

JUNE 2008

Issue 3

DISTRESS CENTRE NIAGARA

Welcome to the 3rd Edition of DCN News, designed to keep you up to date with the happenings at DCN. This newsletter will be published thirdly with the next edition coming out in September 2008. Your contributions are welcome and encouraged. Any questions, comments or suggestions can be directed to the office. If you do not wish to receive any future publications, please contact us at dcniagara@bellnet.ca.

CRISIS LINES

St Catharines

905-688-3711

Welland

905-734-1212

Beamsville

905-563-6674

Fort Erie

905-382-0689

UPCOMING EVENTS

DC Training

September 13,
14 & 20, 2008

*3rd Annual
Suicide
Awareness
Walk*

September
14, 2008

DC Training

October 16 –
November 27,
2008

To Climb a Mountain

As written by Steve Raff

DCN Volunteer

In 1980 I was working in Yuma, Arizona as part of a team doing flight tests on a Canadian unmanned aerial vehicle. The team comprised about a dozen engineers who, with their families, were enjoying Arizona sunshine instead of Canadian winters. During the New Year's Eve celebrations that year the whole team agreed that they would be the first people, Canadian or otherwise, to climb Castle Dome in 1981. We were to meet at Denny's for breakfast at 7 am, after which we would load ourselves into several cars and drive out to the desert to perform this heroic venture.

Castle Dome is a mountain about 20 miles north of Yuma that is shaped roughly like a prism, about a mile long and 2100 ft high. The north face is very difficult to climb, the south face can be climbed with care but with no special equipment, and at the east end there is a fairly easy climb, that is a lot tougher than a hard uphill walk, but doable if you are in reasonable shape and not scared of heights.

The next day those without major hangovers breakfasted as planned, and set out for the desert. When we left the highway we drove on some large very rough dirt roads and finally hiked the last couple of miles to the base of the mountain. As we approached we saw a group of

young, fit-looking men dressed in mountain climbing gear and equipped with ropes, crampons and other climbing gear including boots so they could have walked on water. We exchanged "Hi's" and they informed us they were from the Sierra Club and intended to be the first on the peak in 1981. They would be documenting the climb with photographs and would write an article on the subject for the next issue of their club magazine. We told them we had the same objective but without the photos and magazine articles. Their leader looked thoughtfully at the two Shetland sheepdogs, the two boys aged 10 and 12, the 13 year old girl, the four middle aged men, the 3 middle aged women and the elderly man all dressed in jeans and running shoes and carrying essential supplies of beer, pop and lunches in picnic coolers. He smiled and said "Would you like us to wait for you when we get to the top in case you need help?" We declined his offer and watched them head for the south face.

We took a gentle stroll to the east end and climbed the mountain. There were one or two tough spots where the dogs had to be carried, and where the picnic coolers had to be passed from hand to hand but it all went smoothly. The three kids had gone on ahead and when we arrived at the peak they had already announced their achievement, as the first on the peak in 1981, in the notebook kept in a screw-top jar on the highest point for just such entries.

Other entries included "I climbed this mountain for my mom. Hi Mom", "Three of us climbed this mountain but only two made it. The third guy fell off a ridge and made a sickening crunch when he hit the ground. The moment we finish this bottle of rye whisky well check how he's doing" and other literary gems.

We settled down for beer and sandwiches and after a few minutes sounds of heavy breathing and scabbling boots were heard and the heads of the Sierra Club climbers popped up over the south ridge. We looked at each other and we said "Hi". The Sierra Club guys stared at the assembled crowd of dogs and people and without another word turned and climbed back down the mountain.

After a good lunch we negotiated our way down and found the Sierra Club guys holding a meeting, they became very quiet as we approached and tried hard to ignore us. We headed back to the cars and, when we reached them, we saw the Sierra Club climbers re-ascending the south face. We watched through binoculars and noted that they took photographs during the climb and when they reached the top. The article subsequently appeared in the Sierra Club magazine claiming that they were the first in 1981. A few weeks later we climbed the mountain again and found that the page in the notebook, showing that the three kids were first, was torn out.

The Moral? Don't always believe what you read in the Sierra Club magazine.

Can you help?

VOLUNTEERS NEEDED.
If you are a caring person (or know someone who is) that has good communication skills and

non-judgmental attitudes then you are needed as a volunteer for our telephone crisis service. The next training session

begins September 13th, 2008. Please call 905-688-3711 for more information.

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Niagara
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We're on the Web!

See us at:

www.distresscentreniagara.com

Handy Household Hints

These are always fun. Give them a try...

Dropped a drinking glass or plate on the floor and it broke into pieces? Don't risk cutting your fingers. Use a slice of bread to pick up the shards.

Placing a teaspoon in a glass before adding boiling water will prevent it from cracking.

Oh no! You started laundry before coming to DC for a shift and forgot to put the wet clothes in the dryer. What a smell! Rewash it with ½ cup of ammonia instead of regular detergent. Your laundry will smell fresher this way.

You want to bring flowers to a

special someone but can't get the sticker off the bottom of the vase? Try spreading peanut butter on it (preferably smooth, not chunky). This may take a couple of tries, but it's something most of us have in the cupboard.

Make your jewelry shiny and new again by soaking it in ketchup overnight then rinse it in hot water in the morning. This works especially well on silver!

Love the ease of plastic containers but dislike how they retain the smell of the last food you stored in them? Get rid of that smell by putting tomato juice on a sponge and wipe the inside of the container and lid. Wash both with soap and water, dry well and put each piece

separately in the freezer for a couple of days. Voila!! No more smell.

Summer and insects go hand in hand. We don't want to harm any bugs, but if you want flies to stay away from your porch or balcony, try growing basil nearby. Flies hate that smell. They also are not fond of the smell of hairspray so keep a bottle handy when you're sitting outside.

Do you think these are too outrageous to work? Go ahead....We know you want to try at least one of these hints. Of course you have to share your results. Let us know what you find. All feedback will be posted in the next newsletter.

**Welcome to DCN New Volunteers
January – April 2008**

Aaron B.

Chris C.

Kristina D.

Rose D.

Beth K.

Patricia K.

Don L.

Tanya L.

Tony M.

Simon O.

Jessica S.

2nd Annual DCN

Euchre Tournament

Thanks to everyone who joined in the fun. Just some facts.....

- 84 people participated in the event

- Approximately \$2600 was raised through ticket sales, penny sale, silent auction and 50/50 draw.

Out and About

As April came to a close...

6 presentations were done about DCN

16 meetings were attended by staff for various committees.

78 youth, through John Howard Society's Project Turning Around, received suicide prevention training.

204 Community members received Suicide Prevention Training.

57 Community members received Communication Skills Training.

9 United Way Events were attended by staff.

About Our Agency..

relies on the United Ways of Niagara, fundraising and private donations in order to offer this service. Please support our agency. Contributions in any amount are greatly appreciated.

Donations can be made online at www.distresscentreniagara.com

Or by mail to:

P.O. Box 22018, St. Catharines,
On. L2T 4C1.

Distress Centre of Niagara is a 24 hour, free, confidential telephone crisis intervention support service available to anyone in need in the Niagara Region. As a not for profit, charitable organization, Distress Centre of Niagara