

VOICES FROM OUR STREETS  
Summer 2016

# Street News

START ME UP  
NIAGARA  
Working Together... Moving Forward

## Many Flowers Growing!

After years of struggle Start Me Up Niagara is growing exponentially and it seems almost effortless which is both wonderful and a bit scary. This is due in part to our practice of radical inclusion — welcoming all, every day, meeting people where they are at, working with them to get them where they want to be. Radical inclusion like all practices takes practise by all who are engaged in it and is likely the key ingredient to our positive reputation in the community.

So many people—so many gifts—so much talent arrives daily at SMUN's door and along with these come issues that make life difficult. We are experiencing a double digit increase in the number using the centre. Our programs have expanded and the positive outcomes are way up. When I try to examine the reasons I can use organizational models, change theories even scientific information about growing our garden but they all seem to miss the magic. At the spring opening of SMUN Green Garden Deacon Maurice said that although we can explain how growth happens we do not actually understand it.

It is a phenomenon of nature.

How do I/we move beyond counting and measuring to demonstrate what is happening? How do I/we trust that what we see and feel is real? The images created by visualising a bouquet loosely tied helps me understand the miracles that happen everyday.

Many Flowers growing in SMUN's garden. Picked and mixed. Strong and fragile. All shapes and colours. Some with memories of being touched by hummingbird wings. Bright sunflowers, sculpted roses, delicate daisies, fragrant lavender and even unknown varieties group together erasing memories of planning, hard work, risk taking,

luck and many stumbles. Beauty bringing moments of joy.

***"Joy is a by-product experienced by people who are aiming for something else. But it comes. Joy comes as a gift when you least expect it. It is unbidden and unforced. It is a fleeting moment when you know why you were put here and what truth you serve. You may not feel giddy at those moments you may not hear the orchestras delirious swell or see flashes of crimson and gold but you will feel a satisfaction, a silence, a peace—a hush."*** (David Brooks 2015, *The Road to Character*)

For me it is a welcome gift.  
Susan



# EVENTS

**Expressions Art Collective**  
continue on Thursdays 2 - 4 pm  
15 Gale Crescent  
Everyone Welcome

**Annual General Meeting**  
SMUN Centre  
17 Gale Crescent  
7 pm  
August 24, 2016  
Please come!

**Harvest Festival**  
October 1, 2016  
Westminster United Church  
180 Queenston St., St. Catharines

MAC'S BIKES hosts 5th



100,000,000 mm Cycle Challenge!  
**Sunday September 25, 2016**  
100 km Bicycle ride to raise  
money for **Start Me Up Niagara**  
**CALL 289-969-6277**  
e-mail RICK at rick@  
macsbikesniagara.com  
ROUTE: Welland Canal, Niagara  
Parkway, Canadian & American Falls

JOIN US FOR...

*Pasta Dinner*



Dine in or Take Out  
**Wed. September 21**  
**Wed. October 19**  
*only* **\$10.00**  
**5 - 7 p.m.**  
17 Gale Crescent

## CONTENTS

Many Flowers Blooming.....	1
Rolling in the Deep.....	3
Being Homeless.....	4
Take 3 in the Morning.....	4
Vegan.....	5
Poetry.....	6-7
Play by Heart.....	8
Look Both Ways - ArtMeUP.....	8
The Deacons' Bench.....	9
What a Summer We're Having.....	10
If You Have Autistic Children.....	12
Garden.....	13
Employment / Housing.....	14
Emergency.....	15
SMUN Businesses/Sponsors.....	16

Thanks to our dedicated group  
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## Street News

VOICES FROM OUR STREETS

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**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.



To donate or contribute to  
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# Rolling in the Deep

by **Daniele Vassallo**

It was last December when Susan V. told me that we are going to have a meeting with a couple of teachers from Brock University. The teachers were Dr. Jennifer Rowsell, Professor and Canada Research Chair in Multiliteracies, Dr. Kari-Lynn Winters, Associate Professor in Drama and Literacy Education, and Glenys McQueen-Fuentes, Emeritus Associate Professor in Dramatic Arts.

One of the fundamental steps in this process was getting funding for the program. With the help of Dr. Rowsell, funding was provided by the Corcoran Foundation in Welland.

With the intention of utilizing my psychodrama background, Susan thought it was a good idea to get me involved in the Rolling in the Deep Program. Shortly thereafter I was introduced to our participants and we established a plan that involved photography, movement, visual arts, and spoken poetry.

Given the interdisciplinary nature of the team, we decided it would be best to do something that would allow us to link the arts with literacy. Terry Trzacak, a Ph.D. Student in the Faculty of Education at Brock University joined the team to add a photography dimension to the project. Not long after, Arts Facilitator Aaron Wagner was introduced to provide support and assistance, followed by Drama Student – Communications Assistant Director Aaron Drake.

The next step in the process was finding participants for the six week program, and we realized that



some of the participants from Start Me Up Niagara who had artistic inclinations were searching for a creative outlet to share their talents.

Soon enough, May came along, and we began the program without many expectations, yet eager and excited to see the results.

As a psychologist I can say that we never know what works for people, what can make the change we want to see in people; sometimes it can be a psychotherapy, sometimes it can be a hug, a smile, or just a couple of good words said at the right time and with the right empathy.

People are not always ready for change but people will always find a way to express themselves. This was the strength of the program. Simple tools with enough depth for complex individuals.

The first week the program caught participants' attention and slowly, they started to move towards something deeper. After a couple of weeks they had built a rapport, and began to manage conflict with our help; people who never used a camera were able to take pictures around the city and reflect on them shortly after. They opened different doors, reflected on past experiences, memories, and used their imagination. After two weeks they jumped comfortably into movement and drama due

primarily to their strong connection and support from the group. People who were reticent about this stage, were able to do the work without fear of judgement. People with high anxiety were able to show themselves and they were able to put down their defenses and use the arts to think and communicate in a different way.



The program was a success, thanks to the hard work of the teachers and SMUN staff involved. The best results were seeing the smiles of our participants at the end of every day.

Jacob Moreno, one of the pioneers of the psychodrama wrote a poem as a result of the drama experience.

**"A meeting of two: eye to eye,  
face to face.  
And when you are near  
I will tear your eyes out  
and place them instead of mine,  
and you will tear my eyes out  
and will place them instead of yours,  
then I will look at me with mine."**

Due to this experience, our participants were able to change their perspectives and, as a result, saw each other more clearly than ever before.

# Being Homeless & Living on the Street *by Brock Ronan*

**THE FIRST NIGHT WAS AUGUST 5, 2015.** I slept in three different locations in Montebello Park. Two different spots on the big gazebo. Eventually I finally just laid down on a park bench. The first spot where I nodded off was while I was sitting up, on the big steps with my arms resting high on my knees and with my head resting on top of my arms.

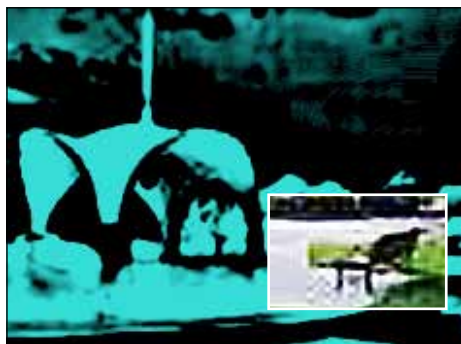
Sleeping outside is a strange thing though, it's the same as camping in the respect that every little noise wakes you up and you never know what it is making that noise until it's right in front of you.

And then there's the fact that bears, wolves, coyotes are probably less likely than a human to stab and rob you.

You wake up startled every time. As the evening went on, I wasn't dressed for the temperature drop and it was too cold to stay outside any longer, so I went downtown and found a warm bank machine lobby to pass out in. Again I woke up startled by people as they came in; for some reason people still use bank machines between four and six in the morning.

A guy gave me five dollars after I woke up startled and apologizing and proclaiming that I was just trying to stay warm. He told me to get myself a sandwich and a coffee. So I did.

The second night, I was going to bring a blanket and pillow and crash out down at the beach. I changed my tune once I got to my storage unit and realized that it holds the heat quite nicely. So I shut the door. A



roof, a pillow, a blanket and a solid sleep.

Before that though I spent a few hours in the park with some

other homeless people just talking, telling stories and laughing it up.

During the daylight hours I move between the library and Montebello park.

Eventually I found a church downtown that had a short wall where no one could see you once you were lying down. I brought a blanket and used my duffle bag as a pillow. I slept at that church for a few weeks. When it got too cold I decided to seek out a homeless shelter.

## TAKE 3 IN THE MORNING & 3 AT NIGHT

*by Darryl BuRR*

How does one be happy & humble.

Privileged yet pining? Talented exuberance, eccentricity,  
Eloquence, spread wide & abroad.

With no quarter to spare, loan, spend, donate.

Meanwhile being more than charitable, And needing the same in return.

To survive thrive, in a dooms day, Apocalyptic, fear cultured, crushing dreams kind of competitive economy.

Where you pushed, pursued, lied to, Hurried to wait for anxiety, while nothing is ever serious enough to fix, Just put a band-aid on, suffer some more , choke on a routine of pills, but not habit forming one's!

That's the habit 'we' the pharma 4 the pharma, want you to have.

Here's the bill, put it on tap, your covered to choke away your life on pills with pills to fix what other pills cause.

Unfortunately due to high volume of the voices screaming at us for decades, you must wait forever to choke on the real smoking pill pharma can synthetically provide but never swallow.

Approved for your coverage naturally, however falls short of natural preference we're afraid,

Even if you get "it", "the man" still must be paid!!

# Vegan / veg·an / vēgen /

by Aaron Drake

Illustration: Julia Blushak | PaperFang



## noun:

**‘Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.’**

I started the vegan lifestyle in my second year of university, after doing research and coming to terms with the economic, environmental, and nutritional massacre that was happening all over the world. It wasn't until I started working at Start Me Up Niagara that I realized the immense privileged required to maintain an animal-bi-product free lifestyle.

Serving sandwiches, soups, for a daily lunch at Start Me Up one day I couldn't help but notice that the organization went out of their way to cater to the vegetarian population. Great! Only... It was cheese sandwich as opposed to the meat sandwich. Now I'll spare you the details, but I can assure you that dairy is not at all the better alternative to meat, equally as morally reprimanding, and requires more suffering from the animals themselves. This experience left me shocked, grateful that the organization is attempting to cater to the non-meat-eaters, but desperate for a change in what our participants are consuming.

I went to Ozanam the following week to learn that their alternative to meat was egg. Surely some organization offered a vegan alternative? I called around

a few places and here are the results: St. George Breakfast Program: Cold breakfasts – toast, cereal, fruits, coffee, with almond milk or soy milk for allergies SouthRidge: Pastas, meat dinners, no vegan options. The RAFT: Meals on donation daily, no guarantee. I wasn't surprised to find out that only one of the five free/inexpensive meal options throughout the city catered to a plant based diet, and in the only case it was due to allergy and not lifestyle choice.

One option I know people can rely on for a plant based meal is Food Not Bombs, every Sunday in Montebello Park. One meal makes a difference, but we are forced to ask, 'is it enough?' Our poverty reduction organizations need to understand that veganism is becoming more and more prevalent in our society. To alienate those who have made the choice to abstain from the suffering of the environment, our health, and sentient animals, is blatant discrimination. Though the demand may exist more within the millennial population, any individual regardless of economic status, or age, may not feel comfortable asking and should know the option is available if they desire it. Besides vegan food is delicious.

by Jarad Goba



*It has been quite an experience working at the SMUN garden this summer.* I was a little overwhelmed and excited when Tony brought me out there for the first time and explained that we would be turning two acres of nearly barren land into a flourishing garden. However, the idea of transforming this enormous field into rows upon rows of fresh vegetables which would be harvested and brought back to the community intrigued me. I never even thought about where vegetables came from, and more importantly how I took having access to fresh produce for granted. For many people in this city, and around the world, access to fresh, healthy, and affordable food is not a reality. Beyond this, the garden has become a sanctuary for me and many of the volunteers who come and help out.

The fresh breeze rolling in off of the lake, the sounds of the birds chirping, and the sunshine are just a few of the added pleasures of spending time out there. I encourage everyone to spend at least one day with us and enjoy our garden as much as I do.

Two “green thumbs” up from the SMUN garden.



# POETRY

MUSIC is a Healer of all  
Along with Time  
The Two animals Coincide  
and intertwine  
These two  
Forces combined  
Will Heal all  
Till your clock stops ticking  
And it's the end of the Line

A force to be reckoned with  
An Unstoppable vine  
Perhaps the most valuable threads  
Ever woven  
And continuously weaving  
Throughout the fabric of space and time

Whether it be  
Loss or heartbreak  
Defeat or a pain  
in your brain, spine or mind

Focus and solitude  
Yourself  
is exactly  
what they will help you find

When you get lost in life situations  
And life starts to slide by  
Ever rapidly  
The Gears of years turn  
Never ending  
like the rotation of the earth  
And how the moon  
Like clockwork  
Keeps pulling on the tide

So Time is what you set aside  
Just keep being yourself  
And take flight (again) and rise  
Above  
Like the falcons eyes  
And wings  
Soaring on life's warm updrafts

This Beautiful world  
Will keep you alive  
As long as you choose the right perspective  
And keep puttin out  
Those good vibes

Shed those tears of emotion  
And don't you ever bottle them up inside  
They are poison  
that need to be expelled  
And after you purge  
Is when you  
dry your eyes  
And dig  
Deep down inside

And then take a look from above  
And like all champions  
Once again  
your Truest self will Arise.

The best you  
The one that's been  
Put to the test you  
The one that  
Pushes through

No matter what size of obstacle  
You gotta break through

Outcome  
"The BEST YOU!"

This is  
Just Real Life  
And  
I'm Just Havin' a Ball...!

Music.  
It's the Healer of ALL.

So every time you Fall  
And it's gonna happen  
Without a doubt  
So every time you stumble  
Pick yourself back up  
And dust yourself off  
Tuck in your fat lip  
And don't waste time  
Stalled out, on pout  
Long hair, shaved head,  
Shaved lined designs  
Or quaff  
Whatever makes you feel good  
Is what chu gaw'ta Rock



And Talk  
It's the mother of all choices  
Keep your communication  
Updated  
And hear all the voices  
Sift, sive, analyze and detect  
See through the bull  
Whipe off the Golden ones  
And hit select  
Seek the best advice  
And quotations  
And hit save and select

Follow the words of the wise  
Step by step  
And earn your self respect

Take notes  
Keep them organized and safe  
So you do not forget  
All the dusty golden  
Nuggets  
That you did collect

Go back through  
And read them  
Heed them  
And Action every step

Keep on  
Shining along  
And you'll end up  
Nothing but strong  
Of both mind and body  
Get yourself a little hottie  
And when you look in the mirror  
Boooooom  
It's your smile that will Appear

~ Anonymous

## My Moment with You, Ed Learn

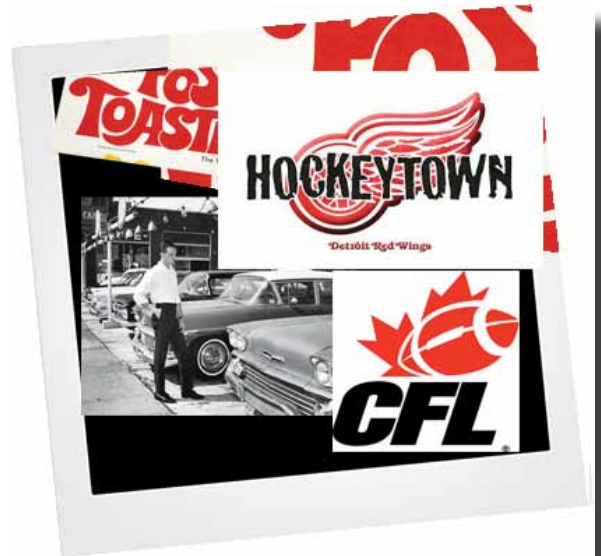
*By Joseph Smith*

I was only 12 or 13 at the time, but I remember it well. You were a member of CFL's Montreal Allouettes and had recently opened a car lot on Niagara Street in Welland. I thought that was so cool.

That year, Post Cereals printed CFL cards on their boxes, and I was fortunate to acquire one of you. I decided one day that while in town for a dentist appointment, I would stop in and ask you to autograph my card.

I took the long walk to your lot and found you sitting at your desk. I asked you to sign my card and you happily raised it up and said "Hmmm...Post Toasties," and then proceeded to sign your name.

This is one of my many wonderful memories of my past. Again, I want to thank you, Ed, for being so gracious and generous with your time.



## My Moment with Gordie

*By Joseph Smith*

### The Rain Keeps Falling

*By Paul Shtogryn*

A gloomy day full of rain  
Makes things dreary no matter what the pain  
Raindrops keep falling through and through  
While you wish for it to go away for something new  
The days get shorter, colder in Fall  
But it doesn't make your troubles small  
While Fall turns to Winter, Winter to Spring  
Things will turn around and maybe prosperity will ring  
But right now, rain is coming down and pouring  
Waiting for sunnier days and happiness to be soaring



I was much younger then, in my teens.

Detroit Red Wings were in Toronto for a pre-season exhibition game against the Leafs at Maple Leaf Gardens.

I was a hockey fan back then with large collections of cards and Sheriff coins.

I went to the game at the Gardens and enjoyed it much. I recall sitting near the ice surface and trying to snap photos with my Polaroid, but without luck owing to the glass wall in front of me which reflected the flash back at my camera.

After the game, I got the idea to look about to see if I could acquire autographs. I rounded a corner to see Mr. Hockey himself walking toward me. I held up my camera towards him, and he, being ever so gracious, stopped in front of me with his back to the wall. I nervously held up my camera hoping for a photo as he waited patiently for me to finish.

Then, up walks a young girl with her Dad. She held a photo of her in a hospital bed with Gordie standing there beside her. She wanted him to sign the photo, which he was happy to do.

I was too nervous and shy to continue so I quietly backed off and walked away. I still wish to this day that I had taken that photo.



# Play by Heart

**HE'S AN OLD CAT**, grey with bits of hair fluffed out behind his ears and he knows everything that's necessary in this life. He squints at me with the late morning sun full in his face and a sick-looking eye straining to connect with whomever comes through the front door. But he's not alone. I already know him to be so jocular and guileless that it's unnatural for him to be without a mate or musician friend hanging around the place. So although he barely recognizes me until I retell buying one of the dulcimers made by his own hands from scavenged local mahogany—well, he doesn't miss a beat asking, 'So how's that going for you?'

I wish I could tell him that I play better now. That humble instrument was purchased and cradled like a child when I last fell in love. I'm not sure where the time has gone but spontaneously visiting this shop is like touching something very fragile yet familiar. Al fills his store with all the instruments we need for a musical life. He is so obviously older and frail looking since my last visit. He uses his hands as if playing air bongos to illustrate how malady has him flipping up and down, high and low and that it's just 'old age.' I nod but am so very, very aware that time asks for a dance while nibbling sweet strength off the bone.

Al or 'Elio' to his friends, suddenly asks if I'm Irish. I say that I keep getting identified as a Celt when I'm part Polish and Ukrainian. 'Is it my nose?' I laugh and he assures me the nose isn't a problem. I say that I'm looking for a piano. 'Oh, and that's no prob-



**by Julia Blushak**

lem, I have so many, they're stored everywhere.' And with that he crosses the room to a good-looking electric keyboard and begins to play by heart. It's a Ukrainian wedding song, then a Polish wedding song, and tepid attempts at other polkas including something Italian that he sings along with.

The music pours out of him like a river and I am happy. But he is more happy to play for someone, anyone, even me, as he waits for his partner to return from the hairdresser. It's almost lunchtime. Yes, Elio is a man who should never be without a companion. I leave under a noonday sun, knowing that I must return for that piano sooner than later.

***I returned this July. The old bank building door is closed and windows are boarded. Elio passed away this March 2016. How will I tune that dulcimer? 'It's easy,' he said, playing, 'here, like this.'***

**'Old' Thorold Music Store 1964-2016.**

## LOOK BOTH WAYS BEFORE YOU CROSS THE BLANK SHEET

**by Aaron the Art Guy who also Golfs**

All the artists that lust for paint and fancy markers, cry for me to come back, even though I love sloths and like to take my time with the things I love. Cuz apparently I'm also Aaron the Art Guy who also Golfs, and if I don't bully enough folks into making something creative on a daily basis, I might lose my job to some new dude named Drake with a nice haircut who makes funny faces and eats super duper healthy. The Mayor calls us now to hang, hang art on the walls of city hall, long before pokémon-go invaded their lands, it will stay up there on the 3rd floor till remembrance day, the day before my birthday if you care to know. You should know I like chocolate ice cream cake, and think that Santa is fake and we should take him down with a candy cane stake. Onwards and upwards, 100 ft canvas and beyond. I am fond of all the attention #ARTMEUP is getting. These days, local businesses fight for their right to show off our talents, and they let us keep the profits.

Aug 19th, 2016 is the launch of a certain kind of spaceship, it's much harder than learning how to play drums blindfolded while being threatened with my sisters lipstick (never happened but if it did i would survive, JAI style). The 19th is #ARTMEUP crawl, 2pm launch @MahtayCafe and it is surely going to give you ADHDHD and you will need to wear 3D goggles for heightened understanding.

Reporting live from the Gluten Mountain Range, over and out of things to say, right now it's cloudy with a chance of Newfoundland vacation,





## ***Do to others as you would have them do to you.***

**Luke 6.31**

**by Maurice Prindiville**

During July, Frances and I drove to Cape Breton and had a wonderful holiday there. Now, as I talk with people about the trip, I find myself mentioning most frequently how friendly, polite and considerate the people we met were. The music, and food, and scenery were unforgettable, but somehow the people we met (or even just observed) are the most important memory.

Cape Bretoners, of course, are renowned for friendship and hospitality—but the more I reminisce about our trip—the more I'm struck by how often I end up saying, "Even the tourists seemed different: friendlier, more courteous..."



Perhaps that was a coincidence; but more likely the truth is that you and I (and even tourists) are effected, changed, (even if it's temporary) by the way we/they are treated. When we are treated more politely and with more consideration—we become more polite and more considerate.

Could we change how people treat each other by being nicer to the people we encounter? There is a risk that some people may "take advantage of us," but we can't live without taking any risks, and

it would be good (good for me at least) to become more hopeful that people can change—that people can be more caring—that you and I can bring about positive things in other people's lives. And if enough people begin to be effected by your politeness and friendliness—then maybe (someday) tourists to our home will go away saying how friendly, polite, and considerate the people they met here are—even the tourists.

Luke 6:31 teaches "*Do to others as you would have them do to you.*" Do we have the courage to also try to "*Do to others as we would like them to do to each other?*"



### **Muskoka Blessings**

**by Rainbow**

Blessings to the Waters and the Winds  
Blessings to the waves that kiss the shore  
Blessings to Rock for holding Ancient Memory  
Blessings to Tree, to rotting stump, to clinging Moss  
For Life is both Cyclical and Eternal  
Blessings to Raven and to Turkey  
For her constant invitation to Mystery  
And his reminder to Give Away and share  
Blessings to Dragonfly and the bejeweled Dance of  
Rebirth  
Blessings to hovering Hummingbird  
That iridescent streak of quiet Joy  
Blessings to Grandmother Spider who wove me  
Beauty  
Blessings to Creator and to Mother Earth  
And should I not return, still Blessings  
For I take you with me  
And am always Home

# What a summer we are having...

*by Angela Browne*

Somebody at City Hall thought it would be a great idea to try to sneak a cat by-law on us while none of us were looking, and most of us were catching mice. As anticipated by the press, the fur started flying at City Hall early July 2016.

It puts a burr in my saddle to hear the very thought that a by-law forcing people to license their cats, pay a registration fee and increased fines if one's cat is caught off one's property, can dare be passed by the city's fathers (and mothers) who nevertheless, actually believe we can legislate against stupidity.

Nevertheless, word soon spread around in the community, and lots of questions were asked as to how such a by-law was going to control cat behaviour. For those of us that know or who are owned by felines, it is a known fact that cats won't do what you tell them to do. Have any of you tried to train your cat to do tricks? Have any of you ever organized a cat race? If so, what happened when the starting gun went off? Well, most of them just stayed in the little starting boxes we gave them ...

First, how would such a by-law be enforced? Is city hall going to hire an army of investigators to go door to door and somehow sneak into people's homes to do a head count of every feline in the building? If not licensed, will the enforcement personnel cause the fees to be put on the homeowner's taxes? What about tenant households? What about relying on the people to declare any felines in their home? (Of course, this gets me back to the old argument that many had when the then federal Liberals passed a law forcing all owners of guns to register them and prove they are following safety practices in handling, storing and transporting them ... we all know that the people that tend to shoot up schools,

cafes, police stations and even Parliament Hill aren't going to register their guns, so why bother ...)

Anyways, concerns were myriad about the increasing mice and rat population outdoors.

"But," cries one of the by-laws proponents, "these cats are killing songbirds and took over my bird bath". Another cries, "These cats are using my garden as their litterbox". I don't imagine that the squirrels, skunks, raccoons, and even coyotes (as well as many unlicensed dogs) are doing all of this too ... but who is looking over them? I had to try to persuade a family of raccoons to try to follow me to city hall so I can get them licensed, then perhaps they would leave the neighbourhood gardens and songbirds alone.



Another cries, "But I have to license my dog too ...". Okay, but has anybody really conducted their research to see how well that dog licensing by-law is working for us?

Dogs running at large, dogs killing squirrels, dog feces all over parks, dogs that bite people, dogs biting other dogs and animals ("Oh, he never bitten anybody before!"), and so forth kind of makes me believe, this by-law is not working too well either.

Anyways, days and days of Facebook debates, talk radio call in shows, and coffee shop gossip circles later,

a small army of people arrive at City Hall to speak their mind. All together sixteen people spoke, including many of my fine furry friends. At the end of the day, the cat rescue groups and humane societies will meet and hopefully, come up with a plan to deal with non-compliant felines ...

Just as our community settled once again into its off-beat, slow and steady routine of summer, another danger began to lurk. Producers of the Pokemon series made its new application Pokemon Go now available in Canada. One would use their smart phones, which would show exactly the scenery around you, plus specific characters from Pokemon fame. This was already downloaded by the truckload in the U.S., and we hear of accidents, injuries and even deaths, as well as rumours of accidents, injuries and deaths of people so bound and determined to save Pikachu from other Pokemon monsters, they are smashing into telephone polls, front ending their vehicles against trees in nearby parks, walking off cliffs, and even in one case, one driver in his pursuit on behalf of Pikachu, caused a twenty-three car pile-up on a major highway and getting on the off ramp without a scratch. Never mind the lives of those left behind, devastated and left in this major train wreck.

Rumours are circulating now that people who want to play Pokemon will now have to secure special licenses from City Hall, which will then permit them to play. The licenses are needed, according to city hall spokesperson and Pokemon trainer, Polly Cracker, to keep people safe, the roads clear and keeping their eyes on where they are going. After all, we don't want people stomping through people's tulips, walking through their backyards, or jumping off cliffs to save poor Pikachu.



For those parents of the estimated 40,000 children and youth in Ontario with ASD (Autism Spectrum Disorder), things are changing fast.

In March, several children were entirely removed from already too long waiting lists for getting IBI (Intensive Behavioural Intervention), some merely because they were over 5 years old. In some cases, the parents received \$8,000 (which many said was hush money), while others received \$4,500 for “essential needs”. Thus, the ASD waiting lists were “reduced”.

Parents fear for the future of children with ASD, and in March, the Wynne government gave them reason. Queen’s Park originally intended to cut children over age 5 off from getting IBI. Since it is common not to be diagnosed until age 10 or 11, this was very controversial.

Recently, parents with ASD children held a meeting with Monique Taylor (NDP MPP for Hamilton Mountain, and also the Children and Youth Services critic), Cindy Forster (NDP MPP for Welland), and Wayne Gates (NDP MPP for Niagara Falls). This meeting was held in Thorold.

One parent had been told by professionals to give their child meds to control his tantrums; FACS said that they would likely take the child if he was given meds. Another was told that her grandson was not allowed contact with his father or grandfather, something that is killing all 3 of them. One child who attended regular school was examined by 5 different professionals before finally being diagnosed at 11.

On June 28, Queen’s Park announced that they were backing

# If you have Autistic children... YOU can fight Queen’s Park!



**by Paul Shtogryn  
and Rainbow**

off from the March version of the Ontario Autism Programme. After intense pressure from parents and advocates, Wynne’s government now plans to fast track a stronger version that will add \$200 million over 4 years to the \$523 million that combines the \$333 million March version with the \$190 million now spent annually.

The June 28 version will provide all ASD children, regardless of age, with more flexible services that will be tailored to individual needs. Moreover, the new programme will begin in June,

2017, instead of 2018, and will include access to earlier diagnosis, more direct funding, a choice of direct funding or immediate and continuous access to service and support for children 5 and over who are on the waitlist (including \$1000 per week for their therapy), more resources and access to information for families, and strengthened autism support in, and for transition into, schools.

“It is a complete sea change for the autism programme from what was announced in March and what was going on beforehand,” said Bruce McIntosh, president of the Ontario Autism Coalition. The OAC will be participating in a new 12 member implementation committee to guide the transition under the new policy.

Whatever your politics, our most vulnerable—children who are both disabled and in poverty—are being affected. Considering that ASD has exploded from 1 in 150 in 2002 to 1 in 68 in 2010—and as an adult affected by ASD, Rainbow believes these numbers to be on the low side—this is an important issue. Pressure should be maintained on the Wynne government to keep this promise.

**SOURCE:**<http://www.manitoulin.ca/2016/07/06/ontario-backs-age-limits-autism-interventions/>

## SUMMER CRACK DOWN

**We are fortunate to have leadership calling for a Compassionate Community in St. Catharines. Sometimes the community is tricky to manage.**

- >Arrest Female Sex Trade Workers**
- >> Create a Red Zone**
- >>> No sex trade women allowed**

**>Places / programs where sex trade women feel safe:  
Positive Living, Quest Community Health Westview Women for Women,  
Start Me up Niagara, YWCA@ Barnibus Ozanam Centre.**

**These women cannot safely walk through the red zone to get to the services listed above and those located just outside the boundaries of the Red Zone.**

# An Observation Garden 2016

by Liz Roulston



In a season beset with draught, the Start Me Up Niagara Green Garden in Vineland continues to yield. There is an analogy about earth worms. That the work they do in the soil offers so much more than they take. Like building blocks they help to prepare the soil, providing the way for growth. And so it is with the garden, now entering it's 7th year. The collaborative effort of so many to plant and produce healthy, local food for the SMUN community and others, continues.

The participation and common love of the land is evident in those who become students of this incredible process. The seasons, the rhythm of the land, the challenges and contentment offered in growing healthy food is evident.

There is a tremendous benefit for those who plant, water and weed. Working the land it appears, reaps rewards of health and well being along with the vegetables, herbs and fruit. There is tremendous benefit for those who clean and prepare the food in the Start Me Up kitchen to serve and circulate to guests at weekend lunches. Throughout the week produce is available at the kiosk at the front of the building (Tues, Wed

and Thursday mornings) for the neighbourhood and some Sundays at Le Café at Silver Spire Church. People's faces light up at the sight of fresh local produce and fruit.

Recently, I was out at Vineland and could not believe how the labyrinth continues to grow as the heart of SMUN's Green Garden. Filled with herbs and flowers, the contemplative path to the labyrinth's centre invites bees, birds, butterflies, and pollinators of all kinds encouraging and aiding in the growth and well-being of the garden and gardeners as a whole. It is a peaceful place for reflection and renewal in a beautiful and prolific setting.

Thanks to all contributors, especially, those earth worms.



*NOTE: When I asked Tony (who is managing the garden this year) if he wanted to offer some comments for Street News..He smiled and said "No" because they were too busy working on the land.*







*by Susan Stevenson*

## Look what's **new** at the Start Me Up Kitchen!

Some big changes up and coming for us, the May Court Club has generously donated the money for us to get new stainless steel shelving in the kitchen. This is a much needed upgrade.

The Basic Food Preparation program congratulates its graduates for successfully completing the course. Now we welcome our next group of learners.

Our old dishwasher has finally washed its last dish and anyone in the kitchen this summer will be glad to see a new one in its place.

SMUN gardeners are hard at



work and once again we see the fruits – and vegetables- of their labour at the kitchen. Look for fresh produce in our soups and baked goods.

You will continue to see Duaa here at SMUN kitchen as when her contract is over she will be hired on as staff. We are all very happy to keep Duaa, especially me.



If you see me around the community say HI; SMUN has expanded our kitchen programs to include the Westminster Church and Ozanam.

SMUN's kitchen would not exist without our hard working and dedicated volunteers. I would just like to say thank you for your continued support.

## SMUN Fun!

*by Barbara Gormley*

When I was at Ontario Works, I met a lady named Colleen, She gave me information concerning a course about the kitchen scene, I went to Start Me Up Niagara, where I met Susan and Ada too, Then with my fellow classmates we'd become a restaurant crew. Our first lesson was how to set up tables with a place setting for ten, Some of us worked in the kitchen others served the ladies and men, Our course continued on, where we became a close knit team, We helped each other in the kitchen, working toward our dream. We toured many kitchens and learned how they are run, They were educational and a lot of fun, When this course is over we'll have a great portfolio, We'll then have the confidence and know how wherever we go, We now have five certificates we can proudly display, And they will look great on our updated resume!

## Start Me Up Niagara is running a wonderful program

*by Ada Storin*

I had to stop Colleen Lawrson right there. Although I was willing to do anything to find worked, I was a little skeptical. Anything that would help me find worked got a big thanks up in my book. But, I had only one question before I agreed to check it out. What exactly was Start Me Up Niagara?! It was something that I had never heard of. An if I had never heard of them how good could tht program really be? She gave me a quick run down of who they were and what they did, stressing how amazing the program they were offering was.

*continued on page 14*

continued from page 13

I was intrigued enough and incredibly impressed with what they did to help people that I agreed, without hearing what the program was, to check it out. and when it was finally explained to me that it was a Basic Food Preparation Course, I was all in. I've always had a love of food and cooking and being in the kitchen. This course sounded like it was made for me.

The information session they offered before the start of the program gave me the chance to find out more about the class, as well as meet my potential teachers and classmates. I've never been a person that was entirely comfortable around new people. So the idea of surrounding myself with an entirely new group seemed a little daunting to say the least. But, as it turns out, I had absolutely nothing to worry about. Both Ada and Susan were nothing but kind and friendly, immediately putting me at ease. The more I learned about the class, the more I became excited about it. Not only would I be learning the basic skills I would need to work in a kitchen (which was something I already loved), I would also have four certificates that were vital for kitchen work. Being taught by a red seal chef, the highest level of chef in Canada, was just the icing on the cake...so to speak.

Skills in the kitchen and certificates weren't the only things that we gained from the class. Trips to the kitchens at both Brock and Ridley gave us a behind the scenes look at what a fully operational kitchen looked like. A trip to Sobeys taught us that a grocery store was more than people putting things on the shelves. I, for one, never knew about all the potential jobs that existed. And finally...a trip to SMUN's farm gave us a better understanding of where our food comes from. Five wonderful sessions with the amazing Jane Bradley, help and tips with our resume, never ending support and the one hilarious

# The Sky is the Limit

**SMUN's ODSP Employment Support Program** is moving on up to a 'deluxe' office in the sky!

Over the last few years we have seen amazing growth in our ODSP Employment Supports program. We have so many new participants and staff that we have bust out of our downstairs space and are moving the employment department to a new location.

As of July 4th, SMUN ODSP Employment Supports moved to 43 Church Street, Unit 610 in downtown St. Catharines directly across from the market square. We will maintain a rotating staff

person at the SMUN Centre to ensure availability to all our participants.

Change can be difficult but we are anticipating a lot of positive outcomes from the move. The space is ready for workshops. Computers are on site for employment participants to use for job searching and business planning. In addition, the site is fully accessible with an elevator and accessible washrooms.

The move to 43 Church St. will strengthen our partnerships with the Coalition for Persons with Disabilities, in building services like the BEC, and St. Catharine's Enterprise Centre and employers in the area.

Our enthusiastic employment team will be working hard over the summer to ensure the transition is as smooth as possible. Services continue in a new home.

Keep an eye on social media and email to find out when we will be holding an open-house to show off our new digs!

## ODSP Employment Support Program

**43 Church Street, Unit 610,  
St. Catharines, ON L2R 7E1**

**905.984.4000**

**Faye - x 226**

**Jen - x 225**

**Casey - x 223**

**Carol - x 227**

game of Musical Chairs (I'm looking at you Frank...you cheater). I could sit here and list everything (easy) that we've done and all that I've learned but that would take a long time. I have one final thing to say in closing. A big shout out to our fearless leaders. Ada and Susan went above and beyond in helping and encouraging us. I know that I can speak for all of us when I say thank you...thank you for everything that you've done both with us and for us. To my fellow classmates...I leave you with this quote. "Don't worry about failures. Worry about the chances you miss when you don't even try!"

## Housing Support

**905-984-5310**

**Kyle - cell 289-686-0639 x 507**

**Tara - cell 289-241-4248 x 511**

**Caleb - cell 905-394-2241 x 512**

**Scott - 1-905-512-0781**



# 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>THANKS to</b>	<b>All</b>	<b>Volunteers</b>	<b>this</b>	<b>year</b>	<b>with Out of the Cold - begins November 1, 2016</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 - 4:00 pm 12 - 1 pm Lunch: Closed Stat Holidays: Closed

## 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

## 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  
Designs by Linda  
D & J Packing and Moving  
Dove's Gardening  
Earth's Herbal Treasures  
Fabulous Beauti  
Fabulous Finishes  
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  
Lany's Windwash  
Mark Aleo Landscaping  
Maid 4 U Cleaning Services  
Muskoka Wind  
MD's Caulking  
Neat and Tidy Property Maintenance  
Niagara Bags of Rags  
Original Crafts by Lorian  
Paul Rustenburg Driving Services  
Snapshot Reporting Data Management Service  
Step Into Healing  
Tech for You  
The Alternative Hair Salon

## SMUN BUSINESS & COMMUNITY SUPPORTERS

Please call if we missed you

TNT Services  
Twist Your Kilt  
Pick Up & Deliveries  
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  
Wrights' Brothers Produce  
Rysons United School of Music  
Royal Crown Printing  
The Office Tap 'n' Grill  
Stokes Seeds Lrd.  
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.

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  
Wallmart  
7 Eleven  
PWD Demo  
Niagara College Culinary

**AGM 2016**  
**Annual**  
**General Meeting**  
SMUN Centre  
17 Gale Crescent  
7 pm  
August 24, 2016  
Please come!

## INTERNATIONAL OVERDOSE AWARENESS DAY

WED AUGUST 31ST, 2016 (3-7 PM)  
LOCATED AT 17 GALE CRESCENT, START ME UP NIAGARA

OPEN-MIC COMEDY FILMS INFO BOOTHS  
INTERACTIVE MURAL ART VENDORS



FREE EVENT



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

