



VOICES FROM OUR STREETS  
WINTER 2014

# Street News

## Reaching Out During the Holidays

*by Karen Orlandi*

You know, I snuck into SMUN through the back door; just another volunteer, wanting to help, not knowing that it was me that needed help. Start Me Up is a lot like a lotus flower--just when I think I know what's going on, I find another layer of people helping people. That's really what it's all about isn't it--a real sense of community and belonging. I can only speak for myself, but I was raised to be "fiercely independent." I learned to always take care of myself and not to ask for help or to take what I hadn't earned myself.

As I've gotten older, and more importantly, after falling down spectacularly and often, I've finally learned to reach out, and ask for help when I need it. And when I don't need it, I've learned to reach out and give what I can. To me, that's what Start Me Up is really about--a true community where we can all find help and an opportunity to give back.

In the last little while, I worked with an incredible team to promote the Harvest Festival--shish was a fantastic success thanks to a whole

lot of people. The ladies over at Westview did an incredible job with all our scarecrows, and relocating last minute to Westminster United Church didn't dampen any of the enthusiasm. We're already excited about next year! As I write, we have just started up Out of the Cold again-- what a treat to see people I recognize from last year and lots of new people. I like the idea that strangers are just friends I haven't met yet. Coming up in February is our big fundraiser--Coldest night of the Year! I am looking forward to meeting all the new and old friends I'll be working with, and I know that we'll be successful if we work together.

In between, we've got the holiday season, which is a blessing and a curse--and there's only one thing I know that changes it from one to the other--people. I don't have any family related by blood in Ontario, and I remember so many cold winter nights alone at home with my dog and my tears. Today, my life has changed, wait, that's not true. Today--I've changed. Now I know when to reach out to others. I have

lots of family today, at Out of the Cold and all the events I will attend in the community. I can't walk into a Tim Horton's anywhere without seeing someone I recognize, and I am always up for a cup of coffee and a chat.

This season, as we approach the winter solstice and so many other beautiful and potentially lonely holidays, find a reason to reach out to someone. Please. I will, and I certainly hope someone who reads this article reaches out to me. I'll probably need it that day!



## Upcoming Events:



The **Coldest Night of the Year** is a fantastically fun, family-friendly walking fundraiser that raises money for the hungry, homeless and hurting in over 65 communities across Canada. Last year we had over 400 walkers here in St Catharines to support Start Me Up Niagara, and this year we're aiming for 500! Let's put the FUN in Fundraising!

### Simple Steps to Help:

1. Get a team together,
2. Get some sponsors
3. Join us in a 5 km or 10 km walk on **February 21, 2015.**

We promise, you'll help the community. Have a blast doing it! 905 984-5310 ext. 514  
Follow us on-line: the web, facebook and twitter.

## Thorold Community Drop In

**Wednesdays 1:30-3:50 p.m.**  
**12 Carlton St. South**  
**Thorold**  
**St. John's Anglican Church.**

Free coffee and snacks, practical help and problem solving.  
For more information call:  
905-227-5431

 **See**  
**OUT OF THE COLD**  
**Schedule**

**on**  
**page 13**

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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.



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**We must either love each other or we must die.**

W. H. AUDEN

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Huntington Square

St. Catharines

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# Moving Along....

by *Liz Roulston*

Ever since my beloved bike (Free Spirit) bit the dust, I've been challenged to find a replacement activity that suits my "Optimal Health" efforts.

I'm looking at my walking poles with renewed interest. They do have a certain appeal. The trouble is I can't get as far or as fast with the poles as I could on the bike.. Fast is in the mind of the peddler... An hour both ways to the SMUN Vineland garden by some people's standards isn't breaking the sound barrier..The Tour de France has been won in less time; but their bikes probably had more than one gear. So did mine at one time but years of outside storage permanently locked the free spirit into the hardest to peddle gear, hence my optimal health exercise.

This new life style, temporary I hope, also has me looking at my

eating choices. It's fall and all the root vegetables are looking pretty good..Mashed potatoes, turnips, sweet potatoes, squash..All good for us; but not with everything that tastes good on them. Aka butter, sour cream etc. Also soup season. Again healthy; but without the wonder breads and cheeses what's a bowl of soup? I'm going to find out. So it's Quinoa and Kale tonight.

I like the magic bullet juicer a way better in the summer..creatures of habit, creatures of the season I guess. I could cut the cream in my coffee and settle for cinnamon.

I contemplate my dilemma as I sit reading a book or watching a favourite program (the mentalist) in the warmth of indoors..The nights are getting colder and the library is fast becoming my idea of an outing. Meditating, spending time with friends, playing music, long hot



baths, are all good for optimal health; but eating and exercising are part and parcel for a complete package...so I press on.

I've engaged many including myself in an all points lookout for a similar bike..second hand circa 1980 free spirit...with 2 or 3 gears..comfortable seat and working brakes...no cross bar..(I'm prepared to buy up).

Success will out. I'm ever hopeful. Some say optimal health is state of mind. It's all of that; but I want my Free Spirit back.

## Just asking

by *Julia Blushak*

Are there homeless squirrels? Do birds nest surf? Or is it possible that some dogs advertise and rent out over-priced, bug infested boxes as domiciles? These rather silly questions may help to reframe the time tested relevance and wisdom of Maslow's Hierarchy of Needs. Has there been a more straightforward and comprehensive theoretical tool devised to help us understand the basic needs that we humans must meet in order to



**Abraham Maslow's Hierarchy of Needs**

achieve a fulfilling life?

Can birds work hard to feed and fledge their brood without a secure roost? Do we really expect families or individuals to grow from a deep

experience of emotional trauma and physical deficits?

Perhaps we have more sophisticated ways to parse out the intricacies of our social and connected lives, and Maslow's theory can be criticized as outdated, unscientific and too schematized. And yet this post-war (WWII) construct can still provide the groundwork for purposeful social change.

Are there advocates for the birds who flock regularly in safe places and rely on donations of dried bread and seeds? Can society afford to continue to under cut basic human needs and rights without harming a natural order for living?



# Celebrating 15 Years of SMUN

*by Susan Venditti*

As 2015 will mark Start Me Up Niagara's 15th birthday the theme of Street News will revolve around this celebration throughout the year. Liz, Rainbow, Julia and all contributors will add memories and dreams to the paper as the year progresses.

At this time of the year when the community is holiday obsessed because of a birth many centuries ago it seems almost trivial to mention our 15th birthday theme. There were no wise men, no shepherds, no star, no baby when SMUN's letters of patent were filed only a belief that life should/could be better for many people in our community.

For me it started in 1999 when I became an employee of the National Network for Mental Health

(NNMH). I was hired to operationalize a self employment service for mental health consumer survivors in St Catharines. The office was set up and all I had to do was make it happen. NNMH was supportive but expected decisions to be cleared before being implemented. After being self employed or in other words my own boss for many years I soon learned that my personality did not suit this traditional employer/employee relationship. By the end of the first year I was anxious to do more and so was the community advisory committee. With their help Start Me Up incorporated as Start Me Up Niagara on September 23, 2000 and we were on our way.

It has been quite a journey and as

a keeper of the vision and a memory holder I am going to celebrate that we created a place where human kindness, common sense and warm welcomes can still thrive even when surrounded by an expert driven bureaucratic world that too often undermines human capacity. That simple things like enjoying a hot meal together; one to one conversations; growing a garden; writing a poem; getting help to find housing or work; holding a neighborhood picnic and having a place to be somebody make a difference. An interesting year is just ahead. Looking back while moving forward, hope we don't trip.

**Love is the affinity which links and draws together the elements of the world...  
Love, in fact, is the agent of universal synthesis.**

**Pierre Teilhard de Chardin**



**On November 29, 2014 SMUN hosted its first Winter Expo at historic Westminster Church. Local artists, craftspeople, small businesses, local services, baked goodies and preserves, jams and jellies, pickles, salsa and chutney and many special visitors helped make this a great day.**



**by Brenda Coleman**

Start Me Up Niagara is heading into its 15th year as an incorporated Non Profit Organization.

In the mid 1990's the Ministry of Health held a call for proposals that was of great interest in the mental health community everywhere throughout Ontario. The MOH recognized that one of the steps necessary in the recovery of people with mental illness was to regain their sense of being a contributing member of society. Medications were sometimes a good first step, but the research was telling them that in order for people to regain their place in the community, there needed to be more supports to assist the people who had become isolated because of their mental health symptoms.

One of the fall-outs of mental illness is that those affected quite often become unemployed, lose touch with family and friends, and end up being cut off from the world around them.

In order to reach their full potential they need to establish a routine again, see people, pursue a hobby, or get involved in volunteer work. Activities in the community help to foster a sense of being part of the world again and is seen by experts in the field to be one of the building blocks of recovery.

At that time I was an Employment

Developer working for Canadian Mental Health Association, Niagara Branch. The Executive Director, Sheila Bristo and myself agreed that we would submit a proposal to the M.O.H. We requested funding that would provide work space for people with mental health problems who wished to pursue a hobby that might eventually lead to self-employment. This idea fell within the guidelines the MOH had outlined and CMHA was successful in receiving funding. The original funding was just enough to cover the rent for workspace found in a commercial building on Church Street in downtown St. Catharines. The new project was called Innovative Enterprises and had a regular group of people who came there to make jewelry, pursue woodworking, repair small motors, teach computers etc. The people who utilized the space were some of the people who had been receiving services from CMHA. They were delighted to have this new opportunity to pursue their hobby in a convenient place right downtown close to buses. After just a few months they reported that going to Innovative Enterprises gave them a sense of wellbeing because it was a place to go every day and meet new friends. Some started selling their work and after the first year the project had more than met the expectations of the MOH, but also

met the needs of the people because it helped them in their recovery by reducing their isolation and gave them something meaningful to do.

About the same time, the National Network for Mental Health opened a self employment site in St Catharines at 288 St Paul Street. It was one of 5 pilot sites across Canada funded as a research project to determine if self employment was a viable way to increase the unacceptably low rate of participation in the labour market by mental health consumer survivors. It complemented the work being done at Innovative Enterprises. It is interesting to note that Start Me Up's name was suggested by Director Jim Nicholl, Director of Innovative Enterprises, because the lyrics of this popular song seemed to capture its spirit-- *let's get together and you help me and I'll help you!*

Eventually Innovative Enterprises and Start Me Up were co-located at 288 St Paul Street.

People struggling with mental health, disabilities, addictions, housing problems, anyone who found themselves floundering in the marginalized edges of society were included. .

I read somewhere that a civilization is judged by how they treated the most vulnerable of their population. I believe Start Me Up Niagara will score high marks.



# ▲ A New Peak in Agriculture

by P. T. Marcus

▲ I spend most of my summer watering my garden, but what I have seen brings me to a new peak in agriculture and productivity.

▲ Plants are watered by a more mechanical system of drip agriculture. Black plastic provides mulch. All plant debris is removed and composted and added back later as organic fertilizer. Rows are kept weeded and wide rows provide excellent access by machinery.

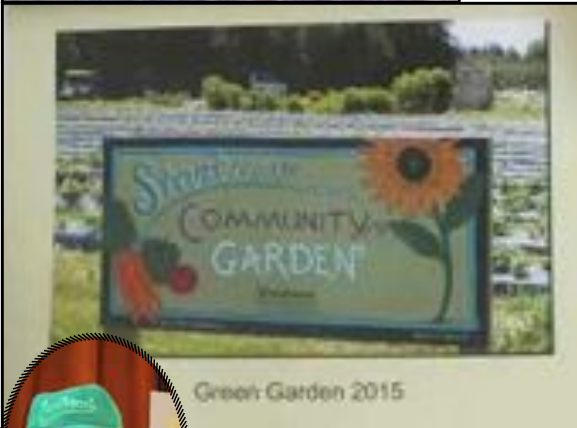


▲ Planting schedules are planned on computers to grow two or three crops during the season. This can be further broken down into time use and job description.

▲ By concentrated team work and a very good leader, several to a dozen people or more have picked crops from the field for a pre-arranged food supply program-washed and packed into boxes right away, saving valuable marketing time. Rows are likewise filled each week as the produce goes directly to the consumer as soon as possible to provide quality fresh vegetables.

▲ We try new crops each year and look for new food sources.

▲ There is experimentation in agricultural practices in an environment of the like-minded experts. Let's hope that next year is even better.



**2015 Calendar**  
by Green Garden

Makes a great Christmas gift!  
All pics taken by **Reg Soper**-  
gardener, photographer, artist.  
**\$10. Contact Kim, ext. 514**



**5th Annual**  
**Harvest Festival**  
Energy efficient Colander

**Royal Agriculture Fair**  
Decorative Displays to  
honour First Nations  
contributions in War of 1812.





# Queenston Harvest Festival

October 4th marked a very successful day for the 5th annual Harvest Festival at Westminster United Church. Originally scheduled for Totem Pole (Centennial) Park for its fifth year, organizers quickly diverted to the welcoming inside location up the road at the urging of the wind and rain. It was a great decision that benefitted all who participated—community vendors, performers and the few hundred people and families who attended (mostly from the neighbourhood)—all enjoying everything this free event offered. For the 5th year, traditional teacher, Jackie Labonte, offered blessings for the harvest and the coming together of the community to celebrate.

Start Me Up Niagara hosted the day along with Westminster and other participating agencies. The City of St. Catharines Cultural Fund helped with some of the costs. Always a welcome presence, the Salvation Army Truck provided coffee in the parking lot.

Two tents were set up outside featuring the harvest from the Start Me Up Green Garden as well as many delicious wares including pies and baking from the Start Me Up Healthy Kitchen.

There were service and handi-craft vendors, fun crafts for children, balloon creations by Fluffy and the crowning of a young king and queen for the day, Nate and Tyrah.

Live music including the Garden of Eden from Ryson's Music Studio, Breadless, young fiddler Olivia, and AboutTym3 to name a few provided ongoing entertainment throughout the 4 hour event. Fluffy the clown was a welcome addition



Something  
for  
Everyone

along with a visit from Ice Dog mascot, Bones.

*The Queenston Harvest Festival committee again is grateful to all who took part making this an annual event each fall. Thanks to all who helped. The 6th annual Harvest Festival promises to be even better—as it celebrates community involvement—at the same location next October. Something for everyone!*

# Opening Doors

*by Rainbow*

**I** have always loved and written poetry. Sometime in the late summer of 2006, I found myself in Susan Venditti's office. Due to the wierdness of the workings of my brain, I have no real memory of this; it is more like a faint echo of a memory of having once had the original memory. My mind is like a steel trap-with a sieve on the bottom-and one never knows what I will remember or for how long. I believe my father may have found Start Me Up for me after discovering my Trickster Gift (more about that later).

I found myself in a strange place with a strange person. Susan is very kind and non-judgemental, so I was less afraid than I could have been. Eventually, I showed her some of my poetry. After reading Susan got up, Opened a Door, and almost literally threw me into what turned out to be my very first 'Street News' meeting.

My entire life has changed-positively, for the most part-from that moment.

I have very few childhood memories—almost all of which are negative. After being born into a family where my father was abusive, my mother's life was ruled by my domineering grandmother (who was eventually institutionalized) and my grandfather committed suicide, I could have had a short, sad life with no prospects.

My mother was actually arrested more than once, for the 'crime' of being homeless. Recognizing that she was ill equipped to care for me,

my mother made the Ultimate Sacrifice and gave me up. While I feel for her, I also bless her for that decision. When I was three, an infant brother died of genetic causes and shortly thereafter my mother was found under "suspicious circumstances" that were likely suicide. She was 26.

By that time I was in my seventh foster home, having been abused in at least three of them.



My mom discovered me at four—around which I taught myself to read—but no amount of encouragement or flash cards could teach me math or directions. As it turns out I am hyperlexic (bibliophile," is for wusses; I'm an Omnivore!) but dispraxic (left/right? what's that?) and disnumeric (numbers? what??)

I was adopted at seven and my mom and dad and I spent several frustrating years trying to understand each other! Along the way I gained four siblings.

When I read what little FACS (an organization that I personally despise) has very reluctantly given

me, the abuse-and my autism-are quite clear.

In spite of my parent's love and concern, much of my childhood was hell. This is no fault of theirs.

In spite of low expectations from my teachers-and myself-I finished school, am the only one in my family to go to University and got a Library Technician diploma. I have "Sagittarius Luck" and a way of periodically breaking boundaries, including self imposed ones.

Advanced in some ways and slow in others, I finally learned-at the age of forty-four! what was "wrong with me" Turns out, nothing is "wrong" with me-I am simply Autistic. Specifically I have Aspergers Syndrome.

I also have a "Divergent IQ"; my assessor said that this is very rare and that she had never seen one as divergent as mine, which can travel (depending on my strengths and weaknesses) from mentally challenged to well into genius level.

I call this "Trickster Gift" Einstein/Duck (after Daffy) Syndrome as one never knows which will surface. Albert Einstein and Nicola Tesla are two of my heroes; Einstein is now known to have been autistic (his brain was kept and studied against his wishes) and Tesla, who was cremated, may have been.

Loving to research things as I do, suddenly much of my life fell into place. My self understanding (and self esteem) took a quantum leap. About this time, God sent Susan and SMUN and I, to each other.

After working for thirteen years



in a school library, I was deeply unhappy. I'd outlasted several staff including one Librarian who would out of his way to make me laugh. a variety of teacher and one Teacher Librarian who would go out of his way to make me laugh. After two years however, he was replaced by a man who was verbally and psychologically abusive. I spent the next eleven years doing all my own work and a large portion of his. While teachers called me a "treasure" for always knowing exactly where every book was at all times, this man would use words like "slow" and "pathetic".

Staff were more aware of this than I realized. This man eventually threatened me, not realizing that some staff were watching. I immediately dumped 11 years of pain on the principal. He took me seriously, but I was done. I was not going back.

I have found in my life that when God closes one door, He opens another. This time God used Susan to Open That Door.

SMUN has impacted my life in many ways. I edit and write for the Street News, giving me a forum for my voice and my poetry. I am constantly getting good feedback for this which boosts my self esteem. My love of clerical work (I'm one of those weirdoes who likes filing!) has me tracking several statistics, which Susan and Kim assure me are important to the continued smooth function of SMUN. I will soon be doing clerical work for others as well. I do the mail. I answer the phones. Over the years I have found myself in a few unexpected friendships including mentoring Bill Allen (aka MIDC and Liam) in our shared love of poetry. He would show me his poems and would than say "Well, if you think they're good,

then they are. That gives me courage to write more." Having been told by my own mentor-himself a published poet-that I was a natural poet and he could only teach me a few forms. I had never been in this situation before. Our talents were confirmed when I won first prize-and Bill won second-in a poetry project. This has given me the courage to write a book of poetry, which I wish to publish.

Liz, Kim, Kyle, Mary Jo, Julia, Susan and Tony have been invaluable to me over the years, as have my adoptive parents. SMUN helps me keep up my patience and social skills, which are better than they used to be. It can be noisy and overwhelming here sometimes, but I can deal much better now than I used to. I have just gotten a new worker for my hearing impairment, which will help greatly with the phone work. At 52, I continue to blossom. I have

even started "Readings by Rainbow", as I read Tarot cards

Most of all, I am proud to work for Susan who's a great, fun, gentle and understanding boss.

She is also a fellow Sagittarius (as is Liz), so we understand each other on a different level. As it is important to me to do something that helps people, I am very proud to work for SMUN.

SMUN treats people as people, not as units. There is no judgement, as it is taken as given that everyone has issues. If you need work or housing help, fine. If you need to socialize, fine. If all you want is a coffee and a place to warm up, also fine. SMUN accepts you where you are for who you are, period. SMUN impacts lives for the better. It has certainly impacted mine.

Thank you, God.

Thank you, Susan.



# Queen's Park Gives Little

by Paul Shtogryn

Kathleen Wynne's government promised to reduce child poverty with the 25 in 5 reduction. They failed to do so in lifting 90,000 Ontario children out of poverty and then blamed the Federal Tories for not pulling their weight. There are 1.6 million Ontarians living in poverty who will be getting 1% raise, but what they are not saying is that there is a 2.1% inflation rate. They have increased social assistance 21.5% more than Mike Harris but it has done little in abolishing poverty. Neither has their \$42 million "Community Homelessness Prevention Initiative". Ask those who have children on OW or ODSP if their situation has improved (despite the Ontario Liberal's claim of raising the maximum annual benefit for the Ontario Child Benefit to \$1310 per child as of July 2014) or if there is better care for children and youth in low income families, who have less access to outside services such as prescription drugs, vision care and mental health services.



During the last budget Wynne included \$199 healthy food supplement for adults on OW/ODSP and \$92 monthly Ontario Child Benefit this year and it will rise to \$125 a month next year. Are any of these impoverished families gaining?

Child and Youth Minister Deb Matthews stated they passed the "Poverty Reduction Act" where Ontario will spend \$300 is new money, providing another \$1 Billion

for affordable housing and construction repairs. At the same time the waiting lists for housing has jumped from 4 years to 10 years.

They give \$10 million a year to fund local anti poverty programs. I should ask SMUN if that is enough. The Ontario Liberals also creating 1000 new units of supported housing with \$16 Million over 3 years. It's pittance if you ask me.

So the Ontario Liberals are preening themselves for doing more than the Tories. Yet they have been in power since 2003. They have had more than enough time in 3 terms to make an impact. Nor have they raised the maximum worth for the Henson Trust (which is still set at rates from 20 years ago) and have not considered inflation, cost of living, etc.

I hope you muddle through by living day to day and saving your nickels and dimes throughout what appears to be a long cold winter ahead. The homeless already know this. May they be blessed through the harsh winter ahead.

## CONGRATULATIONS PAUL!



Paul Shtogryn receives the '60 over 60' Award for his volunteer work with Quest Community Health Centre.

## Politics Policy BULLETIN

### The BIG Push comes to Niagara

The **BIG Push**, a national campaign to bring a **universal and unconditional basic income guarantee (BIG)** to all Canadians, has reached Niagara.

A coalition of social service agencies and citizens has added

local voices to the call for a guaranteed basic income: enough money for everyone to pay for the all necessities of life -- food, clothing, and appropriate housing -- and enough to fully participate in community life. **BIG Push** is a proven, practical solution that can not only alleviate poverty, but prevent it. Now local action will 'go BIG' to help make basic income fully available in Canada. For more info: [rhonda.barron@bridgeschc.ca](mailto:rhonda.barron@bridgeschc.ca)



## **A View of Life**

**By B. Cronkwright**

All through life there seems to be  
So much confusion and things to see  
There are definite stages of learning of life  
And no matter what some lead to great strife.

No matter what journey  
We all seem to face  
We all seem to get to the very same place.  
A search for the meaning to be in this space

There's a definite purpose to being here.  
And God is hoping we draw him near.  
He sent the example in his own son  
To show us that Love is for everyone.

Love is the key that unlocks the door.  
To a path that can give us so much more  
He make our life better for all to see  
With God in our life we are all we can be.

God gave us the tools to learn on our own  
And taught us to teach our children at home  
What better purpose could there ever be  
Than to be like Jesus and teach it to thee!

**The shift from power to love takes  
us from a chain of command to a  
web of connection, from hierarchy  
to holarchy, from competition to  
collaboration, from our ego system  
to an ecosystem, from greed to  
green, from markets to networks,  
from unlimited growth to  
sustainability, and from the love of  
power to the power of love.**

**Anodea Judith, PhD.**

## **Our Skies Can Still Be Blue**

**By Geoff Ashcroft**

A few brief lines, a voice or  
two  
Just to say, I still love  
you

Remember me as I do you  
The sky above can still  
be blue,  
I sit alone, in one small room  
One bed, one chair, and  
thoughts of you

I quit the drink  
Stopped those pills too  
I know our skies can still

be blue,  
I know the skies,  
can still be blue  
Let's try again, just me and  
you

I know the sun can shine  
again

I miss you so, let's still be  
friends,

I'm on a roll, but it's been  
slow

It's been 4 months, I'm trying  
so

To win you back, has been my  
goal

Those winds and rain, have  
stopped I know

I know our skies can still  
be blue

I've changed my ways, the  
old is new

I'm not the way I used to  
be

I love you so, I'm clean and free

The sun is gold,  
grey skies are blue  
So please accept this  
note to you.

# Healthy Kitchen

*by Susan Stevenson*

Like an endless pot of good soup, the SMUN kitchen continues to serve up nutritious and tasty food and make new friends. We were busy this fall, supplying homemade preserves and various goodies for the 4th Annual Harvest Festival in October, and the SMUN Winter Expo 2014 at the end of November.

Cooking classes take place on Fridays. We always hope to see if people are interested so they can take part in the class. New participants for food preparation on Fridays are always welcome. Please see Susan or Tony.

We're still looking for a female participant to be trained for chicken pot pie making. This takes place every Thursday from 9am-12pm. For this they need to speak to Susan. We would like to build some wonderful gingerbread houses or make Christmas cookies if participants are interested.

We're still thinking of something special for the 15th anniversary--haven't forgotten. It's still brewing.....

The kitchen will continue to bake banana or carrot breads and muffins if we have orders, ensuring we sell the freshest baked goods possible. Chicken Pot Pies, mini Apple and Pumpkin Pies are also available to order. Please place your order through Susan or Dawn.

T: 905 984-5310 Susan: ext. 508,  
Dawn: ext. 561, Tony: ext. 503





## The Deacon's Bench

# "Me? Addicted?"

by Deacon Maurice OFS

Once, at Start Me Up Niagara, a wiseman said to me, "Everybody's addicted to something." He wasn't talking only about himself (his addictions are visible to everyone). He wasn't talking just about me (my addictions are harder to see from the exterior). He was talking about you too.

Why is it that Alcoholics Anonymous' 12 Steps have translated so easily to so many other 'visible' addictions: drugs, narcotics, shopping, working, overeating, sex? There is a wisdom—a spirituality—in them that is fundamentally true and important for all of us to reflect on—and to connect with.

**Step 1** is direct. Can we accept that all of our attempts to be strong, to be independent, to be 'siloed,' to be 'in control' ... are futile and self-destructive? We are meant to be poor—not in money or things—but in spirit. We are meant to depend on God and on each other.

**Steps 2 to 3** help us to identify our need to depend—not a little bit, but entirely—on God. Our hearts were created by God and our hearts are restless (and addicted) until they rest in God.

**Steps 4 to 11** point to the importance of our relationships with other people. We need each other. We need to accept that our lives—

the strengths and the weaknesses in our lives—affect others, and that we are affected by others.

**Step 12** has helped so many people discover that it is in serving rather than being served—in helping others—that we really and finally find security, peace, wholeness and joy.

In this holiday season, a season of endings and new beginnings, may the Lord bless you. May He make His face to shine on you and be gracious to you. May He turn His face to you and give you peace. May your eyes and His eyes look into each other deeply in this season of love, and for all time to come.

## OUT OF THE COLD

### ST. CATHARINES

November 1, 2014- March 31, 2015  
6:00 p.m.



### Hot Meal with or without Overnight Shelter

<b>Sunday:</b>	Westminster United Church 180 Queenston St.
<b>Monday:</b>	Silver Spire 366 St. Paul Street
<b>Tuesday:</b>	Roman Catholic Cathedral of St. Catherine 67 Church Street
<b>Wednesday:</b>	St. George's Anglican Church 83 Church St.
<b>Thursday:</b>	St. Alfred Roman Catholic Church 272 Vine Street
<b>Friday:</b>	Knox Presbyterian Church 53 Church Street
<b>Saturday:</b>	Queen Street Baptist Church 57 Queen Street

Out of the Cold (905) 984-5310 or (905) 641-2249

Shelter Info 211

## In Memoriam

*Start Me Up Niagara offers deep  
condolences for our friends who shared with us,  
and passed in this year of 2014~*

**Tom Angrove**

**Al Bigalow**

**Katie Marie Camble/**

**katiecambelfoundation.com**

**Les Gaidaur**

**Ronald Gamache**

**Chris Gervais**

**Mark Gilby**

**Terry Kush**

**Gordon Lane**

**Mrs. Lilley**

**Barbara McLeod**

**John 'Dog' Tomzick**

**Davina Shafir**

**Colleen Simpson**

**Hattie Tanouye**

**Dorothy Vanderleek**

## Memorial Service

*Wednesday January 20, 2015 - 4 p.m.  
Start Me Up Niagara*

## For Housing Preservation and Support

Contact Kyle - 289-686-0639 ext. 507



## 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.**

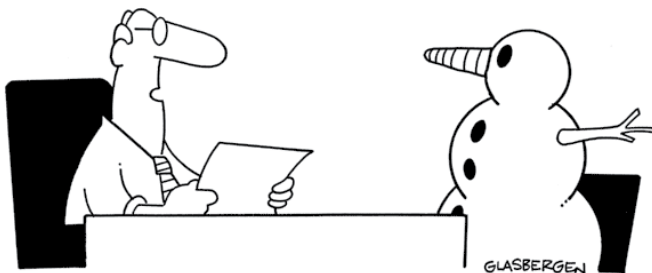
**Start Me Up Niagara helps employers save time and money through:**  
**PLACEMENT ♦ INCENTIVES ♦ RETENTION**

Call today to find out more: **905-984-5310**

**Faye: ext. 504 Judith: ext. 506 Jen: ext. 505**

*SMUN is an ODSP Employment Service Provider*

### EMPLOYMENT AGENCY



"They're looking for someone who's well rounded and knows how to keep a cool head."

**We  
build  
too  
many  
walls**

**and not enough bridges...**

**- Sir Isaac Newton**

## JOIN US FOR... Pasta Dinner

Dine in or take home

**\$10.00**

**Wednesday,**

**JAN 21, 2015**

**5-7pm**

**17 Gale Crescent**



## 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

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@SMUNiagara

Like Us On *Facebook*  
facebook.com/startmeupniagara



website:

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

contact: Jen

905 984-5310 ext. 505



# 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
Out of the Cold	905-984-5310 905-641-2249	Various locations See schedule pg.11	30	6:00pm to 7:30am	age 16+ Day Hostel services: SMUN Centre 17 Gale Cresc.
The RAFT	905-984-4365	17 Centre Street St. Catharines, ON L2R 3A6	16	24hrs	males and females, ages 16 - 24; no alcohol or drugs
Salvation Army Booth Centre	905-684-7813 905-684-7990	184 Church Street St. Catharines, ON L2R 3E7	22	24hrs	males only, ages 19 and older; no alcohol or drugs
Southridge	905-682-2477	201 Glenridge Avenue St. Catharines, ON L2R 3G8	35	24hrs	males and females; no alcohol or drugs
YWCA St. Catharines	905-988-3528	183 King Street St. Catharines, ON L2R 3G8	28	24hrs	females and females with children; no alcohol or drugs
YWCA Niagara Falls	905-357-9191	6135 Culp Street Niagara Falls, ON L2G 2B6	20	24hrs	females and females with children; no alcohol or drugs
SPECIALIZED SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
CMHA Safe Beds	905-684-7271, ext. 43230	15 Wellington Street St. Catharines, ON L2R 5P7	7	24 hrs	must be referred from hospital's community crisis care or mental health agency; 3 to 5 day stay; ages 16 and up; no alcohol or drugs
Men's Detox	905-682-7211	10 Adams Street St. Catharines, ON L2R 2V8	18	24 hrs	men only; no alcohol, drugs or smoking
Women's Detox	905-687-9721	6 Adams Street St. Catharines, ON L2R 2V8	12	24 hrs	women only; no alcohol, drugs or smoking
Gillian's Place (St. Catharines & District)	905-684-8331	P.O. Box 1387, St. Catharines, ON L2R 7J8	24	24 hrs	females and females with children; at risk of violence, no alcohol or drugs

**Start Me Up Niagara** 17 Gale Crescent **Drop-In Centre Monday-Friday, 9 - 4 Saturday - Sunday, 11:15 - 1 (lunch),**  
**Office Monday - Friday, 9 - 4 Office closed December 24 - January 2, 2015 Centre open**  
**(Out of the Cold guests extended drop-in winter hours: 9 - 5, weekdays 11:15 - 5 weekends)**

## Meals

**Salvation Army Booth Centre** 184 Church Street

**St. George's Breakfast Program** 83 Church Street

**RAFT** (ages 16-24) 17 Centre Street

**Southridge** 201 Glenridge Avenue

**Out of the Cold** various locations **see schedule pg.11**

**Ozanam Centre** 235 Church Street

**Start Me Up Niagara** 17 Gale Crescent

Daily 8:00am, 12:30pm, 5:15pm \$2.50-\$3.00

Daily 7:30am-8:30am no cost

Daily 6:30pm-8:00pm no cost

Daily 6:00pm \$2.00

Daily 6:00pm no cost

Monday to Friday 11:30 - 1pm \$1.00

Saturday, Sunday 11:15am-1:00pm no cost



## Christmas Events

**Gord's Place**  
Dinner  
84 James St.  
905-685-4673  
12-5pm December 25

**Salvation Army**  
Dinner  
Westminster Church  
905 935-4311  
905-684-7813  
3-5:30pm December 17

**Friends of Recovery**  
Westview Church  
129 Queenston St.  
Open Houses  
Dec. 24 - 4 pm to Dec. 26 - 4 pm  
Dec. 31 - 4 pm to Jan. 1 - 4 pm

**Start Me Up Niagara**  
Open House Drop-In  
9am - 2pm Dec 25 and Jan 1  
Regular hours through  
remainder of holidays

**Out of the Cold**  
Regular schedule see pg.11  
Dinner and Overnight



## SEASON'S GREETINGS FROM SMUN FAMILY OF BUSINESSES AND SUPPORTERS

### SMUN Family of Businesses

Benita Collini Fine Arts & Custom Design  
Bleeding Orchid Tattoo  
Brush N Hand  
David Allen Computer  
Do It All Landscaping  
Donna's Mobile Beach  
Doves Gardening  
Dueck Artwork  
ESL Virtual Classroom  
Gopher 4U  
Greenough Property Maintenance  
Hammer Mobile Car Wash  
Happy Being Me  
Hilton Tobin - Skin Care  
Italia World  
Liz's Clean Break  
Maid 4U  
Neat and Tidy Property Maintenance  
Niagara Bags of Rags  
On the Level Auto Repair  
Organic Necessities  
Original Crafts by Loriann  
Paint It - Clean It  
Robert Prescott Delivery  
Sinead's Nanny Services  
Steve K-Lentinello Computer  
Summerland BBQ in a Bottle  
Tech For You  
The Happy Spinster  
WB Photography  
Whimsical Windows and Garden Art

### Business Supporters

7-Eleven on Dorchester, Niagara Falls  
Antipastos  
Con Gusto Artisan Bakery  
Costco  
de la terre bakery  
Garden city FOOD CO-OP  
Giant Tiger  
GM Canada  
H2Only  
Home Depot  
John Bear Motors  
Marinelli's True Italian Pasta Sauce  
Minuteman Press  
Nokara Farms  
Pharma Viva  
Ryson's United School of Music  
Seaway Farms  
Simply Delicious  
St. Vincent de Paul Thrift Store  
Starbucks Canada  
Starbucks: Fourth Avenue, Martindale,  
Scott, Lake  
Stokes Seeds  
Storm Hair Group  
Team Marandola Coldwell Banker Realty  
The Laundry Tub  
The Office Tap & Grill  
Tigchelaar Berry Farms  
Village Wellness  
Vineland Research Innovation Centre  
Walmart  
Wright Brothers Produce

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

Enclosed is my donation for: \_\_\_\_\_

☐\$25 ☐\$50 ☐\$75 ☐\$100 ☐other\$

Please direct my donation to: ☐ \_\_\_\_\_

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

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

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: [CANADAHELPS.org](http://CANADAHELPS.org) They help!

