



# **S T R E E T   N E W S**

**W I N T E R / S P R I N G   2 0 1 9**

## **Coldest Night of the Year 2019**

**Even on the coldest night of the year,  
most of us know we've got it better than most.  
Those who have lived through what we only fear  
Bring us what we need the most.**

**And so this year we want to say  
How grateful we are for all we receive.  
May we all keep giving whatever we may to all others  
whomever and wherever they may be.**

**Cathy Sisler**



### **Susan Venditti: Missing in Action**

**"My forced hibernation is almost over. Weeks of resting and recouping are coming to an end. I am thankful for that. However, this did give me the chance to spend a lot of time looking out my windows and seeing many things that I have been too busy to watch and missed while working away in the lower level/basement office at SMUN. It was a very quiet time of observing and healing. Now I wait to return."**

**(cont'd. p. 2)**

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**website:**

**www.startmeupniagara.ca**

**contact: Patty**

**905-984-5310 ext. 515**

**patricia@startmeupniagara.ca**

## Art Garage/Art Me Up Is moving,

We need a new space.  
If you know about  
any available warehouse space  
close by and in the  
Queenston neighbourhood,

**PLEASE**

Contact Start Me Up Niagara or  
C.J. Sisler at  
cjsomg@gmail.com

**JUST REMEMBER:  
WE ARE STILL TOGETHER  
ONE WAY OR ANOTHER WE  
WILL KEEP OUR BEAUTIFUL  
GROUP GOING!**

**Our art space is alive**

**Because**

**We are still alive**

**We are the art garage.**

the physical address  
doesn't matter.

So let's keep this beautiful  
creative group going!

We are all still here  
And we are all still creative

**THE SPACE COMES WITH US  
WHEREVER WE GO.**

## Street News

Voices from our Streets  
Published quarterly



Since 1999

To donate or contribute to  
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The Opinions expressed in  
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Start Me Up Niagara

Thanks to all our  
freelance writers, reporters,  
poets and artists.

Art Director: C.J. Sisler  
Layout & Creative Consultant:  
Mary-Jo Fitzgibbon

(cont'd. from page 1)

In January and February I saw snow, animal tracks, birds and squirrels at the feeders, a steady daily stream of hearty dog walkers and snow plows. When March came there was a flurry of activity. With the snow gone the ground came alive with squirrels even a white one, neighbouring cats, a skunk and many new walkers with and without dogs. The skies were busier too. Many birds stopped by the feeders on their way to somewhere. Others stopped staking out territory for their new nests. A pair of white swans moved in and left. A big red tailed hawk circling above never failed to bring all activity to a brief stop. I was amazed to see how quickly everything disappeared in response to a hawk shadow and how quickly once the threat passed reappeared and resumed whatever they had been doing. As March progressed I actually saw neighbours emerging from their homes and beginning the 'nice to see you again' conversations that happen after being inside for the winter.

It is really spring. Now I can not only look out but go out! My silent world will soon be filled with bird songs, frog croaks, dog barks and maybe even some neighbourly news. As my world returns I can look forward to being back at work, refreshed by all I have seen and heard, ready to see everyone again.

Miss you all,

**SUSAN VENDITTI**

Executive Director



## the Art of Marvin Dale

I always wanted to carve. Somehow I knew I could but never did anything but think about it. My sister-in-law Marion knew this. I guess she overheard me always talking about it. She inspired me by giving me a gift I will cherish forever. It was a very unique carving tool set. After receiving it I was really inspired to do something. I did and it was really good, especially for my first time ever carving anything. I wanted to carve an owl next. I realized I would have to draw the owl first. So I decided to practice. That was what sparked my passion for drawing. It turned out pretty good. Shockingly good. I haven't stopped drawing since. I draw every chance I get. It's been only a year since I discovered this passion I have for drawing. I have accumulated quite a few drawings in such a short time. I also have my own business which is sort of like an art in many ways. I am sole proprietor of MD's Caulking. It's not an easy trade to master. I found it easy right from the get-go. I really enjoy my work almost as much as I enjoy drawing. The great people at Start Me Up Niagara and Rise Assets have really helped me the last couple of years to develop my business skills. I am now hoping to develop painting skills. Which is how I ended up walking into the door at the Art Garage. The people I met there are just what I needed to do that. I have truly been blessed the past few years. I am looking forward to seeing what to help me get more committed and deeply involved in the skill and joy of my artistic endeavours. I have truly been blessed the past few years. I am looking forward to seeing what the future has in store for me.



**Marvin Dale can be  
contacted at  
[mar\\_dale@hotmail.ca](mailto:mar_dale@hotmail.ca)**

**Marvin Dale's drawings  
are being featured  
In this edition.**



## My Name is Meth

I destroy homes, I tear families apart  
take your children, and that's just the start.  
I'm more costly than diamonds, more precious than gold  
The sorrow I bring is a sight to behold

If you need me, remember I'm easily found  
I live all around you - in schools and in towns  
I live with the rich; I live with the poor,  
I live down the street, and maybe next door.

I'm made in a lab, but not like you think,  
I can be made under the kitchen sink.  
In your child's closet, and even in the woods,  
If this scares you to death, well it certainly should.

I have many names, but there's one you know best,  
I'm sure you've heard of me, my name is crystal meth.  
My power is awesome; try me you'll see,  
But if you do, you may never break free.

Just try me once and I might let you go,  
But try me twice, and I'll own your soul.  
When I possess you, you'll steal and you'll lie,  
You do what you have to -- just to get high

The crimes you'll commit for my narcotic charms  
Will be worth the pleasure you'll feel in your arms,  
your lungs your nose.

You'll lie to your mother; you'll steal from your dad,  
When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised,  
I'll be your conscience, I'll teach you my ways.  
I take kids from parents, and parents from kids,  
I turn people from God, and separate friends.

I'll take everything from you, your looks and your pride,  
I'll be with you always -- right by your side.  
You'll give up everything - your family, your home,  
Your friends, your money, then you'll be alone.

I'll take and take, till you have nothing more to give,  
When I'm finished with you, you'll be lucky to live.  
If you try me be warned - this is no game,  
If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind,  
I'll own you completely, your soul will be mine.  
The nightmares I'll give you while lying in bed,  
The voices you'll hear, from inside your head

The sweats, the shakes, the visions you'll see,  
I want you to know, these are all gifts from me.  
But then it's too late, and you'll know in your heart,  
That you are mine, and we shall not part.

You'll regret that you tried me, they always do,  
But you came to me, not I to you.  
You knew this would happen, many times you were told,  
But you challenged my power, and chose to be bold.

You could have said no, and just walked away,  
If you could live that day over, now what would you say?  
I'll be your master, you will be my slave,  
I'll even go with you, when you go to your grave.

Now that you have met me, what will you do?  
Will you try me or not? It's all up to you.  
I can bring you more misery than words can tell,  
Come take my hand, let me lead you to hell."

## **POETRY BY DON MARTIN**



**Left:**  
**Drawing**  
**By Jalen B.**



**Right:**  
**Collage**  
**CJ Sisler**



I'm so proud of my little girl.  
It was her very first day of school.  
I walked with her to school that day,  
And she held my hand all the way.

We walked together quiet and sad,  
A little girl and her loving dad.  
Into the school with her I led,  
But I almost cried when Lylah said,

"Little Lylah please don't cry.  
You'll be okay, so dry your eyes.  
You have our memories in your heart.  
We're together though we're apart."

Someday will be her wedding day.  
I'm gonna cry when I give her away.  
Later that night as I watched her dance,  
I sat there patiently waiting for my chance.

The band started to play our song.  
Father and daughter dancing along.  
She looked at me and saw me start to tear,  
Then leaned and whispered  
in my good ear,

Daddy, Daddy, I have to go.  
I hate to leave you all alone  
I'll miss you when I go away,  
But if you need me then here I'll stay.

"Little Lylah I'll be just fine  
I'll love you always: you are mine.  
I have our memories in my heart.  
We will be together though we're apart

Lylah came into my room,  
leaned down and kissed my head,  
Then sat next to my hospital bed.  
I took her hand and held it tight  
And wished I had the strength to fight.

We sat together, quiet and sad,  
A daughter and her dying dad.  
I saw the tears she tried to hide.  
She looked at me, and then she cried.

Daddy, daddy, please don't go.  
Don't leave me here all alone.  
I'll miss you when you go away...  
I still need you; you have to stay!

"Little Lylah, I love you so.  
I want to stay but have to go.  
I'll always be here in your heart.  
We're together even though we're apart."

Just then I closed my eyes,  
And used my last breath to say goodbye.

**Poetry by Don Martin**  
**Painting by Lylah Martin**





## **VOICES FROM THE STREET**

### **SETTING / SHITTING / SHOOTING THE BED ALARM CLOCK**

**BY RYAN LOGTENBERG**

Basically we remember the lessons we have learned from past wars. Moving forward we take what we have gained and put it to use for the best yield. The moon was past the 3<sup>rd</sup> quarter on its way to fullness. Friday night & second day in the furnace straight. Basics of raising awareness is to find a medium that has a range of target demographics & leaves a strong impression. When marketing wakefulness to a chronic napper it is best to have the head-on approach. Radio clocks for alarms are OK but music can be turned to a background noise and incorporated into further napping. When it is key to wake up for an appointment it is good if there are multiple alarms that can be set to increase the probability of wakefulness. The chronic napper can sleep over most things if the adjustment to wakefulness isn't realized in the 1<sup>st</sup> attempt to consciousness. People are a little grumpy when aroused from a restful state; especially if their prospects for a meaningful experience isn't easily attained. So there comes a time when the deferment of wakefulness leads to a less enjoyable Nap Experience: like, say, after shitting the bed, one might be more apt to wake to avoid the unpleasantness. Much more smooth and harmonious motivation in contrast with waking to the house on fire and burning to the fucking ground.

### **A MOMENT IN TIME YOU WANT TO REMEMBER BY PAUL SHTOGRYN**

There's always that moment in time to remember.  
It doesn't matter whether it is April, June or November...  
A place, a house: memories to share.  
You do not want to let go because  
there's so much for which you care.  
You keep these memories you want to treasure  
Because there will come a time to look back with pleasure.  
There is no bringing back the past.  
But still holding on for as long as it can last.  
So there will always be that moment in time.  
No matter the price, not even a dime.



Marvin Dale

### **HOMELESS FURNITURE**

**BY JESSICA MARTINELLI**

Jessica (Pinky) Martinelli started drawing at a very early age, wanting to make visible the pictures and feelings in her head and heart. In 2008 she travelled to Zambia, Africa, with her community church, which peaked her interest in different cultures. At age 15 Jess came to Start Me Up Niagara. She does not come as an outsider: she has lived what many Start Me Up participants have lived. Since she came to the Art Me Up program she has been a natural leader and teacher, bringing new people to the program and helping them to feel comfortable. Jess is a soul of the street: there is no phoniness about her, she tells it like it is. Currently Jess is working with found objects and furniture which she refurbishes and refinishes with imagination and love. She has given her contribution to this show the name: Homeless Furniture. Cast-offs looking for a home. "Everyone is on their own journey and is at a different place and time in their lives. One of the most important skills that I have learned is to be compassionate for others. Understanding the resources that our city has to offer helps us share and give encouragement to others to continue with their next step. Unlikely friendships make all the differences in each other's lives."

## CHRISTMAS IS PAST, BUT...

Getting through the Christmas season can be challenging for many people. However, this year I wanted to know how the Christmas season might feel for our friends who are not Christian. So I asked our SMUN brother, Waqar Baig, if he would consider acting as reporter for Street News: to ask his brothers and sisters at the Mosque about their opinions and feelings. The interviews he returned with were incredible. Unfortunately, we do not have room to print the entire article in this issue, and so it will be broken into different segments over the next few issues. Here is Part 1 of Waqar Baig's "**Mosque interviews about Christmas**", transcribed from his original audio recordings as follows:

**W.B:** I am talking to Brother Mohsin, and I am asking him: "I want to know your feelings about Christmas in the Christian country... how do you feel about it when everywhere around are celebrating, are lighting lights, and shopping, and there are vacations... how do you feel about it being a Muslim?"

**Brother Mohsin:** "Well, the way I feel... it's kind of normal for me because first of all we are in a Christian country so we have to abide the laws and the regularities of the Christian country, so if they are celebrating Christmas, by all means, they can do so, and there's nothing wrong with that. There's a saying in Islam that says "if your neighbour is happy, so should you be happy," and if he is celebrating Christmas by all means shake his hand and wish him well! These are my opinions."

**W.B:** "Assalamo-Alaikum Brother Fasil. My question is: while living in a Christian country, how do you feel about the Christmas and the domination of the Christmas activities during Christmas times?"

**Brother Fasil:** "Being a Muslim I actually respect all religions and so I respect Christianity also. But also, being a Muslim, my kids ask me why we did not celebrate and I tell them that because we are Muslim we have other celebrations, and this is for the Christians. We celebrate Eid and we celebrate Ramadan and Eid Al-Adha and Eid Milad-Unabi, which is the Prophet Muhammad's Birthday." ("Eid Al-Fitr and Eid Al-Adha. Eid Al-Fitr is celebrated at the end of Ramadan (a month of fasting during daylight hours), and Muslims may invoke zakat (charity) on the occasion which begins after the new moon sighting for the beginning of Shawal". from Google)



**Waqar Baig:**  
aesthete\_consultants  
@yahoo.com



**"At this time of the Christmas season, I have been asked to record my feelings, and those of my fellow Muslims, regarding the activities around Christmas. It is mandatory for Muslims to believe that Jesus, Muhammad, Ibrahim and Moses are Prophets, and to believe that all Prophets are equal. So celebrating the birth of Jesus is respected by all Muslims. This is one of our core beliefs as Muslims, as it is so stated in the Quran."**

**W.B:**

I am talking to Brother Ezedin, and I ask him: "how do feel about Christmas and the prevalence of Christmas in this country at this time of year?"

**Brother Ezedin:** "First of all I appreciate the question. As a Muslim I have no problem at the Christmas time and our friends from the Christian belief and those who celebrate Christmas, they are enjoying the time, they are exchanging gifts and being with their family. As a Muslim I feel happy for them because this is an important event for them and as a Muslim I have no problem with it... actually I enjoy the holiday during that time because I don't go to work! Ha ha, and I get benefit too. Of course as a Muslim I don't celebrate Christmas but I have no issue that our friends the Christian people celebrate that season and they enjoy it with their family, and it is a festive time... and no, actually I'm glad that they are celebrating and bringing the religious values of Christmas... not just the shopping part of it, but being with family and being generous at that time, and exchanging visits, and that's good! Thank you!"

**(To be continued next issue)**



# FROM THE CENTRE

of gravity  
(Ground zero)

**Start Me Up Niagara, 17 Gale Crescent, St. Catharines, Ontario**

**One day Ada Storin posed the following question to some people at the drop in centre: “How Do We End Poverty?”  
The answers she got were amazing and profound!**

## Response #1

We need it for life necessities, the basic needs like food in your tummy, transportation and a roof over your head. To get you through happiness and security, to pay your bills, medical needs, childcare and maybe plant a garden. If you have no income, you have no stuff!

It matters because we live in a capitalist society and nothing in the world is free. You care for yourself, pay your bills to have a better outcome. You survive with food, clothing and shelter that's why it matters. It's the only way we can have fun and when you are deprived that's when you need it.

It matters to pay the apartment rent or to get cat supplies and personal grooming needs, for life in general. You will need electronics, some treats, leisure and maybe beer. You may want to go to school or discover freedom and ask:

**Does it honour God?"**

We need peace of mind, not to be bombarded with propaganda, because we all need a good income for the right outcome!

So..... If money does not grow on trees, why do they have so many branches?

**By Anonymous #1**



## Response #2

We need more renewable fuel for ships to transport food to city farms from nations that owe debt. We need higher wages for people who work in jobs for years at minimum wage. People in the same job for many years need a wage increase. We also need to have lower interest rates in banks for buying homes and lower social taxes so companies can pay a better wage to employees.

Canada has enough food to supply the world. It needs ships and fuel to transport it to other countries.

We need energy and a world economic wage that will bring decent paying jobs back to Canada. If other countries would lower their interest rate to allow short term loans, that would be used to pay higher salaries and other costs.

**By Anonymous #2**





## International Women's Day



**On March 8 Women in Niagara and the Greater Niagara Chamber of Commerce** celebrated International Women's Day at their annual Awards Day banquet. This year the International Women's Day award winner was presented to our director Susan Venditti.

"The award is given to Susan Venditti for her work with the Out of the Cold program and her contributions as leader. The award is richly deserved not just for Ms Venditti's incredible and tireless leadership but also for helping the homeless, unemployed, and those suffering for mental illness and addictions stay safe, warm, fed and sheltered on cold winter nights."

Susan's acceptance speech about her journey and the work of OotC was well received by the 800 in attendance. The keynote speaker Charmaine Crooks a 5 time Olympian, Olympic silver medallist, Member of the Order of Canada, speaker, entrepreneur and advocate for athletes and sports gave the key note address. Her address was inspirational reminding all women to be the CEO of their own lives.

From Greater Niagara Chamber of Commerce  
<https://gncc.ca/gallery/2019-international-womens-day/>

### **Excerpts from Susan's acceptance speech**

\* .. one Sunday program and he asked for volunteers...I signed up to help. ...[I then attended a] meeting at the Queen Street Baptist Church...[where] Rev. Cathy Petrie explained that Queen Street Baptist had just completed a six-week pilot project running an Out of the Cold program based on a program founded by Sister Susan Moran and her students at St. Michael's high school in Toronto. She explained: "Out of the Cold is about dignity and hope. It welcomes the poor and homeless. It provides a hot meal and overnight bed. It is about using the community to do the work. It is a simple response to alleviate pain and

suffering. It saves lives during the coldest months of the year. It is a response to gospel teaching about welcoming the stranger." Seven nights of suppers and overnights became a reality that continues to this day.

Of course a committee would be needed so the Interchurch Out of the Cold Committee was formed. Rev. Cathy moved to Ottawa and asked me to take the lead on this committee. 22 years later I am still chair of this committee, co-chair of the Cathedral, volunteer and spokesperson. I attend meetings and advocate for change."

\* A conservative estimate is that 75,000 nights of accommodation have been provided during this time mainly by volunteers in church basements and auditoriums.

\* As one guest described Out of the Cold is a modern day miracle.

\* I have learned that being persistent works. That it takes a team to make things happen, that being kind is more important than always being right, that life moves in directions never imagined and that I have been blessed by the many people I have met along the way.

*Out of the Cold wraps up its 22<sup>nd</sup> full season with community dinners ending March 31 and overnights April 15. Thank you to everyone who played a role making this happen. November 1, 2019 will see changes as we continue to serve individuals without housing in our community and seek solutions to homelessness.*





# ART ME UP AT RODMAN HALL

February 1 - 10, accompanying **NORTHERN ORACLE** installation by **HEATHER HART**,  
Organized and circulated by the Doris McCarthy Gallery



Donna Roulston



Jessica Martinelli



Julia Blushak



Nancy Edmonstone



Doug Luke

## ART ME UP NIAGARA EXHIBITION February 1 to 10, 2019

ART ME UP is the art program of Start Me Up Niagara. Artists at the ART ME UP Garage explore multimedia to create, repurpose and recycle all manner of feelings and experiences into art. Life and art, castoffs and treasures come together through imagination and talented hands.

Start Me Up Niagara works with individuals facing significant life challenges such as addiction, mental illness, poverty, homelessness and unemployment, providing opportunities to improve health, increase community integration and support employment.



Ryan Logtenberg



Darryl Burr



RN Wagner

**WITH SPECIAL THANKS TO ELIZABETH CHITTY**





Creative Corner will be at the St. Catharines Makers Market (part of the Tuesday market) on April 2nd and 23<sup>rd</sup>.

Contact Sandy Middleton at the Work Action Centre for more info.  
[smiddleton@startmeupniagara.ca](mailto:smiddleton@startmeupniagara.ca)



**Will be hosting a  
Mother's Day Sale  
at 203 Church Street  
on May 4th, 2019.**

**Details to be announced,  
We will be featuring some of our  
artists and crafts-people  
who will be selling their  
beautiful works.**

**C O M E  
CHECK US OUT  
FOR SOME AMAZING  
ONE-OF-A-KIND ITEMS!**



**PICK UP YOUR CREATIVE  
CORNER GIFT CERTIFICATES!!!**



If you have a bicycle you no longer want, but it could be used by someone else, let us know. We have a van and will come to pick up bikes for those who don't have a vehicle suitable for transporting them to Bike Me Up. Wayne can be contacted at the Work Action Centre 289-438-3939, ext. 209 or [wschmidt@startmeupniagara.ca](mailto:wschmidt@startmeupniagara.ca)



Lisa Allain is a client at our Work Action Centre (WAC). On March 10, 2019, Lisa celebrated her one year anniversary at her brick and mortar location, Talent 2 Design at 76 West Main St., Welland! First Birthday celebrations included FREE cake, \$1 special on cupcakes, a large penny sale with tons of items donated from Local Niagara Businesses and much more!! 100% of the proceeds were donated to the Brain Tumour Association. Congratulations, Lisa, on your own sweet success.

**Lisa Allain: Talent 2 Design (289) 213-5265**  
**[t2d.lisa@gmail.com](mailto:t2d.lisa@gmail.com)      [www.talent2design.com](http://www.talent2design.com)**

Donna and Serena Murphy Del Cueto opened an online cross stitch supply company "Magic Hour Cross Stitch Supplies" from their home in Thorold last summer. In the fall, with the help of a Rise Asset Loan with mentor and Start Me Up Niagara facilitators, they expanded into a warehouse shipping location at a former school in Niagara Falls. In January they expanded into a bigger and brighter space within the same school location.

Magic Hour Cross Stitch Supplies continues to create new offerings and patterns as they continue to build their client base.

**<https://magichourcrossstitchsupplies.com>**  
**[Donna@MagicHourCrossStitchSupplies.com](mailto:Donna@MagicHourCrossStitchSupplies.com)**

### **Start Me Up Niagara Employment Services**

Helping people towards success for  
both Traditional and Self Employment  
203 Church Street, St. Catharines, ON, L2R-3E8  
Ph: 289-438-3939 ex 208  
Txt: (416) 712-2150  
Fax: 289-438-2212

[vern@startmeupniagara.ca](mailto:vern@startmeupniagara.ca)  
<http://www.startmeupniagara.ca>  
 working together...moving forward

Think **Big**, start **small** and **GROW**







This year 133 locations participated across Canada on February 23<sup>rd</sup> to fund raise for charities serving the hungry, hurting and homeless in our communities. Canada wide \$5,527,554 was raised, with Start Me Up Niagara reaching \$122,540! Thank you to the sponsors, teams, walkers, donors and volunteers. This event would not be possible without the support of our Niagara community. We look forward to seeing St. Catharines come together again next year to walk, volunteer and sponsor Start Me Up Niagara in the Coldest Night of the Year 2020.



### **Goal of \$120,000 achieved!**

#### **Across Canada:**

Raised: \$5,527,554  
Teams: 3,365  
Walkers: 22,346  
Donors: 78,782  
Volunteers: 5,101

#### **Start Me Up:**

#### **Raised: ~\$122,540**

Teams: 57  
Walkers: 409  
Donors: 1835  
Volunteers: 65



### **Standings: #8 in Canada**

#### **Top Teams in Canada:**

#9 Tony's Tigers  
#68 Anglicans in Action  
#71 Westminster Wings  
#128 Start Me Up Stars

#### **Top 200 Walkers - Canada:**

Tony Venditti  
Mike Kostecki  
Jerry Hendriks  
Bonnie Pfab  
Maurice Prindiville

#### **Thanks to all Walkers!**

Photos by Paul Schmidt







## Thanks to our sponsors:

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H2Only

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Lida Samardzic (Special

Events & Catering)

Mahtay Cafe

Mark's No Frills

Northern Outcast Productions

Real Canadian Superstore

Sei Con Jiu-Jitsu

St Catharines Collegiate

Starbucks (Fourth Ave)

Starbucks (Martindale Road)

The Blue Mermaid

The Post Office - Shannon Passero



## IN MEMORIUM

Audrey Assinewai  
Ken "Speedy" Adams  
Craig Bagozzi  
Danny Bauslaugh  
Freddy Boyd  
Zack Brown  
Tyler Castellan  
Michael "Miami" Cerone  
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Mitch Mao  
Quinn McLean  
Mark McGregor  
Chris Miller  
Jason Miller  
John "Little John" Moss  
Josh Newberry  
Mike Osborne  
Edie Price  
Patrick Rawlins  
Amanda Reulland  
Jerry Richer  
Jamie Ryan  
Rose Setosa  
Ken Scott  
Rev. Canon Gerry Shantz  
Shirley Smith  
Mike Sorrel  
Christopher Sowell  
Yvonne Steele  
Brandon Thompson  
Joseph Tonet  
Tanner Unger  
Richard "Plumber" Williamson  
Patti Windsor

## Remembering SMUN Friends We Lost in 2018



**Julian  
Schnabel**

**"Hope"**





## EMERGENCY RESOURCES – Further information call INCommunities 211

Emergency Shelter	Phone Number	Address	Hours	Eligibility
Southridge Shelter	905-682-2477	201 Glenridge Ave, St. Catharines	24 hours	Males & Females 18+
The Booth Centre Men's Shelter	905-684-7813 1844 637 1773	184 Church St. St. Catharines	24 hours	Males 18+
YWCA Shelter St. Catharines	905-988-3528 ext. 4025	183 King St. St. Catharines	24 hours	Women 16+ (with/without children)
YWCA Shelter Niagara Falls	905-988-3528 1-855-843-9922	6135 Culp St. Niagara Falls	24 hours	Women 16+ (with/without children)
YWCA Men's Shelter	289-686-4466 905-988-3528 ext. 4025		24-hour	Men 16+
YWCA Family Shelter	289-686-4962			Families
Hope Centre	905-788-0744		24 hours	Families
The RAFT Youth Shelter	905-984-4365	17 Centre St. St. Catharines	24 hours	Men & Women 16-24
Nightlight Shelter	905-358-3678	5519 Ontario Ave. Niagara Falls	24 hours	Men & Women 16-3
Specialized Shelters	Phone Number	Address	Hours	Eligibility
Gillian's Place Shelter	905-684-8331 Call or text	St Catharines	24 hours	Women with/without children escaping violence
Women's Place Nova House	905-356-5800	Niagara Falls, Fort Erie & surrounding areas	24 hours	Women with/without children escaping violence
Women's Place Serenity Place	905-788-0113	Welland, Port Colbourne, Wainfleet, Pelham & surrounds	24 hours	Women with/without children escaping violence
Abbey House	905-684-9736	St. Catharines	Mon – Fri 9am – 5pm	Aboriginal women 16+ with/without children
Chez Marie Refugee Assistance Centre	905-682-5795	16 Pelham Rd St. Catharines	9am-4pm	Newcomers & Refugees
Casa El Norte	905-871-4483 Office 9am-4:30pm	281 Central Ave Fort Erie	24 hours	Refugees
Matthew House	905-871-6059 Office 9am-4:30pm	183 Central Ave Fort Erie	24 hours	Refugees

### Meals

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



**NIAGARA**  
Prosperity Initiative



Ontario  
Trillium Foundation  
Fondation Trillium  
de l'Ontario



**Niagara Region**



United Way  
Niagara  
unitedwayniagara.org



Ontario  
Ministry of Children,  
Community and Social Services  
Ministère de l'Enfance,  
de la Jeunesse et des Services  
sociaux

**THANK YOU TO OUR  
FUNDERS FOR THEIR  
CONTINUED SUPPORT**



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

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

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

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

☐Street News ☐The Centre ☐Where it is needed most

OR - Go to [www.startmeupniagara.ca](http://www.startmeupniagara.ca) - 'Donations' - and follow

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**THANK YOU.** Please make cheques payable to:  
Start Me Up Niagara, 17 Gale Crescent  
St. Catharines, ON L2R 3K8 (905) 984-5310



**Did you know that Start Me Up Niagara is listed on  
Canada Helps on-line: CANADAHELPS.org. They help!**