



STREET NEWS

SPRING / SUMMER 2018

LOVE SPRINGS FROM THE STREETS AGAINST ALL ODDS

It's all about love. I see it triumph every day. How we care for each other counts most for it is the most significant thing we bring and the most significant thing we receive. At Start Me Up Niagara (SMUN), we are all in this together as we actually practice caring about one another.

Spring/Summer 2018 Street News is filled with good news stories, poetry and photos. There is a redemptive quality to most. Starting out. Trying. Falling. Getting up. Inching forward. Hanging on. See the smiles! SMUN marked the ninth anniversary of its move to the Queenston neighbourhood in May. 17 Gale was brimming with possibility when we moved here and thanks to Niagara Prosperity Initiative funding we were able to get started quickly making a difference. No one thought that by 2018 we would have 4 locations in the neighbourhood. Combo of love and hard work.

Events everywhere: United Way's Songs of the City amazing show was sold out. Centennial Park grand opening June 16 featured tours and treats. Food Not Bombs is at Montebello Park every Sunday at 5 p.m. BBQ every Thursday night at St Georges and alternate Fridays at Knox. SMUN's AGM, Harvest Festival and Bike Me Up grand opening coming soon. Take a friend . Enjoy.

SUSAN VENDITTI
Executive Director



NOPE, WE DIDN'T FORGET ABOUT US

"In recent years, there has been extensive research in the area of youth homelessness both in Canada and internationally. We have seen a great deal of initiatives towards the movement to end youth homelessness. However, there is a lack of knowledge into the problem of lesbian, gay, bisexual, transgender, transsexual, queer, questioning, and 2-spirited (LGBTQ2S) youth homelessness in Canada.

What we do know is that LGBTQ2S youth are overrepresented in youth homelessness; it has been estimated that approximately 25-40% of youth experiencing homelessness identify as LGBTQ2S. However, this statistic came from one Canadian study, 14 years ago, and there is not much clarity or understanding what this number looks like today or how to begin scaling the problem of LGBTQ2S youth homelessness on a national level, when services do not collect data on youths' gender or sexual identities."

Quoted from: <http://homelesshub.ca/about-homelessness/population-specific/lesbian-gay-bisexual-transgender-transsexual-queer>



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And nope, Aaron, we'll never forget you either!

Thank you RN for all your energy, passion and talent shared. Your natural ability to bring out the best in others, to encourage people to try many art forms was contagious. You were the very heart of Art Me Up: joined with many other hearts: forging partnerships with others: setting up SO MANY gallery opportunities and social events.

Bringing us to Silver Spire during the In the Soil Weekend.

All the best Aaron! Good Luck!

We Love you!!!

(Liz Roulston)

**Ryan Logtenberg's
abstractions and drawings
featured in this issue**



**Queenston Roundtable
Meets 1st Wednesday
of every month at 7 p.m.
at 203 Church Street:
Residents Businesses,
Service Providers,
and Churches welcome.
Contact Caleb Ratzlaf
for more information:
[queenstonneighbours.
weebly.com](http://queenstonneighbours.weebly.com)**



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

Thanks to all our
freelance writers, reporters,
photographers, poets and artists
who make this paper what it is.

Art Director: C.J. Sisler

Production Assistants & Consultants:
Patty Brack, Susan Venditti, Liz Roulston

Copy Editor and Contributor
Melissa "Rainbow" Leigh Fowler

Art Me Up
at the Art Garage at 21
Riordan,
Unit 3C
Monday-Friday:
2 - 4 p.m.
For more info:
Contact Carol Todd at SMUN
or Cathy S. at
289-362-5678
(leave message)

SMUN Gallery
17 Gale Crescent
**New exhibition each
month**

The Opinions expressed in
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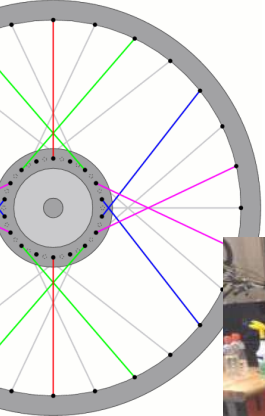
contact: Patty
905 984-5310 ext. 515
patricia@startmeupniagara.ca

OW Recipients:
SMUN is offering
2 courses this fall:
Food preparation and
shelter attendant training
Talk to Ada or your
OW worker for details.
Must register.
No tuition fees.

WAC (WORK ACTION CENTRE)... **WOW!!!!**

LOOK AT WHAT'S HAPPENING!





Bike me up Niagara



This gentleman called yesterday to say his son with autism was turning 12 today and his bicycle had been stolen. No funds or transportation. We picked him up and brought him to the shop, just happened to have a nice BMX bike my grandson Nic had donated – the team went to work on it, cleaned, shined and tuned it up, and we drove him back to Thorold with it. He will be able to present it to his son when he gets home from school today.

Submitted by Wayne Schmidt- Bike Shop Manager

Bike Me Up Niagara is open for business at 203 Church Street.

Recycled, repaired bikes for sale at reasonable cost. Space and tools for fix it yourself or learn how to do it available.

Drop by and meet Wayne and his team of volunteers

Tuesday, Wednesday, Thursday 9-4. Mondays are pick up days for bike donations. Call 289-439-3939. Drop-offs welcome during opening hours.



Funded in part by Niagara Region through the Niagara Prosperity Initiative

Sweet Successes

How Welland's newest bake shop got it's start

In just a year and a half, Lisa Allain has taken her business from a simple idea to a chic storefront in Welland. Making tasty handcrafted baked goods and custom edibles, she specializes in delicious treats for special occasions, gifts, and everyday delights.

After a traumatic vehicle accident, Lisa Allain found herself with a head injury, unable to continue working in her career as a nurse. When she made a cake for a birthday party for fun, a spark ignited. She found something she loved and decided to launch her own baked goods business.

Lisa came to Start Me Up Niagara's Work Action Centre for support in expanding her business. The Work Action Centre offers employment and self-employment support to adults living with disabilities in the Niagara region.

"A wealth of knowledge is what I've learned so far – and I have a lot more to go," she said.

Today Lisa has sold over 775 cakes and thousands of cookies under **Talent 2 Design**. To keep up with the growing demand, this March she opened a storefront. It wasn't an easy road to the launch however. She overcame many obstacles including a flooded basement, damaged equipment, a disrupted living environment – and she still found the strength and perseverance to move forward.

What is her advice to fellow entrepreneurs in the community? "Don't be afraid to fail. The only failure you have is not to do it. Have a dream and start walking."

Visit 76 West Main Street in Welland and try her treats for yourself.

Talent2design.com

facebook.com/talent2design

(289) 213-5265

Michelle Both

Self-Employment Job Developer

Start Me Up Niagara – Work Action Centre

203 Church Street, St. Catharines

mboth@startmeupniagara.ca

289-438-3939 x207

rise

Asset Development

Vern Vautour

vern@startmeupniagara.ca

WORK ACTION CENTRE

203 Church Street St.

Catharines

289-438-3939



Ryan Logtenberg

ART ME UP



Ryan Logtenberg

Fond Farewell to the Art Bully



In January 2016 I was living a pretty lonely life at 15 Gale. One day I saw a sign on the bulletin board about an art show being organized by Start Me Up Niagara to take place at NAC (Niagara Artists Centre) downtown. I had been painting most of my life, but as the Joni Mitchell song says: "I was a lonely painter...I lived in a box of paints." I was connected to the world by painting the world – but I was also separated from the world... painting people is not the same as talking to people. And yet painting was the only thing that kept me going through years of depression and addiction. So I thought: why not try out for this art show? I had to try something to break out of my isolation. I called the number on the poster and left a message for someone named Aaron Wagner. Little did I know that this would be the beginning of a whole new life for me.

So the fact that weeks later I saw a new poster advertising the NAC show and listing my name as one of the participating artists – before I had met this Aaron guy or shown anyone my paintings – was, I would eventually learn, typical of Aaron's modus operandi. But, on the other hand, the fact that I was included without having to prove myself or compete or be judged by a jury, was also very much a part of Aaron's way of working. **EVERYONE** was included in the NAC show, and that's what made it so amazing. And that was the beginning of **ART ME UP**.

Since the NAC show, the Art Me Up program has grown by leaps and bounds. We now work out of a separate studio space nearby SMUN where participants can develop their talents and visions. Sadly though, Aaron has been led to

greener pastures, literally. Besides being a talented artist, he is also a pro-golfer (a weird combo to be sure, but nonetheless true)... and so he is chipping away on the green somewhere... but the program continues, carried on by all the people he has inspired and encouraged. **MISS YOU BUDDY!**

c.i.sisler



Aaron Wagner

Poetry by JIMBOBWAY

KINDRED (I)

Do you remember me yet?
Not my face, not my body,
Something more,
You will, soon enough, my friend,
MY DEAR FRIEND!
You will remember me – remember WE
Not by body, not by face
But by Spirit, time and space.
We chose to come here
To be once more,
Our searching, our yearning, our longing
Has been only waiting
Waiting for our journey to begin anew.
We are of LOVE – and of STRENGTH
Chosen purpose – LONG DESIRED
WE ARE FRUITION, now complete,
(Our new journey has 4 feet)
DO YOU REMEMBER ME YET?
KINDRED SOULS DON'T FORGET.
Welcome home

KINDRED (II)

In a place before time
At a time before space
Where a dream with no sleep
Woke our own human race.
A breath of life
A light of love
Intelligent design: the left, the right,
Below... above
It's yours, it's ours – it's MINE?
Within this realm is where we met:
So perfect, pure, so right:
Celestial clock – the time was set,
Our kindred souls took flight.
If Hawks would glide on owl's wings
To castles in the sky
We both would know the joy love brings
Without the need to try:
Right here, right now is where we are:
We face the naked dawn
As priceless as a diamond star
Our journey carries on.



Voices from the Street

Participating in the arts for many has created a path to community...a welcome escape from loneliness and isolation. A mindful healing space. The arts have been called a bridge to empathy and understanding of another's feelings and experience. A picture, a poem, a song can be the gateway to one's own feelings and understanding of self. Creating art with other people is a community like no other. The opportunities are endless. The dance is endless. Everything from music, poetry, painting, writing, crafts, sculpting and dance, to name a few. Whatever the form, if it is approached with an open heart that welcomes and encourages all, Magic can happen. It happens here.

Liz Roulston

The Change in Life and What is Mine

Life can be lovely afar and deep
Though so of the best moments we like to keep,
I know each day is filled with love and joy,
But don't take for granted and think it's a toy,
We strive to enjoy the best things in life
With family, brother, sister, daughter and wife,
Keep going and thinking about the best today,
For tomorrow is a new day
And its great things work your way!

Paul Shtogryn

Life's Pain

Why is love the most painful thing that life can give.
You find the one you think you will be with forever.
Then it turns out that they don't care for you as you do for them.
So you try to fight for that love you long for till you finally break.
Your heart goes into a place of darkness.
Your mind goes even darker than your heart.
This causes fear for you future thinking you will live alone.
As life moves forward you find yourself falling in love again
just to go through all this again.
So you sit and go through all the emotions again
until you finally give up and just forget all about love.
Trying to move on as a single person
you find your heart going up and down.
Till that one person who opens your heart to a place of pure bliss
walks into your life.
So you never let go and fight to keep that love strong.

Mark Bond

The idea of finding a love

Finding love is an impossible task
You find one
then it turns out
that there is a recent ex in their life
so you move on and find another
to go through all the same drama
when the circle of confusion ends still uncertain
the idea of finding a love fades
as the years move on
does a love for one actually exist
or does destiny plan a life of solitude for me?

Mark Gabriel

—Radiant—

My head
Is not a pillow
My heart is
Not a square
My hope is past shadow.
My joy is such and enough
The bed I make is my take on
the sky and that swallow
-- such thin and radiant air.

Julia Blushak

WAITING, WANTING & WISHING

THE WAIT IS NOW BEHIND ME,
THE CLOCK IS TICKING BEFORE MY EYES.
THERE'S NOTHING MORE I CAN DO AT THIS MOMENT... EXCEPT...
WAIT FOR YOU UNTIL MY TIME RUNS OUT,
WANT IT SO BADLY THAT I AM NOTHING BUT TORN APART.
AND WISHING EVERY DAY AND EVERY NIGHT,
THAT YOU NEVER KNEW HOW I'VE ALWAYS FELT FOR YOU!
LORD, PLEASE TELL ME FROM THE HEAVENS AND STARS ABOVE,
THAT MY RARE LOVE WILL RECIPROCATATE, THEN SEND ME THIS MESSAGE FROM
A SPECIAL CHOSEN DOVE.
IT'S NOT TOO MUCH TO ASK FOR AFTER ALL OF THESE YEARS GONE BY,
FOR THE TRUTH OF THE MATTERS OF THE HEART FROM BOTH OF US
SIMPLY HAS NEVER GONE DRY!

FOR WAITING, WANTING AND WISHING IS NOW AT REST AND FINALLY
A THING OF MY PAST,

SO, OUTLOUD I CRY TO THE UNIVERSE: MY "IN LOVE" FEELINGS
GOOD-BYE AT LAST!!!

WRITTEN BY: ~INSPIRED SPIRIT ~Jamie Robinson

A LOVE OF A DIFFERENT KIND

THE WAGGING OF ITS TAIL AND A HAPPY EXPRESSION ON ITS FACE,
SO SIMPLE AND TRUSTING AS THERE'S NOTHING TO TAKE ITS PLACE.
THE SOFT BIG EYES THAT MELT YOUR HEART AWAY,
WITH THE SOUND OF ITS RHYTHMIC PURRING AND PURE CONTENTMENT AS IT MAY.
AS MANY UNIQUE LITTLE SONGS THAT ARE SUNG WITH BEAUTIFUL VOCAL CHORDS EVERY DAY,
ALONG WITH ENDLESS MULTI-COLOURED FEATHERS THAT ARE SHOWN FROM ITS DISPLAY.
ALL OF THESE TREASURES ARE A GIFT FROM THE HEAVENS ABOVE,
AS THE UNCONDITIONAL COMPANIONSHIP AND SHARING IN THEIR PRICELESS AMOUNT OF PURE LOVE!
THESE SPECIAL CREATURES OF EVERY SIZE, COLOUR AND BREED GIVES US HUMANS SOMETHING THAT MONEY
JUST CAN'T BUY,
THE FACT IS... IT'S JUST BECAUSE OF THEIR OWN LOVE OF A DIFFERENT KIND AND THIS IS THE TRUE REASON
AS TO WHY!

WRITTEN BY: ~INSPIRED SPIRIT~ Jamie Robinson

DEDICATED TO ALL OF MY FUR & FEATHER BABIES~



C.J. Sisler

The Shadow Eater by Julia Blushak

As one moves deeper through poverty, a white light kind of knowing may appear. It casts no shadows and so as unassuming presence it is neither amoral nor punitive.

A shining simply appears to follow you through your day and activities. The last potato in the bag appears jewel like under its ever-watchful glare. Strawberries explode with almost tropical joy when bathed in this ocean of transparency, signifying nothing.

Any reference to time--be it digital or the comforting hands stroking the old face of a clock--all these devices for measuring out your portion of being, well, they melt within the glow of the moment that keeps you suspended. The time for making choices in this era of diminished options, is no longer just your time of troubles.

You may still feel energetic or compelled to produce something from nothing. You can go to the bookshelf and look up the meaning of words like 'hope', 'fate', 'opportunity', 'nurture', 'loss', 'empathy' and of course synonyms for the word 'work', such as 'labour', 'capital', 'effort', 'contribution', 'fabrication', 'conceive', 'grow' and transform. You may make word columns that add up evenly, and since you have all this time to give your complete attention, and because of that relentless white light following your every move, you look up a few more words.

Doctor dear doctor?

Been to too many funerals for too many friends
Whose craziness was magical but got them in the end.
And too many times too many people said:
"If only they had asked for help
they might not now be dead."
And every time I hear this Something rises from my gut,
Because they DID ask for help a million times:
THEY BEGGED: but never got..

Been to too many doctors who claim to cure the mind;
You briefly describe your torment
And a diagnosis they will find,
And with the diagnosis Comes a prescription for your brain:
A chemical imbalance must be balanced, they explain.
And so, with great expectations, You swallow your first pill,
And as the days go on and on, you continue to feel ill,
While the doc adjusts your dosage by a fraction of a ml.
A millilitre means a million bucks to the makers of the pill.
ely Lilly, Astra Zeneca,, Glaxo Smith Kline,
And don't forget Bayer, once makers of
Zyklon B and Thalidomide...

Been to too many hospitals, taken too many useless pills
That numb your soul and make you shake...
Is it better to self-medicate?
To walk the streets, to ruminate,
To scream and piss and defecate,
To get it all out, to be irate,
To be angry, and crazy, to commiserate,
To shake, to cry, to empathize,
To be so mad you almost die
And then come out the other side:
Saying "OMG: I'M STILL ALIVE!!!"

C.J. Sisler

Now the penny drops. You realize that these last words actually mean something because of all your daily frustrations.

As 'humility' 'patience' and 'wisdom' line up politely behind those enterprising words you once so admired, you now dare to relax into a strange contentment. There are no shadows.

By evening, when you read over the lists of words, all meanings fade as naturally as the long day. But now you know. Whether you have or have not a clue as to why anything but that intense light persists, you consider that as long as you are here, that same light will shine through to another day—yes, beyond a shadow of doubt.

Josh D'Cunha Street Beat



It's 2018 and spring is finally here! What does spring truly mean here in St. Catharines? Well, I know the first thing that comes to mind about my hometown when that time of year finally hits and it is most definitely In The Soil Festival.

This year's Festival was truly special just due to the fact that it was the 10 year celebration and I had a yellow wristband for full access; thanks RN (Aaron Wagner) @ SMUN! I knew that this would be a year to remember just due to the overwhelming talent here in Niagara and the full roster of ongoing events and venue's neatly packaged in their cute little scheduled booklet. I'll tell you it was definitely challenging figuring which sector of the arts I would take on but my heart has always started in the theatre so that's where I began my journey at the 2018 In The Soil Arts Festival. The first thing that caught my eye was a theatrical take on depression and tools for dealing with it. It was called ZEITPUNKTHEATRE IN ASSOCIATION WITH WHY NOT THEATRE – "4 ½ (IG) NOBLE TRUTHS."

I have to say that Thomas McKechnie's performance was impeccably brilliant and his impactful-take on depression through sensory performance was definitely one to beat. This show was gripping from beginning to end and certainly proved to tug on the heart strings. As hard as it is to admit it I may or may not have shed some tears by the end of the performance. I had the honour of meeting briefly with Thomas after his performance and the tidbit of his story that I was able to catch was quite intriguing. He certainly is a force to be reckoned with as his work is truly mind-blowing and eye-opening. After seeing 4 ½ (IG) Noble Truths, it was time for me to hit the Oddfellows Temple for some more theatre! I was lucky enough to catch the hilarious SMOKESHOW – "LONGFORM COMEDY IMPROV," featuring Eddie Dunn and Ben Rameaka from New York City at the Oddfellows Temple later that evening and was very impressed. I was lucky enough to spend some time getting to know Eddie Dunn after the show and was blessed to accompany him and meet Ben Ramaeka at The Warehouse for an amazing evening with some awesome DJ's where we danced the night away! I have to say being my first time at the Warehouse it is certainly my new favourite venue with a great vibe and awesome music!

About my Mom



*She was born in St. Catharines
on March 22nd, 1935.*

She had blonde hair.

Her name is Shirley Ann Smith.

*She was a very loving and thoughtful mother
to her 7 children
(5 boys and 2 girls).*

She loved Bingo and games

She was the loving wife of Don Smith.

She worked at Kresge's on St. Paul St.

She enjoyed watching "The Price is Right"

She was very funny, nice and beautiful.

She loved needle painting.

*She had lots of grandchildren –
Wendy & Lisa.*

She was very outdoorsy

She enjoyed gardening.

*She was a strong swimmer
and taught kids to swim.*

My favourite memory -

*Holding her hand and comforting her
as she was reuniting with her husband.*

Submitted by Lori Ann Smith



All photos by Denis Cahill (except *)

Songs of the City

First Ontario Performing Arts Centre

Saturday, June 1, 2018

accompanied by the Laura Secord Secondary School Choir, conducted by Dave Sisler, and jazz musicians John Sherwood, James Bryan, Rob McBride and Peter Shea.

Songs of the City was an unforgettable evening of story and song thanking United Way supporters for their ongoing and generous gifts. This free event brought together the community to celebrate the human spirit, generosity and the power of sharing personal stories and song. Three local speakers - all recipients of United Way support - told their stories of recovery from lives of profound need with help from United Way funded agencies. Each Story is followed by original songs written for and about these remarkable people by Canadian artists of the highest calibre: Jackie Richardson, Shakura Saida, Barbra Lica, Robert Pilon and St. Catharines' own James Bryan. They were

Participants from Start Me Up Niagara were Joe and Lindsay Sanford: Joe (31) and Lindsay (29) are married. Joe was on the street at 14, thrown out of an abusive home. He spent the next many years in and out of prison, suffering homelessness and drug addiction. Lindsay was on the street at 13 and, like Joe, ended up homeless, drug addicted and at great risk. They met several years ago, enabled each other's addictions, had a child who was removed from their care by Child And Family Services. Something remarkable happened to them a few years ago and they decided to get clean together. With the help of Start Me Up Niagara they did indeed get clean and are now married. They are humble, quiet and honourable people who after years of unimaginable problems are now together and working for a better life.



* Photo by Carol Todd



It takes a community to raise a village



I have never been one for the gigantic Christmas. I don't need 20 gifts. I hope I never become dependent on Christmas gifts. My ideal Christmas would be packing up the car and heading as far North as I can go. Once at the destination I would unpack and allow the ultimate Christmas to begin. What would this include? Large amounts of food, board games, music and my closest friends and family. There would be no set agenda. We would go for a hike, then cut down and decorate a tree. There would be no exchanging of gifts, just celebrating each other and enjoying the cozy cottage.

Each year Christmas seems to get bigger and bigger. The amount of gifts is always in question. Is it enough? Kids go see a man in a red suit and ask for anything they can imagine. Parents then have to figure out how they will find the resources to purchase the "super toy". Parents do their best to not disappoint their son or daughter. However some kids do not receive anything at all.

The holidays were fast approaching in 2017. There was one thing I noticed this year that was different from previous holidays. There were more gift drives for women experiencing poverty than there were in previous years. This was great because we often forget those in need. However there was something missing from this great effort of the community. There was no mention of anything being collected for men experiencing poverty.

It's often said negative energy should be turned into something positive. I decided to take action. I spent the day brain storming. I was going to make sure that men experiencing poverty during the holidays would not be forgotten. The Women's Shoe Box collects toiletries such as shampoo, deodorant, razors, shaving cream and personal hygiene products and then places them in a shoe box. Winter accessories, snacks and something fun was also added to make this special. After some research I figured something similar could be done for men.

The **Tool Box Project** would officially launch on Facebook. I asked friends and family what they thought of the name of this project and if it could be a reality? The support was overwhelming.

When the media gets involved things can quickly pick up speed. Soon after asking for feedback on Facebook I contacted Niagara. This along with the St. Catharines Standard. The e-mails started coming and the **Tool Box** project was gaining momentum. I was asked to appear on the Larry Fedoruk show. This further helped the project.

Whenever doing something for the first time one should not set the goal too high. I was not sure how the response would be when I set out to do the **Tool Box**. I decided 25 would be attainable. Soon after the media coverage and Facebook shared the goal of 25 it looked like it would be passed. The donations soon started pouring in. Niagara has a big heart especially when it comes to helping others who have less. People were donating everything from shoe boxes to Tim's cards. I received e-mails from individuals, groups, and families. The Welland Admirals hockey team each player did their own personal box. It would not stop there the Thorold bantam BlackHawks would do Christmas cards to be handed out with the gifts. The BlackHawks would also help with delivery at the Salvation Army's outreach post on a Thursday night in Thorold.

You ask and you receive. I did not ask and I received. I began to get a bit overwhelmed with the generosity of the community. The e-mails were endless. I needed help with assembly and delivery. My co-workers at Costco Whole Sale soon stepped up to the plate. They would offer to help with whatever was needed. I had several members of the community come out to the two assembly nights. The local community centre provided space at no cost. A class mate from when I studied at Brock along with my dad helped make sure the delivery was a success. When the last box was delivered we had surpassed the goal of 25 with a total of 360 boxes. I am so thankful for the community. **This year we are hoping to do 1000 boxes. If you want to get involved in any way. I can be reached at jamesymons79@gmail.com or 905-347-2189**

Christmas 2018 is just around the corner. Help James and his volunteers go over the top.
What a difference action can make!

Summer events

Music in the Square Saturdays, June to October | 11am - 1:30pm Market Square 91 King St. Admission: FREE Details: Enjoy the light sounds of local musicians while shopping at the St. Catharines Farmers Market. Phone: 905.688.5601 ext. 1508 Website: www.stcatharines.ca/MusicInTheSquare



NAC – Niagara Artists Centre - FREE OUTDOOR SCREENINGS

Free outdoor screenings in the Mann Raceway Plaza, directly behind the PAC, at dusk (approx. 9pm)
https://firstontariopac.ca/ArticleMedia/Files/Docs/June_July_Aug_Film_CAL.pdf

For 22 years **Out of the Cold St. Catharines** has provided hospitality, hot suppers and shelter from the cold for people without housing and those living in poverty whose income would not stretch to pay for both food and rent. It is located in seven different church locations with each location open one night a week. Volunteers from churches and community at large deliver the program from November 1 – April 15 each year. Costs are covered by donations and a contribution from the Region of Niagara's Housing and Homelessness Division.

When *OotC* opened in 1996 as a temporary emergency response to rising levels of homelessness and poverty it realized that it was not an ideal situation for overnight guests who had to relocate nightly. It celebrated when permanent hostels opened who could better meet needs. However while the numbers coming for meals remained fairly consistent the number needing an overnight stays did not drop. In fact, last winter *OotC* had a 96% increase in overnight stays providing 7,113 nights of accommodation.

The high overnight numbers make it impossible to continue running the program in the same way. Suppers can continue in the host churches but overnights have to be relocated. This presents an opportunity to better meet the complex needs of our overnight guests.



Out of the Cold needs dedicated locations to provide overnight accommodation for 75 people every night. It requires staff and financial resources to make this happen so it can continue to provide much needed overnight accommodation next season. It is working to on solutions to improve what we do so we can provide safe, secure and consistent overnight accommodation for the people who count on us to be safe during the coldest nights of the year. Out of the Cold St. Catharines is asking for support from city, region and others to make this happen. We know a solution is possible.

For further updates contact: svenditti@startmeupniagara.ca

	Services	MON	TUES	WED	THURS	FRI	SAT	SUN
SMUN Summer Schedule SMUN Centre 17 Gale	Housing Support	9am – 4pm	9am – 4pm	9am - 2pm	9am - 4pm	9am - 4pm		
	 Drop In Centre	9am – 4pm	9am – 4pm	9am - 2pm	9am – 4pm	9am - 4pm		
	Lunch Service						11:15am- 1pm	11:15am-1pm
	CASON Addiction Outreach	9am-12noon	9am-11:30am		12:30-3pm			
	BINGO	1:15-2:30pm						
	AA	7:30-10pm						
	QUEST Nurse Practitioner		9am-12pm					
	Men's Group		6:30-8pm					
	Hepatitis C Care Clinic			9am-11am				
	CMHA Niagara				9am-4pm	9am-4pm		
	Street Works				9:30-11am			
	Niagara Region Mobile Outreach Nurse				12:30-3pm			
	Women's Group				6:30-8pm			
	MOVIES					1:15-3pm		
SMUN Work Action Centre 203 Church St.	ODSP Employment Support	9am – 4pm	9am – 4pm	9am – 2pm	9am – 4pm	9am – 4pm	CL	CL
	Resource Centre, Rise Asset	9am – 4pm	9am - 4pm	9am – 2pm	9am – 4pm	9am – 4pm	CL	CL
	Bike Shop-'Bike Me Up Niagara'		9am – 4pm	9am – 4pm	9am - 4pm		CL	CL
ART GARAGE 21 Riordon	Creative Corner/store	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	CL	CL
	Arts Studio	2 - 4pm	2 - 4pm	2 - 4pm	2 - 4pm	2 - 4pm	CL	CL
SMUN's Green Garden Vineland	Gardening		9:30am (pick-up) -1pm (return)	9:30am (pick-up) -1pm (return)	9:30am (pick-up) -1pm (return)			

EMERGENCY RESOURCES

SHELTER INFORMATION CALL 211

EMERGENCY SHELTERS	PHONE	ADDRESS	BEDS	HOURS	ELIGIBILITY
Southridge Shelter	905 682 2477	201 Glenridge Ave St. Catharines, ON L2R 3G8	36	24 Hours	Males & females. No drugs, alcohol
The Salvation Army Booth Centre	905 684 7813 1 844 637 1773	184 Church Street St. Catharines, ON L2R 3E7	16	24 Hours	Males, 18 + No drugs, alcohol
The Raft	905 984 4365	17 Centre Street, St. Catharines, ON L2R 3A6	16	24 Hours	Males & females, 16 – 24, no alcohol, drugs
Nightlight Youth Shelter	905-358-3678	5207 Victoria Ave, Niagara Falls, ON L2E 4E4	10	24 Hours	Males & females, 16 – 30, no alcohol, drugs
YWCA St. Catharines	905 988 3528 Ext 3228	183 King Street, St. Catharines, ON L2R 3G8	28	24 Hours	Females and females with children. 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 children. No drugs, alcohol.
Out of the Cold	Seasonal	Various locations, opens Nov 1	varies	6pm – 7:30am	Males and females, 16 +.
Out of the Heat	July 4 - August	Grace Anglican	tbd	7pm – 7am	Mon-Fri, exc. Tues
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	n/a	24 hours Office 9am – 4:30pm	Transitional home offering shelter for families/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.
Gillian's Place	905-684-8331	15 Gibson Place St. Catharines, ON L2R 0A3	34	24 hours	Females (16+) and females with children. No drugs or alcohol.
CMHA Niagara	905-641-5222	36 Page Street, St. Catharines	7 (safe- beds)	24 hours	Males and females, 16 +.
Men's Detox Women's Detox	905-682-7211 905-682-7211	10 Adams St, St. Catharines, L2R 5J9	varies	24	No smoking, drugs, alcohol. Males & females, 16+
Chez Marie	905-682-5795	16 Pelham Rd, St. Catharines, ON L2S 1P9	n/a	9-4	No restrictions-male & female, children accepted
Matthew House	905-871-6059	183 Central Ave Fort Erie, ON L2A 3S8	@10	9-4:30	No age limit, children welcome
Start Me Up Niagara	905-984-5310	17 Gale Crescent, St. Catharines, ON L2R 3K8	n/a	M,T,T,F: 9-4 Wed: 9-2 W/E: 11-1	Drop-in centre, open 365 days/yr, housing support, weekend lunches

Yes, I want to support Start Me Up Niagara Enclosed is my donation for:

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ Other



OR please go to: <https://www.canadahelps.org/en/charities/start-me-up-niagara/>

Name: _____

Address: _____

Please make cheques payable to: Start Me Up Niagara, 17 Gale Crescent, St. Catharines L2R 3K8

THANK YOU!