in the Buddha's lap.

From the mouths of babes, the wisdom of the ages.

Local writers shine for SMUN

Our own Paul Shtogryn belongs to the writing club in Thorold who created the Rainbow book and it was through Paul's story that Start Me Up Niagara was chosen as the recipient of the proceeds from this amazing venture. Thank you Paul!

A Rainbow of Poems & Stories

Inspiration and talent abound in a new publication from a local writers group.

All proceeds are dedicated to Start Me Up Niagara, a place where hope is given on a daily basis.



A Writers Forum Publication 2014

ONLY \$15.

Support SMUN and help grow HOPE!



Rx for Healthy Living, was a project supported by New Horizons for Seniors Federal Government Program and SMUN. Many collaborated to create a scrapbook style binder that invited people to add their own memories, pictures, recipes, and ideas for optimal living and personal enjoyment. Workshops at the garden and kitchen depended on participants, volunteers, and staff all working for common goals. We asked the question: What is a prescription (Rx) for healthy living? It felt like many things, but in the end, translated to 'Kindness to Self.'

The spirit of food, the spirit of the

land, the spirit of the arts, the spirit of activity, the spirit of community all played their age old roles.

You can google anything on the net but you can't google your own life experiences and memories. A quote by John Lennon was included in the scrapbook: 'When I was five years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment. And I told them they didn't understand 'life'.

~L. Roulston

The \$hame of it ALL

Keeping the Ontario Poor and Disenfranchised Down

by R. G. Cousins

A mid-summer, mid-morning found south St. Catharines gray and gloomy as far as the eye could see. Rain had fallen the night before and into the pre-dawn hours leaving streets and lawns with a generous amount of residual moisture, but more rain was threatening. As the streets began to dry, and folks went about their business, a city water truck lumbered along a main street stopping frequently---with engine running---to water planters that hang from light standards. The flowers inside the planters are beautiful and adorn the streets in a colourful array; various breeds of petalled majesty; once the truck has finished feeding the flowers, water seeps uncontrollably over the planters' rim spilling onto the already dampened, yet drying, sidewalk and street. But the plants and the flowers are fed: job done, on to the next city flower bed or city planter.

Meanwhile, a local, not quite senior resident rises from her night's sleep, pulls herself up on her walker, and slowly makes her way

to a tiny kitchen. Her stroke two years earlier had since limited her mobility and in turn, dampened her spirit for living. But quit was not in her, in-as-much-as it wasn't an option.

After self-administering her medication, she looks into a nearly bare pantry, a nearly stale loaf of bread, canned vegetables, some lentils and beans, an out-of-date macaroni and cheese from the Food Bank, and canned fruit seemed unappetizing. Not really breakfast material she thought. On to the fridge where the last of a four litre milk bag stared at her. Should I use it for coffee, or a bowl of bran flakes? A dilemma, to be sure; the empty carton of eggs reminded her that for the balance of the month---two weeks, in fact---eggs would be off the menu. She would be unable to visit the Food Bank for another month as every other month was the strict rule. Her choice for a breakfast needed to be prudent and her ability to stretch out what she had would again be challenged.

Rent and hydro had taken three quarters of her disability cheque and for what groceries she could get, including cat food, small sacrifices such as a treat or extra bread loaf had to be made to have a cab transport her home as her disabilities leaves her unable to carry any weight for any distance. As with many, family and friends seem unwilling or unable to assist.

Sleep came uneasily the night before. The stale bachelor apartment seemed to easily soak up and retain the previous day's heat with agonizing consistency. At over thirty Celsius, for the third day in a row, rest was difficult, sweaty and uncomfortable. Her arthritic and permanently disfigured fingers (a result of her stroke) painfully opened a can of cat food and doled out half to her thin friend then, she boiled her water for coffee; breakfast and lunch would be postponed until dinner where she'd finally eat, if she could, under the stifling heat and humidity.

\$hame\$hame\$shameShame\$shame\$shame\$shameShame\$shame\$shame

In the mid nineteen nineties Premier Mike Harris fought hard to reduce the Ministry of Community and Social Services' (MCSS) budget. He and his majority succeeded and rates were rolled back after rallying on a platform that

suggested the province could not afford it; that his adversaries in parliament had gone too far and taken advantage of the Ontario taxpayer. Now, nearly two decades later, the annual increase of two percent on the already rolled-back rates seems

pedantic and pitiful considering inflation and ever-increasing costs of living.

Previously, under Bob Rae and David Peterson, recipients of disability and welfare had been receiving modest yet realistic and

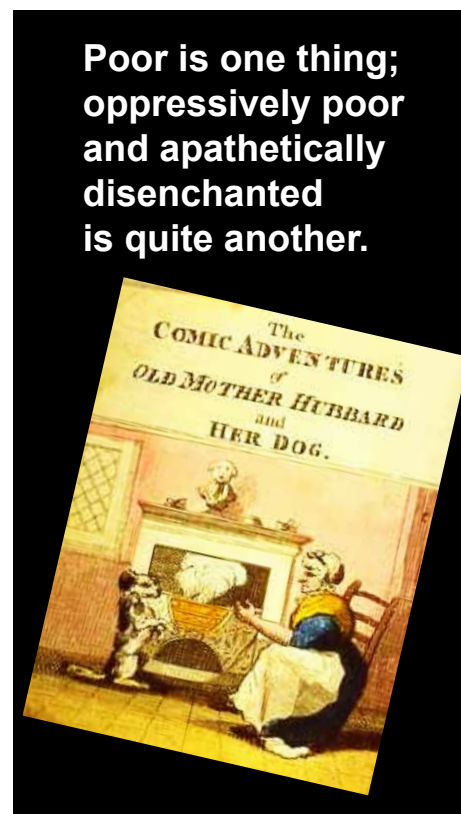
appropriate supports designed to humanize the system and afford a reasonable quality of life for those either permanently or temporarily, a “dollar short”, unable to meet basic costs of survival, the important basics of daily life that Ontario citizens deem necessary for its collective peace of mind; that we, as proud Canadians, feel strongly about giving those with less ability to function and succeed in the modern work the benefit of our prosperity of at least modest measure.

Poor is one thing; oppressively poor and apathetically disenchanted is quite another. With a low income cut-off (LICO) or “poverty line”) estimated at @23K per annum-single person, and recipients of MCSS benefits receiving as much as 250 percent less than LICO our conscience needs to be reawakened to the plight of so many and the impact their plight has on our reputation in the global forum on poverty let alone our nationalistic ideals and ballooning health and legal costs.

One of the characteristics of a democracy is the wonderful notion of opportunity. It is a staple in fact. Politicians campaign on it, corporations promote it that each citizen or employee is afforded the opportunity to better and/or sustain a reasonable quality of life and the chance to better themselves through their own devices using the mechanisms that western culture has developed over time through trial and error has been lawfully stated as a right; from learning what doesn't work through the annals of history witnessing the failure of exclusion and the despair that permeates through the ranks of the poor and disenfranchised leading to elevated health costs and back-ups in an already over-burdened legal system. Not all can compete for the

jobs; not all have the capacity either physically or mentally or both to achieve the “Canadian Dream” as it has been defined. Thus, we developed safety nets to honour our commitment to maintaining a quality of life acceptable in a modern world.

We have prided ourselves as Canadians in being generous, creative, and sympathetic to the plight of others less fortunate, less able, who carry burdens of mental, physical, or intellectual barriers to employment and education. Often, and especially during the campaign of Mike Harris and since, harking back



to mid-twentieth century policies, the disabled and unemployed have been deemed a drain on economics.

To be fair tax-payers deserve consideration too. People work hard. Everyone has dreams. All wish to be included in the ongoing pursuit of liberty without undue exploitation and the hardship of high taxes and their concerns must be taken into account but certainly not if the backs of the most vulnerable and

the stomachs of shoeless children pay the price.

It is true that the MCSS does provide certain allowances for transportation and back-to-work boots supports, for those attempting the find employment but, these extended benefits have limits and once exhausted the recipient can no longer turn to them--and the money gets used quickly.

Generally its five hundred dollars in extra support. If a person uses it in their pursuits, say, a haircut for an interview, out-of-town transport for an interview and such, that's it.

With soaring rental costs it's hard to imagine spending up to 75 percent of a six hundred dollar cheque (single person) for housing. Food Banks are a stop-gap at best. Yes, healthcare is covered. But only basics and forget about fixing up those teeth for a job interview—it's not even on the radar.

As a “comprehensive” social assistance review is currently under way by the Minister of Community and Social Service, Madeleine Meilleur, we can only hope that appropriate adjustments will be made, before too many recipients fall off the grid or suffer extreme health emergencies due to lack of nutrition or medical attention.

The recognition is there: “In a rapidly changing economy, people need the right supports to get through difficult times. The social assistance system we have now is not doing the job we want. The broad scope of this review will get us to where we need to go to really extend.”

Advice has been given, reviews have been made (and are being made), panels have been assembled and voices of recipients and their advocate have been heard. It's time that something concrete takes place, enough of shaming ourselves.

Bill C 23 on Voting

by Paul Shtogryn

If you are new and see the Canadian Citizenship Guidelines Booklet, the most important and responsible thing as a citizen is to vote and/or run for office. Voting rights are also protected under the Charter of Rights. The Supreme Court has also been involved, John Diefenbaker passed legislation so Aboriginals would have the vote in 1960. The Supreme Court ruled in 1988 that the mentally ill can vote. From 2000 the homeless can vote, and from 2002 those in jail can vote. The last two decisions were challenged by Court Challenges Canada, something Stephen Harper abolished in his first term in 2006. Conservative Party of Stephen Harper is a total new party that has nothing to do with the party of John A. McDonald, Diefenbaker, Stanfield and Mulroney.

However, Bill C 23 is a feeble carbon copy of the US Tea Party, an offshoot of the Republican Party

that wants to discourage the poor, black, and Hispanic who don't tend to vote Republican. With 2 ID's, they will be disenfranchised. The homeless have a number (1-800-452-2590) where Returning Officers visit the shelter themselves and register them. In case of provincial returning officers they must register themselves. Many of them also have criminal records. Even a \$50. fine for one joint means never crossing the US border ever again. So obviously they will never be snowbirds visiting either Florida or Arizona. They will be stuck in Canada.

It is estimated that as many as 125,000 people will be disenfranchised in the next election. Only 39% of the voters actually elected Harper. 7 million voters who voted did not elect anybody. They are asking for photo ID. This really means a driver's licence, which many of the homeless, seniors and

university students and Aboriginals don't have. You can get a photo ID for \$35., providing you have the money. What you may not know is that you can have a driver's licence or a photo ID. You cannot have both. I know several people who have moved 4 to 5 times in one year which also means that being on a waiting list with Niagara Regional Housing is difficult if not impossible.

Tim Hudak wanted to get rid of unions in Ontario, which could mean both working for minimum wage factory jobs with no benefits and competing with US Southern States like Tennessee, Alabama and Mississippi. Perhaps we are not so far off from a combination of 19 Century Britain's 'Poor Laws and the United State's 'Jim Crow' laws.

**Laws control the lesser man
Right conduct controls
the greater ~ MARK TWAIN**



Ontario Deputy Premier Deb Matthews's recent announcement to set a deadline to end homelessness may be worth keeping an eye on. According to Executive Director Steve Lurie of CMHA Toronto, there are at last count 40,000 individuals living with mental illness who are homeless and 117,000 vulnerably housed in Ontario. Let's hope that good intentions and goals to end poverty really truly materialize.



Thank you Mary Jo

Thank you for many years of dedicated service to SMUN and Street News as our Artistic Director and cartoon finder extraordinaire. You set the standard high and we will always welcome your input and incredible wit. Happy trails!



The world's longest drawing by a community, **Draw Your Neighbour**, launched in 2013 at the Queenston Neighbourhood Harvest Picnic. The 1.5 kilometre roll of paper donated by Resolute Forest products visited SMUN this summer. To date many neighbours have joined in the fun -- from Rodman Hall Arts Centre, Westview Centre4Women, Garden City Co-Op, Connaught Public School, and Extendicare -- with metres to go.

IT'S EASY TO GET INVOLVED - CONTACT : jrb - 905.641.0773

SMUN receives AWARD

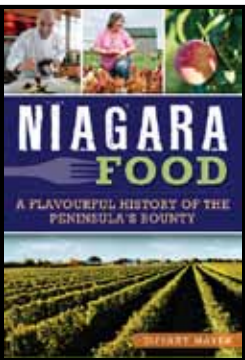


Susan accepts the John Oscypko award on behalf of Start Me Up Niagara for the work SMUN does to support individuals who need housing, from Catherine Livingstone at the Housing Help Centre/Community Care St. Catharines, Thorold.

GROW

SHARE

EAT



Tiffany Mayer, a SMUN supporter and local author, has just released her new book, **Niagara's Food, A Flavourful History of the Peninsula's Bounty**. It is a rich selection of facts and profiles that captures the story of our Niagara growing region. Through her 'Garden of Eating' projects and this book Tiffany continues to share the gifts of homegrown talent and abundance. For more info visit: www.gardenofeating-niagara.com

We Like You Just The Way You Are

Welcome
Come on in
Get yourself a cup of coffee
Make yourself at home.
Gentleness in the social garden.
I listened...I was included!
As I entered the process of self-discovery
I was searching for a place
Yet I knew not what that place would be.
Surrounded by some of the most courageous people
I have ever had the pleasure of meeting
Wisdom flows through their veins.
Every texture of personality
Every molecule of real life
Thank you, "Street News" and "Start Me Up"
For making me feel a part of something.
Me and my schizoaffective disorder
Me and my epilepsy
Me and my two heart attacks.
Me and my past
Where I continually
Allowed myself to become a victim
Now I am responsible for my own choices.
This is real life where
I am a survivor
Discovering a new canvas
"Just be You"
"We like you just the way you are."
"Welcome!"
"Come on in."

*by Janet, a dedication to Start Me Up Niagara's
move to 17 Gale Crescent, 2009.*



Healthy Kitchen

by Susan Stevenson

The summer is always a busy time in the kitchen. Garden produce and take out specialties keep Susan, new SMUN kitchen assistant Arne, and weekend volunteers running to keep up. **Ask what's cooking! Current fare includes:**



CHICKEN PIE

\$3.00 each / 6 for \$15.00.

MUFFINS - .50 each

LOAVES - \$4.00 - Zucchini, Chocolate Chip

**Place your order with Susan :
kitchen@startmeupniagara.ca**

The SMUN garden in Vineland provides many fresh fruits and vegetables to help complement main dishes and soups in our kitchen. To add zip to this tasty salmon loaf recipe submitted by Theresa, consider a fresh salad, or vegetables from the SMUN garden such as onions, zucchini, eggplant, corn, peppers, tomatoes, garlic, parsley, basil, sage, and chives.

Be sure to explore healthy options in your own cooking. And be sure to ask about new workshops and kitchen opportunities this fall.



Carmella cooks

recipe by Theresa Marcus

SALMON LOAF

- 1 tsp margerine
- 1 can salmon
- ¼ c chopped onion
- 1 tsp dillweed
- 1 egg
- 1 c crushed potato chips (can use bread crumbs)
- ¼ c mild (or use a can of mushroom soup)
- dash of mustard
- dash of pepper

In a saucepan cook onion, margerine, spices and soup. Add beaten egg. Arrange casserole with chips on bottom, salmon chopped up in middle and chips on top. Pour soup mixture on chips and spoon lightly poking down into bottom. Can top with cheese sauce or sprinkle of nutmeg.



Bouquets of Herbs

Davina Shafir lives in our community. For 3 years she has been supplying the SMUN kitchen with bouquets of fresh herbs, throughout the summer and fall. The herbs have been treated with the best of care-- they come to our kitchen washed, labeled, lovely wrapped and ready for use.

Davina lovingly cares for her herbs. The backyard herb garden is a source of comfort and joy. She is happy to share her herbs with the SMUN kitchen and with the community.

Davina is a wonderful example of a community partner.





Did you know **EMPLOYERS** benefit when hiring?

A recent report from the Ontario Chamber of Commerce cites Ontario could face a **shortfall of 364,000 workers** by 2025

- ◆ There is a need for the Province and employers to develop explicit ***strategies to better connect with existing pools of labour and talent including the population with disabilities.***
- ◆ About 1.9 million people in Ontario live with a disability
- ◆ Stats Can reports that 51.8% of people with disabilities are in the labour market. People working without disabilities is 79.1%. **Approximately 1 in 5 people have a disability.**
- ◆ A common misconception 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 helps employers save time and money through: PLACEMENT ◆ INCENTIVES ◆ RETENTION

Call today to find out more:

905-984-5310

SMUN is an ODSP Employment Service Provider

There are so many beautiful acts of generosity that happen in a world inundated with reports offering a lopsided view of humanity. Many stories are emerging with the passing of an amazing man, Robin Williams. A facebook posting credits this story to Robin. According to this source, when Robin was contracted for an engagement he included a rider that the employer would also provide jobs for homeless people for the duration of his contract.



**For Housing
Preservation
and Support**

Contact Kyle - 289-686-0639

Follow Us On *Twitter*
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facebook.com/startmeupniagara



website:

www.startmeupniagara.ca

contact: Jen

jpegg@startmeupniagara.ca

SUBMIT

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

Contact

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

Wake up World

***The planet does not need
more successful people. The
planet desperately needs
more peacemakers, healers,
restorers, storytellers
and lovers of all kinds.***

Dalai Lama

Answer for Suduko from page 16

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



"My name is Danny Savard, from Quebec -- it's 10 year now I enjoy my life to work for the farmer role in the garden. I worked 3 years like a supervisor in potatoes, spinach and jalapenos peppers. And 1 year in cabbage culture. And every year I enjoyed my life to do apple picking, and I really love it -- all trees change color and give us fruits and the next season has a coldest season. The job done and a break. I go back to school or do something because the growing season has done.

Now I work for Start Me Up in the garden and at the market to sell vegetables, we grow in the garden and I love that job with a really nice team. This year is particular for me because I learn a lot about some vegetables and manage harvesting in this large variety. Its a big challenge I love. ~ **Danny Savard**



Danny and Christine at Silver Spire kosk



Growing food, cultivating people. A happy reunion as Debbie, Roy and Dave connect at the farm. Roy rediscovered his love of farming in a visit with helper Andrew., first when Dave was project manager and continuing when farmer Deb joined the SMUN team. He visits regularly with his helpers.

In 2009, SMUN was gifted the use of a two acre garden plot by Vineland Research and Innovation Centre (VRIC) to grow vegetables for their neighborhood. We relied on volunteers but with generous support from the United Way of St. Catharines and the Ontario Trillium Foundation we hired a farmer so that sustainability became possible. This 'farm to plate' job creation project continues to thrive by hiring workers, making opportunities for volunteers,, growing provision for the centre, setting up sales kiosks at the SMUN site, St. Catharines Market, and Silver Spire United Church.



Yeah Starbucks



SMUN Team



Vineland VRIC Team



Donnie's runners

Emergency Resources

Shelter Information - 211

EMERGENCY HOSTELS	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 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
OUT OF THE COLD 905-984-5310 Various Locations 40 6 pm - 7:30 am Males and Females. Doors close at 11 pm.					

Start Me Up Niagara 905-984-5310 17 Gale Crescent Centre - Monday-Friday, Holidays, 9 - 4 Saturday-Sunday 11:15 - 1 Open to all AA Meeting Mondays 7:30pm;

Meals

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	Various Locations	Daily November 1 - March 31 - 6 pm	no cost

SMUN Family of Businesses

Happy Being Me
 Steve K-Lentinello Computer
 Hilton Tobin - Skin Care
 Event Planner
 Wizard's Detailing Plus
 Niagara Bags of Rags
 Neat & Tidy Landscaping
 Benita Collini Fine Art & Custom Design
 Freelance Editor & More
 Mo-Monday
 Williams Renovation
 Property Management
 Brush in Hand
 BBQ in a Bottle & More
 Loisel Antique Refinisher
 Sineads Nanny Services
 Tech for You
 T & T Services
 Maid for You
 Step into Healing
 Dove's Landscaping
 WB Photography

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
 The Office Tap 'n' Grill
 Stoke Seeds
 Marinelli's True "Italian Pasta Sauce"
 Pharma Viva Pharmacy
 Village Wellness - Healing Centre
 Costco
 De La Terre Bakery
 Simply Delicious
 Seaway Farm
 Home Depot
 Antipastos
 Team Marandola-Coldwell Banker

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.

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

Donate on-line - Canada Helps lists Start Me Up Niagara
 website: www.canadahelps.ca

