

# Sherman Hub News

A publication of the Sherman Community Planning Team

MAY - JUNE, 2014



## WHAT'S IN A BRAND?

Introducing the new Sherman Hub logo

BY MARK STEWART & LAURENCE SMINK

**T**he Branding Sub-Committee of the Sherman Hub Community Planning Team is excited to formally introduce the new logo for the Sherman Hub. The logo design visually represents the conversations that are so important to our community. By talking to, and engaging with, each other, greeting our neighbors, meeting new people, and sharing our lives, we are creating a real and lasting sense of community. This logo illustrates those conversations. It shows that there are diverse voices talking and listening, and when those conversations overlap, something changes and new ideas are created. The colours are lively, vibrant, and diverse, representing the uniqueness of our community. The lettering is casual, with a quirky handwritten style that shows we are real people who value inclusiveness and fun. Overall, the logo is bright, colourful, cheery, and a memorable, identifying mark for the Sherman Hub.

### WHY BRAND THE SHERMAN HUB?

Our brand is like a flag. It's our flag and we fly it proudly. It says we believe in our community – the

place we live, work and play, as well as the people in it; our shared past, and the future for which we are planning and building. When people see our flag, they'll know where they are and where we're from. They'll know we are a community that values respect, inclusiveness, stewardship, caring, and that the Sherman Hub is a great place to live, work and raise a family. A logo alone cannot express the richness of that thought. Rather, a brand is built over time, through the persistent expression of our mission, vision, and values. This is done every time we engage on behalf of Sherman Hub through the work we do, and through the stories we share. In time, the logo will come to take on more and more meaning, and will be recognized for our values and what we have accomplished as a community.

### WHAT'S NEXT?

Now that the logo has been selected, the subcommittee will develop key messages and begin to create practical applications that the Sherman Hub can use across all of our materials. This will include digital logo files in various formats for use on print and web-based materials. The team will also create templates for materials like documents,

posters, and brochures that will allow anyone to easily create their own materials using the correct logo, images, fonts and colors. The branding team is also creating a digital image library; a stock photography resource that contains images of the community and its people.

### WHAT IS THE BRANDING SUB-COMMITTEE?

The Branding Sub-Committee is a resource for the Sherman Hub. Its role is to help the Hub produce materials and publications that consistently and meaningfully represent our identity. The subcommittee is a small group of talented designers, brand strategists, communications experts, and business people, each with years of experience. Currently the team members are Mark Stewart, Reuben Vanderkwaak and Laurence Smink. If you need help creating print or web materials for your Sherman Hub project, please feel free to reach out to them – they'll be happy to help!

Mark Stewart: [mark@flyprint.ca](mailto:mark@flyprint.ca)

Laurence Smink: [laurence@smink.ca](mailto:laurence@smink.ca)

Reuben Vanderkwaak: [reuben@vanderkwaak.com](mailto:reuben@vanderkwaak.com)



NEIGHBOURHOOD CONVERSATIONS CONTINUE ONLINE



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# Adelaide Hoodless Public School

## ANNUAL FRENCH CAFÉ

BY MADAME MARINO

The cafe will be open to community members and families.  
**Date:** Thursday May 29th  
**Time:** 9:30am to 2:30pm  
**Location:** 71 Maplewood Avenue. Come to the front door, buzz in and sign in at the office.  
**Cost:** Minimum donation of two dollars, which will get you a beverage as well as two snacks.

All proceeds will go directly to the cost of our year end play day at Dofasco Park for the following academic year. The trip is a great opportunity to get our entire student body outside together in nature, using kinesthetic learning as well as team building activities.



## CASTLE has a new face in Sherman!

Please welcome Susan as she takes over the CASTLE role from Nelly. Look for Susan out in the Sherman neighbourhood ; she will be continuing the work of sparking talk about Cancer Screening tests, helping folks get connected to services, as well as listening to peoples thoughts and stories.

If you would like Susan to join you at a meeting, club, or event to talk about Cancer Screening please get in touch!

[\(neudorf@mcmaster.ca\)](mailto:neudorf@mcmaster.ca) (905) 546-2424 ext 1108



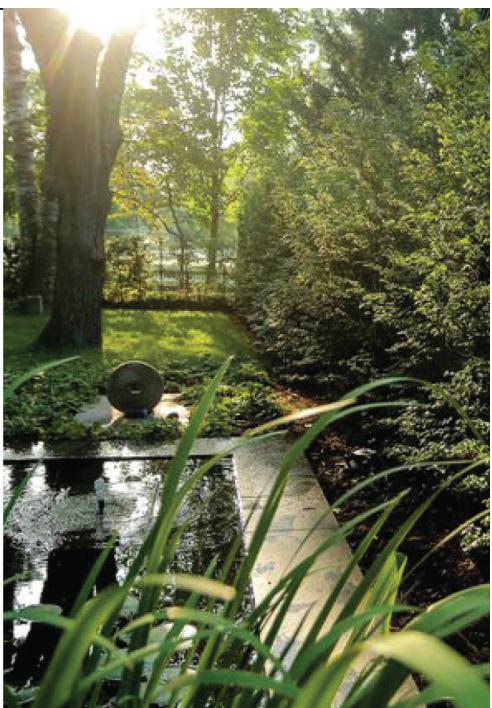
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Did you do a survey as part of the Hamilton Neighbourhoods Study?

If so, we would love to hear from you!

Please contact us:

905.525.9140 ex.23375 or [hnsstudy@mcmaster.ca](mailto:hnsstudy@mcmaster.ca)

What is the Hamilton Neighbourhoods Study?

The study asked questions about what residents like about their neighbourhood, what they would change, and how living here affects their health and daily lives.



## STEEL TOWN GRAPHICS

Frank Prokator  
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We are in the apparel decorating business, we provide custom t-shirts, sports jerseys, caps corporate uniforms.

# Neighbourhood Small Grants: Asset Based Community Development in Action

## Coming soon to your neighbourhood

BY DAVID DERBYSHIRE

If you are reading this in the Hub News, the Herald, the StinZine or the Point and you live in the Sherman, Gibson-Landsdale, Stinson or Crown Point neighbourhoods, then you and your neighbours should know about this exciting program. The Local Planning Teams in your neighbourhood have resources available for resident-led neighbourhood groups who want to do something to make their neighbourhood a better place.

The resources include help with:

- identifying the issues that you and your neighbours want to tackle,
- developing a plan to address the issue,
- resourcing the plan (help to find the assets needed to make it happen)
- implementation of your plan
- evaluation of your completed project.

The Neighbourhood Small Grant program is funded by the Hamilton Community Foundation and is administered in each of the neighbourhoods by your Community Planning Teams. Through the Community Developer in your neighbourhood, Rebecca Doll or David Derbyshire, or the SPRC website, you can access the application package and Rebecca and David can be available to assist you in developing your plan and submitting your completed application.

Now here, for me, is the exciting part...the completed applications will be reviewed by a team of neighbours who, like yourself, have

had an idea for a project to bring their neighbourhood or street together and were awarded a grant in the past. The plans are evaluated based on the criteria developed with the Hamilton Community Foundation. The review teams' recommendations are brought to the local planning team and, when approved, the grant is awarded and the project begins. Upon completion of the project, receipts are collected, accounts balanced and an easy one page final report is submitted along with receipts and remaining cash. The group is then invited to send a representative to become part of future small grant application review teams.

Up to \$1,500 per project is available to help resource your plan and this money should be leveraged with other assets in your community to help move the plan to action.

Note: Community Developer support is available if you would find it helpful.

To check out the Small Grants Package please visit the Social Planning and Research Council's website: sprc.hamilton.on.ca

Or contact your Community Developer:

- In Gibson/Landsdale, Stinson and Crown Point:  
Rebecca Doll at (289) 489-3942,  
rdoll@sprc.hamilton.on.ca
- In Sherman:  
David Derbyshire at (905) 818-1713,  
dderbyshire@sprc.on.ca

## HOW TO REACH 10,000 HOMES & BUSINESSES

Have you been looking for a way for your business to contribute to the neighbourhood? To connect and engage the people who live, work, play, and SHOP near you?

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To make your mark on the community contact Steve DeVisser:  
stevedevisser@gmail.com

**Sherman Hub News**

SHERMAN HUB

# YARD SALE

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### 8AM TO 12PM

SHERMAN NEIGHBOURHOOD  
ESCARPMENT TO THE CN TRACKS &  
FROM GAGE TO WENTWORTH



# Sherman Hub News

The Sherman Hub News is published bi-monthly by the Sherman Community Planning Team.

Delivered door-to-door to homes and businesses from Wentworth to Gage, Escarpment to the CN tracks north of Barton.

If you would like to join the Hub News team, please contact us at [shermanhubnews@gmail.com](mailto:shermanhubnews@gmail.com). We would love to have your help.

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### Acknowledgements

Hamilton Community Foundation



The Sherman Community Planning Team is a resident-led group from the community who bring together neighbours, businesses, churches, government, education, and other agencies to work together towards our mission of creating a great place for us to live, work, learn and raise a family.

We meet monthly to coordinate the many projects and events going on and to work towards the realization of our Neighbourhood Action Plan. If you are interested in getting involved, please contact us. The more people who get involved, the more likely things will get done. For more information about the Planning Team, visit our website, email someone on the team, or call our Community Developer. We can't do it without you.

[southshermanhub.wordpress.com](http://southshermanhub.wordpress.com)

Community Developer: David Derbyshire (905) 818-1713;  
[dderbyshire@sprc.hamilton.on.ca](mailto:dderbyshire@sprc.hamilton.on.ca)

## It's the people you meet each day...

Looking for an opportunity to meet your neighbours? Get to know them a little while dropping off their neighbourhood newspaper.

Each month as more and more people come out to help deliver the Sherman Hub News to their neighbours, more and more people become connected by this simple task. Make the Hub News your gift to your neighbours and join us in delivering it.

Contact [breanna.ehman@rogersblackberry.net](mailto:breanna.ehman@rogersblackberry.net) or call (905) 741-5263

REGISTER

PRIOR TO MAY 10<sup>TH</sup>

Contact Patty Clydedale  
[southshermanspokes@gmail.com](mailto:southshermanspokes@gmail.com)

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**HARRP**

# GOLFING FOR HAVES

BY BILL PARKES

Three years ago, as part of a New Horizon grant from the Canadian Government, HARRP started a fitness program specifically for seniors. Initially, the program included one hour of mild aerobics with a trained fitness instructor, a specialist in older adult fitness. HARRP's idea was to get seniors active by providing them with a realistic, focused training session which stretched muscles and raised the heart rate. Additionally, as with most HARRP programs, there was no fee charged for participants to join.

The first class attracted only four individuals, but that group went ahead and started doing aerobics under the watchful eye of Tamatha, their fitness instructor. That first class was a success, and at the second class a few more seniors had joined the group. What made the class particularly attractive was that exercise had become fun, not something to suffer through and avoid at all costs. Added to this was the social atmosphere, with strangers actually making new friends from the fitness classes.

Today, the seniors fitness program at HARRP, which has been re-named HARRP "HAVES" (Healthy Active Vibrant Energetic Seniors), has grown to the point where more than 80 seniors per week now participate in athletic programs. In addition to the aerobic fitness program, now running three times per week, the classes available for seniors currently include Zumba, Tai Chi, line dancing, and yoga. All classes are still free of charge, saving the seniors more than \$600 per

year in comparable fitness class costs.

The HAVES seniors appreciate the HARRP programs, and have therefore decided to run a fundraising golf tournament to help offset the costs associated with their fitness classes. The golf tournament will be held at Oak Gable Golf Course in Ancaster on Wednesday, June 4, starting with lunch at 12 noon. Registration for the tournament includes lunch, 18 holes of golf with a power cart, a steak dinner, a souvenir golf shirt, and prizes galore. Plus, participants will receive a charitable tax receipt for a portion of the entry fee, which is \$150 per golfer, or \$550 for a foursome. If you prefer, sponsorships and prize donations are also gratefully accepted.

The success of the HAVES fitness program is an important part of the HARRP philosophy of helping people create communities. By providing seniors with fun fitness programs leading to a healthier lifestyle, combined with a social atmosphere leading to friendships and a sense of belonging, HARRP is helping to create healthy communities. The HAVES seniors are grateful and pleased that there is no cost to them to participate. With this Golf Tournament on June 4, they are trying to do their bit to assist HARRP in continuing this good work in their community. Please join us and our seniors, and have a great day for a good cause!

To register for the golf tournament, please call HARRP at (905) 544-0050, or email Larry Collinson at larry.harrp@gmail.com.

For more information, please visit the HARRP website: harrp.ca

# WARD 3 UPDATE

BY BOB MORROW

I would like to thank Bernie Morelli for his outstanding service to Ward 3 and the City of Hamilton and wish to extend my best to his family and loved ones. Trying hard to pick up where Bernie left off has involved getting to know the wonderful groups and individuals active in the Ward and, hopefully, being of good service to the residents. The Business Improvement Areas (BIAs) on both Barton and Ottawa are doing great work, as are such community organizations like GALA, the Sherman Hub, Crown Point West, the Keith Hub and others, and all are dynamic and vital.

Public meetings on everything, from the Pan-Am Stadium Precinct to the Barton-Kenilworth Corridor, have shown great interest from our residents and also the need for more consultation and communication, particularly for the Corridor planning.

With respect to the Pan Am Precinct plans, a public meeting was held on March 6 to share updates, highlighting the following:

- Heritage report forthcoming on Jimmy Thompson Pool
- First anticipated Hamilton Tiger-Cats home game on July 26
- Architect to design the new precinct seniors/community centre to be hired shortly; completion of design and construction will take approximately three years.
- Engagement session occurred with residents in attendance to determine what type of programming will happen at the new community centre and baseball/community park

Road repairs and more park space are high priorities and I am recommending action on both—hopefully some local roads as early as this year and next year. I also hope for some action on new parks development.

Plans for Gage Park improvements are very exciting and the contribution

of the Friends of Gage Park is always significant and appreciated. If you would like more detail on the Gage Park plans, please contact us at (905) 546-2702.

School closures are of major concern to many and I was pleased to co-sponsor a motion to ask the Province of Ontario to stop any more closures until the needs of the inner city can be properly addressed by the community.

The bike lane project (Cannon Street East from Hess to Sherman) has been adopted. I am told that it was met with widespread support previously and hopefully with strong approval when implemented. If you have any thoughts regarding this, please contact me at any time.

Barton Street has great potential and there are valued groups, outside of the BIA, working on improvements. Also of note is Harry Stinson's plan to develop the Gibson School lofts project.

The Ottawa Street BIA is as vital as is the street itself. I am very happy to support the Farmer's Market Vehicle Project, as well as a pilot project for a mobile urban park initiative on the street—to mention only two.

At the end of March, Waste Management mailed out twelve new garbage tags, along with a flyer on waste collection changes. You can request up to fourteen more by calling the City's Waste Management office (905-546-2489) or my office. Also, if you need to schedule a bulk pick-up, call Waste Management one week before your garbage day and staff will make the appropriate arrangements.

There is much else to report, but for the moment, do not hesitate to let me know if you have thoughts and concerns at (905) 546-2702 or bob.morrow@hamilton.ca.

I feel honoured and very lucky to be involved, for the remainder of this term, on City Council and thank all concerned for the appointment.

# Photographer Shopping 101

BY KATHY WOO

Let's face it. Just because someone has a camera, it does not make him or her a professional photographer.

At 270 Sherman we have over a dozen local photographers in our creative arts centre. We are privileged to see a variety of work that sharpens our eye to help recognize a professional portfolio of work.

After consulting with some of the photographers in our community, we have gathered some pointers on how to choose a photographer. Believe us, your dollar can go a long way when you pick the right person!

## BUDGET:

Make a wish list of what you want in your photos as a starting point. We highly recommend Pinterest to help organize your favorite items. Once

you have your list, decide on a budget that you can work with.

As a helpful tip on budgeting, Judy Comier, a specialized Boudoir Photographer and owner of Elementz of Photographie, addresses a common concern among clients who often misunderstand pricing when it comes to photo shoots. She explains, "many people do not realize there is more to a photographer's work than clicking a button." In fact, "many people do not realize that this is a business. Our job begins with the session, but entails a lot of hard work and hours in front of a computer, as well as expenses including: studio rental space, insurance, location fees, courses, training, marketing material, props, transportation and so on." The old saying, "you get what you pay for," stands true when it comes to deciding on a

photographer. The more experience and investment the photographer has done on him/herself, the more valuable they are.

## MEETING PLANS:

Upon establishing a budget with a photographer, request to see the photographer's whole portfolio from a shoot, not just the selected ones that are highlighted in a book, a blog, or a website feature. This type of planning can reveal stylistic choices that best suit you.

Marta Hewson, a dedicated portrait photographer and owner of Marta Hewson Photography explains, "Trust is a necessity in a partnership between the photographer and client. You have to chose a photographer that wows you and excites you to work with them. If you think to yourself 'I want myself in these photos!' then that's a good sign."

But request a whole portfolio of work before deciding."

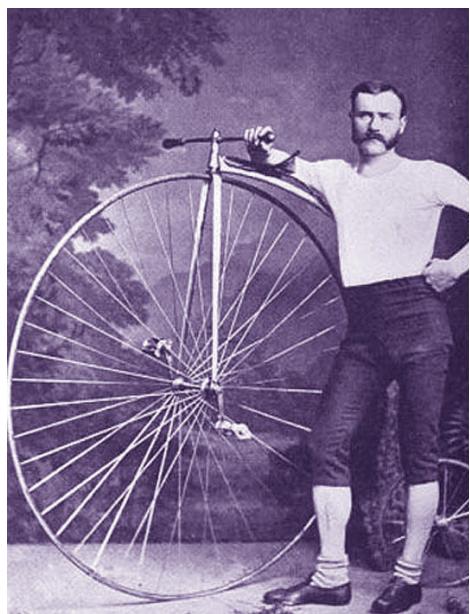
## CHEMISTRY

You may find a photographer's work that you really like but how do you like them? Brian Reilly, an experienced Wedding Photographer, cautions, "Portrait photography is a collaborative process. Hire someone you feel comfortable with and that you like". Brian wisely advises you to consider the compatibility with your photographer because of the time you will be spending together. In the case of a wedding, you will be spending the entire day (the most important day of your life as a couple) with your photographer and you need to feel comfortable and have confidence in them in order to relax enough to get those images that you really want.

**HISTORY IN THE HUB**

# From Penny Farthings to Bike Lanes

BY CAROLYN MCCANN



**2014 News** "Cannon Street to have bicycle lanes added for the convenience and safety of local cyclists."

**1889 News** "The Hamilton Bicycle Club (formed 1881) has raised over \$6,000 to build a cycling track on six acres at the base of the escarpment, just east of Wentworth Street."

In 1889, cycling was still a relatively new sport, but Hamilton already had hundreds of "wheelmen" and "wheelwomen". The bicycles came in a variety of shapes and sizes. The penny farthing had one very large wheel in front with a small one in the back. Many models had two wheels, and the tricycle was a popular adult model,

not a child's first bike. Racing bikes were yet to be invented. Bicycles soon became a popular means of getting around the city for both pleasure and work, and cyclists competed for road space with horse drawn vehicles, not cars.

In 1889, Hamilton was having a Summer Carnival to promote its position as a North American progressive city, and the Bicycle Club wanted to be part of the celebration. They bought land in today's Sherman Hub area, built a track and grandstand, and held their first bicycle meeting. Over 200 cyclists participated. At the time, The Hamilton Herald newspaper

reported "It is seldom that such a large and fashionable crowd is seen at any athletic meeting as that which graced the inaugural bicycle meeting on the grounds of the Hamilton Bicycle Track and Athletic Company in East Hamilton. There were fully 5,000 people, and the Bicycle Club has reason to feel proud of the great success of its first meeting... to sum up the affair, it was the most successful meet ever held in Canada."

Perhaps The Hamilton Spectator will soon be reporting the success of the Cannon Street Bike Lanes.

Source, [Hamilton 1889-1890](#)  
by Brian Henley

**COMMUNITY LAW**

**H**amilton Community Legal Clinic (HCLC) is one of 77 clinics offering community legal services in Ontario.

Most community legal clinics are similar to HCLC. They offer services to low-income individuals and communities within a defined geographic area.

However, there are a number of specialty clinics funded through Legal Aid Ontario. These 17 specialty clinics will represent specific individuals (e.g., seniors, people living with HIV/AIDS) or deal with a specific area of law or service clients throughout the entire province. Some clinics also specialize in areas of law for low-income clients who are marginalized for other reasons. These clinics can also be resources for other clinics, private bar lawyers, Members of Provincial Parliament and community agencies.

Space does not permit a lengthy discussion of all these clinics; however, we've picked a few to talk about which you may find of interest.

- **The Advocacy Centre for the Elderly (ACE); [advocacycentreelderly.org](#)**

ACE assists low-income senior citizens. It is the first legal clinic in Canada to specialize in the legal problems of seniors. ACE puts out a quarterly newsletter that always contains useful and current information. The recent edition contains stories on long term care issues, the ins and outs of retirement home rate reductions and health care consent and advance care planning.

- **Advocacy Centre for Tenants**

## HAMILTON LEGAL CLINIC: SPECIALTY CLINICS

BY BOB WOOD

- **of Ontario (ACTO); [acto.ca/en/home](#)**

ACTO works to better the housing situation of Ontario residents who have low incomes. They support tenants, co-op members and people who are homeless. ACTO does this through test case litigation, lobbying and law reform, housing policy work, community organizing and public legal education.

One important case in which ACTO is currently involved is a Right to Housing Challenge. Together with others, they are arguing that, under the Charter of Rights and Freedoms, Canadians have a right to adequate, affordable housing. Such a right would require the government to develop a national and provincial housing strategy.

- **The Income Security Advocacy**

**Centre (ISAC); [incomesecurity.org](#)** ISAC works with, and on behalf of, low-income communities in Ontario to address issues of income security and poverty.

ISAC does not provide legal advice to individuals but is heavily involved in policy issues. They've done excellent advocacy work to push the province to

develop a Poverty Reduction Strategy. An analysis of changes to social assistance rates in the form of fact sheets is another good example of their work. [incomesecurity.org/FactsheetsonOWandODSPchangesfromBudget2013.htm](#)

- **ARCH Disability Law Centre; [archdisabilitylaw.ca](#)**

ARCH provides legal services to help Ontarians with disabilities live with dignity and participate fully in our communities. They work with Ontarians with disabilities and the disability community in various areas including public legal education and litigation.

Last year ARCH and ACE worked with others on a very important case before the Supreme Court dealing with the Ontario Health Care Consent Act. Known as the Rasouli case, the ruling by the Court clarified issues regarding consent for patients particularly as it pertained to the withdrawal of life-sustaining treatment.

You can find out more about specialty clinics by going to [legalaid.on.ca/en/contact/contact.asp?type=scl](#)



### Mark DiMillo

Candidate, Ward 3 City Councillor

Wishes To Extend A  
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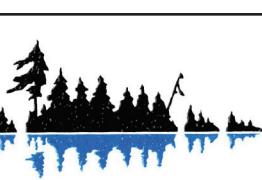
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# A OPEN LETTER OF CONCERN REGARDING THE BARTON

BY WALTER FURLAN

March 23, 2014

Alan Waterfield, MCIP, RPP  
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 Planning and Economic Development Department  
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 Hamilton, Ontario L8P 4Y5 Canada  
 Phone: 905-546-2424 x1251  
 Fax: 905-546-2693  
 Email: Alan.Waterfield@hamilton.ca

Dear Mr. Waterfield,  
 We offer the following thoughts in response to the information received at the Public Meeting on the Barton Street Corridor Study, which took place Thursday, March 20, 2014. These ideas are our own, as well as those of many neighbours and colleagues on Barton Street.

After having spent the better part of 1.5 hours providing feedback and writing comments in response to ideas presented on large sheets of paper spread throughout the meeting hall, we were advised of two assumptions that were guiding the present work of the study: (i) Business on Barton Street is not coming back; (ii) The best thing for the street is to convert zoning to allow residential development, including in spaces that are currently commercial storefront and allowing building heights that far exceed the current 2-3 storey landscape.

As business owners on Barton Street and residents of the immediate neighbourhood, we find these statements disturbing and of great concern.

We also find a number of striking gaps in the current approach to the study. According to the City's website, the study "will result in strategies and an implementation plan to guide the revitalization of Barton Street between James Street and Ottawa Street..." We were initially very excited and optimistic. At the consultation, we felt our feedback was dismissed and our concerns disregarded.

In reading the Context Section of the Background Report, we find comments that focus almost exclusively on perceived challenges to the area, without any real indication of the enormous strengths, resilience, and extremely integrated social fabric that exists. It states that the number of commercial spaces that have been converted to living spaces is "one sign that change... may look different from the past in terms of the ways buildings, streets and spaces are used." It seems that on page one of the report, we have already thrown in the towel – saying that since illegal use is already being permitted, we might as well make

it legal and hope that this helps. It is astonishing, and so disappointing, that more creativity and insight was not applied to our district - a district that we are so privileged to be part of. One that is authentic and in so many ways reflects the real Hamilton. One in which rituals and social engagement has been happening for over 100 years.

It also leads to the question: How is it that a commercial study's main recommendation can be conversion of existing commercial to residential?

The map used at the consultation identified the Sherman to Gage section as a "retail permitted" area. This in itself is extremely misleading, as this area is currently zoned for commercial use, which is much broader than simply retail. The study has totally discounted opportunities for craft, art, service, social and importantly for live-work spaces. This last use is a very exciting and emerging area of interest, and one the City has embraced in its new King Street East development. Realtor.ca has recently started using this as one of its search features.

Though the session was supposed to be to provide feedback on the draft recommendations, there were few opportunities for questions, and the summary was basically an iteration of pre-identified conclusions. One presenter talked about reducing the widths of sidewalks - how are we already in the design stage when public consultation is (or supposed to be) still taking place?

At the first meeting in the fall, certain stakeholders were not heard. I, myself, brought two lawnmower shop proprietors to the consultation. They felt marginalized and excluded, as the discussion was dominated by a few voices of business. Many businesses further down the corridor were not aware of the meeting, or were unable to attend because they were actually running their businesses. Though the greatest potential changes are being proposed for the stretch of Barton on which I run my business, no consultation has taken place in my immediate area. I did not see one representative of the Polish community at either consultation and they represent the most prevalent and successful businesses in our area of the corridor.

Finally, and very importantly, an entire segment of stakeholders are not being engaged: homeowners and residents in the community. Framed as a commercial study, many residents are unaware or unconnected to this initiative, which they feel will have marginal impact on them. The proposal being put forward will have irreversible and potentially devastating impacts on the character and rituals of our neighbourhood – yet it is cloaked as a "commercial" study. Residents need to be made aware of this study. There are a

number of things that make our neighbourhood unique. There is a high proportion of seniors, of disabled people, and of socio-economic disadvantaged. People have found their way to our neighbourhood through choice or circumstance. Though they acknowledge in their report that the community includes marginalized and disadvantaged individuals, what efforts were made to ensure their voices were heard. They are among the most resilient people we have ever met. They deserve a voice. We made an offer to the consulting firm to tour the block and hear from local people and our offer was declined.

**T**here are key things that we feel could be done immediately to improve the business conditions and guide the revitalization of Barton Street.

**(i) Traffic calming:** Remove the Truck Route on Barton. In the past several years tens of thousands of industrial jobs have been lost. Sherman Avenue, and other roads are being slated for 2-way conversion. Trucks of up to 40 tons pass by our shop, within less than a foot or two from pedestrians, with enough velocity, noise and vibration to rattle our windows. It is not a pleasant experience for pedestrians.

After gathering input from more than a dozen businesses on our block, we are currently working with our councillor and staff to have some parking restrictions removed – this will have an immediate impact on businesses in the area.

Implement cycling infrastructure. Utilitarian cyclists are legitimate users of our streets and it is known that people on bike prefer to shop locally than at commercial box store developments.

**(ii) Zoning and economic development:** It is difficult to not become pessimistic by the study's current recommendations and view the proposals as a capitulation to absentee landlords who are using their storefronts as residential.

We are not planning experts, but we know improvements can be made in this realm. Compel bad landlords to improve their storefronts; remove incentives for vacant units. Use enforcement, but not as a first resort: Work with willing owners to come to satisfactory outcomes, but make sure bad landlords are complying with the rules. Storefronts on Barton are not nice places to live right now and vulnerable people are being abused. Fix this.

In addition, look at the current rules and how they're being enforced. We know first hand of the challenges people are facing – from getting parking tickets while dropping off a disabled child to needing to fill out multiple permits and get insurance just to



# STREET CORRIDOR STUDY

display a sidewalk sign, to facing litigation for by-law issues- we hear of very scary, legitimate concerns, which people feel could put their livelihood at risk. We are not against rules, and in fact have accessed by-law enforcement very satisfactorily, but it should be done reasonably and in collaboration with owners. All of the buildings in our segment of Barton are about 100 years old. This should be cause for celebration, not concern. We need to find ways to encourage and support owners through the myriad zoning, by-law and other standards are needed for people considering an investment on Barton.

Similarly, we have not found the economic development program to be applicable on Barton. From financing to incentive programs, we need programs that respond to the unique circumstances on Barton. We have heard time and again that people have difficulty accessing mainstream financing due to the very high risk associated with purchasing on Barton Street. One neighbour informed us he was rejected for financing despite having \$60,000 cash and a \$140,000 line of credit. The lack of appropriate financing tools has stymied attempts by local entrepreneurs to purchase buildings and set up businesses. It has also stymied individuals we know who wished to purchase for live-work spaces. It makes the market very appealing to out of town "investors" with capital at hand to purchase these buildings.

Currently, we are aware of several owners who have told us point blank that they intend to sit on their buildings until the area improves. Then, they will tear down and build bigger, or simply sell their buildings for a profit. These individuals are not invested in the community. We are also aware of several landlords who receive rent directly from social service agencies. These are both the types of owners who have set up sub-standard housing in storefronts.

We need to find ways to discourage these types of owners (by enforcing current by-laws and eliminating incentives for vacant buildings) and encourage engaged owners (perhaps through tax incentives, tax relief, innovative financing). The city is currently employing a number of economic development incentive programs from the artist space on King East, to significant investments like Maple Leaf Foods. The right program on Barton would make a huge difference.

**(iii) Streetscape:** We do not have a bench, a flower or a tree on our section of Barton. There is one garbage can. There are 40 ton trucks, buses, speeding cars, bikes on the sidewalk (because the street is too scary). On one Saturday last summer, we counted approximately 150 people using the alleyway on

Barton because the alley on Barton is a more pleasant walk than on the sidewalk in our commercial district. Think about that.

We have the potential for a very beautiful street, with pleasant architecture and human-scale buildings. Old photos show awnings, flowers and trees on Barton. Some relatively small and inexpensive changes like street-scaping could go a long way to improving the aesthetics and experience on our street.

**W**e look forward to further discussion on this issue. We are aware that challenges exist on Barton Street and the community deserves better. We are speaking for our block, where we have come to know dozens of neighbours and other business owners. For our block, giving up on Commercial makes no sense.

In addition to the sixteen businesses on our block (between Lottridge and Barnesdale), we counted more than 50 in the greater block between Gage and Sherman (see attached list). In addition, within 250m of our block there will be a brand new \$150 million stadium, a new recreation centre, a new seniors centre and new sports fields. Within 400m will be a new super high school. The city has been trumpeting the potential benefits of the upcoming PanAm Games and new Stadium and associated infrastructure. How can this not lead to improved business and commercial climate? The map presented at the consultation indicated that Sherman to Ottawa would be "retail permitted," suggesting that residential would be the dominant zoning use. I wish to state again, commercial includes so much more than just retail.

Perhaps the 50+ businesses that have chosen to set up and stay on Barton would have some interesting perspectives on the real commercial challenges and opportunities for our neighbourhood. It wasn't that long ago that many would have written off James Street North. You are risking making destructive, irreversible changes to an established and historic cultural landscape. It is my fear that we are seeking to reward irresponsible landlords by making current illegal use permissible. Will these same landlords and developers tear down entire blocks of businesses (and neighbouring houses for parking)?

Do not write off our neighbourhood. Planning for this unique area must include consideration of social, built and cultural heritage landscape. Undertake the deliberate, inclusive, vigorous consultation with all stakeholders that our neighbourhood deserves. We will be very pleased to discuss this with you further.

- Walter Furlan & Liz Duval



## TO SHERMAN HUB NEWS READERS

If you're also concerned about the Barton Street Commercial Corridor Study and want to become engaged or continue the discussion with Walter, please feel free to drop by his shop on Barton Street:  
Walter Furlan Conservation  
769 Barton Street East,  
Hamilton

## APPENDIX:

### A Partial list of businesses Lottridge to Barnesdale:

- CDF Computers
- Wylie's Lawnmower Repairs
- Walter Furlan Conservation
- Ranalli Travel and Tax Office
- Karolina's Restaurant
- Terry's Shop
- Harmony Furniture
- Prince Edward Tavern
- Jet Hall
- Giant Leap Photography
- African-Canadian Caribbean Association
- Portuguese Support Services
- Karlik Pastry
- Joanna's Florist
- Anna Beauty and Nails
- Mattresses You Can Afford

### Within 1 block east to Gage:

- Dairy Queen
- Big Bee Variety
- Niva Pizza & Wings
- St. Anthony Padua Church
- The Auto Salon
- The Reptile Zoo
- Home Surplus
- The Dollar Store
- FreshCo
- The Cash Store
- ST. Vladimir
- Metropolitan Vasyl Learning Centre
- Subway
- Esso
- The Car Wash
- Tim Hortons
- Home Hardware
- McDonalds

### Within 1 block west to Sherman:

- Holy Spirit Catholic School
- S. Stanislaw Church
- Ukrainian School
- The Polish Legion
- St. Ann's Church
- Corner Variety Store
- Chinese Restaurant
- Wheel Wizards
- Armelini Music
- Friends Hair Salon
- 689 Tools
- Wavel Candy Store
- Zigmund Jewelers
- Polimex Travel
- Polish Credit Union
- Before and After Hair Salon
- Starpolski Deli
- Hamilton Sports Wear
- Michael's Used Goods Shop

There are a number of additional businesses, including on side streets (Hamilton Builder Supply, garages, scaffolding shop, Biz mechanical, Hotz, Voith building); Princess Street alone has approximately a dozen businesses; Sherman North and Gage North have several, including industrial, commercial, residential, and social clubs. All making for a dynamic and diverse area.

**HEALTH IN THE HUB**

# Health Tips for the Aging Population

BY DR. JUSTIN GALLANT

Hey fellow Sherman Hubbians, Dr. Gallant here again. Since the majority of my patients are 50+, I'd like to share some knowledge on several common issues in aging.

**Osteoporosis:** 20% of Canadians over the age of 40 will suffer a fracture due to low bone density. Women are four times more likely than men to get osteoporosis (hint, hint... hormones are involved!). Some things you can do to prevent osteoporosis and improve your bone density include compensation for estrogen deficiency due to menopause by supplementing with vitamin D, calcium, magnesium, boron and vitamin K, walking regularly, and getting your bone density tested regularly.

**Tea and coffee:** As we age, we absorb fewer nutrients. This can contribute to all sorts of conditions, from constipation to cancer. Black tea and coffee contain tannins, which are also used to turn cow

hides into leather. They have a similar effect on our intestines. We absorb most of our nutrients in our small intestines, but if we're turning them into leather it's going to be difficult to do that. Freshly steeped green tea is a healthy alternative. Tannins don't start to develop in green tea until it steeps for about 20-30 minutes.

**Being open about illness:** One of the worst things about developing an age-related condition is isolation. Talk about it! We can learn so much from each other and having someone to talk to is sometimes the best medicine.

**Diabetes:** Blood sugar is something that can be easily controlled through diet, lifestyle and supplements. Once it gets out of control, your risk of other diseases skyrockets.

**Kidneys:** Once you hit 40 years old, your kidneys decline in function by approximately 10% per year. You can

minimize this decline by limiting animal protein, avoiding gluten, ensuring your blood pressure and blood sugar are not elevated, minimizing necessity for medications and preventing kidney stones. Kidney function can be tested easily via common blood tests.

**Cognition:** There are several different factors that affect how well you think and focus. Doing the crossword and the Sudoku only works one part of your brain. We have to work all of the different parts of our brain. Use it or lose it. Check out [www.lumosity.com](http://www.lumosity.com) for games that can help with your cognition.

**Balance:** Falls can lead to fractures, which commonly lead to disability. Try to stay active, and if you have full sensation in your feet, try walking around with bare feet as often as possible. This will increase your sense of physical awareness (proprioception), which will decrease your risk of falling. If you have reduced sensation in your feet, I do not recommend walking around without socks just in case you cut your foot and it gets infected because you didn't realize the cut was there.

**Being in control of your health:** Keep track of your blood work to see if your levels are changing. If you don't understand what it means, come and ask

me! If you don't know why you're taking a certain medication, ask your doctor. If you don't like your doctor, get a new one. Your health isn't something to be passive about.

**Ignorance is not bliss:** My great aunt always tells me she doesn't want to know if anything is wrong with her. In terms of health, the earlier you catch something, the easier it is to treat. Don't be like my great aunt.

**Ageism:** I realize there is a great divide amongst generations. Ironically, this division is created by a mutual thought. Youth and the elderly both think their counterpart wouldn't care about what they had to say. Next time you see someone at the other end of the age spectrum, start up a conversation with them. You may lighten up each other's lives. I understand there is much more to ageism, but breaking the ice is one barrier we can take down to reduce the perception of difference.

Thanks for reading! If you have any questions or want to work on any of these aspects of aging, let me know.

Justin Gallant is a Naturopathic Doctor at Advantage Chiropractic and Massage (Dunsmure & Sherman) 905-547-5393 [www.DrJustinGallantND.com](http://www.DrJustinGallantND.com)

**MIDWIFERY**

## INTERNATIONAL DAY OF THE MIDWIFE

BY LYNLEE SPENCER

In 1992, the International Congress of Midwives (ICM) deemed May 5 as International Day of the Midwife. On this day, the ICM encourages midwives and their supporters, around the world, to engage in activities that celebrate and honour the importance of midwives in the lives of babies and mothers. This

year, the midwives in Hamilton and surrounding areas are organizing a 5KM walk and client reunion on Saturday May 3 at Bayfront Park, from 1-4pm. Although fundraising is not mandatory for participating in the walk, donations are being accepted for the Gishlaine Francoeur Fund to support midwifery education in Haiti.

Honourable guest speaker Karyn Kaufman will open the afternoon's events. Karyn was the Assistant Dean for the Bachelor of Health Sciences in Midwifery program at McMaster University, from 1993 to 2006. She is recognized as an excellent teacher and midwife, and received the McMaster

University President's Award for Educational Leadership in 1996. Currently, she is standing chair for the Canadian Association of Midwives' Ghislaine Francoeur Fund Committee.

Karyn has written extensively about the history of midwifery in Ontario, the importance of continuity of care provider, and the safety of planned home births with trained and regulated midwives. The list of her publications and academic interests is extensive. She was also a member of the midwifery task force, which was the backbone for the inception of the midwifery education program, as well as regulated midwifery, in Ontario. What better person to represent the spirit of midwifery?



Please come and celebrate midwifery with us. Everyone is welcome and we will be there rain or shine. For more information, please visit Footsteps for Change on Facebook or the event website [footstepsforchange.ca](http://footstepsforchange.ca)

Please also consider showing your support of midwifery by adding your name to the many Canadians who are asking their government to designate May 5 as National Day of the Midwife, in the hopes that it will help increase public awareness of midwifery. The petition is available at: [petition.ndp.ca/national-day-of-the-midwife](http://petition.ndp.ca/national-day-of-the-midwife)

Lynlee Spencer is a Registered Midwife in Hamilton and a member of the Footsteps for Change planning committee.

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# EMPOWERMENT

BY HEIDI VANDERKWAAK

Dear Hub News Readers: In the last issue we tried to publish an article by Heidi Vanderkwaak about the feeling of empowerment that comes with riding a bicycle. Unfortunately, a technical error caused part of Heidi's article to be cut-off. We would like to apologize to Heidi, and all Hub News Readers for our mistake. The article in its entirety is provided below. Enjoy!

*Empowering (adjective): having qualities that give a person or a group of people the means to take more control of their lives and become stronger and more independent.*

Riding my bicycle in the winter isn't always fun - especially this winter, what with the violent gusts of wind and record breaking polar vortex low temperatures and snow accumulation. While "fun" is definitely one of my top 5 reasons for riding, I'd have to say that empowerment is the number one reason I continue to ride as a form of transportation all year-long.

I first began to understand the idea of empowerment a few years ago when my husband Reuben and I cycled out of our driveway in Hamilton with our two kids in tow and our bikes loaded high with all of our belongings. We pointed our tires towards Vancouver first, and planned to cycle south from there to Central America and circle back home again over the course of twelve months.

At first, each day was a daunting task - but what really scared me setting out was the knowledge that standing in our path was a little obstacle known as the Rocky Mountains. The idea of hauling my rig over that barrier seemed utterly impossible at the time.

I had never cycled in the mountains before - so all I had was theory. Topographic maps told me our first pass would have us climbing 4,500 feet of elevation over 23km (imagine riding your bike up the Claremont access here in Hamilton - but having the hill continue at that grade for an entire day of cycling!)

But from Hamilton, the Rockies

are a long ways away by bike, and we saw plenty of hills in between - and they were all challenging! After cresting a particular doozy in Western Wisconsin, I hit a wall and collapsed off my bike and cried to Reuben: "I can't do the mountains, we're going to have to skip over them by train!"

But Reuben coaxed me, he encouraged me, he marked the successes I had already achieved - and he believed in me. He knew that, if six weeks in I could climb 600 feet, then in ten more I would be able to climb 4,500.

And he was right. It was a long, crazy day of cycling - but we made it to the top of that pass. And many others like it by the time we finished our trip. Conquering that first towering peak stands out as one of the most amazing moments of my life. I felt in control, stronger and more independent than ever. I got to the top using my own strength, with each pedal stroke built on the one before it. It was truly empowering.

While we do have an escarpment here in Hamilton, it doesn't quite count as a mountain pass. But believe it or not I get that same feeling of strength and control and independence I had in the Rockies when I:

- Cycle to my neighbourhood grocery store and come back with a week's worth of groceries in my panniers
- Cycle across town for an appointment and then make four stops on the way home to run errands
- Cycle in the pouring rain with my waterproof gear on, only to peel it off when I reach my destination and look every bit as 'normal' as the next girl
- Cycle to work every day regardless of the cold, heat, rain or snow

For me, my bicycle is a means of empowerment. This simple machine allows me to do more by my own power than I could in any other way. Transportation is simply a means of getting yourself from A to B - and there are many ways to accomplish this goal. But if you want a bit more empowerment in your everyday activities, try doing it by bike.

## Neighbourhood Home Improvement Program 2014

Last year, about eighty homeowners in our nearby neighbourhoods benefited from some free exterior renovations like porch or fence repairs. They were part of a pilot Ontario Job Creation Partnership project launched out of the Keith Neighbourhood's Action Plan in cooperation with the City of Hamilton, the Hamilton Community Foundation, Threshold School of Building and Employment Ontario. Through this project, about 14 locals were hired and trained in home repair skills by Threshold, most of whom found full-time

work at the end of the season. This was a really successful win-win-win project. The sort of thing we think of as impossible, and yet, it happened. Not only that, it's happening again this year. If you need some home repairs, get in touch with the Neighbourhood Home Improvement Program and let's make SHERMAN beautiful!

[Eligibility information and applications are available through the Hamilton Community Foundation, Threshold School of Building, at the Eva Rothwell Centre and at HARRP St. Peter.]

## URBAN GARDENER

# Go Wild!

BY CANDY VENNING

*Candy: What is that? Is it a weed?*

*Simon: I don't know, did you plant it?*

*Candy: Maybe, I can't remember.*

This takes place every spring between my husband and me.

Perhaps you've also had this conversation? Across our great land I imagine question marks floating above many gardens - it's natural to be mystified, and good to be observant.

BUT this year I advocate a new attitude...

'No guilt gardening' is a Zen kind of place that we all need to get to... by all means do your best to get something to survive in the garden, but know yourself, first. Recognizing the level of care you're willing to give definitely helps - but experimenting with plants, finding out what does well, and discovering the plants you really enjoy is most important.

You don't need to spend like crazy at the garden centre (although it is tempting). Take your time, share plants, grow from seed (without worrying about all the ones that don't make it or the ones you didn't get around to planting). This year skip the shade

tolerant impatiens (the industry is currently struggling with a persistent blight that often shows up after you've planted them) and try begonias or a perennial such as 'snakeroot'; skip the daylilies and try some Echinacea or milkweed in full sun. Go! Get some herbs - unusual ones such as verbena and even lavender are tremendous in cocktails; nasturtiums are beautiful and edible; squash and zucchini grow like mad and can drape beautifully along an ugly chain-link fence; and butterflies and bees need nectar so consider native Ontario plants like black-eyed Susan, blue grama grass and bee balm (that's a lot of 'B's). If you would like more information on native plants and bees, here's a good place to start: conservation.gardenontario.org/resources/guide.pdf

This is the most exciting time of the year in the gardening world and I advise that you enjoy the spring; go wild (I mean it... literally... go get some wildflowers and run with them). Buy that crazy plant you've always coveted - grow that thing you've always wondered about.

**Note:** I hope to see you this year at the 4th annual Hamilton plant exchange happening on May 17 at 483 King William St. from 9am-12pm. Bring seeds, houseplants, divided perennials, bulbs, spare annuals pots, bagged soil - whatever you have. Make sure you bring yourself and some questions - we'd love to see you there.

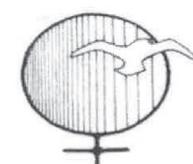
## Engaging Women in the Sherman Hub

### At The Elizabeth Fry Society Hamilton Branch

85 Holton Avenue South

(St. Giles Church, glass doors, ring white bell)

If you have any questions call Shannon at 905-527-3097 x230



#### Group Dates, Times & Topics for 2014

April 2 at 9:00-11:00am-Coffee & Walk

April 16 at 6:00-8:00pm-Extreme Couponing

May 7 at 9:00-11:00am-Cookie Baking

May 21 at 6:00-8:00pm-Pathways out of Domestic Violence

June 4 at 9:00-11:00am-Board Games

June 18 at 6:00-8:00pm-Short Story & Discussion

#### What is it?

Engaging Women in the Sherman Hub is a group for women eighteen years and older living in the Hub who want to connect with other women in the area. The group is set up to provide an opportunity for women to socialize, build

leadership skills and improve self-esteem while engaging with other women in their community.

#### The Group Goals

The goals of this group are to connect women with other women in their community, provide opportunities to network and socialize, explore leadership skills and empower

**MUSICAL JOURNEY**

# A Summer of Change...

BY DARIN MARTIN

I woke up one day this winter and suddenly had a real awareness of the fact that I had breath in my lungs, and that I was very much alive and healthy. My very next thought, was that I'm not going to be here forever. In fact, we have no idea how long we are going to be alive. So I questioned myself, "What are you going to do with the time that you have here?"

A few days earlier, I was walking into Freshco at Barton and Gage with one of my daughters. On the way in, we were stopped by a man who simply asked, "Change?" I combed my pocket for whatever I had on me, and he thanked me, but his question still hasn't left me. I kept thinking about that for days and about a week after our exchange, I was having a Californian sandwich at the Cannon, and suddenly I was overwhelmed by the need to go home and write a song.

This type of inspiration doesn't happen too often, so I was swift in my trip home, going over lyrics in my head to a melody that I had been jamming on for a few weeks. When I picked up my guitar, I strummed the first chord and began singing,

"I've just realized that I'm not going to be here forever.

And the plans of my youth may not all come to pass in my time.

There are so many things that I wish I could do in my life."

Then, as I went to a contemplative minor chord, the song asked the questions, "What if I use my time, to change somebody's life?

And what if I start my change by loving you today?"

The second verse looks at how self-centered I can be at times, and how I want to use this passion for change to encourage others to join me on this journey.

Within ten minutes, I had the whole song written and was singing it and decided to call the song "Change"- named after the question that my friend from Freshco asked me. It really was a profound question that still resonates with my spirit. It leaves me asking my own set of questions, such as what can I do everyday to be a change in someone's life and how can I offer my friend real change and not just my loose change?

This Summer, I am on a mission to sing my song for people and encourage them to think of something small they can do to be change in someone's life.

This is officially my Summer of Change.

## BUILDING MOMENTUM IN NEIGHBOURHOODS AND HAVING SOME FUN ALONG THE WAY

BY PAUL JOHNSON

Last October, the Neighbourhood Action Strategy Office invited Jim Diers to visit Hamilton and share his knowledge about neighbourhood development with us. Jim is the former Director of Seattle's Office of Neighbourhoods and is a strong advocate for Asset Based Community Development. Jim shared a lot of knowledge with us but one of the comments that stuck with me was his statement "why have a meeting...when you can have a party."

We all know there are serious issues that need to be confronted across all neighbourhoods in Hamilton but Jim reminded us that if we are not having a bit of fun while we are working together on issues then we are missing something. That's why in January our City Manager, Chris Murray, hosted an event called Building Momentum Hamilton. It brought together residents, community organizations, city staff, business leaders and institutional partners like hospitals and schools to celebrate the work we are doing to build stronger and healthier neighbourhoods. We shared information, we highlighted

the work occurring in neighbourhoods like the Sherman Hub but we also had a party. There was music, performances and lots of conversations between colleagues and friends. And in the end we also raised \$20,000 for small grant initiatives in neighbourhoods, a nice "pay it forward" part of the event.

The feedback we have heard from the event has been very positive. The follow up by those in attendance has been overwhelming and we have already connected new partners to neighbourhood work.

Celebrating successes is something neighbourhoods do very well and it is something we are learning here at the City. As we work together to implement the neighbourhood action plans let's look together for opportunities to continue to celebrate our progress. Not only does it help keep the energy high, it's also a whole lot of fun. And don't forget to invite me to the parties. I have enough meetings already.

*Paul Johnson is Director of Neighbourhood and Community Initiatives for the City of Hamilton.*

# POOP TOWN

BY LAURENCE SMINK

After this seemingly endless winter, I can't tell you how happy I am to see my first spring in Hamilton. The warmer humid air and bright days that turn into long evenings seem to bring a collective smile to the neighbourhood. But as the snow finally melts away, the dark side of spring shows itself. The winter-long piles of snow have revealed huge, disgusting piles of dog poop. And they're everywhere.

As a newcomer to a city I already know to be beautiful, I have a fresh – forgive the pun – perspective. The amount of poop that litters the Sherman Hub isn't normal. There's poop on the sidewalks, on yards and in the parks; there are piles and piles on virtually every bit of green space. It's truly disgusting. For health reasons alone, I'd say it's unacceptable.

Don't get me wrong. I'm not the new guy ranting and raving about my latest pet peeve. Dogs are wonderful creatures, and I trust most dogs more than I trust most people. I have two and there are few things I enjoy more than my daily walks through the neighbourhood. Owning dogs makes me active and gets me out into the community. The walks really help me be aware of the place in which I live. Wandering with no intent other than to simply be walking; aimlessly exploring, enjoying the time and place. This pedestrian experience connects me to my neighbourhood, as I learn about my new surroundings and watch with interest as the city changes through the seasons.

So, I'll suggest we have a dog poop problem in the Sherman Hub, which leaves me wondering why and what we can do about it. I speculate that there's

a bit of 'broken windows' theory at work. If everyone starts thinking it's OK for them to do it because someone else did before, then we end up with a growing mess. People need to know that it's not OK, and that the City has rules that apply to every single dog owner. I also think there aren't enough public garbage receptacles around, which makes it harder to dispose of the waste after you've picked it up. It's pretty gross to carry around a big bag of poop, and I always look for the first opportunity to relieve myself – ugh, seriously, forgive the pun – of my dogs' waste bags.

In order to fix the problem, widespread education would probably go a long way. Enforcement might also help, though it's not very practical. If every property owner had a little sign on their property that said 'Please pick up after your dog!' it might give irresponsible dog owners the nudge they need to do the right thing. And of course we can gently remind folks if caught in the act. Looking to the City for more street garbage receptacles is probably a good idea all around. I don't think these are costly or difficult suggestions, and they could help make our neighborhood much more pleasant to live in.

Some cities are very dog friendly and any city that treats its dogs well is one that feels a little more like home to me. Victoria, BC for example has many wonderful, clean off-leash parks, most of which even supply poop bags and plenty of places to put them once used. That's where the bar is set and it's what we should strive for as a neighbourhood and as a city if we really want to get a leash on our poop problem.

## A BIG THANK YOU Century Stone Dental

To Dr Sims, Monika Sims, Jane, Josie, Francesca and Teresa from CENTURY STONE DENTISTRY,

Thank you so much for sharing your services and talents with The Sherman Hub community through the FREE DENTISTRY DAY held Saturday March 15, 2014.

There were a few of us who received free services that day, although I don't know everyone's names, or what work was done. I received a free checkup and cleaning, and during my time there, met two neighbors who were very happy to be getting some free work done themselves. In my travels since, I have heard great things from two other Sherman Hub neighbours who said they received great care from you.

Of note on that day, was not only the free services you provided, but also the friendly, professional way you all delivered the services: with cool technology I hadn't seen before, and the smell of fresh baking :)

Because of my experience that day, you can consider me a new client.

– Steve Devisser

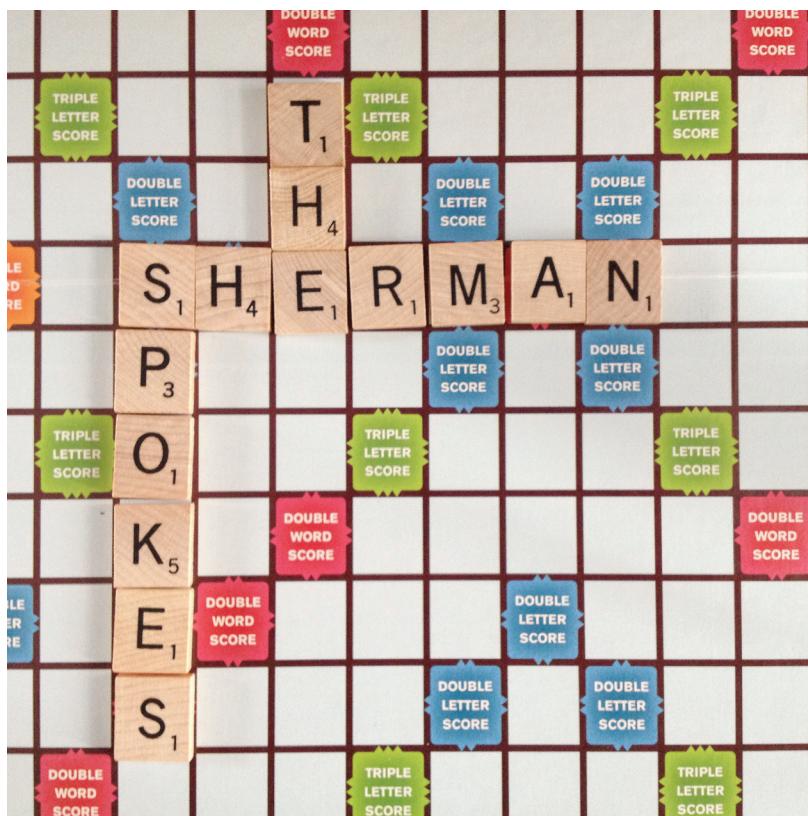
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# A SPOKES POINT OF VIEW

## Connecting with Your Neighbour

BY PATTY CLYDESDALE

**S**ome neighbours connect with each other over years of living side by side, saying hello or good morning while walking in the neighbourhood. Others connect by attending events or classes near their home. Some people acquaint themselves through their children and their children's school. I have yet to meander into that realm as my children are still young, but I look forward to when that door opens.

The above connections are made almost passively, naturally with ease and without conscious effort or thought to how our lives are enriched by our neighbours. To some, connecting and engaging their neighbours comes naturally, and to others it takes great effort.

The point of this is to say that we don't all have to be extroverted, gregarious or a chatterbox to be neighbourhood ambassadors, to be a Spoke. We simply need to be open to meeting our neighbours, exchanging information through meaningful conversation, and be willing to lend a hand or part with some soup when a neighbour - our friend - isn't feeling well, or needs a little extra comfort and support.

For some, this commitment takes no effort at all, for others, not so much. I'm someone who draws a little from column A and a little from Column B. I'm used to speaking in public. In fact I am fairly social, and interact easily; however, sometimes, when I least expect it, and if I'm totally out of my element, I need to pep talk myself into striking conversation, be it with a neighbour on the street or at a kitchen party (can you tell I'm from the Maritimes?). Sometimes, I lose the battle as I'd rather stand back sipping a glass of wine by the food table and do some people watching (a guilty pleasure of mine).

When I became a Spoke, I had to overcome surprise jitters before knocking on my neighbour's doors to introduce myself, but now it's become easier as I meet more of my neighbours. It's a slow, gradual process, but there's no deadline - I'm happy to let it be as organic as it needs to be.

If you'd like to know more about the Spokes, would like to know who your Spoke is, or would like to become a Spoke (We need you!), please visit [neighbourhoodspokes.wordpress.com](http://neighbourhoodspokes.wordpress.com) or call (905) 929- 9816.

Patty Clydesdale is Lead Spoke for the Sherman Spokes, an Interior Designer with David Premi Architects Inc, and a member of the Sherman Community Planning Team.

## KITCHEN GARDENER

# Tips for a Great Veggie Garden

BY JOANNE KASPRZYCKI

The first sunny day couldn't come soon enough this year. After such a long and tough winter, those first warm days are almost as beautiful as a ripe tomato straight from the vine. Speaking of tomatoes, if you want to grow your own this season, here are a few tips I have learned in my time gardening and farming organic veggies.

- **Plant your tomatoes and seedling** (which you can grow or buy), as they are not native to Canada and therefore not suited to our often harsh spring weather. Planting these crops as seedlings greatly increases their chance of success.
- **Don't plant too early.** Wait until all chance of frost has passed. It is much better to wait a week than to lose seedlings to a late frost. Alternately (in case of a late frost or cold weather), you can cover your new plantings with a row cover. Visit your garden centre for this.

- **Don't plant the same vegetables in the same spots year after year.** Rotating your plants prevents soil depletion and keeps disease in check.
- **It is also a wonderful idea to let parts of your garden periodically lay fallow,** as this gives the soil a chance to regenerate. Just don't let the weeds take

over! Planting a cover crop, also called green manure, allows the soil a rest without allowing weeds, and adds to the fertility of your soil.

• **Don't pour water on the leaves of your veggie plants, and don't water your garden in full sun.** Watering should only take place in the morning before the sun is at its fullest, or in the late afternoon or evening. If you water overhead, say with a sprinkler, save your watering until later in the evening.

• **Finally, don't plant your veggies too close to each other.** In most urban home gardens, space is limited and the temptation to cram in as many plants as possible is understandable. You will get much more and far better quality vegetables if you keep proper distances between plants. Each seed packet or seedling tag will tell you the appropriate spacing.

I wish you all wonderful gardens this year! Happy planting!

Joanne Kasprzycki and her husband Igor run Weathervane Farms, a small sustainable organic farm in Flamborough. In the summer you can find her at the Ottawa St farmer's market.

## Hamilton Sings

Take your Mom to "Around the World in 80 Minutes"  
HAMILTON SINGS! COMMUNITY CHOIR INAUGURAL CONCERT  
Sunday, May 11th at 2pm  
St. Peter's HARRP, 705 Main St E

Songs from around the world.

Suggested donation: \$10 per person, \$30 for a group, or pay what you can! Proceeds to support the choir & HARRP.  
[www.hamiltonsings.ca](http://www.hamiltonsings.ca) | 905-544-1302

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\*Not intended to solicit properties or clients currently under contract.



# EVENTS: THERE'S A LOT GOING ON!

## Sew Hungry!

MAY 2, 11am-3pm & 4pm-8pm  
Ottawa Street between Barton St. and Dunsmure Ave.  
Presented by the Ottawa St. BIA

## Germania Club Hamilton

863 King St. E. Info: (905) 549-0513  
MAY 2, 8pm: Friday Night Social Dance  
MAY 11, 12-2pm: Mother's Day Dinner (by reservation only).  
MAY 16, 8pm: Friday Night Dance.  
MAY 25, 12-2pm: Sunday Lunch followed at 2pm by Movie Afternoon (German).  
JUNE 6, 8pm: Friday Night Dance with DJ Stan Vandermolen, everyone is Welcome!  
JUNE 6, 2pm: Friendship Day (Reunion). Everyone is Welcome! For people or couples who met at the Club.

## Powell Park Community Garden

MAY 3, 1:30pm: Powell Park, Birch & Harvey Sts.  
• Garden clean-up.  
MAY 10, 10:30am: Barton Street Library  
• Plot holder registration; plots remain at \$25 for the year.  
Info: powellparkcommunitygarden@hotmail.com

## Girls Night Out

MAY 3, 7pm-10:30pm  
Ryerson United Church, 842 Main St. E., three blocks east of Sherman Ave.  
• A fundraiser for Dog Rescue Match. \$20 admission includes massage, future reading, make-up, fine tea and pastries.

## Golden Horseshoe Live Steamer Days presented by Hamilton Museum of Steam & Technology

MAY 03, 11am - 4pm  
• Catch a ride on miniature trains and witness the social and mechanical life of Canada's early industrial revolution during a guided tour of the museum. All ages welcome. FREE event and museum admission.  
Info: hamilton.ca/museums

## Stars On Ice 2014 Tour

MAY 3, 7:30pm  
• Canada's top Olympic medal contenders from the 2014 Winter Games will headline the all-new Investors Group Stars on Ice Tour presented by Lindt, and you can see them perform on home ice! Get your tickets now to experience the

athleticism and artistry of PATRICK CHAN, TESSA VIRTUE & SCOTT MOIR and more, along with many of your legendary favorites, including KURT BROWNING and JOANNIE ROCHELTE!

Info: hecfc.ca

## Doors Open Hamilton

MAY 3-4  
• This year we are heading back to our roots - designing a juried event that will showcase unique and interesting buildings that are not normally open to the public that aim to provide an authentic visitor experience with displays, tours, archival material and/or behind the scenes tours. The plan this year is to create community nodes: several sites near one another so that the visitor - especially those from out of town - can park and walk or cycle between them.

Doors Open Hamilton is a non profit community event developed, organized and implemented by a steering committee of community volunteers under the leadership of the Hamilton Region Branch of the Architectural Conservancy of Ontario. This year we continue our partnership with the Hamilton Burlington Society of Architects.

2014 site list is posted online. A printed guidebook will also be available at Tourism Hamilton, local libraries and community centres.  
Info: doorsopenhamilton.ca

## Jane's Walks

MAY 3-4  
Facebook: Jane's Walks Hamilton  
Twitter: @JanesWalkHamOnt  
Website: janewalk.org/canada/hamilton  
Contact: Mary Bowness

• STORYTIME WALK IN CROWN POINT  
Guided by Kathleen Shannon  
Saturday, May 3; 10:30am  
Meeting Place: Kenilworth Branch Library (103 Kenilworth Ave. N.)

• THE BEACH, THE BRIDGE, AND THE STEAM MUSEUM  
Guided by Councillor Sam Merulla  
Saturday, May 3; 11am  
Meeting Place: Lowe's Hardware at Barton St. & Woodward Ave.  
Note: This is a bike-ride, about 5km one way

## Directions

To the right is a clue inspired by a piece of our neighbourhood's history. All you have to do is solve the clue to find out where it leads. Find the destination, and you'll find the next clue.

There are 3 destinations. After you get to the 3rd destination, you will have to wait for the July issue of the Sherman Hub News for the next clue. That clue will lead you to 3 more destinations. That makes 6 destinations in total and 8 clues.

At the last destination, you will receive a small prize. Take that prize to the Sherman Hub BBQ in August for a chance to win a GRAND PRIZE! (We promise it will make you go, Ooooh. Aaaah.)

All the clues can be found within (or nearby, hint hint) the borders of the Sherman Hub. You can find them on the edges of this ad for reference.

## • WALK LOCKE: EXPLORE THE PAST AND PRESENT OF THE COMMERCIAL HEART OF KIRKENDALL

Guided By Margaret & Tyler Firth  
Saturday, May 3; 1pm  
Meeting Place: SE corner of Locke St. S. & Main St. W.

## • A WALK IN GAGE PARK

Guided by Crown Point Youth Council  
Saturday, May 3; 1pm  
Meeting Place: To Be Confirmed

## • WALKING THE TWO KINGS: KING & KING WILLIAM

Guided by Christopher Cutler  
Sunday, May 4; 10am  
Meeting Place: Royal Connaught Hotel, SE corner of King St. E. & John St. S.

## • SURPRISES IN THE SOUTHWEST

Guided by Maureen Wilson  
Sunday, May 4; 10am  
Meeting Place: Corner of Glenfern Ave. & Kent St.

## • SECRETS OF THE RAIL TRAIL

Guided by Firefighter Josh Stringer  
Sunday, May 4; 12:30pm  
Meeting Place: Corktown Park at the fire truck

## • WALK THE (PIPE) LINE: PATH OR PARK?

Guided by Elizabeth Seidl  
Sunday, May 4; 1pm  
Meeting Place: Dairy Queen at Main St. E. & London St. N.

## • "THE BOYS OF CATHEDRAL" - TRADITION MEETS CHANGE

Guided by Charlie Mattina  
Sunday, May 4; 2pm  
Meeting Place: Cathedral Boys School, SE corner of Main St. E. & Emerald St. S.

## • VICTORIA PARK IN STRATHCONA

Guided by Jason Allen  
Sunday, May 4; 2pm  
Meeting Place: Victoria Park Gate at NW corner of Locke St. & King St.

## Sherman Hub Community Planning Team Meeting

MAY 5, 7pm & JUNE 2, 7pm  
St. Giles United Church,  
85 Holton Ave. S.

• Childcare available if requested in advance.  
Info: David Derbyshire (905) 818-1713, dderbyshire@sprc.hamilton.on.ca

## Gage Park Green House

Free Admission  
Monday-Friday 8am-2:30pm,  
Saturday-Sunday 8am-3:30pm

## Mother's Day

MAY 11:  
• Take your mom to brunch!

## Annual Perennial Plant Exchange

MAY 17, 9am-1pm  
483 King William St.  
• This is a free event hosted to exchange and share plants, knowledge, and garden curiosity - this is the third year running and we welcome you to bring what you have, be they seeds, cuttings, divided perennials from your own garden or just some questions for the resident Landscape Designer and Landscape Gardener. Free refreshments served by your hosts, Candy Venning and Simon Mangan Landscape Designer ([www.vennigardens.com](http://www.vennigardens.com))

## Second Annual Garden Party

MAY 24, 10am-12pm, gardening;  
12pm-3pm, party.  
• Powell Park at Birch & Harvey Sts. Games! Prizes! Refreshments! Entertainment by James Ferris from the band Uncorked! Free flowers giveaways! And the second annual Garden Award!  
Info: brenda.duke@hotmail.com

## Re-enactment of the Battle of Stoney Creek: Battlefield House Museum & Park

JUNE 7 & 8: Saturday, 10am-10pm;  
Sunday 10am-4:30pm.  
All ages welcome: Adults \$10;  
Students \$5; Children under 5 free.  
• Experience the drama, pageantry, and excitement of the Battle of Stoney Creek of June 6, 1813, one of the most important events in Canada's history. Bring the whole family for games, food, demonstrations, musical entertainment, fireworks, and the re-enactment itself.  
Info: battlefieldhouse.ca.

**Note:** Event details are subject to change without notice. Please contact the specified host to confirm in advance.

Deadline for event submissions is the 1st of the month prior to publication.  
Info: shnews.events@gmail.com

**GET TO KNOW YOUR NEIGHBOURS LIKE IT'S 1972... THE SPOKES NEED YOU!**

Contact Patty Clydesdale  
[southshermanspokes@gmail.com](mailto:southshermanspokes@gmail.com)  
(905) 929-9816  
[neighbourhoodspokes.wordpress.com](http://neighbourhoodspokes.wordpress.com)

# CN Tracks

## Sherman History Scavenger Hunt

### Clue #1

Children attend me from fall until spring,  
My name is honoured each time the bells ring.  
I also helped women with a book that I wrote,  
Of domestic science that is worthy of note.  
I helped in founding the 'Y' as in W.C.A.  
An institution that thrives to this very day.  
I brought 'order' to nurses in the Victorian age,  
And a council for women to the national stage.  
So find the building that stands for me & what's good,  
And you'll see the 1st clue, more or less in your 'hood.'



Wentworth Street

This summer, the Sherman Hub Historical Group invites you to join us in a historical themed scavenger hunt based in our own neighbourhood. (No. This isn't a marketing stunt!) Our goal is to inspire interest in the rich and diverse history that our neighbourhood has to offer - and have some fun at the same time.

### Directions

To the right is a clue inspired by a piece of our neighbourhood's history. All you have to do is solve the clue to find out where it leads. Find the destination, and you'll find the next clue.

There are 3 destinations. After you get to the 3rd destination, you will have to wait for the July issue of the Sherman Hub News for the next clue. That clue will lead you to 3 more destinations. That makes 6 destinations in total and 8 clues.

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All the clues can be found within (or nearby, hint hint) the borders of the Sherman Hub. You can find them on the edges of this ad for reference.

### Rules

1. You do not need to enter private premises. All clues will be visible from the outside of any buildings along the hunt. That might include churches, businesses, schools, etc.
2. The one exception to #1 is the last destination (the 6th). For that one you need to enter the establishment (not that kind!) to receive your prize.
3. Have fun :)

Gage Park Escarpment