

10 YEARS ON THE STREET



Welcome to the **New** Street News

Welcome to the NEW Street News. After 10 years of publishing it was decided that it was time to hit refresh – a new look - edgier content – interviews - all with the idea of keeping Street News inclusive, informative and representative of the many voices at Start Me Up Niagara.

The fact that Street News was ten years old came as a jolt. Was I not paying attention? How did ten years fly by? Did we lose our edge? Whose idea was this anyway?

As the keeper of memories for all things Start Me Up Niagara I remember three things very clearly about its birth. The first was a story in the Standard with a photo of an easily identifiable participant looking for food in a dumpster that caused a lot of negative reaction by others at SMUN because it did not include their experiences or opinions. The second was the contest at the 'swamp' that led to the name Street News. The last was seeing Murray Thomson, retired editor of the Standard, sitting at a table patiently explaining what was involved in producing a paper. Cathy who read every back issue has written more about its history and high points for you to read.

Thanks to many people who have worked hard on this and to others through many years that kept the paper alive. The new version is here. I hope you enjoy it and give us your feedback.

SUSAN VENDITTI
Executive Director



EVENTS

Art Me Up at AGOR (Art Garage on Riordan)

Mon-Friday: 1pm - 4pm
Contact: Aaron Wagner 289.501.7526

SMUN Gallery

17 Gale Crescent
New exhibition each month

Judy Graham Poetry Workshops

12-2, Wednesdays, 17 Gale Crescent



FEBRUARY 24, 2018

our fifth year of
Coldest Night of the Year:
a fantastically fun,
family-friendly walk-a-thon.
This year's goal: \$100,000

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Patty at 905-984-5310 ext. 515
or go to
coldestnightoftheyear.org



Pasta Dinner

none in December but
will be back

January 17, 2018

and

February 21, 2018

Thank you for
your monthly support!

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Street News

VOICES FROM OUR STREETS

Published Quarterly

Start Me Up Niagara

Working Together...Moving Forward



Since 1999

To donate or contribute to
Street News
please contact us at:

17 Gale Crescent
St. Catharines, Ontario
L2R 3K8
Phone 905 984--5310
Fax 905 984--8949
www.startmeupniagara.ca
awagner@startmeupniagara.ca

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website:
www.startmeupniagara.ca

contact: Patty
905 984-5310 ext. 515
patricia@startmeupniagara.ca



Thanks to all our volunteer
free-lance writers, reporters,
poets and artists

Editors & Art Directors:
C.J.Sisler & R.N.Wagner

Copy Editor:
Melissa "Rainbow" Leigh Fowler

Production Assistants:
Patty Brack, Karrie Porter & Michelle Both



GRAND OPENING OF 203 CHURCH WORK ACTION CENTRE

It is no secret that individuals living with disabilities face barriers when starting a business and securing employment – but many are working to overcome those challenges. For this reason, Start Me Up Niagara has expanded its Employment Services to open the Work Action Centre.

Start Me Up Niagara has partnered with Rise Asset Development to have in-house business coaching and workshops, as well as business loan and mentorship support. There are also employment services such as individualized action plans, group learning opportunities, and enhanced skill development.

The new site located at 203 Church Street in downtown St. Catharines includes a computer lab, skill sharing and workshop space, as well as a storefront where the public can come to purchase local artists' work and gain information about participant-run businesses. The Grand Opening took place on Friday, October 27.



A BRIEF HISTORY OF STREET NEWS

By C. J. Sisler



In 2006, some SMUN participants were complaining about never having their voices heard when issues of homelessness and poverty were covered in the media. After some discussion they decided to start their own newspaper.

The first edition of *Street News* was released December 2006. **A paper for and by people who live close to the street** became a new outlet for information and a forum for the expression of creative ideas and opinions.

Two summer students, Catherine Sukkau and Elizabeth Anderson, along with many participants (David Eller, Carrie Veenstra, Chris Taylor, Elena Reyes, Eugene Price, Faye Sager Dyson, Jim Lozeron, Laura Dumas, Laura Simpson, MIDC, Maurice Prindiville, Mitch Smith, Pat Bartley, Paul Shtogryn, Scott Nelson and Susan Venditti) pulled the first edition together.

According to the headline article “‘News’ Hits the Street”, about 70 SMUN participants were polled, and wanted the paper to convey information about food, shelter, clothing, and counselling. They wanted to read success stories, as well as reality stories, and also wanted a chance to write stories and poems about their own realities, hopes and dreams for, and visions of the world.

This 1st edition is great to read for its optimism

and honesty. It featured articles on addiction, unemployment caused by government policies, shortage of doctors, the Out of the Cold Program, and some Christmas wishes of people struggling year-round in St. Catharines. It also contained some hard-hitting poetry about addiction and homelessness. And there were (as there continue to be) information pages listing services available, hours open during the holidays, cheque issue dates, transit services, and

special Christmas events such as free dinners and food giveaways. Another feature, that would become a regular part of every December issue, was “In Memoriam,” listing those SMUN friends who had passed on that year and would be missed by all.

The Fall 2007 Issue has a new subtitle “A voice for the voiceless”. This issue features an article by Julia Norris, about NAC’s (Niagara Artists’ Centre) exhibit “Just Who is My Neighbour?”, which was meant to “present a view from the streets and to challenge the stereotypes surrounding homelessness. All of the art was created on a limited budget, making the projects affordable to people living on the street.” Many SMUN members took part in this exhibit. This article shows that from the beginning SMUN and Street News has believed in the capacity of art

“A paper for and by people who live close to the street”

to make a difference in people's lives. By giving a "voice to the voiceless", and in giving a medium for that voice to leave powerful impressions on others, artistic expression (in whatever form) has always been appreciated by SMUN as a powerful tool in the fight for self-esteem and social justice. The outcome of this focus has led to the current ART ME UP movement: a beautifully vibrant and strong facet of SMUN's daily activities today.

The Fall 2007 issue also features an article by Mary Jo FitzGibbon. Entitled "OW.w.w.w.w.w" (a reference to OW: Ontario Works), this piece paints a brilliant picture of just how quickly *anyone* who has worked their entire life can become suddenly unemployed and on the verge of homelessness. Mary Jo worked for 20 years as an art director for a major magazine in Toronto, and was "let go" when they "downsized". Mary-Jo became a volunteer at SMUN and brought her expertise in publishing to her role as Art Director of Street News for many years.

The Spring 2008 issue featured poetry. This issue, called "Let's Hear It For Poetry Month," celebrated street poets and their poetry. SMUN had just received funding from the United Way for a Street Poetry project: a collaboration between SMUN and NAC. Poems from street poets were shared aloud at readings and poetry-writing gatherings, and eventually gathered for an Anthology of Street Poems and a "Poetry Box" to be displayed at NAC.

Some say that there is no such thing as coincidence, and I can't help thinking this is true when I look at the Spring 2008 issue of Street News. Not only is this the year Liz Roulston came to Street News, it is also the issue where a certain person called Rainbow emerged as a committed and talented writer and copy-editor for Street News. She had helped on previous issues, but this was where her writing began to appear under her name Rainbow. "Don't 'Dis' my Ability" was her first article, in which she explained her condition of Asperger's Syndrome: a high-functioning facet of the Autism Spectrum, which was not diagnosed — in her case — until she was 44 years of age.

"It really gave people a sense of belonging and pride to have something published that they were involved with"

I interviewed Rainbow for this article and was blown away by her candor and insight. She spoke of her recently-lost father, a long-time patron of SMUN and Street News, who introduced Rainbow to Susan Venditti. She showed Susan some of her poems and, according to Rainbow, Susan literally took her down the hall, opened a door, and pushed her into a room, saying "this is where Street News happens." Rainbow says she has been there ever since. She says she is "proud of being part of Street News..." which has "gotten better over time," and that it has "given her

the space to practice and submit her writing and poetry." Rainbow spoke of a spiritual awakening she had in which she saw a triple rainbow (thus, the name). She saw in this triple rainbow a "swath of orange" which represented e m p o w e r m e n t .

Regarding this she says: "through this colour I got working on the lesson that no, I am not broken, I am who I am, so get the f*** over it. I used to believe the whole 'I'm stupid' thing'... but I got out of that. ... doubting myself keeps coming back, but I continually work with that, because some of my lessons I learn and don't have to repeat, but like everybody else, some of them I do have to repeat and relearn."

Spring 2008 was also the year that Liz Roulston came on board to SMUN and became editor of Street News. Since then, Liz has been constantly active with SMUN. Aside from her job with Street News, she has worked on the floor in the drop-in centre, in the kitchen, the garden, and with Xpressions at 15 Gale, which is where I first met her. I interviewed Liz for this anniversary edition, and she spoke about the early days of Street News:

"...all the jobs (at SMUN), especially in those early days, were totally volunteer... Susan (Venditti) had me chair the meetings for Street News... People liked to come and bring stories and we would *send them out as reporters*. ...It really gave people a sense of belonging and pride to have something published that they were involved with... whether they were delivering (the paper) or taking pictures (we used to send people out with those disposable

cameras) or writing in it, ...we tried to facilitate any means for anybody who wanted to be involved to do so! And people have come and gone from the paper and other people move in and take their place.”

In a sense, this is what has happened now. Liz has been hinting at her “retirement” from Street News for some time. Now, the job (of gathering material, editing and layout) has officially been passed to myself, Aaron Wagner and Rainbow. Of course the paper continues to belong to all our volunteer writers, including long-time contributors like Angela Browne, long-time social justice and anti-poverty advocate, and Paul Shtogryn and many others (volunteer and staff) from Start Me Up. It is because of Liz (and Susan)’s great ability to “facilitate the means for

“Facilitate the means for things to happen”

things to happen... to facilitate ways for people to have the opportunity to do things... to find a way for people to get involved and to have a job,” that I now find myself working on Street News.

Coming from a place of depression and social isolation, I now have a volunteer “job” and am part of a team who put Street News together. I now have a purpose, and no longer feel like a nobody sitting in a crowd feeling mute and useless. Liz, Susan, Aaron and all the people of SMUN have seen something in me and put it to use. And for that I am very grateful.

Of course, I can’t cover all the people and topics covered by Street News in this brief history, but here are some highlights from Susan’s “Bible” of all the issues of Street News from beginning to present, that stood out for me as representing what Street News is all about.

Winter 2008: an article on foot care for those wandering the winter streets in less than adequate footwear. **A Day in the Life** by Tan: gives a crystal clear picture of how it is to be wandering from place to place trying to find a place to stay warm to keep from freezing, and to find some food to eat to keep from starving.

Spring 2009: Everything is not Sunshine and Roses: by Robert and Tonia: a series which started Spring 2008, following a couple who set up “housekeeping” (aka camping) in the ravine after being rejected by a shelter due to a relapse: “...7 months clean and trying to stay clean... Relapse. Recovery is not easy. Staying clean is a white knuckle ride at the best of times. Without help it’s nearly impossible. The reality is, it’s all about choice. Choice and facing what got us here in the 1st place; and facing what’s under the self-medicating. Staying clean means coming clean.”

Summer/Autumn 2009: covers a major event in SMUN’s history: the move from being split between 2 locations: 288 St. Paul, 3rd Floor and 95 Church Street Drop-in Centre, to our now permanent home: 17 Gale Crescent.

Winter 2009: Announcement of December 17: *International Day to End Violence Against Sex Trade Workers*, featuring the *March of the Red Umbrellas*, culminating in “*Stolen Sisters*,” a roll call recognizing the disproportionate loss of women from our aboriginal communities.

On October 14th, 2009, Julia Blushak organized a party to celebrate SMUN’s “coming together under 1 roof” (17 Gale). Julia would later (2014) take over as Art Director/Producer of Street News and continued in this job until Spring 2017. Julia is a “community outreach and communication developer,” (LinkedIn), she was lead organizer for our Queenston Neighbourhood Harvest Festival in 2013, and produced “Draw Your Neighbour,” the world’s longest drawing, which has most recently been shared with the Willow Community in September 2017. She was also a student liaison for the Centre for Women’s & Gender Studies at Brock University, and professor in Art & Design Fundamentals at Niagara College. These are just a few of the positions she has held and talents she has shared with many. On behalf of SMUN and Street News, a great thanks goes to Julia for all the work she has done for us.

I wish I had time to give a synopsis of every issue of Street News but that would take up more space than I have. All issues that follow are available on line at startmeupniagara.ca

Crabby Scooterton Goes to the Courthouse

BY C.J. SISLER

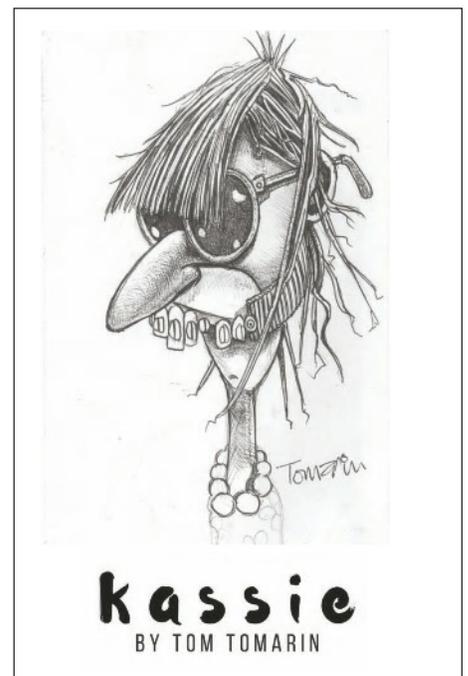


LESSONS OF THIS EPISODE:

- be sure to properly dispose of any ripped-up Jesus pamphlets someone stuck in your door-jam.
- make sure you go to the right building for any housing tribunals of your friends and
- drive your scooter right into the courthouse.

Crabby arrives at the courthouse for Joe S's tribunal.

She decides to be nice and park her scooter outside and walk inside with her cane so she takes up less space. It is always a mistake for Crabby to decide to try to be nice. When she gets off her scooter, unknown to her, the pieces of a ripped-up Jesus pamphlet falls out of the scooter pocket as she removes her cane. Suddenly a large policeman is screaming at her: "YOU GET RIGHT BACK OUT OF HERE AND MOVE THAT SCOOTER AND PICK UP THAT GARBAGE THAT YOU DROPPED!!!!!!" Crabby says "oh my god why are you so insanely screaming at me?" The policeman just repeats himself even louder. Crabby leaves, confused and upset. She does not get to attend Joe's tribunal... but she had the wrong building all along.



kassie
BY TOM TOMARIN

WHEN UNMARKED VANS LEND A SAFE HAND

BY BONNIE KALICAK

Featuring Talia Storm of StreetWorks

Talia Storm began in the Education Department four years ago at Positive Living Niagara with the youth in schools, but it wasn't long before she switched over to StreetWorks, the local harm reduction needle exchange program. She trains people on preventing, recognizing, and responding to an opioid overdose using Naloxone. So far, since August 2013, over 650 people have been trained to use Naloxone and 642 people have used the kits, which is an alarming number.

Regardless, StreetWorks is noticing there is an increase in overdose deaths. Fentanyl; a very strong pain killer in patch form is a major problem.

StreetWorks reaches the entire region and is confidential. They go into your home with needle exchange supplies, inhalation kits, and can do naloxone training. They often refer to other places like Start Me Up Niagara for help with housing.

Talia studied at York University in Toronto for International Development and African Studies. She then moved to Montreal for four years and worked in HIV education and prevention. Sexual Education was removed from the Quebec education system with the logic that sexual health should be discussed every day and in all subjects, not for two weeks a year in gym class. Talia worked with teachers to bring sex-ed into the classroom, and also did lots of education at health fairs and presentations for classes. She has learned though, that some people preferred one-on-one service. When asked where she sees herself in five years she stated she wants to stay in the harm reduction field.

When asked what she wants to do in the future she stated she wants to stay involved with StreetWorks because new things are being discovered all the time and they are open for growth inside. They work with Public Health, the Hep C Clinic and CASON- all which go in the van. They get their funding from Niagara Region Public Health, the United Way, and the government of Ontario.

To expand HIV education there is an AIDS Awareness week which is very busy. They also have a Red Scarf Project where they hand out red scarves to inform the public. Last year 100 scarves

were handed out and they need other volunteers to knit the scarves and Positive Living provides the yarn.

Before meeting Talia Storm I thought StreetWorks was simply a needle exchange and

Naloxone training programme for people living in St. Catharines but after speaking with Talia I realized there is so much more to StreetWorks.

StreetWorks is a program that educates people on how to stay safe and healthy. They work closely with the community and provide counselling, and case management support. They also travel around the entire Niagara Region from Grimsby to Fort Erie in an unmarked van keeping confidentiality and discretion in place. They treat everyone with respect.

I felt a sense of relief and compassion after the interview and I would recommend that if you have any questions to contact Talia at StreetWorks (ph. 905-984-8684). She is a great person willing to take time to talk to you.

“StreetWorks is a program that educates people on how to stay safe and healthy.”

The Third Chapter & Moving

BY PAUL SHTOGRYN

Since turning 65, I no longer have to worry about total income in bank accounts since I am no longer on ODSP been converted to CPP OAS GIS and GAINS.

I applied in January for the Seniors CoOp Drug Benefit Program. Lucky for me the pharmacist advised me to have my Shingles vaccination in May so I will not be charged \$366 for it in April under the old plan. instead of having it for free. I get into the flea market for a quarter ins. One thing instead of 50 cents and the same for hockey games and haircuts.

One thing that is comforting is that those 65 and over are now the majority in Canada for the first time thanks to the baby boom generation of the late 40's 50's and early 60's then teenagers. I think Bernie Sanders is 75, Hillary Clinton is 68 and of course Donald Trump is 70. Overseas Jeremy Corbyn is 68.

In Canada the opposite is true with Justin Trudeau being 43 but Andrew Schurr is 38 and so is Jarmeet Singh. It should be an interesting race with catering to make the elders happy.

Also changing at 65 for me is moving to a seniors residence something I was not expecting even though I was on a waiting list for 9 years. I got a call stating that they had a place for me. I would also have an interview with Niagara Regional Housing.

I would be prepared for it including selling my place in just 3 days, plus having my tax assessment and showing my bank account. Fortunately I had 6 weeks to prepare instead of just 2 weeks the other 2 times. It meant changing addresses for CPP, OAS, GIS Gains hydro bills gas, water taxes, drivers

licence ownership insurance etc.

One thing you probably did not know was that when you change address for drivers licence its automatically sent to Elections Canada but I did have to contact Elections Ontario. Thankfully the staff at Quest help me immensely with address changes and social address. They were excited for me the case where my expenses will drop a lot since I will not be paying gas, hydro or water anymore.

The moving company cost me almost \$3000 and even there I was putting things in boxes and it was mind boggling.

Just 4 days before my moving date I went to Services Ontario to change ownership and then to SMUN.

On my way home I was suffering from dizzy spells with the 4 day heat wave. I refused the paramedics but a nice police man

drove me to the hospital and I stayed there for 7 hours before the doctor diagnosed me with vertigo and then sent me home It cost another \$27 for a taxi.

Finally it's moving day I could not sleep at all. The moving company came with boxes and boxes. Cogeco came the next day connecting the television, computer and phone.

Gradually I had everything in place. I am getting things back to normal with my drivers licence arriving today and my phone has the same number. So things are getting back to normal but it has been quite a ride for somebody my age. But it is all the making of the Third Chapter in life.

“Gradually, I had everything in place. I am getting things back to normal...”



Surviving on Mount Sobriety while shedding the skin of perfection

BY AMANDA ROORDA

I stand tall. Sober. And on top of the world. I have changed my world, one day at a time. But I always thought that it would be a lot easier than it really is. I walk down the streets in an enormous, bustling city that I feel invisible in. I see thousands of faces, hundreds of different places. And amongst it all... I feel lost. Alone. Scared. I arrive at Union Station to catch my breath and also to catch my train to my parents home in Lynden. And I see the same guy begging for change that I have seen out there for the past 2 weeks. Instead of walking by like he doesn't exist, or tossing him a few dimes or nickels, I choose to plunk my butt down beside him while I wait for my train. And talk. I tell him a little bit about me... only because I know that if I didn't tell him a bit of my story and struggle he would wave me off like they would a "I wanna save you person". I can relate. I can empathize. I know and I get it. My story includes drugs, shelters, homelessness and pain. And I can easily show him the scars that come along with it. I am able to shed the skin of "perfection" while I sit and talk to this guy.

So often I feel like I am a fraud. Playing the part. Saying the right words. Smiling at everyone while really I have no bloody idea of what I am doing. Hiding in my safe zone all day long, reading book after book, just to ignore the intense urges and cravings. But what kind of existence is that?? I don't want to feel as if I have to hide. I want sobriety. More than anything. Sobriety will give me my child, a home, a life and my family. But what do I do with this feeling I feel deep in my soul. The one that says "touch me, take me, feel me. You know you will feel complete then. You will never make it anyways."

Those few moments I get with the homeless, panhandlers of downtown Toronto make me feel alive. Like I am included. Faults and all. Drug addicts don't judge. They don't care. Your past is just a chapter in a long story. I don't feel as if I need to pretend that I know what I am doing or that I know the end game of my story. They take every broken part of you... and care about you all the same. We are all a part of a bigger thing. Where our coping mechanisms are a drink, a puff, or a hit of whatever calls us. It is a way to escape that broken part of you. I envy them. I am just a sober imposter who watches their escape. While I am stuck banging my

head off a wall. Hoping that I will be able to escape on my own, in a SOBER way.

The hurting, hungry and hopeless in my community feel more like home than the straight, sober and stable ones do. I want more than anything to feel a part of that community. But I think it is just a foolish dream. Is it possible to break down the walls and talk to people openly about what I have gone through?? I think not. I have tried. I sent out these weekly emails to all my family... And do you know who noticed and bothered to check on me when they stopped.... No one. I pretend like it doesn't bother me. I tell myself that no one is obligated to check up on me. But it hurts. I want to know people are there, listening. And that they are concerned.

My family, as wonderful as they are, have no idea what I do when I go back home to Toronto. They don't text and ask how my day is going. They don't usually call. They have no idea I am living this limbo life. One where I am clean... but desperately wanting to use. I try to ignore the calling, the craving... but it all feels like I am faking it till I make it. And I don't know what the "make it" consists of. Using? Sobriety? I want more but constantly feel like less. This is hell on earth. Limbo. Purgatory. Existence. Whatever you want to call it. I am one foot out of that world.... And one foot in. Straddling the border line of good and bad. And I am at a loss. At least I can say that I have given it my all. And I will continue to. And if this stupid devil voice over my shoulder can go get a new life... And leave me be... I would be happy.

But happiness is not a place you can arrive at. It is a state of being. And I know I HAVE found that state but at times holding onto it feels like holding onto a cloud... It just drifts through my fingertips. Maybe someday soon it will solidify and make it capable of grasping. But maybe it is my negative thoughts that jump in at this point and tell me that I should give up now. Grab happiness where you can get it, stop living a lie, don't keep setting yourself and your family up for failure. Indulge in the people that understand you.

It's a devil and angel on your shoulder type of situation. The whispers from both sides. I am choosing to be sober. Everyday. But it never gets easier. Ever.

VOICES from the Street

Nice Guys Finish Last by Darryl Burr

by Running scared the tiger has travelled far
The snake coiled in his tree
Watches, learning, contemplating the tiger's return

Two fires burn bright
The sun the moon chasing the end of Time
In the persistence of time they occasionally do meet.
To exchange a glance to confirm
They still haven't found what they're looking for.

The cure for a broken heart.
Two halves to make the whole
Two people that act as one
For happiness, For tears and Life.

Atop his high horse a knight rides on,
Knowing full well his dream of a princess
Will never be gone.
Through forests and waters, depths of the unknown

Holiday Cheer

The time has come for seasons to change ; Sometimes
it's so cold you can't bare to strain. Thanksgiving and
Halloween gone until next year;

But let's not forget the most jolliest time of year;
where silver & gold can sparkle and shine and
snowflakes falling from the sky. Let's not forget the
good old RED & GREEN plus using the mistle toe on
the most Beautiful man or woman you see.

The smell of Ginger bread men and woman in the
oven you can hardly bear till they're on the tray ready
to be prepared. Yes it's safe to say we all get a little
greedy at this time of year, But let's not ever forget its
more charitable to share. I take my leave with a toast
to old St. Nick wishing everyone a Happy New Year
and to all to be safe.

by: Dylan Shura



Wishing on a Sail by Paul Shtogryn

Wishing on a sail
While travelling on a trail
Stomping the wetlands
not noticing the flush
Behold I saw a bright beautiful thrush
Curtailling the sunshine and woods
through the time
And looking in front of me was the stone lime
Wishing on a sail like never before
Knowing in the end, natures galore.

Changing Seasons by J. Wolf

Spring Summer
Winter Fall
4 seasons 4 challenges
All different in our ways
4 seasons all make up
A full circle apparently
Spring a time 2 start
Summer the time to grow
Fall a time to harvest
Finally winter
Time 2 replenish and rest
4 seasons come again
Ways have 2 change
2 make our 4 seasons
Complete

What I Do When I Can't Sleep by Jane H.

Unlike the sun - I didn't go down
Just kinda stayed up
Went outside in the rain
It was dark and damp, no one around
Out there; should've stayed in
Gone inside after sometime; watched the
Clock for hours: time just kept on ticking and ticking

just couldn't sleep so got on the phone and called
up a cab; took a ride about this town; mostly quiet
Just heard faint sounds, while driving wind blowing
Trees rustling all around
Got home still awake -- felt fatigued like I could sleep
So I just went and laid down...
Maybe staring at the ceiling counting tiles
instead of sheep
1, 2, 3, 4, next thing you know
Closing my mind's door sawing logs catching a few z's
and suddenly
Fast asleep.
Good Night.

EARSHOTS

BY JENN RALPH

The true plight of the “Underprivileged”

Underprivileged: a word that creates an involuntary reaction for some to recoil in disgust and to fly into a fit of rage. Those that coin the phrase use it so lightly as a way to over inflate their personal egos and self-appointed stature. The word is used so often as a stepping stone for some to stand upon and glare down at others they view as lesser than.

Underprivileged is a term that often looks to brand individuals with this shaming title; while I look to scorch this word from the lips of those who may utter it. I will never be defeated with this word; I shall not adorn it to my person so others may feel better about themselves. For I know that I will never be poor, needy, deprived, disadvantaged, destitute, or lower-class as long as I see the value in myself.

I treat others with dignity, strive to live by helping others through my own learning opportunities and never use my stature as a platform to make myself look better at the expense of another human being. I will never be “underprivileged” so long as I interact with others and view everyone as my equal.

Walking Home

I'm walking home across the Rainbow Bridge
and as the Red sun spills across my face
in deepening Orange, Creation sighs with pleasure
a joyous Yellow aura lifts me skyward
as multitudinous Greens refresh my heart
reflecting off the wide, harmonious Blue
blending with Indigo's cool, electric shades
in shimmering hues as Violet tints the clouds
I look up and my soul and breath are caught
entranced by Nature's glorious abstract art
awed by the range displayed within Her palette
entranced by Nature's glorious abstract art
I look up and my soul and breath are caught
in shimmering hues as Violet tints the clouds
blending with Indigo's cool, electric shades
reflecting off the wide, harmonious Blue
as multitudinous Greens refresh my heart
a joyous Yellow aura lifts me skyward
in deepening Orange, Creation sighs with pleasure
and as the Red sun spills across my face
I'm walking home across the Rainbow Bridge

by Rainbow

IN MEMORIAM

In memory of our friends and supporters who died in 2017

Adrien Jones
Alyssa Smith
Come Tooke
Dawn Stewart
Deb Fournier
Deborah Greene
Denis Eichelman
Gabriel Genest
Gerald Dione
James Dyck
Jerry Canham
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Paul Patterson

Peter Chernecki
Pieter John Spyker
Robert Stubbert
Robert Travers
Roy Lubetsky
Shawn Booth
Shawn Heskett
Ted Tennant
Wayne Lazerus
Wayne McIntyre

A Service of Remembrance will be held on Wednesday, January 24 at 3pm at 17 Gale Crescent. If there is someone we have missed, please contact Patty at 905-984-5310 ext 515, so they will be remembered.



Trials, Tribulations, Trains, Tribunals & Triumphs

The Writings of Joseph Smith

By C.J. Sisler

As a resident of 15 Gale and member of Start Me Up Niagara, I have gotten to know Joe Smith as a neighbor and friend. Joe has contributed several stories to Street News: stories that are based on his very fascinating life.

In this issue we are publishing some of Joe's

stories which have not yet been published. In them you will see some facets of the life he has led: from riding the freight trains to running for political office, to being the survivor of a massive heart attack and quadruple bypass.

POLITICS WAS MY SELF-HELP

by Joseph Smith

There are hundreds of self-help books on the library shelf, including "The Power of Positive Thinking" and "Your Erroneous Zones". All have purpose and all have meaning. Growing up, I was the victim of constant bullying in school. The result of that left me with low self-esteem and little self-confidence. As I got older, I found myself sweating from nervousness at job interviews and other one-on-one meetings. I had the need to escape from my hell. In 1968, at age 20, I had my first taste of politics when I operated the PET shop in Winnipeg and worked in the Liberals' Campaign Office folding leaflets. In 1973 I decided to try to seek a seat in the Manitoba Legislature and ran in the provincial election that year. The following year (Winnipeg Centennial year) I ran for the City Council in Winnipeg, and again in a provincial election the following year. I made several attempts but with little luck, until 1979 when I ran for mayor of Winnipeg. I was one of 12 candidates seeking to replace the late Robert Steen, who passed from cancer. What I got out of all that is what I needed: self-esteem and self-confidence. I had the opportunity to meet well-known politicians in that time, including Pierre Trudeau, John Turner, Marc Lalonde, Eugene Whelen, Mitchel Sharp, Russell Doern, Senator Gildas Molgat, Izzy Asper, Sid Green and the last Manitoba Liberal Premier Douglas Campbell. Today my life is much more positive. I can stand and speak among hundreds without notes when initially I would nervously read from scribbled notes. My life is much happier today and I hold no regrets for my involvement years ago. Find your own self-help system and make it work for you.

A TRAIN TRIP TO REMEMBER

by Joseph Smith

"What makes you think you can ride on this train?" The speaker was an inspector in a white shirt. The place was the third unit on a westbound CPR freight train. I was stranded three days in Kenora, while attempting to hitchhike from Winnipeg to Niagara. It was hot and I was hungry. I decided I needed to return to "the Peg" so I could eat and find a place to sleep. I wandered on downtown to the train yards as I knew I could catch a freight train there. A slow-moving train came along, so I climbed aboard the third unit, as I always did. Once inside, I saw this man seated and wearing a white shirt. "Where are you going?" he asked. "Winnipeg," I replied. "And what makes you think you can ride this train?" he asked. "I've been stranded here three days and need to get back to Winnipeg." He pointed to the floor behind me and said "Get over there and sit and don't move." So I did. I sat there the whole distance until just a few miles shy of the train station in Winnipeg, where I jumped off when it slowed down. Wow. What a trip. It was a part of my youth I can't forget!!

ART BATTLE: RYAN TAKES ON ST. KITTS

C.J. SISLER / PHOTOS: RN WAGNER



Watching Ryan Logtenberg in action is like watching a genius in motion... waiting for his body to give him the impulse for his first then next move... his mind talking the colour that his hand will choose and place next on the canvas... the lines that will direct his composition to a cacophony of symbolic expression... in a language that he is inventing as a way of expressing his unique vision... tonight he was more composed and poised than I have ever seen him... and yet so much more open to the spirit of the idea of a planet on the verge of exploding in a jazz of ochre retina-cones bursting energy surrounded by a red corona written upon by black scribbles of a language that you cannot just see but can hear like music in colour.

Thank you Ryan.

Thank You to all our funders, sponsors, donors, businesses and the community!

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2017 sponsors:**

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Niagara Restaurant Solutions

This year's walk is Feb 24, 2018
Join us at Market Square
Be a sponsor, start a team-
The goal is \$100,000.. we can do it!

OUT OF THE COLD

ST. CATHARINES
November 1, 2017 - March 31, 2018
6:00 p.m.
Hot Meal with or without Overnight Shelter

Sunday: Westminster United Church
180 Queenston St.

Monday: Silver Spire
366 St. Paul Street

Tuesday:
Roman Catholic Cathedral of St. Catherine
67 Church Street

Wednesday: St. George's Anglican Church
83 Church St.

Thursday: St. Alfred Roman Catholic Church
272 Vine Street

Friday: Knox Presbyterian Church
53 Church Street

Saturday: Queen Street Baptist Church
57 Queen Street

2017 Christmas Schedule

	X-Mas Eve	X-Mas Day	Boxing Day						New Year Eve	New Year Day			
	SAT Dec 23	SUN Dec 24	MON Dec 25	TUES Dec 26	WED Dec 27	THURS Dec 28	FRI Dec 29	SAT Dec 30	SUN Dec 31	MON Jan 1	TUES Jan 2	WED Jan 3	THURS Jan 4
SMUN Centre 17 Gale	11:15 am -1:15pm	11:15am- 1:15pm	9am-2pm	9am-2pm	9am-2pm	9am-4pm	9am-4pm	11:15am- 1:15pm	11:15am- 1:15pm	9am-2pm	9am-4pm	9am-2pm	9am-4pm
SMUN WAC 203 Church St.	CL	CL	CL	CL	9-12	9-12	9-12	CL	CL	CL	CL	9-2	9-4
St. George's Church Breakfast	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30-8:30am	7:30- 8:30am	7:30- 8:30am	7:30- 8:30am	7:30-8:30am
OZANAM	CL	CL	CL	CL	CL	CL	CL	CL	CL	CL	11-12:30	11- 12:30	11-12:30
QUEST CHC	CL	CL	CL	CL	8:30am- 7:30pm	8:30am- 7:30pm	8:30am- 7:30pm	CL	CL	CL	CL	8:30am- 7:30pm	8:30am- 7:30pm
Community Care	CL	CL	CL	CL	9am-3pm	9am-3pm	9am-3pm	CL	CL	CL	9am-3pm	9am-3pm	9am-3pm
Ontario Works	CL	CL	CL	CL	CL	8:30am- 4:30pm	8:30am- 4:30pm	CL	CL	CL	CL	8:30am- 4:30pm	8:30am- 4:30pm
ODSP	CL	CL	CL	CL	8:30am- 5:00pm	8:30am- 5:00pm	8:30am- 5:00pm	CL	CL	CL	8:30am- 5:00pm	8:30am- 5:00pm	8:30am- 5:00pm
St. Catharines Transit	Regular schedule	Sunday 5:15-7:45	CL	Holiday 11am- 5pm	Regular schedule	Regular schedule	Regular schedule	Regular schedule	Sunday 5:15-7:45	CL	Regular schedule	Regular schedule	Regular schedule
Centennial Library	9am-5pm	CL	CL	CL	10am- 9pm	10am-9pm	10am-6pm	9am-5pm	CL	CL	10am- 9pm	10am- 9pm	10am-9pm
Schools	CL	CL	CL	CL	CL	CL	CL	CL	CL	CL	CL	CL	CL

EMERGENCY RESOURCES



SHELTER INFORMATION CALL 211

EMERGENCY SHELTERS	PHONE	ADDRESS	BEDS	HOURS	ELIGIBILITY
Southridge	905 682 2477	201 Glenridge Ave St. Catharines, ON L2R 3G8	36	24 Hours	Males and females. No drugs and alcohol
The Salvation Army Booth Centre	905 684 7813 1844 637 1773	184 Church Street St. Catharines, ON L2R 3E7	16	24 Hours	Males, only 18 and older
The Raft	905 984 4365	17 Centre Street, St. Catharines, ON L2R 3A6	16	24 Hours	Males and females, ages 16 – 24, no alcohol or drugs
Nightlight Youth Shelter	905-358-3678	5207 Victoria Ave, Niagara Falls, ON L2E 4E4	10	24 Hours	Males and females, ages 16 – 30, no alcohol or drugs
YWCA St. Catharines	905 988 3528 Ext 3228	183 King Street, St. Catharines, ON L2R 3G8	28	24 Hours	Females and females with childrens. No drugs or alcohol.
YWCA Niagara Falls	905 988 3528	6135 Culp Street, Niagara Falls, ON L2G 2B6	20	24 Hours	Females and females with childrens. No drugs or alcohol.
YWCA Niagara Falls	905 988 3528	6135 Culp Street, Niagara Falls, ON L2G 2B6	Limited	24 hours	Male beds may be available
Out of the Cold		Various locations	25	6pm – 7:30am	Males and females over 16.
SPECIALIZED SHELTERS	PHONE	ADDRESS	BEDS	HOURS	ELIGIBILITY
CHMA Safe Beds	Referral needed	15 Wellington Street, St. Catharines, ON L2R 5P7	7	24 hours	Must be referred from hospital or mental health agency. 3 – 5 day stay. Ages 16 + no alcohol or drugs.
Casa El Norte	905 871 4483	281 Central Ave, Fort Erie, ON L2A 3T4	Varies	24 hours Office 9am – 4:30pm	Transitional home offering shelter for refugees.
Matthew House	905 871 6059	183 Central Ave, Fort Erie, ON L2A 3S8	Varies	24 hours Office 9am – 4:30pm	Transitional home offering shelter for refugees.
Men's Detox	905 682 7211	10 Adams Street, St. Catharines, ON L2R 2V8	18	24 hours	Men only, no alcohol, drugs or smoking.

Yes, I want to support Start Me Up Niagara



Enclosed is my donation for: _____

\$25 \$50 \$75 \$100

other\$ _____

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. Donations can be made on line. They help!