



# Street News

VOICES FROM OUR STREETS  
Fall/Winter 2015

## No spare coins for me — I want real change!

by Angela Browne

The holiday season is back upon us, with the usual asks for the food bank, the Salvation Army bell ringers, the Christmas gift program, the soup kitchen, etc. We see it every day in the newspapers, on TV and on radio. At this time of the year, I tend to shut off most media where this type of thing is going on, as it just inflames me.

I am not angry at the people who donate goods, money and time to these causes, but at the very organizations that are hogging the publicity, while at the same time, giving our senior levels of government a pass AND indicating to the public (through this publicity) that the poor are “looked after”. There is nothing further from the truth, especially given that for whatever reason, 4 out of 5 people in need do not seek help from any of these organizations, and many of these organizations have their own definition of who is “in need” (which probably keeps some people away).

In the meantime, all of those people “missed” will not be enjoying any Christmas holidays, or perhaps, they resigned themselves to believing that enjoyment of these traditions are strictly for the middle

and upperclasses of our society. Even those who do manage to get to one of these programs will not feel they are going away with pride and hope, as poverty by its very definition, is indefinite and there might seem to be no end to it. This same giving spirit will no longer be there in January and February and the rest of the year, when they will continue to need help.

Our political leaders continue to choose to tap only into the expertise of those that put on these events, provide this type of charity, and continue to give a pass basically to the powers that be. But they give consultation to the real experts, the ones that know what they need to escape poverty, short shrift, assuming they are ignorant of all things

policy and all things possible.

It is assumed the poor should be “served”, but not have doors opened for them to leave poverty.

So much is put on by the powers that be about “child poverty”, while the poverty of adults, seniors and family heads get ignored. It is like once your kids leave home, it is acceptable now for you to live in poverty. For those who never had kids, or fell into poverty later in life, such as in their senior years, it is acceptable for those folks to stay trapped in it as well. After all, Christmas is for kids, but the rest of the year... oh well, the poor just have to make do. It becomes okay to start the blame game against the poor after the “season of giving” is over. *continued on p. 12*



**Angela L. Browne** is a regular editorial writer with *Street News*. Angela is a paralegal practicing in the Niagara region, in the areas of human rights, employment, administrative and provincial/criminal offences (such as summary conviction offences). When Angela was Executive Director of the National Network for Mental Health (NNMH) she wrote the original 1997 proposal to establish six self employment sites across Canada to assist mental health consumer survivors to explore self employment as a viable work option. The project was funded by the federal Opportunities Fund through the NNMH with St. Catharines chosen as one site. This was the seed for Start Me Up Niagara. **Thank you Angela.**  
~S.V.

# EVENTS

## Expressions Art Collective

Thursdays: 2 - 4 pm

15 Gale Crescent

Everyone Welcome

## OPEN ART Workshops

Mon - Fri - 10am - 2 pm

at SMUN Drop In Centre

17 Gale Crescent

See Aaron - Free Activity

All Welcome

## Housing First Video

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

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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

Works with individuals whose  
lives have been impacted by poverty,  
unemployment, homelessness,  
trauma, disabilities, health and  
substance abuse issues to develop  
level of self sufficiency and  
quality of life by  
providing opportunities to improve  
health, increase community integration  
and support employment.



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# Human Value

by Dawn McIntyre

Each day I come into work I'm met with different challenges, each one as unique as the person who's conveying it. The challenges that present themselves differ in magnitude as well as quantity and diversity, but each one is very real and immediate to the individuals that are experiencing it, as well as to the person trying to help solve it.

Each day a great group of people gather at 17 Gale Crescent. At 9:00 am the doors open and individuals are welcomed into our center as they grab a snack. We are fortunate enough to be able to offer coffee, tea, water, bread or anything else that might be available to them through generous donations from some amazing people and organizations. The wonderful volunteers and students are standing at the ready to deliver these items to our participants and free the staff up to respond to the participants in need.

Our fearless leader Tony, works tireless hours to bring our team together and to make sure we have all we need to get through the days, while still managing to help those in need. The downstairs administrative staff cover all background details (that people don't even know exist) with grace and expertise. Our employment, housing and gardening staff work ridiculously hard to help the folks that come into the center in order to meet their needs. Dr. Susan and her efficient sidekick, Patty, make the challenge of finding money to keep this ship afloat look easy. The dynamic staff upstairs operates the center, a creative team of indi-



SMUN Meatball Gang hard at work preparing for another Pasta Dinner.

viduals who work from the heart to offer any services that they might have at their disposal to help meet the needs of the participants who visit SMUN. Many agencies come to the centre to deliver their services to our friends. So many support our agency throughout the community, and incredible individuals cross our threshold each day continuing to face their challenges with strength and endurance. All these people make SMUN what it is today; a safe and welcoming environment for our friends and family that supports our community and its needs.

I am told all too often, "I could never do your job" or "it takes a special person," maybe so, but it takes a lot of special people to do what SMUN does in a day. Each one of us contributes to the other and we surround ourselves with people who are all in this environment for the right reasons. What I have found

through working here over the last four years is that we are all valuable in our own ways and we depend greatly on each other in order to accomplish what we do in a day; we are a solid, social unit.

The definition of a family is a social unit, considered as a group, whether living together or not; consisting of one or more adults and the people they care for. This is what we have become. We all need each other to grow and learn and share; we are a family in the truest sense. What we need to learn as a family is that every one of us carries tremendous value and worth and it is up to us to learn how to unlock that value for one another.

Remember... your value does not decrease based on someone's inability to see your worth! Thank you to everyone who helps me to see my value and worth each and every day.



# HAPPY BIRTHDAY...

by Karen Orlandi

SMUN and I have our birthdays in the same month, so maybe that made me more aware of just how many birthdays we celebrate around here. It seems every week there are one, two and sometimes three cakes being presented, cut and eaten. I was thinking this year, that maybe I was getting too old to celebrate birthdays, and I wondered why everyone wanted to be reminded just how old we're all getting. But that got me to thinking...birthdays are pretty wonderful.

It seems that we are always celebrating accomplishments. Someone did something amazing. Maybe they graduated from University, maybe they're getting married, maybe they won an award, released an album, had a baby, got a promotion... Who knows? I don't know about you, but there isn't a lot of that to go around. Chances are, I'm not getting the Key to St Catharines any time soon. But what I will do, what we will all do (God willing) is make it through another year.

This year will have twists and turns, some bad and some good, but when next September rolls around, I'll have a reason to celebrate. We will have a cake,

and celebrate the fact that I'm still around. You see, that's what I realized, we celebrate birthdays here at SMUN because YOU are worth it. You, me and everyone here needs to celebrate just that we are.

Birthdays are the only day where we celebrate the fact that you are alive. You are special. You are worth celebrating just because you are. It's not about what you did last year, or what you're going to do next year. It's about You being here today, and all of us recognizing that we're glad you're here. We're glad you're a part of our lives here at SMUN.

We each need a special day, because that's exactly the point, we are special. We are each unique, wonderful, sometimes broken people who need each other, and need reasons to celebrate our being here, and being part of each other's lives.

Thanks for being in mine, and HAPPY BIRTHDAY!



*P.S. Just for the record I'm 49.*



## STATS

**for social scientists who value quality of life measures**

**Average 2 cakes / week x 52 weeks = 104 cakes**

**Average weight of each cake = 8 pounds**

**Average gross weight of cakes distributed-**

**104 x 8 = 832 pounds of Birthday cake OH yeah!!!!**



# THE BIG PUSH FOR GAI

Now with the elections over, we know who is running things for the next four years. Although many of the low income and homeless didn't vote there is a stake in it for them. Some I know get only \$550 or \$750 a month to live on. Voting or being interested in politics may not be their thing. But suppose they were to get \$8-\$10,000 more a year than what they are getting now. I'd be glad to spend mine and deposit theirs into my account if they are not interested. That is what can happen if basic guarantee income came into force. Two parties, the Greens and the Liberals, agree. I called Liberal party headquarters in Ottawa (1 888 542 3725) for the answer. At first they thought I meant the guaranteed supplement for seniors, which they favour. I said no, I'm talking about the Guaranteed Annual Income (GAI) for all low income Canadians. They called back about ten minutes later from Ottawa saying yes, they have had it in their platform since 2004. Also, they agreed to have the OAS put back to 65 instead of 67 for those born after April 1, 1958. A purple post card campaign of about 5000 cards was sent out by my group "The Big Push" where the winning candidates received the question

of GAI with our mailing address.

Mental health is a main concern of mine, especially in regards to imprisonment and stigma. Justin's mother, Margaret, is open about having Bipolar Disorder. I did get an e-mail that the Liberal party is in the forefront of battling the stigma. Justin's father, Pierre, was in the fight to abolish poverty.

From February 22, 1974 to February 1979, then Prime Minister Pierre Trudeau and Manitoba Premier (NDP) Ed Schreyer had a five year experiment with GAI in a small Ukrainian farming community in Dauphin, Manitoba. Premier Schreyer would later be appointed Governor General of Canada by Trudeau.

Positive results came out of this experiment. Marriage / Divorce didn't change, but the crime rate — including violent crime—dropped.

The high school drop out rate also went down. Health care costs went down as a result. Despite these success rates, the program was scrapped for political reasons. This was found out through the Freedom Of Information Act.

The GAI would vary in situations. Certainly Nova Scotia's rates would be lower than Vancouver, where real estate and the cost of living is higher. Also, a family of six would be paid more than a single person, this being tied to a living wage, rather than minimum wage.

Certainly, if the Liberal party is sincere in their promises (and Justin is his parents' son) this should be a top priority. Let's hope so, as the GAI would be a great tool in helping to destroy poverty once and for all. That would be a GREAT Christmas & Holiday present indeed.



## Thank you Joyce.

Joyce is a past employee of RBC and a SMUN volunteer. RBC has a donation program for past employees who volunteer \$500 per annum. This is Joyce's third RBC donation. What a great idea. What a great volunteer.

~Susan



# POETRY

## The Place

*by Tara Thibodeau*

When I lay my head down each night  
I dream of how to make it all right,  
Of a place where everyone is housed,  
No matter their income, no matter their issues  
Surrounded by people who care  
And try to help you get somewhere.  
Don't matter if you've been in jail,  
If you have addictions,  
If you have mental health issues  
You won't get forced into anything  
Doesn't that have a nice ring?  
It would be a safe place  
Where you don't have to hide your face.  
Everyone there matters  
And support is offered all times of the day  
This place accepts everyone,  
No one gets turned away.  
Wouldn't it be nice  
If it wasn't just a dream?

## Rainbow Warrior

*by Lenin Solinos*

Be a warrior of peace and love.  
Be a rebel against injustice: to all living things on this planet.  
Be a good human to this heart. Protect it and conserve it for  
all generations to come.



## Aurora

*by Rainbow*

Through cloudless deep, the sparkling bands entrance  
beneath my feet, the brittle crunch of snow  
in swirling curtains, colours shift and dance

One cannot give this show mere passing glance  
when solar winds sweep wildly to and fro  
through cloudless deep, the sparkling bands entrance

I stomp my feet, and try to ease my stance  
and, bone-chilled, on my frozen fingers blow  
in swirling curtains, colours shift and dance

I take the gift that Mother Nature grants  
and watch in awe as colours melt and glow  
through cloudless deep, the sparkling bands entrance

Cathedral-like, the tundra's wide expanse  
contrasts with sable night; they chase and flow  
in swirling curtains, colours shift and dance

Red, Blue, and Green retire and advance  
rising to the spheres, then sweeping low  
through cloudless deep, the sparkling bands entrance  
in swirling curtains, colours shift and dance

**I hate race  
discrimination  
most intensely and  
in all its  
manifestations.**

**Nelson Mandela**

# POETRY

Poems inspired at  
'Honouring the Warrior Within'  
Poetry Workshop with Rainbow

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Expressions Arts Collective

## The Battle Within

*by Ryan Zogtenberg*

The battle within the Keep  
throw the enemy out in the street  
New palace will arise  
King and Queen on our side  
Together pressing forward through the dark  
leading the people to a peaceful park  
All the challenges that we face  
Opening up to a greater grace  
Fire, Wind, Water and Earth  
Spirit provide the greatest Mirth

## Conscientious Objector

*from Shirley Alligood*

Try as I might  
To not give up the fight  
It seems I don't have the heart  
Or the ideas to start  
So for now I'll just go  
And no one will know.

## One Day a Week

*from Shirley Alligood*

One day a week we meet once more  
At 15 Gale, with friends from next door  
We each express our sentiments  
Regarding feelings and events;  
And all of us, each with a different style,  
Gather together for a while  
To share some art, a poem or story  
Dredged up from our own territory  
To represent the things we know;  
To share with friends we meet and show  
There is not much difference 'tween me and you  
The things that pain me, hurt you too.  
We love our friends from Start Me Up;  
We're like different teas, in the same cup!

## Gratitude

*Gratitude is to be present in the  
appreciation of life's abundance and to  
share that light with others.  
Gratitude is an attitude that empowers my  
life and is free to anyone who practices it.*

*It is the gift I wish for everyone.  
Thank you for 2015. All the best in 2016.  
~S.V.*



# HARVEST TIME IS HUGE



## Harvest Festival 2015

*The 5th annual Queenston Harvest Festival* was a showcase of neighbourhood talent. The hall was packed before we opened the doors. The children's craft table was crowded with children, and the massage tables with their parents. Food was plentiful, both to eat and take home. Every table was filled with entrepreneurs with exciting offerings to buy and services to book. Music filled the air, and the SMUN garden displayed their bounty. Where are we going to put everyone next year? **What JOY!**



New and old,  
friends and neighbours,  
family and loved ones  
came together to mark  
Start Me Up Niagara's  
15 amazing years  
in the community.



START ME UP NIAGARA  
CELEBRATION



## Loving Creator of All

**We give thanks:**

For this Community who has gathered today to celebrate.  
For the Community who has passed through the doors before us,  
Those who gave life to this Neighbourhood for over 15 years.

**We give thanks for the love and the laughter,**

**For the food and creativity,**

**And for kind words and safe spaces in times of tears.**

**As we move into our next era of Community, we ask You to bless:**

**Bless us with acceptance and growth and opportunity.**

**Bless us with patience and kindness and consideration.**

**Bless us with joy and hope and good health.**

**And when time of struggle comes (and they always do),**

**May we stand together , being a voice**

**For justice, sustainability and friendship.**

*The Reverend Cheryl Wood-Thomas, B.A., M.Div., Board member*



# ROOTS UP Thumbs up!

**Start Me Up Niagara's Roots Up** garden team is winding up its 2015 growing season by planting garlic and storing lots of sweet potatoes for the winter months. One of the goals this past year was to extend the harvest by using a greenhouse and late season crops.

If you have visited Market Square on a Saturday morning lately, you will find Michael and Reg there selling broccoli, cauliflower, lettuce, spinach, arugula, carrots, beets, squash and all kinds of potatoes. It is almost December and they are still going strong at the market! Definitely a sure sign of a successful year. The team has done well to establish a presence at the Saturday market and at Silver Spire United Church on Sundays. A big Thank You to the loyal customers for their support and continued encouragement. Special appreciation goes out to the mem-

bers that signed up for the weekly Garden Basket.

Preserving the harvest by dehydrating some of the surplus fruits and vegetables is an additional venture that has created much interest. The opportunity to develop and expand Start Me Up Niagara's processing capacity will be explored with new private and public partnerships in the 2016 season.

The garden's success depends on a great staff, volunteers, customers and partnerships. The ongoing support from Vineland Research and Innovation Centre cannot be measured and is truly appreciated. Thanks everyone for a great season. See you in the spring. **by Debbie Sexsmith**



## Express Yourself

**Expressions Collective** came into being as a writing and poetry group expanding to include sketching, painting, marker art, Dream Catchers, Medicine Bags and finger puppets.

The notion of unstructured art is not new; and really interesting in practice. We have an eclectic mix of accomplished artists and others who are novices—some experimenting for the first time. Expressions is the type of collective that requires accessible space and materials where everyone is happy doing their own thing in a safe, non-judgemental environment.

We've taken field trips to NAC,

The new Centre for the Arts, Totem Pole Park and the SMUN garden in Vineland as well as having some of our art beneath the glass on the tables of the Fine Grind Coffee Shop on James St.

Grateful for the support from the Niagara Region Prosperity program and Start Me Up Niagara, we continue to grow artistic expressions.

We meet **Thursday afternoons from 2-4pm** at 15 Gale Crescent's Niagara Regional Housing apartments right next door to Start Me Up Niagara. The group is pretty much self led by participants and volunteers. **Everyone is welcome.**

## Policy

### more SLICED BREAD

In light of the current Trans-Pacific Partnership (TPP) discussions and the Canadian benefit from this trade deal's sweeping impact, an excerpt from the British *Hansard's Parliamentary Debates 1847* on *'the price of bread'* echoes back to some early roots of political and economic globalization. Page 1012 of the original text reads as follows:

*"Baronet had caused considerable alarm and some indignation amongst a numerous and respectable body of men—the bakers of the metropolis. They maintained that the price of bread had risen and fallen with the price of wheat, and by a reference to the weekly averages of the price of wheat, their statement would be found to be borne out.... It should be observed that there were two prices for bread. The right hon. Baronet had commended Gentlemen to deal with parties as only charged a fair price. He believed the competition in the trade so keen, that there need not be the slightest alarm of any advantage being taken of the public. At all events, the right hon. Gentleman's doctrine ought to be carried further, and to go the length of recommending all to buy wheat and flour in any part of the world where they could get them cheapest, and not to confine them to England, or the limits of the metropolis."*

And so, discussions of market economy still labour between equity and a want for profit. ~jb



# Healthy Kitchen

by Susan Stevenson

SMUN Healthy Kitchen is making chicken pot pies again. When we started back I had difficulty sourcing the same tinfoil base.

I've been to every store, big and small, high end retailers to the dollar stores & not one could I find.

I have selected a similar base it looks the same from the top, but the edges down are straight instead of curved. At first I didn't think this would be an issue. One batch of mix would give us 35-37 pies with the old tins. Now one batch makes 20-22 pies.

So the price had to reflect the difference. Our pies are \$5. each.

They are bigger, better & still have SMUN garden fresh sweet potatoes in each pie. Not to mention the large pieces of chicken in each bite.



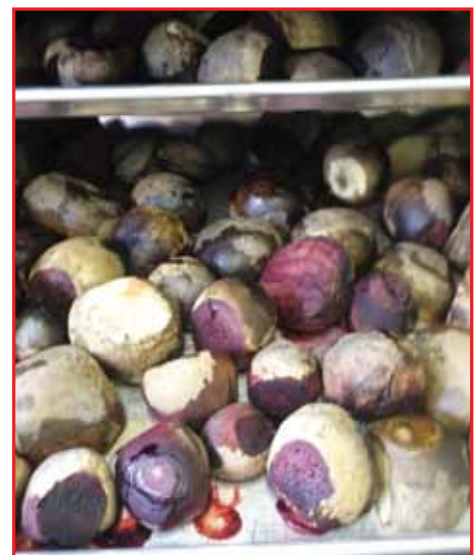
**ORDER HOMEMADE CHICKEN POT PIES**  
only \$5 / each



**SMUN Cooking classes are on.** If anyone would like to learn how to cook anything please ask Susan S. or Dawn. Food demonstrations are also happening, we try to post these events in advance.

A big shout-out to Mario for keeping the hoods, oven & stove clean. I can't thank you enough for your continued support and effort at keeping the kitchen clean.

**The kitchen is always looking for volunteers to help out.** If you are interested in kitchen work and think you might like to help please talk to Susan Stevenson or Tony.



**Beet soup anyone?**

**PS: Any new recipes to share?**

**PPS: We are always interested in your input. Mention it to Susan S. and she'll try to make it happen.**



**Home Depot volunteers at SMUN**

## No spare coins... *continued from p. 1*

It is clear that the poor are targeted for particularly harsh treatment before and under the law. The poor (and disabled) are the number one targets of agencies like the Children's Aid Society, the police (if they are sitting around too long in a mall without actually "shopping"), and mental health authorities.

When you address this issue directly with the agencies, they deny they prey on the poor. I have over twenty-five years of experience working in the legal field, where folks who grew up in rich families were severely abused, sometimes even sexually, but despite their reporting to somebody, nobody ever stopped it or even confronted their abusers. One young man told me it is because wealthy people can get good lawyers, and this keeps authorities away from them. Maybe it is time that the poor learn a little legal self-defense too. After all, we have the same rights to privacy and freedom from harassment as do the wealthy.

As I explained in a recent work-

shop involving people who were disabled and on ODSP, one must not forget that they are just as equal to everybody else, not to just the man or woman on your street, but to your child's teacher, your physician, your landlord, and other authorities. You are equal before and under the law with respect to your parenting ability, your ability to look after yourself, and your right to have a decent job and decent housing. When I explained that, somebody came up to me afterwards and told me that nobody ever said it like that to them before.

It is my belief that many (though not all) agencies tend to get more money for the number of "poor" people they "service" (or try to force their services on), as opposed to getting paid for positive outcomes they achieve (e.g. how many families did they keep together, how many people did they get out of poverty, how many homeless did they find permanent housing for, etc.). And nobody gets penalized when there are bad outcomes. Unfortunately, the bad outcomes are

what comes through my door.

To me, the holidays should be the season of change, looking back on the year and asking oneself, what could I have done better or differently? On a systemic level, what do I need? We look to the next year and start resolutions: what kind of work can we engage in to help make systems change, instead of just doing what we've always done and simply throwing a few cans to the local food banks, or throwing loose change in the Salvation Army kettle?

Our senior governments make policy choices. There is no such thing as "having no money" to provide for a guaranteed living income, for example, especially when it is clear that governments receive and spend money on all sorts of things, some of which can be questioned. In 2016, I intend to provide more education to people on how to influence these policy choices that governments make, and how we can influence change in the community. If you are on board with this, contact me at [ceo@legaladvocacy.ca](mailto:ceo@legaladvocacy.ca) or call me.

## Brock Badgers serve OOTC



Brock Badgers Men's Basketball team won their game Saturday night at Meridian Centre and on Sunday night served dinner and cleaned up at Out of the Cold. What a team!!



**Congratulations to SMUN  
Self-Employment participant **Fabiola Hernandez!****

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The shop showcases handmade soaps and skin care products. Fabiola also provides a space for other local artisans to sell their products. Other SMUN small biz contributors are:  
Benita Collini Fine Art and Custom Design; Cakes by the Lake;  
and Pebble Pets.





# Looking Forward

*by Deacon Maurice OFS*

We are in the season of Advent—looking forward—waiting. In one sense, Advent is about waiting for Christmas...waiting for God to come into our lives with peace, and strength, and hope. And at the same time, we all know that Christmas has already happened (over 2000 years ago) so Advent is about remembering that God has come and continues to come into your life...not in some imaginary way—not in a theoretical or intellectual way—but really—flesh and

blood — as real as a baby in a manger on a cold Bethlehem night.

One of the ways you can more easily remember God's goodness to you is by being good to others. That's the more meaningful origin of the tradition of gift-giving at Christmas... giving your time, your self, your patience, sometimes just your silent presence rather than giving a gift bought in a store. Christmas is about presence—the presence of God with us—and your willingness to be that presence (that

love, and peace, and hope) to others—one person at a time.

I pray that you will find an opportunity to be hope and joy for at least one person this Christmas. Please pray for me, and for a small group that I will be joining, to travel to India (Allahabad) from Jan 8 to 24, 2016 to repair a home for a Sister (Sister Sheeba) who rescues young girls from the streets—some very mean streets in India. Merry Christmas to you and to those you love.

## The Intention Poem

*by Rainbow*

By Wind and rushing Tide, by Stone and Flame  
By That Which Is Behind Each Holy Name  
As is Above, so let it be Below  
As is Within, Without, that I may grow  
To understand myself, and purely use  
My sacred Gift of words; I freely choose  
To walk in Light, but know Dark has Its part  
This is the Balance of the Human Heart  
If I can ease one single person's pain  
My life will not a waste be, but a gain  
If I can touch one single person's Soul  
Reminding them that they're part of a Greater Whole  
I pledge to send my ripples through my rhyme  
And change my planet one poem at a time  
To bring my planet Love and Unity  
This is my Gift; I share It now with thee  
I write these words with knowledge and Intent;  
The thought is held, the energy is sent;  
And, harming none, may it be as it is meant.  
Now find your own Gift; Give, that It may grow  
And have a Bright And Shining Multicoloured Life

***Megwetch, RAINBOW***

## In Memoriam 2015

### ***Participants, friends, family***

Adrian Gilbert (Lindal Bunting)  
Robert 'Bobby' Richards  
Tom Rathbone  
Daryl Mayer  
Eva Gray  
Michael 'Mike' Vanscoy  
Sam Scaduto  
Christine Waters  
Colleen Caldwell  
Eugene Price  
Kirke Harris  
Geraldine Betsidea  
Gerry Venditti  
Iris Siemens  
Fred Sheehan  
Joe Hawthorne  
David Jones  
Mhairi Stewart  
John Tomcyck  
Debra McCaffrey  
Karl Schmidt  
Geoff Ascroft  
Ed Scott  
Barbara McLean  
Murray Thomson  
Tom Grave

**St. Catharines**

# OUT OF THE COLD



November 1, 2015 – March 31, 2016  
6 p.m.

Hot Meal with or without Overnight Shelter

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

Out of the Cold 905-984-5310 or 905-641-2249  
Shelter Info 211

**Housing Support** contact: 905-984-5310

**Kyle** - cell 289-686-0639 ext. 507

**Tara** - cell 289-241-4248 ext. 511

**Caleb** - cell 905-394-2241 ext. 512



## Did you know EMPLOYERS benefit when hiring?

SMUN helps employers save time and money through:  
PLACEMENT ♦ INCENTIVES ♦ RETENTION

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

**FAYE** ext.504 **JEN:** ext.506 **CAROL ANN:** ext.505

*SMUN is an ODSP Employment Service Provider*



### Out of the Cold

Christmas Eve Thurs. Dec. 24th  
and New Years Eve Dec 31st at  
**Silver Spire** as no buses  
are running to regular location.

### Thursday Dec. 17th

Salvation Army Christmas  
Dinners at Westminster United  
on Queenston St. Call to  
reserve 905-684-7813  
Pick up tickets at 184 Church St.  
Two dinners 3 p.m. and 5 p.m.

### Friday Dec. 25th

Gord's Place - Full Christmas  
Dinner. All welcome for more  
info call 905-684-2361 ext 227  
12pm to 5 pm.

### Christmas Hours

ODSP Closed Christmas Day  
Dec. 25, 26, 27, 28th  
Closed New Years Day Friday  
Jan. 1st Sat and Sunday only -

OW Closed Thurs. 24, Fri. 25,  
Mon. 28th (DEC)  
Closed Thurs. Dec. 31, Fri. Jan.1

Westview Christian Fellowship  
Church - Weekend Event  
Dec. 24th- doors open 7 pm  
hosted by Sober Bikers United  
and Pheonix A.A.

Call John Dixon for more info -  
905-641-9254



# EMERGENCY - Call 211 for resources | Contact Drop In Centres

EMERGENCY SHELTERS	PHONE	ADDRESS	BEDS	HOURS	RESTRICTIONS (Age, sex, addiction, etc.)
Hope House	905-788-0744	570 King St. Welland L3B 3L2	5	24hrs	Welland, Port Colborne & area residents
Nightlight Youth Shelter	905-358-367	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;
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
<b>Out of the Cold</b>	<b>211</b>	<b>See page 14</b>	<b>25</b>	<b>6 pm - 7am</b>	<b>males, females days at SMUN, 17 Gale Crescent</b>
CMHA Safe Beds	905-641-5222, ext. 254	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

**T : 905-984-5310    17 Gale Crescent    St. Catharines    L2R 3K8**

**CENTRE** (upper) Mon, Tues, Wed, Th, Fri: 9 am - 4 pm    Sat, Sun: 11:15 am - 1 pm

**(Wed & Statutory Holidays: 9 am - 2 pm)**

**OFFICE** (lower): Mon-Fri: 9 am - 4:30 pm    12 - 1 pm Lunch: Closed    Stat Holidays: Closed

## MEALS

<b>St. George's Breakfast Program</b>	83 Church Street	Daily 7:30am-8:30am	no cost
<b>RAFT</b> (ages 16-24)	17 Centre Street	Daily 6:30pm-8:00pm	no cost
<b>Southridge</b>	201 Glenridge Avenue	Daily 6:00pm	\$2.00
<b>Ozanam Centre</b>	235 Church Street	Monday to Friday 11:30 - 1pm	\$1.00
<b>Start Me Up Niagara</b>	17 Gale Crescent	Saturday, Sunday 11:15am-1:00pm	no cost

## SMUN BUSINESS AND COMMUNITY SUPPORTERS

### SMUN Family of Businesses

BBQ In a Bottle  
Benita Collini Fine Art and Custom Design  
Brush 'n' Hand  
Caitlyn Furness Nutrition Consultant  
Cakes by the Lake  
Changing Lives with our Guides  
Chronic Knitter Design  
Craig's Making Pictures  
Dove's Gardening  
Earth's Herbal Treasures  
Fabulous Beauti  
Freelance Editing and More  
Get-R-Done  
Ghasemi-Montzer Consulting  
Gopher 4 U  
Greenough Property Maintenance  
Home Help and Personal Care by Faye  
International Research Impact Services IRIS  
Jennifer Culp Photography  
Maid 4 U Cleaning Services  
MD's Caulking  
Neat and Tidy Property Maintenance  
Niagara Bags of Rags  
Original Crafts by Lorian  
Paul Rustenburg Driving Services  
Real Deal Recycling  
Snapshot Reporting Data Management Service  
Step Into Healing  
Tech for You  
TNT Services  
Whimsical Windows and Gardens  
William's Renovations

### Business Supporters

The Laundry Tub  
Minuteman Press  
H2O  
Tree'n'Twig  
Vineland Research and Innovation Centre  
Con Gusto Artisan Bakery  
Starbucks at Fairview Mall,  
4th Ave Martindale and Scott at Niagara

### Business Supporters

Wrights' Brothers Produce  
Rysons United School of Music  
Royal Crown Printing  
The Office Tap 'n' Grill  
Stoke Seed  
Marinelli's True "Italian Pasta Sauce"  
Pharma Viva Pharmacy  
Village Wellness - Healing Centre  
Costco  
Simply Delicious  
Seaway Farms  
Home Depot  
Antipastos  
Club Roma  
Sobey's  
MS Society of Canada  
Subway - Lake St.  
Subway - Welland Ave.  
Wildfire Grill House and Lounge - Ontario St.  
  
One Touch Direct  
Bugsey's- Lakeshore Road  
Sandham Electric  
Brick Properties  
WAM Properties  
St. Catharines Horticultural Society  
Niagara Nursery  
Vineland United Church  
Northface

First Ontario Credit Union  
Foodland Thorold  
St. David's Lions Club  
Walker Industries  
BBBblooms Floral Studio  
Bob's Grow Mart  
Canadian Tire - Welland Ave.  
CFUW St. Catharines  
- Gift of Reading  
Desks Plus  
Duff's Pizzeria  
First Grantham United Church  
Hoogasian Insurance Brokers  
Partridge Iggulden LLP  
Rankin Construction  
Storm Hair Salon  
Sheehan Mechanical  
Church of Christ  
Corporate Facilities  
Featherstone Estate Winery  
St. Catharines Standard  
Blue Mermaid  
Cogeco  
Collegiate High School  
Dennis Morris High School  
Event Central  
Giant FM  
Giant Tiger - Welland Avenue  
H2Only  
Holy Cross High School  
Mahtay Café and Lounge  
Market Square-City of St. Catharines  
Minuteman Press  
Niagara This Week  
OMNI Media  
Optimal Wellness Niagara  
Ryson's Music

Sei Con Jiu Jitsu  
snapd St. Catharines  
  
Trillium College  
Quest Community Health Centre  
Niagara Region E.M.A.  
Niagara Region Public Health  
WP Warehousing  
Tzu Chi  
Fed Ex  
Patrick Darte Funeral  
Pelham Centre School  
John Howard Society  
Roman Catholica Episcopal Corp.  
Anthony Balardo Insurance  
Niagara Falls Bridge Commission  
Niagara Community Church  
St. Julia's CWL  
St. John's Anglican Church  
Silver Spire UCW  
Cathedral of St. Catharine CWL  
May Court  
Regatta Sports  
Post Inn B & B  
Cassey's Evergreen  
Great Wolfe Lodge  
Walmart  
7 Eleven  
PWD Demo  
Niagara College Culinary



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

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

☐\$25    ☐\$50    ☐\$75    ☐\$100    ☐amount\$ \_\_\_\_\_

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

☐Street News    ☐The Centre    ☐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 on-line: CANADAHELPS.org. They help!**