

VOICES FROM OUR STREETS
Spring 2017

Street News



Greyness springs into colour

by Susan Venditti

Quite amazing when winter greyness disappears and an explosion of life arrives. The crocuses and daffodils are blooming. The grass is really, really green. The spring peepers and the newly returned birds are singing. I saw a swan and drove by an orchard with some fruit trees almost in full blossom today as I drove to work. Delightful!

SMUN's winter greyness is proposals, budgets, deadlines that when finished lead to the joy of seeing ideas come to life. They seem like miracles especially after the memory of hard work fades. Delightful!

The 2017 BIG idea is the reestablishment of Start Me Up Niagara's Work Action Centre that closed in 2007. It will open its doors at 203 Church Street in early May when the ODSP Employment program moves in. Faye and her whole employment team can hardly wait to be back in the neighborhood. After they are settled the Green Garden will move its produce kiosk over. Can hardly wait for the ideas to roll in - workshop - tool lending library - storefront - more. 5,000 square feet and 28 parking spots takes some thinking! So it may take another grey winter before some new ideas come to life.

FYI: The drop in Centre will continue as usual at 17 Gale Crescent. There will be no change to the services offered there.

Out of the Cold St Catharines wrapped up its twentieth year of offering emergency shelter and a hot meal seven nights of the week from November 1–March 31 by holding an event for both volunteers and guests at Westminster Church. It was a night of fun and celebration of community. Rev Kathy Petrie, the founder of the St Catharines program reminisced about the early days. She reminded everyone about Out of the Cold's mission of hospitality and was happy to see the continuing level of commitment by so many.

Unfortunately, the number of people without housing has increased significantly over the past twenty years and there are very few housing options for people

living in poverty in Niagara and across much of Canada. While announcements about investment in housing and discussion about guaranteed annual income are hopeful, a sense of urgency is not evident. The disastrous impact of homelessness on individuals and the whole community needs to end now. Housing and adequate income are prescriptions for health.

The tax lady, Anne Marie, and new volunteer filers are back working with Income Matters to complete tax returns for free. SMUN is getting the word out that there are income benefits available for those who file their tax returns. Help fight the myth that 'if you do not owe you do not need to file' Call SMUN or 211 for an appointment.

The Centre was hopping all winter—food, courses, art, exhibits, bingo, movies, Willow events, birthday cakes, open mics, AA, Pasta Dinners, nurses, students, music and drama most days. The numbers using the centre increased by 40% so the busy ness was real. Looking forward to getting more activities happening outside in the sunshine.

Watch for the grand opening of the Work Action Centre, planting day in the Green Garden, and other special events. Spring 2017. Delightful!!!



SMUN will miss our friend and mentor, Ken Fowler, who died unexpectedly February 14th. Condolences to the whole Fowler Clan. He will be missed.

Kenneth Alfred Fowler

November 2 1926 – February 14, 2017



EVENTS

Art Me Up at the Garage

Tues , Thurs , Fri.:--1am - 3pm

17 Gale Crescent

Contact: RN Wagner

SMUN Gallery

17 Gale Crescent

New exhibition each month

Please submit work to:

aaron@startmeupniagara.ca

Garden Opening and Planting - late May - stay tuned.

Arts Fest : In the Soil

Apr. 28 to Apr. 30th.

Downtown St. Catharines.

NOTE!!! The SMUN Art Me Up 's installation will be exhibited at Rhizones at the Brock Marilyn I. Walker School of Fine Performing Arts.

Friday 7.30 p.m.-9.30 p.m..

Saturday 2.30 p.m.-4.30 p.m.

10p.m.-12.a.m.

Sunday 2p.m.-4p.m.

JOIN US FOR...

Pasta Dinner

Dine in or Take Out

Wednesday,

May 17, 2017

June 21, 2017

only **\$10.00**

5 - 7 p.m.

17 Gale Crescent

Spring Street News. New beginnings...I'm grateful for 10 years of stories, poems, pictures and many new friends. Street News continues to grow in depth and with the times, more and more on line. Thank you.

Liz Roulston

CONTENTS

| | |
|---|----|
| Greyneess Springs into Colour..... | 1 |
| Social Plus Economic Justice Works..... | 3 |
| Jarad the Farmer..... | 4 |
| 2017 CNOY Success!..... | 5 |
| 2017 CNOY THANKS!..... | 6 |
| Deacon's Bench / In'spired | 7 |
| Warps and Wefts..... | 8 |
| Poetry..... | 9 |
| Extraordinary SMUN People | 10 |
| .Employment / Housing Services..... | 11 |
| Depression / Mental Health..... | 12 |
| Kitchen..... | 13 |
| Old MacDonald Farm..... | 13 |
| Proportional Representation..... | 14 |
| Emergency Shelters / Services..... | 15 |
| SMUN Businesses / Supporters..... | 16 |

Thanks to our dedicated group of volunteer reporters and poets

Art Director

Julia Blushak

Consultant

Liz Roulston

Copy Editor

Melissa "Rainbow" Leigh Fowler

Copy Assistant

Cathy Sisler

Street News

VOICES FROM OUR STREETS

Published Quarterly ©

Start Me Up Niagara

Working Together...Moving Forward

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



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
svenditti@startmeupniagara.ca

The Opinions expressed in Street News do not necessarily represent the views and opinions of Start Me Up Niagara

Follow Us On Twitter



@SMUNiagara

Like Us On Facebook



facebook.com/startmeupniagara
website:

www.startmeupniagara.ca

contact: Jen

905 984-5310 ext. 505

jpegg@startmeupniagara.ca

For all your printing needs at great rates call

Minuteman Press

905 641-9287

261 Unit 7 Martindale Road

Huntington Square

St. Catharines L2W 1A1

Fax 905 641-2049

mmpniagara@bellnet.ca

Social **PLUS** Economic Justice **WORKS**

by **Jeannette Tossouian**

Senator Kim Pate has been a voice for incarcerated women in Canada having worked for 35 years first for the John Howard Society, then as the Executive Director of the Canadian Association of Elizabeth Fry Societies. With her recent appointment to the Senate, there was no doubt Ms. Pate would continue her work advocating for the most vulnerable in our society with her new role on Parliament Hill and a nationwide basic income plan is part of her vision.

Ms. Pate has the understanding that all are equal in different circumstances. When presented with better options, people would most likely seize the opportunities. “I think it’s finally important if people don’t have enough money to live that they end up in situations more precarious.” Says Ms. Pate.

Ms. Pate continues to say, “If you are in a more precarious situation you’re more likely to end up in circumstances where you come under the gaze or the control of the state and or in order to survive you’ll have to do things that involve what might be considered unlawful because of who has the power to enact and make laws.” This is why Ms. Pate believes it is crucial to introduce a basic income plan across Canada now.

Basic income is not a new concept. As a matter of fact, in Manitoba a form of basic income called “Mincome” was introduced in the 1970’s. The project took place in a few select communities in the province with the intent on analyzing the social effect by simply giving enough money



Senator Kim Pate and
Jeannette Tossouian
(with Jeannette’s rendering of
Ottawa Peace Tower to hang in
Senator Pate’s office)

unconditionally to those who are struggling to make ends meet. The project was squashed in 1979 when a new government came into power.

“They thought that people would just stay home and not work,” Ms. Pate says about the Mincom project. “Two things they found was people who otherwise wouldn’t able to go to school took advantage of the guaranteed minimum income for a period of time so they could go to school and then they didn’t require the income anymore they were able to get jobs and things. And then the other were women who otherwise would have had to go to work who wanted to stay home with their kids and that was the only group that stayed home more than they would have done if they didn’t have income.”

In hopes that a basic income program will start again, Ms. Pate would like to see homeless people have access to a basic income plan as well and points out programs in the United States where homeless people didn’t want to go to shelters, so they set them up in apartments instead and their lives improved drastically. “It would be a guaranteed livable income not just a subsistence income. The idea of social assistance was to provide government and state support for

individuals so they could get a leg up out of poverty,” says Ms. Pate.

“It won’t be a big surprise if you got a decent place to live and you got food to eat and you got things to occupy your time chances are you’re less likely to be looking for things to anesthetize yourself to whether it’s drugs or alcohol, you’re less likely to be evolving mental health challenges that come from, and I don’t mean to dismiss mental health issues, but a lot of people will say that once they have an ability to self-actualise to do the things they want to do and feel like they are positive contributing members of the community, their mental health improves significantly.”

Ms. Pate uses one of her favourite quotes by Anatole France, “In its majestic equality, the law forbids rich and poor alike to sleep under bridges, beg in the streets, and steal loaves of bread.” This is referring to situations in France where the state cracked down started mass incarceration on the poor for being poor, just one example in history where state oppression of the poor preceded revolution, a possible glimpse of where Canada is heading as social assistance decreases across the country and the criminalization of the poor increases.

Jarad the Farmer who studied Sociology

By Aaron the Art Bully who also Golfs

He was born in 1986 in Burlington, now home of Canada's largest free music festival 'Sound of Music'. His family then moved to Dundas, and raised him there for the next 10 years, while they both worked at the Ford plant in Oakville, ON. Some of J-Rad's earliest memories consist of riding in the Ford Tempo, with a built-in cassette player and a FM/AM radio. His father was quite the legend at most intersections, everyone got a chance to stop and listen to Peter Frampton's 'Do You Feel Like We Do' on repeat, and then you knew his Dad had no regrets about having young Jarad, even though the song is about Frampton having trouble writing a song with a hangover. One of my first experiences with Jarad was hearing him play guitar. His family is not musically inclined, but then the weekend chores came to town, the record player was talking to the family through the 'rock and roll magnetic speaker spirits' and saying 'Put Me on Blast'.

Jarad the Farmer graduated with a B.A. Sociology @ Brock University in 2009. Shortly afterwards he applied everywhere and all he could get was a job offer to work at a grocery store as a cracker sampler. So you know what he did, he travelled, howwww typical. He landed in Australia Thailand, Malaysia, BC, then moved home to his parents after racking up \$7500 in credit card debt. He then, with no experience, started welding for his father-in-law and thought about getting into Water and Waste Water Management. (This guy is all over the place)

Jarad did not know about SMUN until Christmas 2015, when he delivered children's toys, clothes, food items and a full van of goodies with his mother-in-law Donna. Jarad Clause then saw a week or so later, a facebook post made by Nurse Stacey for a job listing to work in housing at Start Me Up. The legendary Scotty Banner, the former curling competitor with a really good temper and anger management skills (inside joke), ended up getting the job, because Tony and Queen Susan had other things planned for Jarad. Essentially they told him to get lost for a bit, and ask the YMCA for potential funding. Well, Jarad the New Guy, became a thing in March 2016 after a few pieces of paper were filled out and they had space and funding for Jarad and his many talents.

Jarad didn't know that we have our very own farm, until his 3rd day of work, when The Venditti's held Jarad hostage on his birthday somewhere in a remote location within the confines of Vineland. He overheard conversations about how the farm never got the funding they had hoped for, so volunteers were needed by the van loads. Over his delicious caesar salad with a chicken add-on, they started talking about Jarad's skills (the ones on his resume of course, not the food on the dinner table) although I'm sure he can cook...why else would he be married? and realized they might have an even better spot for him. Information overload is a real thing, and so is the hard

work of Tony, Dave R., and Shawn Vogt. They all went shopping for seeds, supplies and then started weeding on the farm. Jarad was in for it, and knew his life as he knew it was about to change as he looked at Tony and thought, "He's a machine, and never works his age." Mid-April/Early May, they pulled up all the dead stuff, maintained the garlic which grows all winter apparently, then came planting day; the day Jarad the Farmer, was born.

When asked the question, 'Did life experience help you on the farm or upstairs on the floor of SMUN?' I was hoping he was going to tell me he once worked as a janitor and loved it, so I didn't have to clean the washrooms anymore. But instead, he said, "Being a natural people person, travelling opened me up to different cultures and that meeting the locals was the greatest education I could receive."

I then asked Jarad, "Where is your happy place, where no one can give you a hard time, even if they tried?" He replied, "Mid-summer in my backyard, watering plants, growing Basil, Tomatoes, Hot Peppers, Green Onions, Rosemary, Thyme and other herbs." Before Pre-Jarad the Farmer, the answer would have been being on the beach, listening to waves like a hippy hoping to meet his future wife.

10 years from now, Jarad will be 41, and he hopes his back will be healthy enough to do the things he loves. The fondest farm memory of 2016, was seeing people buy produce at the Kiosk, and delivering FREE food/fresh produce door-to-door with Tony and his Vegetable Slinging Gang. They took over the streets of Gale, Division, Lundy's Lane and Queenston, all the way to the Big Bee. They knocked on every door (200+), even the side ones, demanding you to eat your veggies! Jarad remembers seeing people's reactions from the driver's seat, all dumbfounded and thankful, and nobody even asked if it was organic (even though it was).

His only advice to all you potential farmers out there, is to stay hydrated, use sunscreen, and take breaks (Tony the Tiger style). Even more Volunteers are needed this year, we had 3-4/day last year, and had record breaking sales and growth, so expectations are high. Aaron the Art Bully says that art supplies will be on the farm this year, and artists far and wide will be encouraged to 'paint the farm' on canvas and watercolour paper, then exhibit their work at the Queenston Harvest Festival on October 1st.

Make sure to take some vegetables home this year, they promote creative thoughts and overall better moods. Until next time... Check out the SMUN Gallery for monthly exhibitions at 17 Gale Crescent. Oh and don't forget to call the cops, SMUN is outta coffee! (make your own instead of taking Aaron's/Loriann's advice)

Over and Out of things to say, for now anyway.



You ALL put the FUN in Fundraising --to help SMUN initiate and develop programs. Your efforts and involvement as volunteers and supporters of this cause is vital. A compassionate community at work.

For more pictures visit:
<https://canada.cnoy.org/location/stcatharines>



save the date
coldest*night
 OF THE YEAR .ORG
 FEBRUARY 24, 2018



Goal of \$100,000 achieved!

Across Canada

raised: \$4,639,982.
teams: 3,065
walkers: 21,226
donors: 79,769

Start Me Up Niagara

\$100,945
41
374
1,803

Standings:

#8 in Canada
#4 team in Canada
#7 walker in Canada

TOP TEAMS in Canada:

#4 - Tony's Tigers
#21 - Art Me Up
#48 - Westminster Wings
#110 - CFUW StreetWalkers
#194 - Lucas Liftruck Services

TOP 200 WALKERS:

Tony Venditti
Annette Urlocker
Fred Regier
Caleb Regier
Amanda Roorda
Maurice Prindiville
Rodney Barron
Susan Venditti
Robert Hillier

Thank You!

Coldest Night of the Year Sponsors:

LEAD SPONSOR:

General Motors St. Catharines
– 2nd year

SILVER SPONSORS: :

Beechwood Doughnuts
Westminster United Church

BRONZE SPONSORS:

St. Davids Lions
Walker Industries

DISTANCE SPONSORS:

Bob's Grow Mart
Conway's Mechanical Contracting Inc.
CR Smith Financial
Desks Plus Inc.
Duffs Pizzeria
First Grantham United Church
First Ontario Credit Union
Fortis Ontario
Hoogasian Insurance Brokers
Lakeshore Chiropractic Group
L'Escoffier Kitchen Emporium
McDonald's
Niagara Region Police Association
Partridge Iggulden Chartered Accountants
Rankin Construction

Ruffin's Pet Nutrition St. Catharines
Sullivan Mahoney
Storm Hair Group
The Post Office - Shannon Passero

GOODS & SERVICES:

Better Shade
Chocolates Etc.
Coffee Culture
Denis Morris High School
DeVries Fruit Farm
Eden High School
Giant Tiger - Welland Avenue
H2Only- St. Catharines
Long & McQuade Musical Instruments
Mark's NOFRILLS
Mahtay Café
Special Events & Catering
~ Lida Samardzic
St. Catharines Collegiate
Starbuck's- Vansickle
The Blue Mermaid
Wholesale Club - Niagara Falls

MEDIA SPONSORS::

COGECO TV
St. Catharines Standard
OMNI Media Productions



art by Cathy Sisler 2017





by maurice prindiville ofs

There is a powerful image written in the prophet Ezekiel. (Ezekiel 47. 1-12)

Ezekiel is a prisoner, a refugee in a foreign country. His home country is defeated and destroyed; all of its people have been deported as slaves—hopeless and poor.

Ezekiel has a vision of water flowing out of the temple of God—but it's not ordinary water. The water begins as a shallow little stream—but the farther it goes, the deeper it gets: deeper, and wider, and stronger—without any natural explanation. AND everywhere this river flows, everything comes to life... and not just alive, but richly and lushly alive. Even dead and stagnant water becomes fresh and teeming with life. Trees



grow on both sides of the river: trees that provide food in all four seasons, and whose leaves are powerfully heal all illnesses.

However you perceive God, Ezekiel's vision describes two things God wants to do in your life.

First, God is this river within you. God grows stronger and stronger in you—wider and deeper...

and fills you with abundant life, and heals you, and feeds you.

Second, God makes you this river—flowing out into places that are dead and stagnant, flowing out into places where people are prisoners, or poor, or without hope. And, through you, God will (if you allow) bring life, and healing, and health, and hope to these others.

This river of God flows from the historical event that we call Easter: the moment when life overcame death, the moment when healing and new life came into the world.

May you be the life of Easter to those you love, to those who love you, and to those who need you.

Happy Easter.

In'spired Youth & Coldest Night of the Year

My name is Rachel Wyatt, age 12 and a member of Silver Spire's Coldest Night of the Year walking team. 'The In'spired Youth' along with Jade Eckert, Dallan Buist, Caulton McIntee, Michelle Homes and my sister Olivia Wyatt. Our team in total raised \$820. And all of Canada exceeded our goal with \$4,639,9821! All of this money will go to all the local charities all across Canada! If that isn't amazing I don't know what is!

The Coldest Night of the Year walk is a super fun family-friendly fundraiser to help the hungry, hurting, and homeless individuals and families across Canada. The money that St. Catharines fund-raised went to Start Me Up Niagara.

But this is not the first time our youth have collaborated with SMUN. In the summer Bill and Jane ran a super fun, awesome day camp called 'Bill and Jane's excellent Adventure.' We took a field trip to the SMUN garden and helped harvest some potatoes, tomatoes and we each got to take home a fresh cantaloupe! One Saturday we went to the SMUN buildings to go on a tour, and we also made meatballs with a fabulous guy named Tony!

On the day of the CNOY walk, all the teams from St. Catharines gathered in Market square on King St.. There were tons of people! There were people singing and playing instruments on the high-rise, there was a selection of food like chili, turkey

soup, that students from Collegiate high school made, and BLT's fruits and dinner rolls all from St. Catharines Market people. Even Bones, from the IceDogs hockey team was there.

He actually led the walk! Our team walked the 5K and along the way there were 2 rest stops where you could get something to drink and free hot chocolate! The walk started at 5:15pm and we got back at around 6. I'm sure it wasn't really the coldest night of the year, but the wind was definitely brisk.

Overall, the walk was an amazing experience, and I can't wait to do it all again next year! But all this couldn't have happened without our awesome student minister, Karen Orlandi! It truly was a great experience. Thank you so much for inviting us to be part of it.

Warps and Wefts We Weave

by **Julia Blushak**

Is it possible to consider that the visual impairment of near-sightedness is anything but a deficit and inconvenience?

In my case, it was always an ironic twist of fate, given my early ambitions in the visual arts, to have myopia. But it was a happy day when I brought my limited visual focus—before reaching for my glasses—to the texture and patterns in the bed sheets that cover me, the weave in my sweaters and the patterned surfaces of such various fabrics that flow through our lives. I discovered that threads, even the very thinnest threads, can intersect and mesh to become what is a real transformative structure—both useful and beautiful. This was like seeing behind the curtain, literally, to discover how ingenious and resourceful humans have always been in order to thrive. And this revelation seemed as significant as the human invention of writing down sounds in order to share a thought or feeling with someone who may want to know more than meets the eye. Again, it's hard to knock the benefit of good vision for reading, writing, or creating a living, but my poor eyes showed me that mere threads can come together to make a whole that covers and supports the world.

I often think of the range and depth of interweaving that happens every day in natural ecosystems as well as our shared private and community spaces. It's not difficult to consider diversity as more potent than monocultural perspectives, or why emotional isolation is less healthy than



shared feelings and perspectives.

To say that one's life hangs by a thread may be more sad than factual. We make a better life when mingling with others, like threads that cross and interconnect us to ever more threads. With this attention to the complexity of our nature, it may be more short-sighted not to understand that we are connected fundamentally, and have potential beyond our individual warps and wefts. Here's squinting back at you.

NOVEL CONCEPT: Home = Health

HONOLULU - As an emergency room doctor, Hawaii Sen. Josh Green sees homeless patients suffering from diabetes, mental health problems and an array of medical issues that are more difficult to manage when they are homeless or do not have permanent housing. That's why Green says he wants to have homelessness classified under Hawaii state law as a medical condition.

If homelessness is a disease, he reasons, then doctors should be able to write prescriptions for the cure: Housing.



Start Me Up Niagara's Art Me Up Team -

We wish the team good luck - nominated for this year's City Arts Award in the making a difference category (NOTE: not all members in this photo).

Photo by Brad Moore | Form & Affect



Breaking Down the Wall

By Wendy Lebrasseur

I have a wall you cannot see;
Because it's deep inside of me;
It blocks my heart on every side;
And helps emotions there to hide.

You can't reach in, I can't reach out;
You wonder what it's all about:

The wall I build that you cannot see;
Results from insecurities.

Each time my tender heart is hurt;
The scars within grew worse and worse;

So stone by stone I built a wall;
That's now so thick it will not fall..

I know the process will be slow;
It's never easy to let go;

Of hurts and failures long ingrained;
Upon one's heart from years of pain.

I'm so afraid to let you in;
I know I might get hurt again.

I try so hard to break the wall;
But seem to get nowhere at all.

For stone upon each stone I've stacked;
And left between them not a crack;

The only way to make it fall;
Are the imperfections in the wall.

I did the best I could to build a perfect wall;
But there are still a few small flaws;

When I Kiss You

by Sarah Lemche

When I kiss you, it's like I'm
kissing a cloud.

When I kiss you, my heart screams
my love aloud.

When I kiss you, the whole world
around me ceases.

When I kiss you, the sensation mesmerizes and amazes.

When I kiss you, we're the only two people in the world.

When I kiss you, I know we'll be together until very old!!

Which are the key to breaking through the wall;
As a way to get to me.

Please use each flaw to cause a crack;
To knock a stone off of the stack.

For just as stone by stone the wall was laid;
With every hurt with every pain;

So stone by stone the wall will break;
As love replaces every ache.

Please be the one who cares enough;
To find the flaws no matter what.



"And you sit there and you breathe and you hope
and you dream and you close your eyes and you
feel the essence of that gift radiating inside you."

RIP RICHARD WAGAMESE, WRITER

1955 - 2017

Richard achieved great success and recognition for his writing as a journalist and novelist. His life story includes a time living homeless as a youth in St.Catharines -- and meeting a kind librarian who introduced him to music and literature. His award-winning books include: *Medicine Walk*, *Indian Horse*, *Him Standing*, *Runaway Dreams*, *The Next Sure Thing*, among others...

BLACK BAT

by Paul Shtogryn

at Black Bat is the Cat
No matter what that is that
He runs around the home
Regardless of what we own\
He has no fear no matter what we see
Back Bat is the boss both in the house and tree
The best friend we have in time of sorrow
A sister, a brother a husband, a wife
Black Bat will always be a friend for life.



Evening by Tom Thompson (1915) McMichael Canadian Art Collection - PUBLIC DOMAIN

According to Our Nature

By Rainbow

Dad turns on the radio, but I haven't got time for Carly Simon's pain
 I want to hear the lapping of the waves against the boat
 He tells a stupid story about a bear that was hit by a car
 And starts a round of bad puns like 'bear-ies' and 'bear-ly there'
 But I'd rather listen to the ancient tales told by the whispering wind
 Dad needs to look at chairs for the boathouse
 And to turn on the T.V. so he can yell at the weatherman
 I'm not interested in chairs or T.V.
 I'm tuned into the red-gold glint of the sun on the lake
 And the quavering cry of the loons
 As they herald the end of a perfect Muskoka day
 Dad is an honest and honourable whirlwind
 For him, work is play and play involves making something work
 I've given up trying to make him slow down
 And since he learned of my Trickster Gift
 He's given up trying to make me what I cannot ever be
 Dad and I get along so well because each of us knows
 That the other is simply acting
 According to our nature.

Kenneth Alfred Fowler

November 2 1926 – February 14, 2017

(Oh, and Dad? Quit! Stop trying to organize the angels--
 they know exactly what they're doing! But you're right...
 with all this manure, there has to be a pony somewhere!)

**2017 Volunteer
 Award Winner
 Bob Tanouye co
 chair of SMUN's
 CNOY receives
 his award from
 Mayor Sendzik
 at April 11
 celebration.
 ..Congratulations
 Bob
 and thank you for
 all you do.**



SMUN's **Employment Support Program** has a new home - **OPENING SOON!**



Start Me Up Niagara's ODSP Employment Support Program team is very excited to announce that we are moving to our new home this spring. While we have enjoyed the view from our downtown location we are looking forward to setting up our new space back in the Queenston neighborhood. This is the space we have been dreaming about and working towards for years.

Located at 203 Church Street this spot has many advantages for our program and participants. The large space has the potential to be many things. Our team will have offices there, as well as a computer lab for participants to work on their employment goals or small businesses with the support of our staff. This fully accessible site will also offer free parking and outdoor space to work on those sunny afternoons. We will be able to expand our small business program and develop new ideas. While the drop in centre at 17 Gale is a place for people to be somebody, this will be the place for people to do something.

Our employment motto "*Think Big and Dream. Start Small, and Grow*" is true for us as well as our participants. We are growing and we will look forward to seeing you all for an open house this summer! Watch our social media and website for dates.

*"Think Big
and Dream.
Start Small,
and Grow"*

SMUN ODSP Employment MOTTO



Waqar Baig, a participant in SMUN's Art Me Up program tried to explain to his brother in Pakistan what Start Me Up means. His brother was having difficulty understanding the translation. Waqar, an architect and artist, drew the car—creating an image as metaphor, to help show the spirit of Start Me Up Niagara.

SMUN Services

**ODSP
Employment
Support Program**
is on the move in May

**CALL for details
905-984-5310**

**- Faye - Jen - Casey
- Carol - Maryjana**

the Centre

Centre - Dawn, Jarad

Income Matters - Ada

Kitchen - Susan

Art - Aaron

Volunteers - Karen

Garden / Hostel - Tony

Out of the Cold - Tony



Housing Support

905-984-5310

Kyle - cell 289-686-0639 x 507

Tara - cell 289-241-4248 x 511

Caleb - cell 905-394-2241 x 512

Scott - 1-905-512-0781

James - 289-219-3434

**START ME UP
NIAGARA**

Working Together ... Moving Forward

DEPRESSION: Let's talk about how we address mental health

“On the occasion of World Health Day, I welcome the opportunity to address its theme: depression.

It is fitting that depression has been chosen as this year's theme. Mental health more broadly has begun to enjoy increasing attention as a new global health priority, now recognized in the 2030 Agenda as a human development imperative.

The human right to health is understood to inclusively guarantee the right to the highest attainable standard of physical and mental health. There can be no health without mental health and everyone is entitled to an environment that promotes health, well-being, and dignity.

Evidence and the experience of rights-holders now tells us that the dominant biomedical narrative of depression as a “burden” on individuals and societies is shortsighted and insufficient for developing appropriate responses in policy and in practice. This is a widespread and systemic public health and human rights issue which demands urgent reconsideration of how we invest in mental health and how we manage conditions such as depression.

The right to health includes entitlements to both healthcare services and certain pre-conditions which support mental health—social and underlying determinants. The longstanding biomedical tradition of medicalizing various forms of psychosocial distress and human suffering has cast a longshadow over the importance of addressing the social and underlying determinants of health. This not only undermines the right to health, it also ignores a rapidly growing evidence base.

For example, there exists compelling evidence that higher prevalence of depression is strongly linked to early childhood adversities, including toxic stress and sexual, physical and emotional child abuse, as well as to inequalities and violence, including gender based inequalities and gender based violence, and many other adverse conditions which people, especially those in vulnerable situations such as poverty or social exclusion, face when their basic needs are not met and their rights are not protected.

Integrating this evidence and securing human rights entitlements requires a new approach that balances population-based interventions with individual care and support.

“There is a need of a shift in investments in mental health, from focusing on ‘chemical imbalances’ to focusing on ‘power imbalances’ and inequalities”

by Dainius Pūras, Office of the United Nations High Commissioner for Human Rights (OHCHR)



Healthy Kitchen

by Susan Stevenson

I can't help but be grateful for the experience of being out in the community as a representative of SMUN and asking for support for this year's Coldest Night of the Year. The people I've met are wonderful. They all have their own reasons for being involved and it was nice to hear the stories they shared. I look forward to keeping in touch

BASIC FOOD PREPARATION

SMUN Kitchen with Niagara Region Ontario Works is starting its Basic Food Preparation course in the month of April then again in September. **We have spaces for 10 students.** If you are interested in food preparation as a career ask Ada or Susan for more information - 905.985.5310



Old Macdonald's Farm

by Cathy Sisler

SMUN and Art Me Up wish to thank Bob Macdonald for his generous contribution of the painting "Old Macdonald's Farm" to Start Me Up Niagara. We miss you here, Bob, and your painting is a beautiful reminder of your ever-creative presence!

Born in Newfoundland, Bob Macdonald moved to Ontario in 1966 where his daughters Heather and Terri were born. Bob worked for many years at CN Railway. Then, at age 52, Bob returned to school, graduating as a Social Service worker. He worked for Children's Aid in Northern Ontario until retirement. In July 2014, Bob was diagnosed with Stage 4 cancer and immediately underwent surgery to remove his larynx and thyroid. Bob can now speak with a prosthesis!!!



A lover of music, poetry and art, Bob started painting and writing in the Fall of 2016. He has written many pieces for Street News, and paints mostly in acrylic. Some of his pieces were on display at the City Hall and NAC Art Me Up exhibitions in 2016. As a personal note, I shall never forget when he "sang" (albeit somewhat silently, due to his lack of a larynx) "Red Sails in the Sunset" with another resident here at 15 Gale. It literally brought me to tears of joy. A truly gifted and gentle spirit, we send you our love, Bob, and thank you for your many gifts to us.

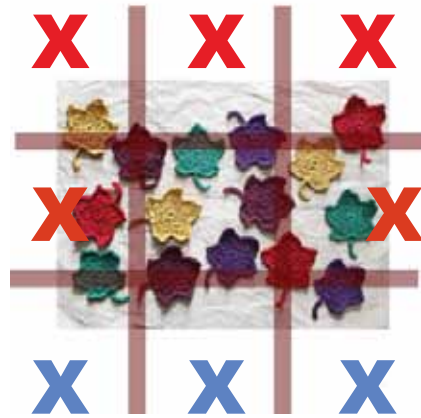
Will Proportional Representation Increase Voter Turnout?

by Paul Shtogryn

Justin Trudeau promised in 2015 this would be the last election using First Past the Post (FPTP). Here is a fact about FPTP that is not known enough for those who say 39% is unfair or undemocratic when electing a government. In almost 60 years only twice has there been a government that won more than 50+1

In 1958 John Diefenbaker won by a popular vote of 53.1%. Brian Mulroney won in 1984 with 50.3%. There have been 11 majority governments in the last 60 years but only 2 with over 50%. How many majority governments will there be under PR. Are we heading to become another France or Italy? There are only 3 countries that have FPTP: Britain, Canada and the United States. All these have basically a 2 party system—although in the case of the United States the electoral college and the 2 party system go hand in hand.

The one favoured by the Liberals which would give them an upper hand over the Conservatives is the preferential balloting system. Example, you have 4 candidates on a ballot. If none have achieved 50% on the vote the 4th candidate drops out and their votes are distributed to the last 3. If there is still no one with 50% the 3rd one drops out and there is a run off between the remaining 2. The demographics have changed in Canada. By 2036 Canada will have a population of 43.8 million. One third will be foreign born. Quebec will drop from 21% to 18%. The growth will be in the



West which will gain twice the number of seats they have now plus Ontario. The old saying “The West Wants In” will no longer apply.

The other choice is MMP. ‘Mixed Member Proportional’ which you see in Germany and New Zealand. That is where 2 votes are cast for the 2 on the ballot. One for the candidate and one for the party. The candidates are chosen by popular vote and the party by proportional representation. The other thing seriously talked about

is lowering the voting age to 18 from 21. I have heard that under PR more university students would vote. However from as far back as 1971 when they lowered the voting age to 18 from 21 and the drinking age, the youth vote has always been a problem—there doesn’t seem to be changes to that in sight.

So I will leave the rest up to the reader who may have other ideas in increasing voter participation.

We’ll see in 2018 or 2019.

Keep your face
always toward the
sunshine -
and shadows will
fall behind you.

Walt Whitman

? \$??? ? \$?? \$?? ? ?????????????????????? \$\$\$?
TAX SEASON RETURNS to SMUN

TAX CLINIC for 2016 returns are in effect at Start Me Up Niagara
every **TUESDAY** and Thursday until the end of April.

NOTE: Appointments are required.

Income Tax volunteer Anne Marie, who spearheads this program
said they have welcomed 8 new volunteers this year.

At the end of April the program will return to one day a week.

Thanks to Anne Marie and her team of volunteers and the front desk
staff at SMUN for coordinating the appointments.

Make an appointment - call Start Me Up Niagara

905-984-5310

EMERGENCY - Call 211 for resources | Contact Drop In Centres

| EMERGENCY SHELTERS | PHONE | ADDRESS | BEDS | HOURS | RESTRICTIONS (Age, sex, addiction, etc.) |
|---|------------------------------|---|------|--------|--|
| Hope House | 905-788-0744 | 570 King St. Welland L3B 3L2 | 5 | 24hrs | Welland, Port Colborne & area residents |
| Nightlight Youth Shelter | 905-358-367 | 5207 Victoria Avenue, Niagara Falls, ON L2E 4E4 | 10 | 24hrs | males and females, ages 16 - 30; no alcohol or drugs |
| The RAFT | 905-984-4365 | 17 Centre Street St. Catharines, ON L2R 3A6 | 16 | 24hrs | males and females, ages 16 - 24; no alcohol or drugs |
| Salvation Army Booth Centre | 905-684-7813 905-684-7990 | 184 Church Street St. Catharines, ON L2R 3E7 | 22 | 24hrs | males only, ages 19 and older; |
| Southridge | 905-682-2477 | 201 Glenridge Avenue St. Catharines, ON L2R 3G8 | 35 | 24hrs | males and females; no alcohol or drugs |
| YWCA St. Catharines | 905-988-3528 | 183 King Street St. Catharines, ON L2R 3G8 | 28 | 24hrs | females and females with children; no alcohol or drugs |
| YWCA Niagara Falls | 905-357-9191 | 6135 Culp Street Niagara Falls, ON L2G 2B6 | 20 | 24hrs | females and females with children; no alcohol or drugs |
| | | | | | |
| CMHA Safe Beds | 905-641-5222, ext. 254 | 15 Wellington Street St. Catharines, ON L2R 5P7 | 7 | 24 hrs | must be referred from hospital's community crisis care or mental health agency; 3 to 5 day stay; ages 16 and up; no alcohol or drugs |
| Men's Detox | 905-682-7211 | 10 Adams Street St. Catharines, ON L2R 2V8 | 18 | 24 hrs | men only; no alcohol, drugs or smoking |
| Women's Detox | 905-687-9721 | 6 Adams Street St. Catharines, ON L2R 2V8 | 12 | 24 hrs | women only; no alcohol, drugs or smoking |
| Gillian's Place (St. Catharines & District) | 905-684-8331 | P.O. Box 1387, St. Catharines, ON L2R 7J8 | 24 | 24 hrs | females and females with children; at risk of violence, no alcohol or drugs |

Start Me Up Niagara T : 905-984-5310 17 Gale Crescent St. Catharines L2R 3K8
CENTRE (upper) Mon,Tues,Th, Fri: 9 am-4 pm Wed 9 am-2 pm Sat, Sun: 11:15 am - 1:15 pm

OFFICE (lower) Mon-Fri: 9 am - 4:00 pm 12 - 1 pm Lunch: Closed Stat Holidays: Closed
ODSP Employment OFFICE 43 Church St. 905-984-4000
 Mon, Tues, Thurs, Fri - 9 am - 4 pm Wed 9 am - 2 pm

MEALS

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

SMUN FAMILY OF BUSINESSES

A Cut Under the Rest
 Always and Forever, Love Trishxo
 BBQ in a Bottle
 Benita Collini Fine Art and Custom Design
 Brush in Hand
 Buckets & Brooms
 Cakes by the Lake
 Chronic Knitter Design
 Craig's Making Pictures
 D & J Packing and Moving
 D J Contracting
 Designs by Linda
 DK Pickups & Deliveries
 Do It All Landscaping
 Dove's Gardening
 Emotions by Corrina
 Fabulous Beauti
 Get-R-Done
 Ghasemi-Montzer Consulting
 GMH Cleaning
 Greenough Property Maintenance
 Home Help and Personal Care by Faye
 International Resaerch Impact Service
 Karen Fraser Babysitting Services
 Kreations Hair Salaon
 Lany's Window Washing
 Maid 4 U Cleaning Service
 Malcolm Cook Handyman Services
 Mark Aleo Landscaping
 MD's Caulking
 Minor Cares
 Muskoka Wind
 Neat and Tidy Property Maintenance
 Odds& Sods Jobber
 Original Crafts by Loriann
 Pears & Paws
 Pebble Pets
 PEMF Niagara
 Plastic Canvas by Wendy
 Scrumtralescence Arts & Crafts

Snapshot Reporting Data management Service
 Step Into Healing
 Sunshine Sewing
 Tech for You
 The Healing Experience
 Twist Your Kilt DJ & Karaoke Service
 Welland Computer Repair
 William's Renovations

BUSINESS SUPPORTERS

7 Eleven
 Anthony Balardo Insurance
 Antipastos
 Bella Noella's
 Blue Mermaid
 Canadian Tire - Welland Ave.
 Carlisle Café
 Casey's Evergreen
 Chocolates etc
 Club Roma
 Cogeco
 Con Gusto Artisan Bakery
 Corporate Facility Supply
 Costco
 Dennis Morris High School
 Desks Plus
 Duff's Pizzeria
 Edible Options
 Event Central
 Featherstone Estate Winery
 Fed Ex
 Fit to Eat
 First Ontario Performing Arts
 Fulton Fitness
 General Motors Canada
 Giant FM
 Giant Tiger - Welland Ave
 Graffiti Hot Dogs
 Great Wolf Lodge
 Guilty Burger
 Gwen Teas
 H2O Only
 Holy Cross High School
 Hoogasian Insurance Brokers
 John Howard Society

Lucas Lift Truck Services Ltd
 Mahtay Café and Lounge
 Martin Farms
 Minuteman Press
 Miss Li Cake Boutique
 MS Society of Canada
 Niagara Artists Centre
 Niagara College Culinary
 Niagara Falls Bridge Commission
 Niagara This Week
 OMNI Media
 Optimal Wellness Niagara
 Partridge Iggulden LLP
 Patrick Darte Funeral Home
 Pharma Viva Pharmacy
 Post Inn B & B
 PWD Demo
 Rankin Construction
 Regatta Sports
 Scotia Bank Convention Centre
 Seaway Farms
 Seiu Con Jiu Jitsu
 Sheehan Mechanical
 Simply Delicious
 Snapd St Catharines
 Sobey's
 St Catharines Standard
 Starbucks at Fairview Mall,
 4th Ave, Martindale and Scott at Niagara
 Stokes Seeds Ltd.
 Marinelli's True "Italian Pasta Sauce"
 Storm Hair Salon
 Subway - Lake Street
 Subway - Welland Ave.
 The Laundry Tub
 The Office Tap'n'Grill
 Tree'n'Twig
 Trillium College
 Tzu Chi Foundation
 Village Wellness - Healing Centre
 Vineland Research and Innovation Centre
 Walmart
 WP Warehousing
 Wright Brothers Produce
**THANK YOU - if we missed your business
 please let us know.**



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 - '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!

