

Street News



It was a cold and blustery Saturday night...

The Coldest Night of the Year Walk is over, but the enthusiasm and community spirit remain.

The walk happened in 80 communities across Canada on Saturday, February 22, with 22,000 individuals walking to raise awareness about and funds for programs that assist individuals facing homelessness. It is designed to be a friendly, family, fun event and indeed it was. This was the third year that Start Me Up Niagara hosted the CNOY event. Bob Tanouye, Event Chair, is thrilled to announce that over \$88,000. in pledges have been raised.

It was a cold, blustery Saturday evening when more than 400 people bundled up for the cold crowded into the Market Square. After a send-off by Bishop Bergie and SMUN Board Chair Bob Hillier, the walkers set out on 2, 5, 10 km routes through the downtown. Even with the wet snow falling all were grateful that the temperature was above the record breaking cold of the days before. Lots of cheers, helpful hands plus rest stops at Mahtay Café and Giant Tiger helped walkers on their slippery way and safely back to the Market Square. Here they were

greeted by enthusiastic volunteers cheering and spinning noisemakers.

Once past the line of cheerleaders walkers enjoyed hot refreshments provided by the Collegiate and Holy Cross culinary programs, sweets with cookies from Denis Morris, hot beverages from Starbucks and refreshing H2Only water. Music throughout the evening performed by many local talented artists and carefully managed by MC Liz Bonisteel made it a fun night. By 8:00 p.m. the walkers were on their way home and volunteers were taking down the decorations and packing up the equipment. Oh - What a Night! Now on with the work!

Start Me Up will use the funds it raised as part of the down payment to purchase the building it rents at 17 Gale Crescent. It understands the necessity for putting down roots so that it has a permanent more secure place in the community it serves. Thanks to the walkers and generous donors it is in a position to buy. Everyone will be invited to celebrate when this happens.

How is the Coldest Night of the Year walk helping to end homelessness?

It raises awareness that leads to action both in the short term of service provision and in the long term of policy and legislative change. The walk helps us to continue to provide services where they are needed. The support the walk received from Mayor Walter Sendzik, MPP Jim Bradley and MP Rick Dykstra is a positive sign for change.

Susan Venditti

coldest*night
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Canada:	St. Catharines:
80 Locations	1 Location
2160 Teams	33 teams
13,888 walkers	304 walkers
65551 donors	1577 donors

Sending a strong message!

1 community ready for change!

Across Canada Scoreboard:

Start Me Up Niagara, St. Catharines --

#5 for most donations raised

Tony's Tigers -- **#3** team in Canada

Bruce Lilley -- **#4** walker in Canada
for donations raised

THANK YOU St. Catharines!

See you February 20, 2016!

HAPPY SPRING!



UPCOMING EVENTS:

Watch for **Gala Fundraiser**
at SMUN this summer 2015.

PLANT SALE

Roots Up at plant sale.
Bill Burgoyne Arena,
May 9, 2015.

SMUN Garden Opening
June, 2015

Art Expressions with January

News from Garden City
Food Coop - <http://www.gardencityfoodcoop.ca/>

JOIN US FOR...



Pasta Dinner

Dine in or take home

Wednesday, April 15

Wednesday, May 20

only **\$10.00**

5 - 7 p.m.

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.



To donate or contribute to
Street News
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More empathy please

by **Julia Blushak**

Who doesn't appreciate a little empathy? Not a day goes by without the invisible and essential force of empathy—sometimes with intensity and sometimes not—demonstrating that it helps to connect our individual natures to make a difference in our lives.

Some of us know the phrase 'to walk in another's shoes.' This wise old saying is defined in today's psychological terms as the experience of understanding another person's condition from their perspective. This can be experienced as our own 'affective empathy' or emotional response to another's emotions. And it is also our capacity to identify with and understand another person's perspective as 'cognitive empathy.' Source: <http://greatergood.berkeley.-edu/topic/empathy/definition>

We now explain so many of our

human habits and behaviours through brain research observations. And so, recent studies have identified that the brain's 'mirror neurons' play a part in our capacity to mimic, or to feel as if we are doing and feeling an activity by merely watching another. So the saying, 'monkey see, monkey do' is now scientifically proven! Empathy is in our nature. But it is not compassion. In order to actually make a difference when we witness another's suffering or joy, we still must act, reach out to another and do what we can—and not simply resonate sympathetically.

OK then, a little empathy can go a long way. It is like a gateway brain activity that can contribute to amazing feats of compassion, human thriving and social progress. Who wouldn't appreciate a little genuine empathy now and then.



Dr. Guitar

by **Susan Stevenson**

I get asked this question a lot. How does Start Me Up Niagara differ from other agencies? Well, there are a few things I could say but one thing I have noticed is it's the people that make the difference. We have many people that help run the center. As usual these people are quietly going about their day helping out without any notice or thank you and what I'm about to share with you is a perfect example of how one person has made a difference in the lives of many here at SMUN.

Kris is a long time participant.



Kris is friendly, quiet, usually sitting off by himself, chatting with others or playing guitar and singing. Well for as long as I can remember Kris has taken it upon himself to care

for the SMUN center guitars. We have 3 guitars for anyone to play, which they usually do we are lucky to have many talented people. They get lots of use and Kris is here taking great care of them. He restrings the guitars, keeps them in tune and makes minor repairs ensuring the guitars are ready to use. Recently Kris was busy working away in the coat closet where we keep the guitars; I hate to say they've been kept on the floor up against each other not the best place. Well Kris has remedied this by installing guitar hooks so the guitars hang safely off the floor and away from each other.

Thank you Kris, its people like you that make the SMUN difference.

...when more than 400 people, bundled up for the cold, crowded into the Market Square.

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Oh What a Night. When more than 400 supporters bundled up for the **Coldest Night of the Year** fundraiser for SMUN, it was inspiring to be part of such an enthusiastic cross section of people working together for a common cause. There was a huge representation of youth who participated at every level: walking, entertaining, volunteering, and cooking. Many familiar faces as well as so many new faces joined the cause. As always, volunteer participants from the Start Me Up Niagara community, working and welcoming the community at large. **Thank you everyone!**





ODE TO ROOTS UP

My name is not important but known to some of you.
 I have a dirty secret.
 I am a green garden addict.
 It started in the summer of 2012.
 It was hot.
 Had my first taste of the SMUN green garden as a volunteer.
 Old childhood memories of enjoyed field work on a small scale
 came flooding back to me.
 Planting carrots, radish and beets, picking beans and tomatoes,
 it all came back.
 Something about the smell and the feel of the soil sparked long
 forgotten emotions.
 The excitement of seedlings appearing in rows as if by magic held
 my imagination.
 I was lost.
 The next two years passed like a blur.
 To think that someone would pay me to do it was unbelievable
 to me.
 I was in heaven on earth despite the weather.
 Could not wait for the season of dirty hands to arrive.
 The winters were worst of all.
 Days spent in the library alcoves shyly looking at seed catalogues
 and books on gardening.
 Lonely nights fondling seed packets with dreams of what their
 contents could become.
 I was hooked on the garden concept.
 Silently waiting for spring to arrive with its promise of another
 season to arrive.
 What could I do, I was caught by the throat.
 Now the season begins again soon.
 Back into the green house I will go.
 The cycle starts again.
 Mother Nature what have you done to me?

In 2014, genuine interest and commitment began to build in support of a budding social enterprise. By working toward a community business model, the name **Roots Up** was agreed upon for the enterprise.

A big thank you to Ramsey Cardozo, an intern from Brock University who joined the team for the winter months, researching and helping to establish ways to help us measure our progress toward self-sustainability. These tools were also enhanced with the support of Brock's School of Business consulting team of Nancy, Askari and Glenn.

Big thanks to the St. Catharines Horticulture Society for donating proceeds for the Seedy Sunday. Roots Up will be at their plant sale, Bill Burgoyne Arena, May 9, 2015.

This season Roots Up is launching a Garden Basket initiative, making fresh local produce available on a weekly basis throughout the growing season.



How have we loved?

by Deacon Maurice OFS

“Love one another as I have loved you.” John 13.34, John 15.12

What an extraordinary demand! If I don't read it carefully and slowly, I could mistake it for *“Love me as I have loved you,”* because that's the human perspective that we are used to. So it's good that as well as this human perspective, we have a divine perspective too: a perspective where love is more than looking out for number one... a perspective which gives us strength and motivation to love others as we have been loved.

But just how have we been **loved**? In this Holy Week/Easter season you see the radical love of Jesus Christ. He loves enough to sacrifice himself for you. He loves enough to suffer for you. He loves enough to

die for you. He loves you enough to rise from the dead for you – and to stay with you until the end of time.

And he loves you this much even though you're not perfect, or not always loving, or not always even nice. That seems an extraordinary love; but it's not. It's ordinary love. It's the only real love, and He tells us to love each other this way: to love each other as He loves us.

And He tells us to love also those people who are not perfect, or who do not love us in return, or who are not even nice to us. Each one of those difficult or annoying people is loved by God - loved by Jesus Christ to the death exactly as he loves you. If I can realize that the other person is also loved by God, that is the first step towards loving this person too.

It's so easy (so natural) for us to see first everything that is wrong with another person – everything that is lacking or broken... but if we just turn around 180°, and see that person through the eyes of Jesus on the cross – then we can forgive, and accept, and love.

And if we can accept other people despite their short-comings, then we can know that we are accepted despite our short-comings. And if we can forgive other people despite how they disappoint us, then we can forgive ourselves despite how we have disappointed ourselves. And if we can really love others – then we can live in the Easter light of being loved unconditionally, and eternally, and infinitely.

A happy and blessed Easter to each of you.

by Rev. Cheryl

Blessed to live in Niagara

There is a song from my spiritual tradition that goes,

“In the bulb there is a flower; in the seed, an apple tree; in cocoons, a hidden promise: butterflies will soon be free! In the cold and snow of winter there's a spring that waits to be, unrevealed until its season, something God alone can see.

by Natalie Sleeth

It is a song that plays happily in my head these days as I watch the snow retreat and the buds appear on the trees. It is a tune that makes me smile with the hope of a new growing season that before too long,



flowers will burst forth in my garden and I will go out and buy packages of vegetable seeds to plant. My gardening efforts tend to have small harvests in terms of vegetables, but big harvests in terms of joy. I feel

blessed to live in the Niagara region when I see the fruit trees and grapes on the vines. One of my great pleasures is to walk a little ways down the road from my church and visit Debbie and “the Fellows” at the Vineland Community Garden. Despite the busy and labour intensive work of the Farmers, there is a wonderful sense of peace that comes from connecting to the land. To see seeds become starter plants, those plants grow and flower, then produce. Somehow the squash and the carrots taste just so much tastier! If an opportunity arises to visit the Community Garden, I would recommend that you check it out.

Healthy Kitchen

by Susan Stevenson

RECIPE:

Creamy Potato Garlic Soup

**A hearty soup for
dearly spring days**



2 onions, 2 ribs of celery, 1 medium sized carrot shredded, sauteed in tbsp of oil and 1 tbsp of butter, 2 bulbs of garlic
1 quart of stock
2 skinned bulbs of garlic, drizzle tsp of oil over top wrap in tinfoil and bake for 20 min 400 degrees, or until soft and brown, bits of dark brown ok
1/4 tsp nutmeg, 1/2 tsp of rosemary
4 or 5 medium sized potatoes, diced
1 quart of 10% cream
1 tsp salt, 1/2 tsp white pepper or to taste
1 skinned bulb of garlic sliced thin, cooked in enough vegetable oil so chips can float. This cooks quickly so have parchment paper ready.

Small handful of fresh parsley, chopped fine
Seasoned croutons also nice on top of soup too

Step 1 - Onions and celery diced with some shredded carrot and lots of raw garlic cloves sauteed in oil until onion is translucent.

Step 2 - Add fresh vegetable stock, bring to a simmer.

Step 3 - While this is cooking place in oven several skinned bulbs of garlic and roast till soft, than place in a blender and mix it well adding stock to thin out would also help to pour this mixture into the simmering soup. This roasted garlic adds a very distinct flavour.

Step 4 - Add diced potatoes and bring back to boil. Add a pinch of nutmeg, and rosemary.

Step 5 - Simmer, and allow potatoes to break down, now add more potatoes and real cream.

Step 6 - Repeat bringing to boil, simmer and allow potatoes to cook.

Step 7 - While this is happening peel some garlic and slice very thinly, cook in oil making garlic chips, drain on paper. Chop fresh parsley.

Step 8 - Season soup with salt and pepper, serve and garnish with garlic chips and parsley.

Serves : 6 - 8

Storage: Best eaten fresh, will keep for a few days in refrigerator



(l-r) Volunteers: Sam with rice krispy squares, Tanya's first try at lasagna

Northface volunteers help with lunch and this year's Out of the Cold event 2015- BIG thanks!



NEW! SMUN kitchen wrapping machine. Thanks to Tony Marr, Foodland, Thorold for donation of plastic wrap.

Insert - Wayne perfects yummy bacon cinnamon buns.



O IS IT ALIEN, OR IS IT EARTH

By R. G. Cousins, Jesse A. Lepp

We made them pay for their crime
But they changed the currency forever

O is it Alien, or is it Earth

Oh, everything up above
Just above dirt
So why should it matter what words we use
Or what words hurt
I'm from the stars, I'm from the cold
I'm here for the moment to ease your weary souls

What it is down below or high above
Is it Alien, Is it Earth?

Do you want to shout?
What do you say?
Do you want to know?
Do you need to pray?
I'm from the stars, I'm from the cold
I'm here for the moment to ease your weary souls

O is it Alien, or is it Earth

How many degrees does a body take
To warm a heart that will not break

The system is broken in need of repair,
If only the government, our employees
would care.

They say they're helping
But the help isn't real
Spend a day in our shoes
And see how you feel.

By Deborah Hoover



A Sparrow's Revenge A Raven's Delight

by Paul Shtogryn

The sparrows are searching in winter's dark and days light
Hunting for scraps, looking for worms,
The ravens get first choice leftovers delight.
Tut the sparrow is patient, sheltered and warm,
While the raven hunts fiercely, a duty to swarm
But winter turns to spring and the sparrow will prevail winter into spring
Being much happier, content while surviving absolutely everything

Second chance

By Paul Flowers

Intro:

I lived on the streets, lived for the dope
I just knew I could cope
It was life in the fast lane, it was the wrong lane
But I only have myself to blame.
I was number one at crime, unfortunately I even did some time
It's now I've come to realize I need life bad.

Course:

Here I sit all alone, fantasizing what it's like to be back home
Doing things I usually do, hanging out with my crew
Walking with my girl through the park, making sweet love
way after dark
But here I am in my cold cell, cursing my path to go to hell
All I wish is to lead a normal life, have a house and a beautiful wife
These thoughts are sincere straight from my heart, all I ask is for a
brand new Start

Hook:

After all is said and done, my path is dead and gone
Life too short don't throw it away, you'll find God as long as you
pray
Life is not a song and dance, God gives life a second chance

Verse:

I don't want to go on living like this, I want something positive that
I can reminisce
I can't have opportunities pass me by, I have to be able, and reach
for the sky
Have to make something of myself, don't want to rely on no one
else
I have these goals I must fulfill, got to get them done before I'm
over the hill
One of these days I'm going to make things right, I'll give it one
hell of a fight.

Always Remember This!

By January Pratt-Headley

You were once carefree
You are very pretty
And about as smart as they come
If someone doesn't find you interesting
Then they really are a no one
If they can't love you for who you are
And what you love to do
Then maybe they just really are
Not the right friend for you.

But don't let this discourage you
You're still great the way you are
And there are many friends in this world
People just like you
You just have to stay positive
And they will come to you.

Always remember,
Your beauty,
And your brilliance,
And your fun
Cause that's the You
That we all love
And makes you number one!

What is it that I seek?
Addictions when I'm weak

What is it that keeps me alive?
Still waiting for life to arrive

What is it that I'm here for?
My heart yearns for more

What is it that I cannot see?
I know there's more to me

What is it that will make me whole?
That is certainly my life's goal

by Sean Massicotte

SOME SAY

By R. G. Cousins

Don't know we know where we're goin', sometimes I wanna hide
Got more reasons than I'll ever need to fly
There's been times Lord, I swear I saw the light
Still I find I'm turnin' left while You're turnin' right

Up ahead there's a man he's waving me down
Says he's goin' to heaven wants me to hang around
That I should try, just try to be found
That Jesus makes the whole wide world go round and round

My cousin won the lottery just the other day
He's gettin' everything he dreamed of parties every way
So I asked him what he had to say
All he said was, you pay to play

One time I was hitchin down to Mexico
A salesman picked me up and said, this life's the way to go
If you want livin boy, go for the gold
Tell you why son, I oughta know

They say you get wiser as you get old
But I find as time goes by the less you wanna know
All my life I been preached at, Lord, I been told
One thing's for sure, you gotta hold your own

Some say it don't come easy, it's there to take
Some say believe in Him, all you need is faith
Still others say, you make your breaks



by Rainbow

This is not the Cross of Suffering but of Support
This is not the Cross of Polarity but of Equality
This is not the Cross of Denial but of Abundance
This is not the Cross of Time, Place, or Prophet but of Eternity
This is not the Cross of Hatred but of Unconditional Love
This is not the Cross of Greater or Lesser but of Pure Potential
Where you are, I AM
And where I AM, you are already home.



Is Progress Always Best - Not Really

by Paul Shtogryn

Some will say you can turn the clock back, but not on technology or change itself.

Just looking at my own neighbourhood I see things that I truly miss. I could mail a letter in the red Canada Post boxes in five minutes but now I have to walk across town just to mail a letter. I could buy a newspaper at 8:30 in the morning at Anna's store which is no longer in business. We had a licence bureau where when I received my renewal for either my licence or licence plate sticker I would walk to the Licence Bureau and get it done in only 20 minutes.

Some of the happiest times was when I would drive to the Pendale Movies and see a show, then drive to Brock Golf and at the driving range and from there drive to A & W drive-in for root beer and hamburgers by turning the headlights on and have the girls serve you at your car. Brock Golf and closed the basement golf range and discontinued winter golf school for the last 3 years but still exists. Another one of my fondest memories was going to get foot long hot dogs with chopped onions at 19 Queenston Street known as Tasti Treat with a large coke. I once met Kevin Maguire when he played for the St. Catharines Saints and then went on to play for the NHL Maple Leafs and Sabres before becoming an NHL referee. That was coupled

with going to the Town Cinemas for \$4 Tuesdays. Even if you froze and needed a blanket it was still fun. The Lincoln Theatre had "Jaws" as a summer blockbuster that I saw along with the movie "Alkve" about the soccer team involved in an airplane crash that survived in Uruguay. There is only one movie theatre that exists in the city now at the Pen Centre.

I remember shopping at Kreskas on St. Paul St. for school supplies. One thing I truly miss is the Red Grille at Woolco's where you got a tray and loaded it with french fries. They had a nice red and white picket fence design on the wall. I still have a crocheted cloth calendar that hangs in my kitchen from Woolco. I last visited it in November 1998 and by February or March the next year it was gone for good.

This is just my opinion but I miss

the General and Hotel Dieu hospitals now that they are gone and I don't want to think of being a patient at the new one. The Brock Centre for the Arts may be out of reach if ticket prices are \$50 or more. And the jury is still out with me as far as the \$50 million new arena.

The ticket prices have been raised by \$45. per game and with almost 2000 empty seats it reminds me of the 1975 St. Catharines Blackhawks or the 1986 St. Catharine's Saints.

So who says change for the better is always true. Somehow I think what we once had is for the better than what we have now. I guess the 1979's wasn't so bad after all and don't get me started on some of the high school closures. I guess it's best to live one day at a time and reflect on what is now memories but that is all they are now, just memories.

Politics Policy BULLETIN

Put Food in the Budget

Ontario remains a wealthy province inflicted with the disease of poverty.

The Ontario Common Front and the Ontario Federation of Labour are calling on you to join students, workers, retirees and community and anti-poverty activists at an Anti-Poverty Assembly

on April 17 & 18 at the University of Toronto. **FREE REGISTRATION** CALL Yvonne Kelly at 416-697-4208 to book a home stay **or \$30. / night at the Friends' House - book early!**

WHEN:

5:30 p.m. on April 17 through to 6:00 p.m. on April 18, 2015

WHERE:

OISE Building, 252 Bloor St. W., U of Toronto

A True Story

by **Bob McDonald**

My daughter recently commented that “When you make a donation you don’t always have the opportunity to see the good that it does.” Well, I’ve had the good fortune to see and experience the benefits of community resources that I didn’t know existed-until I needed them

Like many, I took our wonderful health services for granted. Then the roof fell in. My daughter took me to see a doctor in Hamilton for an examination/consultation. That was the last time I saw home for a while. He admitted me to St. Joseph’s in Hamilton immediately and operated within a few hours. I had advanced cancer.

My voice box and thyroid were removed. I spent about 2 months in hospital. Two operations. The medical team and nursing staff, the daily maintenance people-where do they find them? So caring, so empathetic, so professional.

Next came 35 trips to the Juravinski Hospital for radiation treatments and consultations. Day after day I was picked up in St. Catharines by a volunteer driver from the Canadian Cancer Society and taken to Hamilton where the driver waited and drove me back home. I was very weak and unable to do a lot for myself. I wanted to live as normal and as independently as possible. How could I?

That’s where Niagara Regional Housing came into the picture. They found a beautiful little apartment for me at 15 Gale Crescent, in St. Catharines. St. Elizabeth Nursing provided daily nursing services,

and the March of Dimes came in with personal service personnel. These women are well trained but more than that they care about the people they are assigned to help. I could not live on my own with so much independence without them. With March of Dimes, CCAC, St.

Elizabeth Nursing, Canadian Cancer Society and organizations like the Salvation Army, it’s easy to respond to my daughter’s comments that I mentioned in the opening paragraph.

I see the good that our donations produce. I live it every day.

Another True Story



By Taylor Lightfoot - 3rd yr Brock nursing student

(l-r) Students Laura and Taylor prepared lunches for all the guests

When I first heard I was being placed at Start Me Up I can’t say I wasn’t disappointed. I always had it in my head that I wanted to work in the hospital environment and did not like the fact that I was being sent to a placement that was in the community and required very little hands on skills. I researched the program hoping I would find something that would give me some light at the end of the 6 week tunnel I was about to enter. I went in that day a little anxious and not expecting to gain much out of the experience. And then I began meeting the people who work, use and are a part of the Start Me Up program. As I entered their world

and listened to their stories, they unknowingly (I think) changed mine completely. Every single person I’ve met has a story worth listening to if you’re willing to listen and enter the sometimes sad, scary, hopeful, joyful, happy and loving world.

They have completely and absolutely changed my perspective on community health nursing so much that I’m considering it for a career in my future. Working with these folks has been an absolute life changing experience and I am truly thankful to everyone I’ve met, who, in sharing their stories and experiences have taught me what life is truly about.

**COLOUR
CHART &
SYMBOLISM
COMPILED
BY
RAINBOW**

SYSTEM	COLOUR		POSITIVE	NEGATIVE
	BLACK		Potential, roots, foundations Hidden/ subconscious	repression, “shields up” bullying, misuse of power, absence
	GREY & SILVER		intuition, seeing possibilities, Lunar/ Female, hope, faith, amplification, cooperation	depression, negativity, lack of faith; illogical, refusal to cooperate
Reproductive & Circulatory	RED		roots, strength, life force, sexuality, passion, love	anger, rage, excessive energy, misuse of power &/or sexuality
Thymus & Immune	PINK		compassion, purity	hypersensitivity
Adrenal & Eliminative	ORANGE		individuality, empowerment, sensuality, courage, creativity	ego, lust, antisocial behaviour, bullying, misuse of power
Digestive & Muscular	YELLOW		joy, mental focus, clarity, knowledge & study	overthinking, “scattered” mentally overstimulated
	GOLD		Solar/Male, healthy ego, talents, prosperity	greed, ego, misuse of power or talents
Circulatory, Immune, Thymus, Autonomic Nervous	GREEN		balance, Nature, health, growth, “centred”, prosperity	wear Violet and touch Nature if there are tumours
Respiratory	BLUE		intuition , creativity, inspiration, finding one’s “Voice”, peace	apathy, procrastination, lack of alertness
Lymphatic, Immune, Pituitary Gland	INDIGO		balances hemispheres, intuition, meditation	oversensitivity, “spaced out”, illogical, obsession, “separateness”
Pineal Gland & Skeletal	VIOLET		connection, Divine Inspiration, dreams, anti-cancer properties, humility	depression, bringing up old issues
	WHITE		purity, Oneness, Divine Presence, Silence	isolation, “stifled”
	BROWN		Nature, “grounded”, healing animals, common sense	greed, materialism
	DEEP PURPLE		Nobility of spirit	tyranny



We all know that Spring is coming (I personally have been waiting for it since the first snow-fall ended). The Sun shines a little stronger each day. The trees are gearing up to put forth new leaves. Over the next 3 months as Seeds acknowledge their potential to become Flowers and Fruits, we will see more color than merely “sparkly white” and “dirty gray”.

According both to ancient Spirituality and modern Quantum Physics, everything in the Universe operates off the principals of Resonance and Vibration. This means that at a sub-sub cellular level, everything is in constant movement, sometimes referred to as the “Cosmic Dance”. Colour, a product of Light, is no exception.

As colour comes back to our world you might be interested in the meanings assigned to it over the last twenty or so thousand years. If

a colour strikes you, it has meaning. If you are drawn to that colour, it resonates with you, meaning that your frequency, the rate at which it vibrates, and the colour’s frequency are in harmony. If not, they are in “dissonance”.

A quick guide to colour meanings may help with appreciating them—and remember, God made the Rainbow for a reason. It is a sign of Inclusivity, of Oneness in diversity, because every colour needs the frequency of the previous colour to manifest itself. As the Frequencies shorten from Black (the lowest, longest waves) to White (the highest, shortest waves in the visible spectrum) all colours must depend on each other to make a Rainbow.

And so must we be a Human Rainbow, each and collectively. Obviously, even God finds just one colour boring!



- 👁️ **White light is made up of a range of different colour hues. They can be seen in the sky after a rain as a rainbow, or by shining white light at an angle through a prism, where each hue is refracted at a different angle, resulting in a colour spectrum.**
- 👁️ **We can see things because our eyes can sense colour as specific wave lengths of light that reflect off objects.**
- 👁️ **Humans can normally see a range of hues from red, orange, yellow, green, blue, indigo and through to violet.**



Corvines are one of my Totems



Corvines are one of my Totems. Their Medicine relates to the proper use of Magic, Power Potential and Creation. On February 19th, 26th and March 6th a Black bird blessed me with the knowledge that my life is completing one cycle and entering another. I am looking forward to Raven’s challenges.

~RAINBOW~



OUT OF THE COLD

Little did any of us think when we met with Rev Kathy Petrie at Queen Street Baptist Church in 1996 to talk about joining them to offer an Out of the Cold program in St Catharines that we would still be involved in this ministry of hospitality 18 years later. Kathy said, "Quite simple — 7 churches each opening one night a week, with teams of volunteers welcoming all and providing

a hot supper and warm bed if needed with no questions asked." Today the basics remain the same but church volunteers are joined by many others from across the community. The donor base has also broadened. In addition to the Out of the Cold night program, Start Me Up Niagara's day hostel, which assists with other needs, is thriving.

When we started we thought home-

lessness was a problem that would surely disappear when people knew it existed here and then implemented solutions to provide housing for people who were 'homeless.' **People who are homeless need housing.** They do not need to be fixed or made more comfortable so they can have a better quality homeless life.' Simple!

Finally a glimmer of hope as the Housing First philosophy is spreading across Canada. It promotes housing as the first step to remedying homelessness. The value for the individual is obvious for the community—priceless!

Many wonder how much longer Out of the Cold can continue as volunteers age, face new challenges, seek new experiences and feel less confident as the issues guests present become more complex. The guests are aging too. I think Out of the Cold will continue as long as there is real need, with its ranks of volunteers boosted by the energy and enthusiasm of new volunteers and partners. I am hoping the need will decline quickly as new thinking around the issue takes hold in Niagara. It has been a long time for those who are waiting. Another season is over. Thanks to everyone!

*Susan Venditti
Chair, Out of the Cold
Interchurch Committee*

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**

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SMUN is an ODSP Employment Service Provider

**All these singers
All these religions
One Song
~ Rumi**

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snapd St. Catharines
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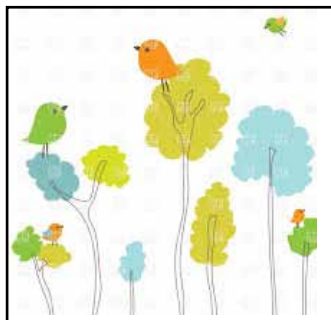
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Yes, I want to support Start Me Up Niagara

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 - '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 on-line: CANADAHELPS.org. They help!



EMERGENCY RESOURCES

Drop In Centres

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 females with children; no alcohol or drugs
YWCA Niagara Falls	905-357-9191	6135 Culp Street Niagara Falls, ON L2G 2B6	20	24hrs	females and females with children; no alcohol or drugs
SPECIALIZED SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
CMHA Safe Beds	905-684-7271, ext. 43230	15 Wellington Street St. Catharines, ON L2R 5P7	7	24 hrs	must be referred from hospital's community crisis care or mental health agency; 3 to 5 day stay; ages 16 and up; no alcohol or drugs
Men's Detox	905-682-7211	10 Adams Street St. Catharines, ON L2R 2V8	18	24 hrs	men only; no alcohol, drugs or smoking
Women's Detox	905-687-9721	6 Adams Street St. Catharines, ON L2R 2V8	12	24 hrs	women only; no alcohol, drugs or smoking
Gillian's Place (St. Catharines & District)	905-684-8331	P.O. Box 1387, St. Catharines, ON L2R 7J8	24	24 hrs	females and females with children; at risk of violence, no alcohol or drugs

Start Me Up Niagara 905-984-5310 17 Gale Crescent St. Catharines L2R 3K8

CENTRE Monday - Friday: 9 am - 4 pm Saturday, Sunday: 11:15 am - 1 pm

Statutory Holidays: 9 am - 3 pm OFFICE: 9 am - 4:30 pm Closed: 12 - 1 Lunch

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