

WORKING TOGETHER - HDLC

## THE HAMILTON COMMUNITY BENEFITS NETWORK

BY ANTHONY MARCO

Recently, the Hamilton and District Labour Council and a number of Hamilton-based community and labour groups came together to form the Hamilton Community Benefits Network (HCBN). The idea of a community benefits network is not new. Other CBNs have had extensive success in cities like Los Angeles, Detroit, Toronto, and across Europe.

Essentially, the HCBN works best as a community-based filter between developers who plan to build in our city and the community who wants them to build with more respect and inclusion for the residents affected by their projects.

The HCBN would allow for the community and labour to come together to create Community Benefit Agreements (CBA) with developers that are legally-binding documents to direct and shape how a project will be built.

At the recent inaugural Annual General Meeting, a ten person Board of Directors was elected comprising local representatives from organized labour, neighbourhood associations, social enterprise groups, tenant associations, and food security groups. The board is responsible for setting a pathway forward on garnering input from the community regarding projects (both publicly and privately-funded) that may need some legal intervention from neighbourhoods and communities.

The interests for neighbourhood and community members are mostly rooted around the outcome of projects. The HCBN would allow for community groups to work towards signing CBAs with prospective developers and hold them to accountability during and after

a project is complete.

If, for instance, a developer was proposing to build several condo towers in a neighbourhood, that community might want to ensure there will be affordable housing unity, publicly-accessible green space, a community meeting room, an impact study of parking and driving around the new development, etc. All of these elements can be part of a CBA that, once signed, becomes legally required by the developer.

The interests for organized labour mostly rests in the planning and building stages of developments around the city. The major concerns that occur with many of our building trades surround the qualifications of the workers and that they are getting paid a fair wage.

Further efforts by other CBNs have been made towards securing a percentage of new apprenticeships for projects that can be allocated to workers from marginalized communities, who may not otherwise have opportunities



include assurances that the more jobs we keep for local Hamilton workers, the more that their income is going to flow back into the community. More Hamiltonians making a decent wage means a reduction of poverty, a better-trained local workforce, and a broader tax base to fund public services.

You may ask why a developer would ever want to tie themselves to a CBA when they could just build whatever they wanted as cheaply as possible. The answer is: political will. As an organization, the Hamilton and District Labour Council represents 50,000 workers. The community groups, already involved in the network at this early stage, represent tens of thousands more. We are also looking to grow the network with new partners coming in at any time. When a network, representing 100,000 or more Hamiltonians speaks at City Council (who approves local building projects), you can be sure politicians will listen.

The HCBN wants to be a voice for community and labour groups to our local politicians in saying that if you plan to authorize building in Hamilton, it cannot simply benefit the pockets of the developers who are taking in the profits, but it has to also benefit the community as well.

You can follow the ongoing projects of the Hamilton Community Benefits Network at [www.hcbn.ca](http://www.hcbn.ca), [facebook.com/HamiltonCBN](https://facebook.com/HamiltonCBN), or @HamOntCBN.

The Hamilton and District Labour Council can be reached through [www.hamiltonlabour.ca](http://www.hamiltonlabour.ca), [facebook.com/hamiltonlabour](https://facebook.com/hamiltonlabour), or @hamiltonlabour.

to get the training required to apply for such jobs.

Other concerns by trade unions



# KIDS: BECOME A JUNIOR REPORTER!

BY JOANNA WILLIAMS

Do you love writing or drawing? Do you want to see your name and story online? If you're between the ages of 6 and 16, then the Telling Tales Press Club is for you. We're looking to showcase the creative work of local students. All you have to do is send us your writing or drawings, and we'll feature them on our website.

**There are stories all around us.**

Often the stories we find in books are inspired by everyday lives. Do you know an interesting person? Have you ever wanted to travel to a different place? Creating stories is a way to expand your creativity and use your imagination to meet new people and explore new places. Stories can be based on a real person, place, or situation, or they can be make-believe.

**Write, colour, be creative, and have fun!**

Kids can come up with their own original creation, or choose one of these options:

- Design a book cover
- Write a book review
- Tell us some facts about your favourite author
- Draw a map of your favourite literary place
- Write a story based on your memories from a past Telling Tales event
- Draw a picture of your favourite part in a book
- Write a creative story about the adventures of our dragonfly mascot
- Create your own character
- Write your own short story

**TIP:** Get inspired by a good book! Reading stories by other writers is a great way to see how authors tell their tales. Check out the authors and illustrators on the Telling Tales Reading List: [http://www.tellingtales.org/reading\\_list](http://www.tellingtales.org/reading_list)



**About the Telling Tales Press Club**

The Telling Tales Press Club was created to inspire kids to write and create. At Telling Tales we hope to inspire and empower kids to tell their own stories. Joining the Press Club is a great after-school or weekend activity to encourage kids to express their

creativity and share something that interests them.

At Telling Tales we love reading stories by budding authors and illustrators and are excited to share their creative work on our website. Send your writing entry (maximum 1,000 words) or scanned pictures (in jpeg format) to: [pressclub@tellingtales.org](mailto:pressclub@tellingtales.org)

[tellingtales.org](http://tellingtales.org) along with your name, age, address, and email. For more information and to join the Club, visit: [tellingtales.org/telling-tales-press-club](http://tellingtales.org/telling-tales-press-club).

*Joanna Williams is the Public Relations Manager at Telling Tales.*

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# AN AIRPLANE AND FLYING LESSONS

BY REBECCA DOLL

For many years I've been telling myself, "Someday I'm going to fly again!" On the May long weekend in 2017 I woke up and said to myself, "Today is someday!" and drove out to Brantford Airport bright and early.

As far back as I can remember, all I ever wanted for Christmas was an airplane and flying lessons. When people asked what I wanted for a gift, even as an eight-year-old I would answer, "Never mind, you can't afford it," as if the money was the main obstacle and not my age.

One spring day when I was fourteen I came home from school and my mother said, "Get changed, you're joining Air Cadets." I had no idea what that meant, but there was an implication of flying... I put on my peach-coloured Cotton Ginny track suit (also known as my nice clothes) and off we went.

We found our way into the basement of Danforth Technical School in Toronto, where people milled about in uniforms. My mother assured the Commanding Officer that I certainly could carry a forty-pound pack through the woods for a whole weekend. "Of course she's dedicated! Of course she's punctual and reliable!" Up to that point I'd never been or aspired to be any of those things, but that was my mother's way of motivating me: state it like it's already a fact. My siblings and I were all living breathing vision statements of what we might someday become.

The 330 Squadron Royal Canadian Air Cadets met on Wednesday nights in the school for our regular parade night where we had opening and closing parade in the gym, citizenship and leadership classes,

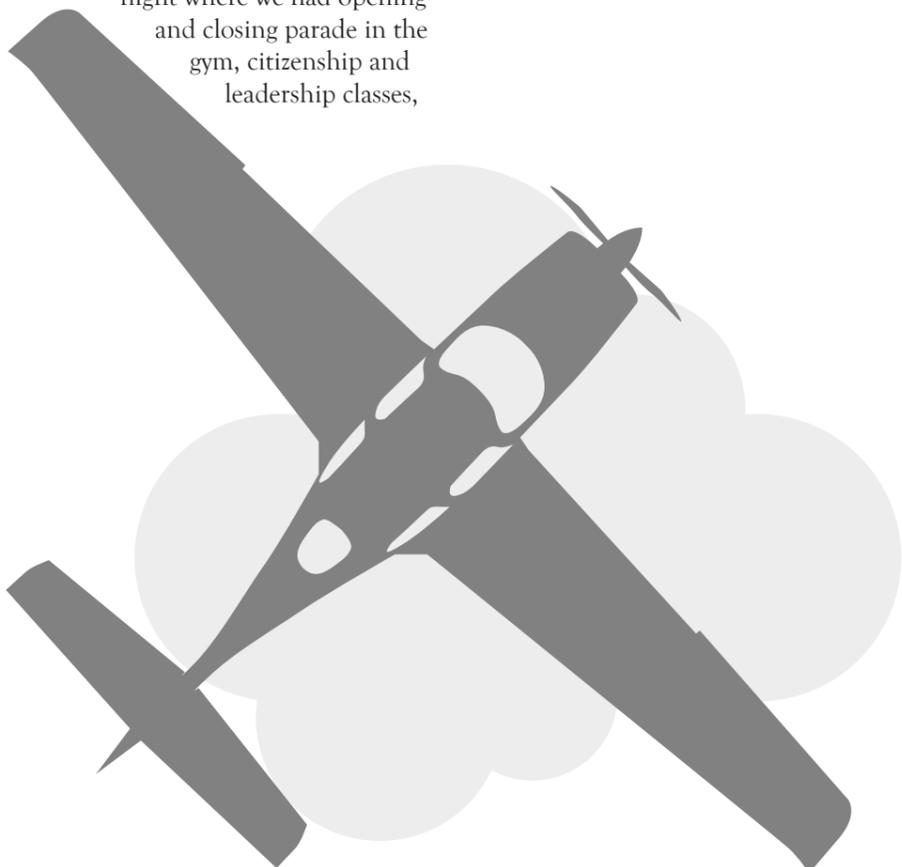
drill practices, and specialized training for colour guard (flags), honour guard (rifles), and first aid training. On Fridays we met for sports practice. I made a couple of friends and after several months Tracey said, "Come on, we're taking the ground school class."

Ground school is what we call the classes that you take leading up to the flying lessons. I was too young, but I took ground school for three years, taking classes and writing exams until I was 17, and then I won a scholarship to do my glider pilot's license over the summer. The following year I won the scholarship to do my private pilot's license. I was the first female in the history of the squadron to get my pilot's license and the sense of accomplishment stayed with me. Whenever I faced a challenge I would say to myself, "If I can fly a plane, I can do anything."

That was in 1986. I started ground school again this year and I'm going to tell you all about it in the months to come. The industry has changed and there has never been a better time to get involved in aviation, especially as a career. Maybe some of you are also interested in an airplane and flying lessons?

To be continued...

*Rebecca Doll is a local writer and aviator*




The Sherman Hub News is a volunteer-run bi-monthly publication of the Sherman Hub Community Group. It is delivered door-to-door to homes and businesses from Wentworth to Gage, between the Escarpment and the CN tracks north of Barton.

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If you would like to volunteer with the Hub News or contribute content to the paper, please contact us at [shermanhubnews@gmail.com](mailto:shermanhubnews@gmail.com). We would love to have your help.

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# A SENSELESS LOSS AND A GRIEVING COMMUNITY

BY GREG READER

Like many people, I can't get the death of Yosif Al-Hasnawi out of my mind. I can't imagine what his family and friends are going through, having lost him in such a sudden and senseless way. Nineteen years old. Older brother to four siblings. In the early stages of his university studies. An athlete. A quiet but highly respected member of his faith community. And, as we now know, a young man of selfless courage. So much ahead of him.

We need people like Yosif in our community. People who are humbly engaged and attentive. People who don't look away when they see something happening that is wrong. People who are willing to put themselves at risk for the sake of someone else.

Yosif's death reminds us that the risk is real. In our community right now, if you intervene on behalf of someone who is being victimized, you can get hurt. It has happened repeatedly over the last couple of years, on the street and online. Now we see that you can even get killed.

Yosif didn't need to die. When he walked out of the mosque that night, there shouldn't have been two young men harassing an older man across the street. But that kind of thing happens day after day in our community. I'm tired of it, and I'm angry. Is it too much to want people to show just a modicum of respect for other human beings, and for themselves?

Yosif told the two guys to stop. And they walked over to him and shot him. This is our reality now—you get shot for telling someone to stop harassing another person.

Yosif was shot, but it looks now as though he still shouldn't have died. We don't yet know all the details, but something strikes us as wrong when it takes paramedics 38 minutes after their arrival on the scene to get a shooting victim into an ambulance. Something strikes us as wrong when the victim is

not taken to the nearest hospital, the hospital that specializes in trauma cases. Something strikes us as wrong when an ambulance carrying a shooting victim drives away without its lights flashing and siren screaming. Whether the problem lies in the individual decisions made on the scene, or in the procedures set by the system, or both, we don't know. But we all sense that something went very, very wrong that night.

Yosif didn't need to die. But if he had not intervened, no one would be thinking about how profoundly wrong it is that two young men accosted an older man near Main and Sanford that night. Few of us would be asking probing questions about the protocol and conduct of our emergency services. No one would be appalled by the perversity of someone setting up a fake GoFundMe account to profit from others' pain. And there wouldn't be thousands of people who never knew him reflecting on the humble courage of Yosif Al-Hasnawi, and wondering whether we would do what he did.

It shouldn't take someone's death, though, to get us to consider how to treat each other with dignity and respect.

I hope Yosif's family and friends know that many of us in this community grieve with them for their loss; that in some way their loss is also our loss. And I hope that individually, and as a community, we will do some very deep soul searching in the coming days.

**Donations to help the Al-Hasnawi family with funeral expenses and returning Yosif's remains to Iraq can be made to the Yosif Al-Hasnawi Trust (Scotiabank, branch transit number 55236, account number 55236 01194 15). Remaining funds will go to a Brock University scholarship fund in Al-Hasnawi's name.**

## COMMUNITY LAW

# ODSP Legislation and Client Benefits

BY BOB WOOD

Many readers will be aware that the Hamilton Community Legal Clinic provides a variety of services including legal advice and legal representation. One area that is a busy part of our practice involves appeals of the Ontario Disability Support Program (ODSP). ODSP is one of two social assistance programs provided in Ontario.

We were recently involved in the Social Benefits Tribunal (SBT), where our client had appealed the decision of an ODSP manager. The final decision of the SBT in the case is helpful for individuals on social assistance who are not accessing their full shelter allowance.

Our client, let's call her Jane, had lived in the same housing unit for 21 years. The fire department had determined that clutter in Jane's unit was a fire risk for her and her neighbours, and an order was issued. However, Jane was not physically able to de-clutter because of her disabilities. She didn't have the money to get someone to help her de-clutter either.

Jane had exhausted all potential funding sources. Her next step was to ask ODSP to provide additional shelter funds, but that request was denied. The ODSP manager's rationale was that the legislation does not support assistance with the cost of personal housekeeping in clients' homes.

Our client then entered into a consent agreement with her landlord. The landlord agreed to pay upfront costs of \$3,550 for decluttering work. Jane was required to pay back \$1,300, which is a significant amount of money for someone on assistance to come up with.

Clinic lawyer Sharon Crowe told the SBT hearing of a similar case involving flood damage. In that case, the hearing officer had said that decisions by ODSP for additional support must be made in keeping with the intent of the legislation; that intent is to prevent ODSP recipients from losing their homes.

In Jane's case, the Tribunal found that the ODSP director had applied the legislation too narrowly and

strictly and did not take into account that Jane was in danger of becoming homeless. Our client's appeal for additional shelter allowance funding was ultimately granted. While this was good news for our client, what's the broader significance of this ruling?

"The Tribunal made a clear finding that shelter is more than just rent and utilities," said Sharon Crowe. "It can and should be expanded to cover additional expenses that are necessary in order to maintain and preserve housing." In fact, a directive issued many years ago by the province was quite clear. The spirit of the legislation is to ensure that clients receive all the benefits to which they are entitled. Regulations and policies should be interpreted broadly.

*Bob Wood is a Community Worker at the Hamilton Community Legal Clinic*

## VIBRANT LIVING

# How Our Friendships Shape Us

BY JANET ROBINSON

What makes a friendship? Most people will say they share common interests, passions, likes and dislikes with their friends. Some shared interests might be one's place of worship, a passion for cooking, nature, gardening, travelling and so on. These things draw like-minded people together. Most of the time they are good, we learn from each other, grow together, and enjoy experiences that bring cohesiveness to our friendships. But sometimes, those common interests are destructive.

When I would counsel people with addictions, one of the obstacles to recovery was the inability to sever unhealthy relationships with people who were not yet ready to give up their destructive desires. The person committed to getting off drugs for good wanted to keep their current friendships, but since drugs were still part of the friend's lifestyle, it affected the person who wanted to make a clean break from the addictive substances.

Whenever we are in a friendship, we need to ask ourselves, "what is the thing we have in common

that keeps us as friends?" For the person in recovery, the common interest had been the drugs. When they wanted to walk away from those drugs, they still wanted to remain in relationships with those who were still attached to them. This creates a dilemma, and has been the downfall of many good intentions. As difficult as it may be and as harsh as it may sound, if you want to get out of a destructive pattern, you also need to end certain friendships if those people have not made the same decision and if they are not actively pursuing the same goals.

This applies to all sorts of activities. When we were kids, our parents wanted to know who our friends were. They wanted to judge if the lifestyles of our friends would have a positive or a negative effect on us. If a teenager's friend was always getting into trouble with the law, that was a sign that we should not associate with that person because we could be drawn into activities that were getting that person into trouble and that could take us down the same road. Likewise, being with people who live positive

lifestyles can affect us in very good ways. If our friends are honest and abhor lying, stealing and malice of any kind, those attributes are likely to rub off on us and influence our thinking and our actions. Being with someone who is studious, has concrete plans for the future, and is generous to others is someone to admire and emulate.

The bottom line is: stay away from those involved in negative behaviours that bring problems into their lives and the lives of others, and associate with people who have sound judgement and make a positive contribution to our world. Also remember that if we want to attract these kinds of people into our lives, we need to be the same sort of person, someone walking the right path in life.

*Janet Robinson is a retired mental health counsellor, and workshop designer/facilitator*

## URBAN GARDENER

# Wildlife In Your Urban Garden

BY CANDY VENNING

Now that we've put the garden to bed, I hope to introduce a few ideas to incorporate and support more wildlife in your gardens next year. Squirrels and raccoons are plentiful because they've adapted to human habits, but birds and other creatures are declining because they take much longer to adapt. First, let's talk about the 3 B's - and creating habitats for them.

**Birds:** plant some species in your garden that support our feathered friends, not only in the seeds a plant provides, but also for spring foraging on insects and larvae (they can only feed their chicks caterpillars in spring). One good example is Arrowwood *Viburnum* - a caterpillar host that also bears fruit for birds.

**Butterflies:** aside from being beautiful, they provide larvae for birds and act to pollinate flowers, which creates fruit. Consider adding Echinacea, Aster, *Liatris*, Chocolate Boneset, and the Monarch's all time fave, Milkweed/*Asclepia*. Plenty of showy annuals work well too.

**Bees:** much has been written about the diminishing

numbers of the approximately 3,500 different native species in North America alone (the European honeybee is NOT endangered). Don't rip out your roses, but do incorporate pollen-rich plants for bees. Some examples include Globe Thistle/*Echinops* (a fantastically architectural plant that bees thrive on), Hyssop, Chives, and *Aquilegia canadensis*.

**Native species:** OK, you've heard this before, but why should you bother planting natives in the garden? The number one reason is that they have evolved alongside the very birds, butterflies and bees that need them for food and shelter, and vice versa.

**Human happiness and mental health:** aside from making your neighbourhood more beautiful, seeing green makes us happier and even live longer. I don't have the space here to explain, but please ask your friend Google. It's science! Numerous studies have shown reduced anxiety, depression and aggression for those living near parks, mature trees, or with ready access to a garden.

**Growing your own veggies and herbs:** the satisfaction of picking herbs or veggies from your own

garden is delightful, and if you try it, you'll understand the reward. 'Seedy Saturday', held through the Hamilton Community Garden Network (HCGN) is a great event, a good heirloom seed source, and where to go to find out how to get an allotment if you don't have a garden of your own. The next Seedy Saturday will be held Saturday, February 3, 2018. Check [www.seeds.ca/events](http://www.seeds.ca/events) for details.

**Trees:** extreme weather, high winds, and the loss of many of our beloved trees has refocused attention on these urban giants. Ever notice how the best streets and most desirable neighbourhoods have big mature trees? Consider planting a native species 'city tree' (free through the City of Hamilton), or if space is limited, try a smaller native tree like Pagoda Dogwood, a multi-stem Serviceberry/*Amelanchier* or Redbud/*Cercis canadensis* (all shade tolerant). Bonus: native trees provide a place to nest and support insects, which provide food for migrating birds other native species.

*Candy Venning is a Landscape Designer with Venni Gardens.*

## MATTHEW GREEN

CITY COUNCIL | WARD 3

### Working together for our community!

I am confident that as we continue to move Ward 3 together we will achieve our vision for a safe, vibrant community that is full of opportunities for all.

**I welcome you to contact me at City Hall so we can continue to serve together.**

**Email: [Matthew.Green@hamilton.ca](mailto:Matthew.Green@hamilton.ca) | Office: 905-546-2702**



SONGS FROM THE HARRRP

# HARRRP'S CASINO ROYALE GALA

BY BILL PARKES

All Sherman Hub residents are warmly invited to attend HARRRP's seventh annual gala celebration and fundraiser, to be held Friday, March 2, at LIUNA Station on James Street North. Like previous galas, a spectacular evening of good food, exquisite wine, and great entertainment will be provided, all for the benefit of HARRRP's charity work in the Sherman community.

HARRRP operates St. Peter's HARRRP Community Centre at 705 Main Street East. The former St. Peter's Anglican Church has

been converted into a community space for the neighbourhood where those with gifts are encouraged to share with those who want to experience and learn, with no financial barriers. For example, HARRRP offers pottery, ceramics, and arts programs to members of the community, led by trained artisans

## "The name is Bond, James Bond"

and volunteers, all for no cost to participants.

Every year, the gala evening just gets better and better. This year will feature a Casino Royale theme (as in James Bond, of course!), complete with a charity casino, live gaming tables, along with silent auctions and raffles. Plus, you can buy a ticket for a chance to win free return air travel for two to any destination in the world where Westjet flies!

Along with a fine gourmet meal from LIUNA Station and terrific wines from Kacaba Winery, live musical entertainment

will be provided, along with a special performance by the Hamilton Aerial Group. Dance the night away, have your photo taken with a Bond girl or boy, maybe even have your fortune told - there is so much to do in one great party evening. Plus, there will be door prizes, auctions, and raffles galore.

The best news of all is that all the money raised goes to support HARRRP programs and services in the Sherman Hub. Families, seniors, newcomers and children alike all benefit in some way from HARRRP, and the only way HARRRP can continue to provide free services for the neighbourhood is to raise money through fundraisers like this. More than 21,000 people passed through the doors of St. Peter's HARRRP in 2017, and HARRRP is expecting even more will be taking advantage of their programs and services in 2018. So, please come out with your neighbours and join your Sherman Hub community for a fun evening for a great cause. Tickets cost \$100 each (a \$50 tax receipt provided), or buy a table of 8 for \$750. Tickets are available at St. Peter's HARRRP, 705 Main Street East, or call 905-544-0050. Hope to see you there!

*Bill Parkes is the Executive Director at HARRRP.*

HWCDSEB WARD 3

# Joy and Good Deeds

BY ANTHONY PERRI



As I pen this article, we are one week into Advent, and Christmas is less than three weeks away. Realizing full well that this column will appear after the Christmas season has passed, it's nonetheless difficult to ignore the spirit of joy and goodwill that

permeated our Ward 3 and 4 schools, and indeed all of our Hamilton-Wentworth Catholic schools, in the weeks leading up to Christmas.

That joy could be seen on the faces of children at St. Patrick Catholic Elementary School who were treated in early December to a Christmas lunch thanks to a number of generous community donors and volunteers. For our newcomer students, the annual Christmas luncheon, started 32 years ago by the school secretary at the time, Sylvia Fletcher, was a wonderful opportunity to experience a traditional Canadian Christmas meal.

St. Pat's along with our other central city schools also participated in prayer services, concerts, pageants, food and gift drives to not only celebrate the joy of Christmas in their own communities, but to spread the joy outside their walls. In what has become another annual tradition, St. Ann Catholic Elementary School students were given full run of the Landmark Theatres at Jackson Square on December 22 for an exclusive viewing of Star Wars: The Last Jedi and/or The Star, courtesy of Mohawk College's McKeil School of Business. Later in the day, the students were gifted with a backpack and toy with the stipulation that they each in their own way pay-it-forward and make a difference in their community or school. The program was established by the McKeil School of Business several years ago to instill a spirit of philanthropy in their students, an undertaking

that has had a ripple effect on the St. Ann students who, as beneficiaries, have learned the joy of receiving and giving. To the Mohawk students and to organizer Wayne Aubert, I offer my heartfelt thanks for making this past Christmas one that our students will long remember.

In the area of academics, our schools continue to explore initiatives and resources to support student achievement. As research continues to attest, students who engage in learning activities with their parents achieve greater success in school. With that in mind, a "Math 4 Breakfast" program at St. Ann Catholic Elementary School was developed to provide parents with take-home math strategies and online resources to support their children in their math learning. The school will follow up with a family math night in February.

February is also registration time for French Immersion. Two of the HWCDSEB's four French Immersion schools are located in Wards 3 and 4 - St. Eugene Catholic Elementary School and Cathedral High School - and continue to provide French language instruction for students from Kindergarten through Grade 8, and Grade 9 through 12. The advantages of learning in French extend well beyond second language acquisition; research again shows that French Immersion can enhance a student's creativity and problem-solving ability, mathematical computation skills and brain development. These outcomes are achieved by challenging French Immersion students to think and communicate in French, a task that requires multiple strategies, including critical thinking, analysis and computation. These skills are also used to strengthen first language and other skills by deepening the student's understanding of language function and structure. If you're interested in French Immersion for your child, be sure to visit our website at [www.hwcdsb.ca/learn/frenchimmersion/](http://www.hwcdsb.ca/learn/frenchimmersion/) to find out how you can register.

French Immersion is just one of many good things happening at Cathedral High School. In November, the school was recognized with a YMCA Peace Medal

for its efforts to create a safe and accepting learning environment. The award, presented to the Gael Guides, acknowledged the team's work in providing new students and students entering high school for the first time with a sense of belonging at their new school. Over the past year, the Gael Guides have engaged in fundraisers, awareness campaigns and role modeling to help make the transition to high school a positive experience for all. Congratulations to everyone involved in this wonderful initiative.

Another area deserving of recognition is the Cathedral Annex, an outreach program and donation centre at Cathedral High School run by staff and students to provide students and families in need with basic necessities. Open year round, the annex relies on donations of food, clothing, coats, shoes and home wares to support its ministry. Operating since 2006, the program has provided assistance to students and families from Cathedral and St. Patrick's Church as well as refugees who are struggling to start a new life in Canada. Just knowing the annex is there to provide them with their basic needs alleviates the burden and allows students to focus on their academic needs. An appeal sent out to our schools in December produced an overwhelming response but the annex is always in need. Donations are gladly accepted and can be dropped off at the annex at 696 King Street East at Wentworth Street.

In closing, I want to thank our students and staff for all their good deeds of the past several months. As Pope Francis once said, "A little bit of mercy makes the world less cold and more just."

*Anthony Perri is the HWCDSEB Trustee for Ward 3 & 4.*

EDUCATION MATTERS

# Research and Special Education

BY LARRY PATTISON

In November, I attended the first ResearchEd conference in Canada at the University of Toronto. On the Friday evening, I stood up to ask the panel a question. I was curious as to how bringing this research movement to Canada would affect change with regards to future decisions similar to closing special schools like Parkview. I was swarmed afterwards and approached all weekend on this topic.

All sessions I attended over the course of the two day conference were captivating, especially those relating to special education. This included a panel discussion and session facilitated by Susan Douglas, senior advisor of the Eden Academy family of (special) schools, and a combined session with Paul Bennett of Schoolhouse Consulting, and Heather Cumming, a Halifax educator, talking about how special needs policies, designed by theorists, are not working.

A topic that really caught my attention was facilitated by Dr. Jim Christopher, head of KGMS and Maplewood Alternative High School in North Vancouver. I encourage you to explore the KGMS website to learn more about their schools for youth and adults with learning differences. KGMS is a valued alternative that all families deserve in every school district. This quote from Dr. Christopher has continued to stick with me: "When everyone is different, no one is different."

At the end of November, Julie Johnson and her son Ivan Hooper (a high-functioning autistic 12-year-old who also has OCD and Tourette's syndrome), held a protest in response to him being suspended for 5 days from his school. Ivan has yet to complete a full year of studies and currently is

only scheduled for 100 minutes of instruction a day. Watching Ivan and his friends with signs and chants, was very reminiscent of a certain high school cohort fighting the closure of their school.

Things have been quiet since Mountain closed. Through emails, phone calls, and social media, it's clear a 'new system' has not eliminated the need for special schools. What will the alternatives be when Ivan enters grade nine, given his hampered education?

Peaceful protests are vital to ensure these discussions are front and centre, and as a reminder of where our system is still failing us. We need concrete examples and research behind what other Boards around the globe are doing. Like Maplewood. Like the Eden Academy. Like Toronto with 40 alternative schools.

I agree with inclusion. I also agree with parent/student choice. Ask a parent who suddenly didn't get calls every day when their child started attending Parkview. Ask all those grandparents raising their special needs grandchildren getting calls every day. How do parents, who have to leave work often because their kids are sent home, are on short instructional schedules, or are constantly being suspended or expelled, make ends meet at home? How about the parents of kids always in the hall while staff tend to an escalated student situation in the classroom? Ask teachers and EA's.

This is a global issue, with worldwide solutions at our fingertips.

Thank you Ivan, for standing up for all students.

*Larry Pattison is the Ward 3 HWDSB Trustee*



L'ARCHE

# THE STORY OF GIRL AND TESS

BY LISA OBRIEK, WITH FOREWORD BY PAIGE MCISAAC

*This summer at L'Arche, we've been very fortunate to welcome a talented art therapy student from the Toronto Art Therapy Institute to our Creative Hands Art Studio. Lisa Obriek has done wonderful work in one-on-one sessions, as well as in groups for core members (individuals with a developmental disability who are at the core of the community) and assistants (individuals who support). Lisa shared a beautiful story with our community one day about her experience doing some art with some L'Arche artists. Core members revealed how they continue to be teachers of being in relationships with others, and it showed in this art process. Here is Lisa's story:*

that Kara had cut, in a kind of fan shape. While we were working on it, we were calling each of those strips a "limb" and said that the superhero had many limbs. Near the end, after Dave decided where the eyes would go, Emma saw it for the first time, from a different perspective than how we'd been looking at it, and she said it looked like a mask!

Reflecting on artwork is always very challenging, and coming up with a title is about as far as we get sometimes. But L'Arche artists have shown me that telling stories about their art, or the characters in the art, is another way of reflecting on the art and the process of



During a group therapy session in November, I picked up on a common theme around L'Arche - superheroes! It's interesting to me how assistants and core members alike are so in love with superheroes of all sorts; they are, by far, the most commonly drawn image during our sessions. I am curious why superheroes, Batman in particular, are so loved by folks at L'Arche, so I thought if I asked them to create their own superhero I might see some similar characteristics between their invented superhero and Batman.

In another vein, I'm always interested in an art experiential that draws people together and gives them space to think and create collaboratively in a way that affirms the particular gifts of each artist. For this session, we had a stack of construction paper and the artists were asked to cut shapes out of the paper in whatever colour, size and shapes they wanted. We would then use these to form a superhero on a big sheet of white paper I'd taped down to another table. Kara, Dave, James, and Phil all cut pieces of paper. James was the first person to begin placing pieces of paper and gluing them onto the large white paper. Phil very deliberately placed shapes on the paper, looking at it from all angles, to inspect where he thought each piece should be placed. Dave really zeroed in on placing and gluing shapes down. He began gluing all of the strips

making it. When I asked if they wanted to write a story about it, I was met with an enthusiastic "Yes!". Kara and Dave began the story about the superhero named GIRL, who is a girl and protects a girl named Tess. GIRL's super powers were being nice. In fact, GIRL was so nice to Tess that it made everybody be nice to Tess too, or it kept the not-so-nice people away from Tess. I moved to the rec room where James was, asked him if he wanted to add to the story, and I read to him what Kara and Dave and written so far. James then took the paper and pen from me and added his own sentence. The gist of it was that GIRL, the superhero, protected Tess by being nice, but Tess also protected GIRL by being nice.

In other words, unlike Batman, who is removed from the public so as to better protect them, GIRL's superhero power put her in relationship with Tess in such a way that the power was mutually beneficial. This is to say, there wasn't a one-way relationship between the superhero GIRL and Tess. It's hard not to draw parallels between this upside-down notion of the traditional superhero storyline and the underlying philosophy of L'Arche, which is that people most belong when they are cared with, and cared for, and that mutual relationships exist between all L'Arche folks.

# A YEAR IN THE LIFE OF THE LOTTRIDGE ALLEY

BY KERRY BEAR

Some of my best ideas come to me whilst staring idly out a window. And then sometimes I'm just watching a plastic bag float through the air. On the day I first thought of what would become the Lottridge Alley project, those two moments coincided. Looking out at my alleyway (located west of Lottridge Street just north of Barton) watching trash blow around, I wondered wouldn't it be nice if...? (hum along if you know the tune!)

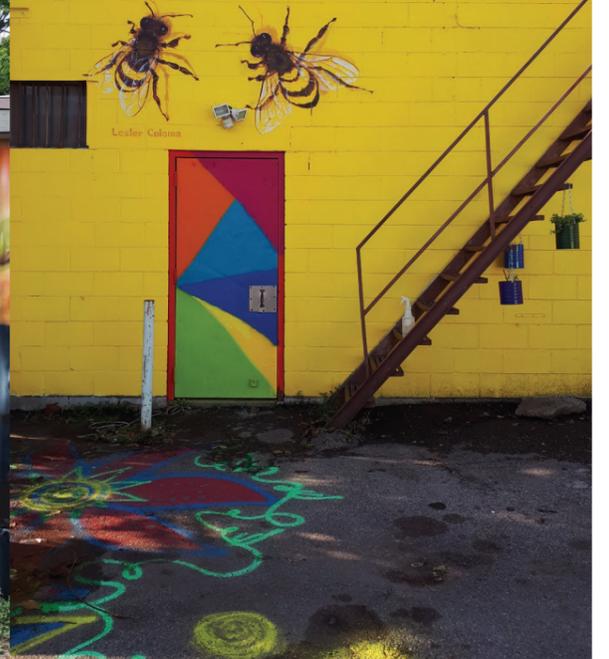
Wouldn't it be nice if there were less trash in the alleyway? Wouldn't it be nice if there were more greenery in the alleyway - trees, plants, shrubs? Wouldn't it be nice if there were some artwork to look at, some splashes of colour to brighten up the sightlines?

And so began a journey that started a year ago.

In December 2016, we began working with Sherman Hub's Community Developer and staff from Centre3 on a vision for a fence mural in the alleyway. I love to see art in unexpected places and felt strongly that Indigenous culture should be the focus. Over the next five months, we developed a partnership with the Hamilton Regional Indian Centre's youth program, holding workshops to find great young artists to help us design the mural. With funding from the Sherman Hub, Councillor Green's #Proud to be Ward 3 community grant, the Canada150 fund, and the help of many incredible volunteers, we created a beautiful piece of art. The mural proudly spotlights Indigenous culture and the amazing talents of the three young Indigenous artists, Bradlee, Kenny and Kristen. We unveiled the finished mural at a community gathering in May, sharing the success with friends and neighbours, fuelled by delicious dishes from Limin' Coconut and awesome music from youth DJs Justice and McKinley.

In the meantime, we joined forces in April with Green Venture on an alley beautification project, with support from the Hamilton Future Fund. Our hope was to engage households and businesses on both sides of the alleyway to take part in some kind of improvement efforts, whether it was painting over graffiti, creating mini-gardening plots, adding more lighting or any other improvements they could think of. After canvassing door to door, flying the neighbourhood and creating a Facebook page, we still had little response. Before we could get too discouraged, a bright light appeared in the form of Melissa of Honeybee Esthetics. Just a couple blocks away, along the same alley just west of Sherman, the back of Melissa's building sported a drab wall and parking area calling out for a mini-makeover. Melissa brought artist Lester Coloma on board, and they came up with a honey bee motif on a gorgeous sunny yellow backdrop that jumps off the wall. We worked with Erinn from Green Venture on getting planter boxes filled with perennials, hanging herb pots, and finding a funky park bench for seating. Our friend Tim of Love Books built us a "little library" using repurposed materials and a lot of TLC. Melissa painted cheerful flowers on the pavement, and is working on a honeycomb design for the building's back doors. It was a pleasure to spread the love further along the alleyways.

Back in the Lottridge Alley, our very own Alley Gardener was working on two planter boxes; one a community vegetable garden and the other a little pollinator garden. Another small flower bed was planted along a neighbouring fence. We added some solar lighting, a communal garbage bin, and spiffed up the gas metre bollards. By August, I had connected Walter of Furlan Conservation with artist Lacie Williamson to collaborate on a mural for his outbuilding. Together, they came up with a powerful



tribute to Hamilton's labour history and Walter's commitment to his community.

After taking part in a huge Beautiful Alleys cleanup at the end of September, which brought more helping hands than ever before, we came together again the following day with friends and neighbours to celebrate our alley achievements in both locations. With more good food and more good company, along with superb coffee donated by Vintage Coffee Roasters, it was another reminder that we can have a small impact in our little corners of the world.

Just a couple of weeks ago on an almost snowy Sunday in November, we co-hosted a seed-sharing event with our alley neighbour Nadia in her shop Stone and Shadow, which she has transformed into a lovely and tranquil space in just five months. Filling her shop with avid and novice gardeners, curious new customers and old friends, it was an amazing afternoon.

And so here we are, about a year later, with many accomplishments to reflect on and just as many setbacks to learn from. We have made great friends and strong partnerships which we will continue to value. As we embrace the winter months, we've put our gardens to bed but our murals are always here

for you to see. This has been an often rewarding, sometimes discouraging but ultimately positive experience. What's next for the Lottridge Alley's adventures? Please stay tuned to our Facebook page (The Lottridge Alley) for upcoming events and endeavours. We hope to see you out there!

# THE SHERMAN NEIGHBOURHOOD'S FIRST PEOPLE

BY JOACHIM BROUWER

Here in our little corner of Turtle Island, a land recognition statement composed in part by McMaster University's Indigenous Studies Department now precedes meetings as varied as City of Hamilton City Council's "dustups" to neighbourhood planning team gatherings.

The Anishinaabe (Mississaugan Ojibwas) and Haudenosaunee (Six Nations Iroquois) are duly recognized as the first inhabitants of the Sherman neighbourhood. Dating from the later 17th century, The Dish with One Spoon wampum treaty established perpetual peace and mutual aid between the two nations. Other groups coming onto the lands, including white settlers, were invited to be part of the concordant.

A proposed amendment seeks to clarify that only the Mississaugas of the Anishinaabe signed a formal treaty with the British Crown, in the 1770's. The Haudenosaunee's Grand River tract was ceded to them through the Haldimand Proclamation of 1784 for the loss of their lands after the American Revolution.

However, an aboriginal group that unfortunately lacks an advocate is missing from this land recognition statement. The omission of the Chonnonton was brought to my attention when I was preparing the City of Hamilton's Woodlands Park historical plaque this summer. Chris Redford, Event Planner of the Department of Culture and Tourism, indicated to me that he would like to see a standardized land recognition statement heading all historical recognition plaques from now on.

The Iroquois speaking Chonnonton, meaning people who tend deer, occupied much of Southern Ontario and even the western portion of New York State, a mere day's walk from the Seneca, the keepers of the Iroquois Confederacy's western door. The Chonnonton lived in fenced-in villages, most of which were concentrated within

a 32 km radius of Hamilton, although it appears that the marshy, weed-entangled and rattlesnake-infested lower city was uninhabited.

The two terms by which the Chonnonton were previously known should be forever discarded. Attawandaron, which means those whose speech is awry or crooked was a derogatory term used by the Wendat (Huron) and their northern neighbors, the Petun (Tobacco) to defame their southern neighbors. The term neutrals was what the French named the Chonnonton because of their deliberate strategic policy; they chose to stay out of the conflict between the Wendat and Haudenosaunee over control of the beaver trade. The increasing use of guns obtained from British and Dutch traders rendered the Chonnonton's long-held position as suppliers of flint for arrowheads precarious, making them susceptible to attack.

The first European contact, Etienne Brule, estimated that there were 30,000 Chonnonton in Southern Ontario when he arrived in 1615. The French Recollect priest La Roche Daillon, in his visit to these parts in 1626-1627, wrote about a kingdom of 4,000 warriors, and 28 villages ruled by a mighty chief called Tsouharssen, (Child of the Sun). Also known as Souharissen, some believe the two terms were a hereditary title. The Jesuit priests, Jean Brebeuf and Pierre Chaumont, visited the Chonnonton in 1640-41 from their base at Sainte Marie among the Hurons.

Starting in the 1960s, noted McMaster University archeologist William Noble validated the French writings and decades of ad hoc amateur archeological expeditions by locating and excavating many Chonnonton sites. The Hood site near Freelon contained metal objects, confirming contact with Europeans. Other important Chonnonton settlements radiating out from Hamilton were Kandoucho on the shores of Upper Bronte Creek

near Milton, and Ounontisastan near Cainsville, where the Mohawk Iroquois would build their village upon arriving from New York State a century later.

The excavation of the Christianson site in Beverly Township by William Noble and ROM archaeologist Ian Kenyon produced the first Chonnonton long house that has been clearly identified. Kenyon also oversaw a controversial dig in Grimsby that was temporarily shut down by the "Union of Ontario Indians" for failing to abide with provisions of the Ontario Cemeteries Act. To date, this is the only neutral site that was found intact and undisturbed. In the early 1980s, more Chonnonton sites were located at Puslinch and Morriston northwest of

The large ten-acre complex also made a defensive palisade unnecessary.

The Canadian Encyclopedia claims that "Tsouharssen's authority over the Neutral was unparalleled in other Northeastern Iroquoian nations at the time." It might have been similar to the mighty Meso-American and Mississippi cultures far to the south. The political organization of Chonnonton society appeared to be quite different than the loosely aligned democratic Iroquois Confederacy, leading Noble to confer upon Tsouharssen's chiefdom the evocative title The Kingdom of Neutralia.

Hamilton writers and historians, such as Lois Evans, author of *Hamilton: Story of a City*, have pondered whether



Hamilton. The excavations corroborated prior observations that villages were lived in for about twenty years and then abandoned.

A major dig north of Caledonia yielded what Noble believed to be the capital of the Chonnonton, which he named "Walker Town," after the pioneers. This was probably Notre Dame des Anges (Mission of the Angels), the two Jesuits wrote of in the voluminous reports they sent back to their superiors.

the sudden disappearance of the Chonnonton around 1651 was due to a single dramatic event such as a pitched battle, a very unusual occurrence when one examines armed conflicts among native groups. Such an event might have taken place around Emerald Street. It's increasingly apparent that Hamilton, including our own Sherman neighbourhood, was the centre of the Chonnonton's ancestral lands.



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# STEPS TO SUCCESS

BY MARK JOHN STEWART

I love being part of the enthusiasm of the Sherman Hub, and share the excitement of members of our community when they are launching or advancing new businesses, non-profits, community groups, or ideas to make a positive change in the world. Through all of my experiences, I've realized that there are certain factors that are key steps to success.

## The Goals

What are you trying to achieve? The more specific and detailed your goals are, the more likely you are to achieve an objective. Often, we talk to clients who have a general idea what they are doing, but their efforts are scattered and don't lead to larger achievement because they are not focused and building in a systematic way.

Having goals is also critical to helping you make good decisions - you should always ask if a given decision will advance your stated goals. Clearly stated goals help ensure that everyone involved with an initiative is on the same page and working in the same direction.

One helpful framework to remember is to make "SMART" goals - goals that are Specific, Measurable, Achievable, Realistic and Timebound. Perhaps you are motivated to help collect holiday gifts for children in need in our community. A "SMART" goal might specify that you want to collect 100 gifts, from 50 donors, by December 15, which will then be wrapped and given out at a specific location at a specific day at a specific community gathering. A goal like this is much more likely to keep you motivated to work towards the finish line.

## The Market

One of the most important factors in your success is understanding the market. The market refers to those who will engage with your offering. For example, perhaps you are considering starting a landscaping business. How many homes are in the neighbourhood, and how many might consider hiring a landscaper? How much might they be willing to pay? You will not always be able to answer these questions completely, but you should gather as much information as you can before moving forward. This information will help inform your plan and financial model.

You will also want to keep in mind the concept of market saturation. Perhaps there are many homes who would be interested in landscaping, but there are already many companies offering this service. If this is the case, the market may be oversaturated with similar companies and you may be less likely to attract enough clients to succeed.



Passion is important, but it is usually not enough on its own. You might love typewriters, but I bet you wouldn't be very successful opening a typewriter store - there is no market for it!

Non-profit organizations need to keep the concept of a market in mind too. There is a market for support - likely, you will be asking for resources or doing fundraising - in that sense, you are also in a competitive situation. It is a good idea for those looking to start a non-profit to first explore whether other organizations already serving the same market exist. Does it make sense for you to undertake all the work to build a new administrative structure, with all of its associated overhead costs, to serve a cause? Or might your effort be better directed to being part of an organization that already exists?

## The Plan

Goals, a market assessment, and a consideration of personnel are natural elements of a plan. Additionally, a good plan typically includes things like the details of your offering, risk and contingency plans, financial forecasts, and your business structure. There are a lot of good online business plan templates that you can customize to your situation. These resources can keep you organized, and also introduce you to factors that you may not have considered yet. A good planning process often results in significant changes to an original idea.

A well-constructed plan makes it much more likely you will get a loan or financing if you need it. It allows others to review the details and offer advice and feedback. Overall, it makes it much more likely that you will succeed. Of course, nothing ever goes quite according to plan! However, with a plan you will have much more insight than you would have had otherwise, meaning you are prepared to make better decisions, and you can update and tweak your plan to reflect changes as time goes on.

## The Numbers

It is very important to ensure that you have relevant quantitative figures associated with your aims. For example, your dream may be to open a restaurant in the neighbourhood. If you want to do this full time and want to replace your current income, you need to make a plan that demonstrates the necessary amount of profit to pay yourself the salary you want, after taking into consideration all of the costs and revenues associated with running a restaurant. Some likely costs would be rent, heat and electricity, leasehold improvements, permits, branding and design, printing menus, buying furniture, accounting software and

many other things. You will also need to pay staff, buy the food, and pay all the other expenses associated with what you are selling.

In this case, if you do not have a financial model, you will be operating in the dark and have no idea of whether or not your business is profitable or sustainable.

## The Team

If you want to achieve something, you need the right skill sets. You might have some of these skills yourself, but very often you need others to complement your capabilities. For example, let's say you are considering launching a non-profit that you want to be well-run and sustainable. You may need to retain the help of others to serve as volunteers or board members. Common areas of expertise that non-profit organizations need include legal, accounting/bookkeeping, marketing, operations, administration, fundraising, and the specific skills related to the organization's mission. Who do you know that can help you in these areas, or how can you acquire the resources to pay for help in this support?

Functional skill sets are not the only consideration. Well-functioning teams need members that are committed to a purpose, and that truly understand a team dynamic. This often means being discerning when you bring on team members, and ensuring that the members of your team are able to cooperate, accept compromises, and act in the best interests of the group.

Keep in mind that team members will often want to add their own vision to the organization's current goals and plans. Often, diverse viewpoints add richness to a group. Anticipate that you will have to be flexible to allow for others to co-create so that they feel vested and integral to the activities.

## In Summary

Remember, before you dive deep into a new undertaking, make sure you have:

- Identified clear goals
- Considered the market for your offering / activity
- Made a sufficiently detailed plan
- Included numbers and metrics
- Put together the right team
- Good luck!

Mark John Stewart is a neighbourhood resident and President of a marketing consultancy in the Sherman community.

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# Crash, Burn, Begin Slower

BY MICAYLA VRANIC

I have a strong desire for the simple life - in all its delicate and particular kind-of-lovely.

But I, we, everything, make things so complicated. Spinning worlds, what-ifs & ambition on china plates hoisted up on poles like second-rate circus performers.

We treat all our desires and goals as delicate, precious, but the truth is that nothing about this performance is dainty. The plates are whirling, the blood is pumping and I'm sweaty, perspiring faster than I can replenish.

This, I guess, is the trap of youth - the excitement, panic, and pain of choosing all.

But then, I see a beautiful wisp of hot air rising from my morning mug. It stirs something in me - something ultimately pleasant. My shoulders relax a little as I top off the mug and notice the swift, sweet noise of liquid splashes. The smell, the taste,

the sunlight on the countertop, individually simple moments that happen every day.

But now, I am here with them all, and they are mine. We - me - and these miraculous moments belong to each other. A small collection of unambitious happenings. And one by one, the spinning plates drop.

This feeling begins in the chest, warm then refreshing - literally radiating out & into my nerve-endings, calming each over-caffeinated twitch.

This is a collection of true things - none that I can name aloud with any gusto - but that live unmistakably within the feeling.

So now - I've been handed a fresh set of dishes.

Which ones do I actually want to pick up again?

*Micky is a freelancer with a commitment to handcrafted living.*



# A MEMBER OF THE AUDIENCE

BY DARIN MARTIN



For my birthday this year, I was given tickets to the concert of an artist from Manitoba named Steve Bell. I've been listening to his music for about 20 years. When my mom gave me the tickets, I was excited because I hadn't been to one of his concerts in about 12 years. I had an incredible feeling of anticipation as I walked into the church in Dundas where Steve was performing. I wondered if he'd sing all of his old songs? Would he tell some of his hilarious and heartfelt stories?

My family and I had really nice seats for the event and right on cue, they dimmed the lights and in walked this singer-songwriter who has had a profound influence on my musical career and has written songs that were playing in the background of many great memories. For this concert Steve brought a poet friend from England named Malcolm Guite to share the stage, who had many great poems and stories that perfectly complimented Steve's songs.

This gift from my mom was very welcome because these days I can't seem to find the time or energy to go out to shows. In fact, I can't think of the last time that I went to a music event and was in the audience rather

than performing onstage. It was so refreshing. It was wonderful to be entertained and inspired by someone else's art and creativity. It allowed me to experience it all as a member of the audience.

Steve's music was as wonderfully crafted as I remembered, but it was the poetry that really affected me most. As Malcolm shared one of his poems called "Refugee" and the story behind it, I was struck by the beauty and power of language. It amazed me that a collection of ordinary words could be arranged in such a way that they expressed something so beautiful, inspiring and challenging.

I didn't go into this concert expecting to take all of this away from the experience, but I think I did because I was open to it. I received so much more than just a great performance and a few songs that have meant something to me for so many years. I received a beautiful gift that evening and was thrilled that two incredible artists were vulnerable enough to share with their audience a little glimpse into their hearts.

*Darin Martin is a singer-songwriter from Hamilton.*

# The Joy of Anticipation

BY STEVE DEVISSER

I wrote my first article for the Sherman Hub News one year ago. The story came out of my experience as a real estate agent, but it wasn't directly about the real estate business. I wrote about meeting people as clients who have now become long-time friends, and I shared the story of travelling with them to visit their families in Cameroon Africa. This article is similar in the sense that it comes from my work (in particular, ideas from a convention I recently attended), but the ideas I'm sharing are much bigger than my work.

You've had an "aha moment". Maybe there was something that was sitting at the edge of your mind, like a box sitting half on and half off a conveyor belt; it just wasn't catching, and then, another piece of information pushes the box onto the conveyor belt and - aha! - you get it. At the convention I had an "aha moment".

My "aha" was learning about the power of anticipation when one wants to change or improve something in one's life. Imagine how you feel when

you are preparing for a vacation, a Gala event, a night out with your friends, a movie night. The anticipation itself creates good feelings in us and we often breeze through the things we need to do with more enjoyment. I can definitely relate to this and see how anticipation can be a useful tool.

We were encouraged to write down 50 things we would like to do and expand on them with how, who, what, where, why. I am doing this. Big and small, the 50 ideas are all real things that I'd like to do or achieve. I don't need to fulfill them all, I am sure that some will get replaced or the desire to fulfill a few will go away. They are on paper and in my mind to help create more anticipation in my life. Here are a few of my goals:

- Finish hooking up the electrical for my Dryer.
- Eat more veggies and fruit.
- Spend a month on a Ranch learning how to ride a horse and herd cattle (sounds a little

painful lol but it's a dream of mine)

- Swim in the water around the Belize Barrier Reef and visit Monkey River Town in Belize (I just like that name).
- Travel up north and see the Northern Lights.
- Learn Spanish

Part of the fun I had in writing my goals out was looking at why I have the goals I do. Many have their root in my childhood.

My main purpose in writing these dreams/goals out is to live with more anticipation, to create a more purposeful lifestyle and to better identify (for myself) who I am.

What are you anticipating?

*Steve Devisser is a Resident and a Realtor.*

INTERIOR DECORATING

# OVERCOMING THOSE JANUARY BLAHS

BY CAROL FINES

The sparkle of Christmas is over. Decorations stashed away. Lights dimmed. The remnants of the noise, the fun memories now filed, stored and suddenly so distant. All that preparation and suddenly the joys of the season have come and gone. You are now once again under the clutches of the darkness of January. Arrghh. You sit and stare at your now seemingly empty home! What to do? Dust yourself off and pick yourself up!

A change to your environment may be just the recipe. Start thinking of things you would like to see done to your home. Maybe a full renovation, or a change to just one room. A splash of new paint or new furnishings. Remember, spring is just around the corner and will be here before you know it. This is your time to plan and prepare for a rejuvenation.

Change up your paint colours. Benjamin Moore has chosen its favourite colours for 2018 and their signature colour is Caliente AF-290 (for us folks, it is in the "red" family). It is strong, radiant and full of energy. Use it on your front door or even as an accent wall. Others to try include Deep poinsettia, Cherry wine, Smoked oyster or Saddle soap. Green continues to dominate this year but leaning towards olive and softer shades. Check these out online or at retail shops and of course your favourite paint lines with similar colours.

Furniture retailers are forecasting rich velvets for upholstery and sleek black and white marbles for floors and backsplashes. For kitchens and bathrooms, natural limestone, Caesarstone and granite are long lasting natural elements and will result in a beautiful space with longevity that will stand the test of time. Take a trip along Nebo Rd on the mountain to check out the amazing selection of tile and countertop stores. Tip: larger tiles have less grout and are both easier to install and maintain.

Glass bubble lights in blues and iridescent colours are big this year. Make your lighting the architectural highlight of your dining room or front entrance. Again you will find many great lighting stores on both Nebo Rd and Ottawa Street for you to explore. Making your environment brighter has been scientifically proven to lift your spirits and ease the mid-winter doldrums.

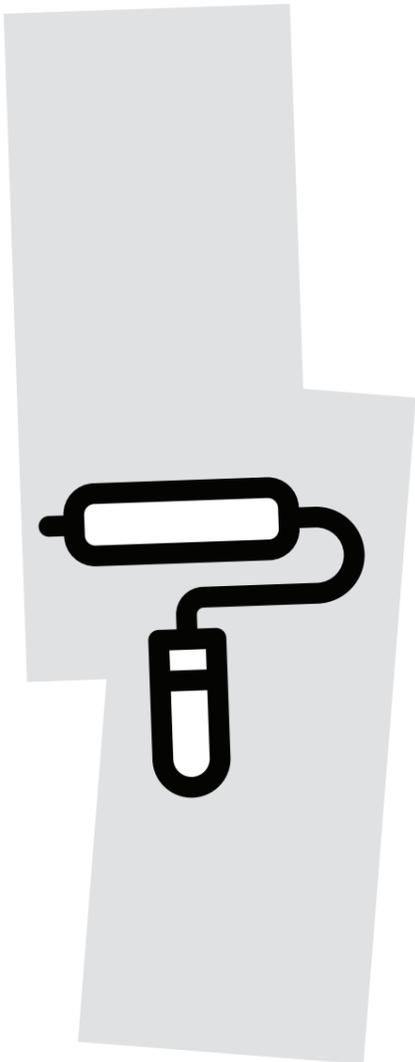
The start of the New Year is also a great time to purchase those big ticket items at a discount leaving you with a flush wallet. Consider also those furniture pieces or accompaniments that complete your décor ideas.

Pining over Christmas decorations that were over your pre-Christmas budget? January sales will typically offer them at up to 70% off and don't forget the Big Box stores for discounted trees.

Does your bathroom and bedroom need refreshing? This is traditionally the time for those "White Sales". Bed linens, bath towels, and accessories are all marked down. Use your imagination.

And finally if all is out of reach "De-Clutter"! Clutter and disorganization can be mentally discouraging, so clean your house and eliminate the non-essential items. You will feel better and yes... spring is indeed around the corner! Enjoy.

*Carol Fines is a Sherman Hub resident and the owner of CarolCan, Decorwithcents*



# PREGNANCY SUPPORT FROM THE CITY OF HAMILTON

BY LINDSAY ZALOT



Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breastfeeding, and caring for your baby. Prepare and enjoy a snack. Talk with other moms, a Registered Nurse, and a Registered Dietitian. Grocery gift cards and bus tickets provided. You must be pregnant to join, and are welcome to stay until your baby is 6 months of age. You do not need to register in advance. You will register at the group. For more information, visit: [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups), [www.facebook.com/HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton) or call Health Connections at 905-546-3550.

*Lindsay Zalot, MHS, RD is a Registered Dietitian and Public Health Nutritionist at the City of Hamilton*

## Are You Pregnant?

Join a weekly **free** prenatal nutrition group that's close to where you live!



Visit [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups) or call **905-546-3550** for group dates and locations

**Talk with a Registered Dietitian and a Registered Nurse about:**

- Pregnancy
- Labour and delivery
- Eating well and cooking healthy food
- Breastfeeding

**You will get:**

- Grocery gift card
- Bus tickets
- Prenatal vitamins gift card
- Vitamin D for your breastfed baby
- Child-minding for your children under 6 years of age

**Register at group during your first visit.**

- Health Connections **905-546-3550**
- [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups)
- [/HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton)



Funding provided in part by the Public Health Agency of Canada

# WARD 3 UPDATE

BY MATTHEW GREEN



Family. Friends. Community. The holiday season is fast approaching and I want to thank all our neighbours for a great 2017. Together we're building a vibrant community and I'm proud to be Ward 3.

Last week I took a walk through 430 Cumberland with our staff. Owned by City Housing Hamilton, this property provides affordable housing for some Ward 3 residents. With the aim of increasing the quality of life for those in our community, I toured the grounds and the building to determine where and how we can help fund this property.

Two weeks ago I had the honour of leading a delegation on Bill 148 at the Ontario Legislature. Bill 148 has now passed third reading and will soon become law. It will provide an increased minimum wage and other supports for those in the most precarious work sectors in our province. It was indeed a humbling experience to be able to bring comments about Bill 148 to the legislature.

Throughout the presentation, I

expressed our neighbours' concerns first. Remembering the conversations I've had with so many of you, I was able to bring a distinctly Hamilton flavour to my presentation. If you're interested, please feel free to watch the complete video of my delegation on my website [matthewgreen.ca](http://matthewgreen.ca).

One of our community's top priorities is the need for safer streets. Our office receives daily calls regarding dangerous drivers and the need for safer roads and communities. We're happy to take these calls and work to make our streets safer.

Our priority has been and continues to be parks and schools—places where children are most vulnerable. A few weeks ago, I met with our traffic engineering staff to identify even more traffic calming measures around parks and schools, which will be implemented next year. We're continuing the momentum that we've seen throughout the past few years to make our streets safer for our neighbours.

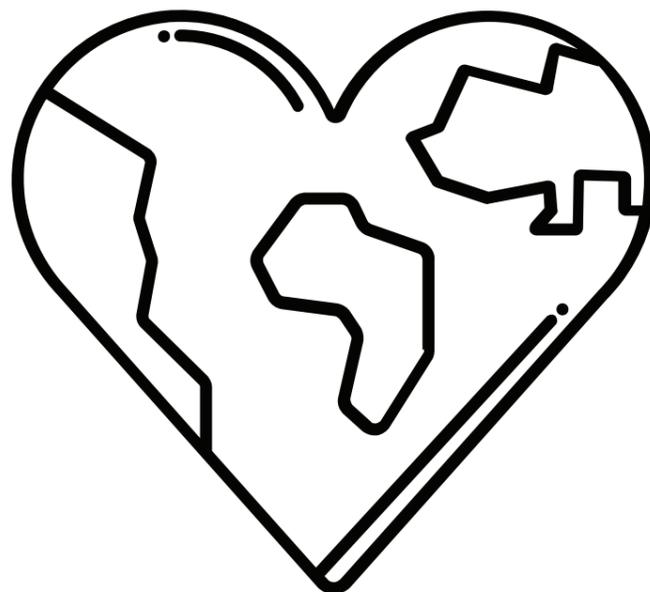
As the City of Hamilton changes the HSR routes, it's important to be aware that no matter where you're driving, you're driving through someone's neighbourhood. Please use the main arterial streets unless absolutely necessary and remember to be a courteous driver.

Again, I want to thank everyone for another great year together. I'm proud to work alongside you to continue to make our community even more vibrant. As the holiday season approaches, I wish everyone a relaxing and joyful season with family and friends.

## VOICE OF YOUTH

# Making the World a Better Place

BY LYNN WATKINS



I am writing this article to talk about 2018 and what I would like to see happen during this year. I would like to see more kindness and acceptance of one another. No matter what jobs we have, where we are from, or where we live. No matter what nationality, or sexuality. We should come together as a community and as a country, and be one whole planet of people working together and doing what's right. I believe that talking to each other is the best way to go so that we can stop wounding one another.

I believe there is still good in this world and I have faith that one day it will be a better place for us and our families. First of all, I believe in love and I know it can be spread everywhere we go. Kindness is a big part of life,

and I think that everyone is entitled to kindness. No matter how small or big your kindness is, it still matters, like giving spare change to someone who may need it, or volunteering at a homeless shelter or a community organization. Even giving someone a smile can make their day, even if you think it doesn't.

What I am trying to say is there is still hope for us, we all should be more accepting, and banish the negative ideas that aren't necessary to hold onto. Let's bring joy and love to the world and make it a better place, one step at a time.

# SUCCESS IN HEALTHCARE

BY THOMAS EAGLES

When I think about what success means when it comes to healthcare, I can't help but think that when it comes to achieving their health goals, many clients need a team. I've written a number of articles outlining the benefits of exercise, diet and proper body maintenance, but haven't really gone into detail regarding how many people it often takes to help us achieve our goals.

In my practise I deal with a variety of issues ranging from sore backs, aches and sprains to concussions and headaches. When it comes to manual therapy, I've had a great deal of success with my clients; however, there are other realms that often must be addressed. I refer these patients to various kinds of health professionals. In my experience, collaborating with a team of specialists means that we can better address the issues of the clients than can a solo practitioner.

A great example of this is the treatment of low back pain with stomach bloating. The stomach

has several connections to the spinal cord and can influence the position and muscle tensions in different ways. The connective tissue attachments can directly pull on the lower vertebrae, which can often be dealt with by means of manual treatment. However, indigestion can often be a result of digestive issues that are usually best addressed by a registered dietician or a naturopathic doctor. By helping to eliminate the digestive irritations, it can help reduce the tension on the connective tissues, allowing for more effective treatment of the lower back.

There is an old proverb that says, "It takes a village to raise a child." In my practise, I've referred my clients to naturopathic doctors, dieticians, massage therapists, physiotherapists and many other health care professionals to ensure that the client is getting proper care. Essentially I like to work with a village of professionals to help my clients achieve success with their health.

With this in mind I always advise clients that the leader of this village is *them*. It's therefore essential that each individual take charge of their own health, ask questions and seek out the best care. After all, each of us knows our own body better than anyone else, and with that, what kind of care will help us succeed in our own health goals.

*Thomas Eagles is a registered kinesiologist and osteopathic manual practitioner at Freemotion Therapy.*

# Why Your Waist Matters

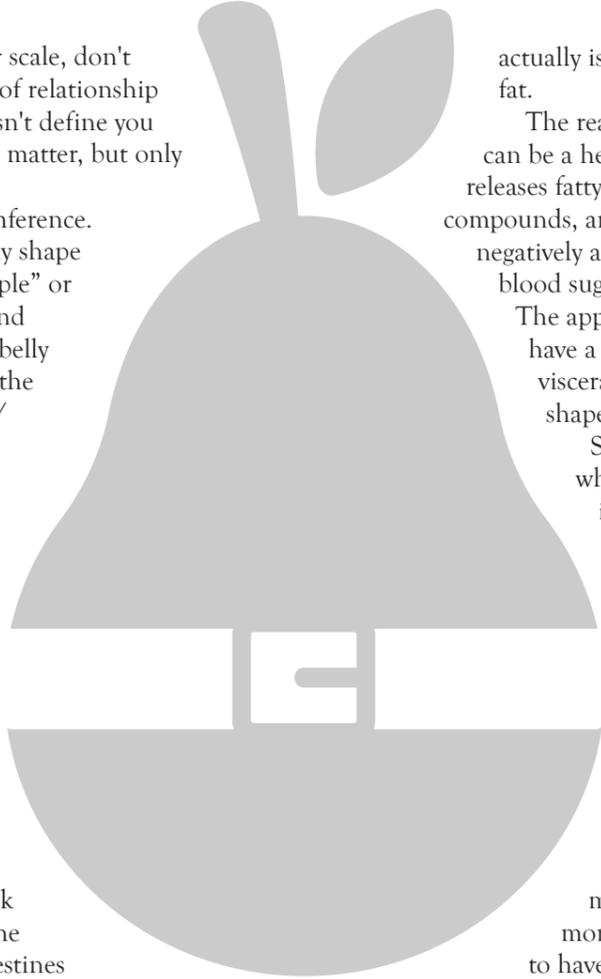
BY JUSTIN D'OLIMPIO

You totally want to ditch your scale, don't you? You may have a weird kind of relationship with your weight; I mean, it doesn't define you (obviously). What you weigh can matter, but only to a certain extent.

Let's look at your waist circumference. Do you remember the fruity body shape descriptions of being like an "apple" or a "pear"? The apple is kinda round around the middle (you know - belly fat-ish, kinda beer belly-ish) and the pear is rounder around the hips/thighs. That's what we're talking about here.

Do you know which shape is associated with a higher risk of sleep apnea, blood sugar issues such as insulin resistance, diabetes, and heart issues such as high blood pressure, blood fat, and arterial diseases? Yup - that apple!

And it's not because of the subcutaneous (under the skin) fat that you may refer to as a "muffin top". The health risk is actually due to the fat inside the abdomen, covering the liver, intestines and other organs. This internal fat is called "visceral fat" and that's where a lot of the problem



actually is. It's this "un-pinchable" fat.

The reason the visceral fat can be a health issue is because it releases fatty acids, inflammatory compounds, and hormones that can negatively affect your blood fats, blood sugars, and blood pressure. The apple-shaped people tend to have a lot more of this hidden visceral fat than the pear-shaped people do.

So, as you can see, where your fat is stored is more important than how much you weigh.

It's pretty simple to find out if you're in the higher risk category or not. The easiest way is to just measure your waist circumference with a measuring tape. You can do it right now.

Women with a waist measuring 35 inches or more could be considered to have "abdominal obesity" and be in the higher risk category.

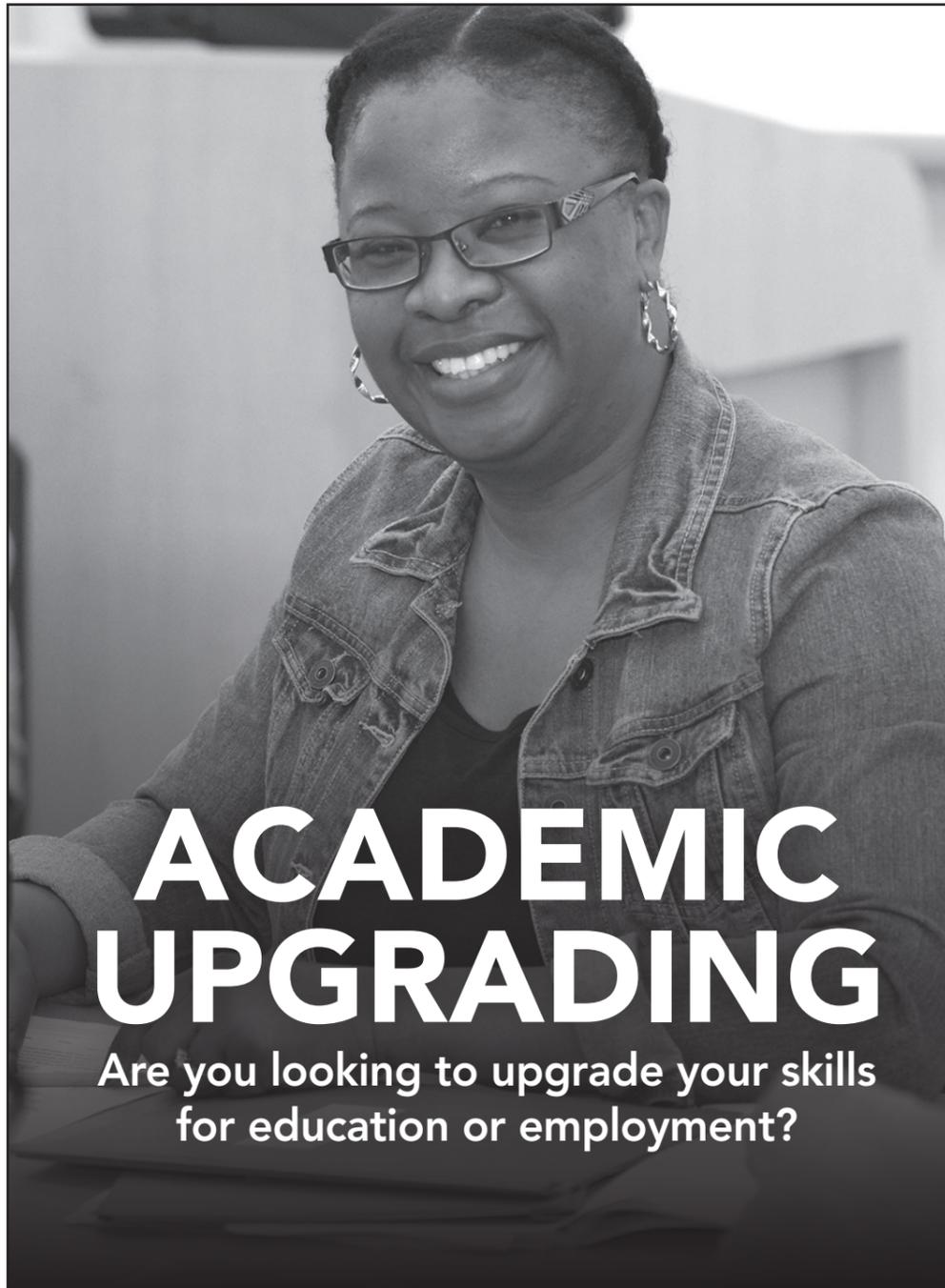
Pregnant women are exempt, of course.

For men, the number is 40 inches or more.

Of course, this isn't a diagnostic tool, and there are lots of risk factors for chronic diseases. Waist circumference is just one of them. Here are some tips to help reduce belly fat:

- Eat more fibre. Fibre can help reduce belly fat in a few ways. First of all, it helps you feel full and also helps to reduce the amount of calories you absorb from your food. Some examples of high-fibre foods are brussel sprouts, flax and chia seeds, avocado, and blackberries.
- Add more protein to your day. Protein reduces your appetite and makes you feel fuller longer. It also has a high TEF (thermic effect of food) compared with fats and carbs and ensures you have enough of the amino acid building blocks for your muscles.
- Nix added sugars. This means ditch the processed sweetened foods, especially those sweet drinks (even 100% pure juice).
- Move more. Get some aerobic exercise. Lift some weights. Walk and take the stairs. It all adds up.
- Stress less. Seriously! Elevated levels of the stress hormone cortisol have been shown to increase appetite and drive abdominal fat.
- Get more sleep. Try making this a priority and seeing how much better you feel (and look).

*Justin D'Olimpio is the owner/coach of Just Train Fitness*



## ACADEMIC UPGRADING

Are you looking to upgrade your skills for education or employment?

Take advantage of tuition-free math and literacy courses offered at a pace that suits your life.

**Offerings include:**

- A personal academic assessment
- Employment readiness programs
- English - Grade 12 Equivalency
- Math - Grade 12 Equivalency
- Fundamental computer skill courses

**Programs prepare you for:**

- College programs
- Apprenticeship
- Employment
- General Education Development (GED) test
- Academic and Career Entrance (ACE) certification

*Financial assistance for day-care and/or travel expenses is available for eligible learners.*

Don't let a course stand in your way. Contact us today!

📞 905-575-2029 | ✉ [upgrading@mohawkcollege.ca](mailto:upgrading@mohawkcollege.ca)  
 🌐 [mohawkcollege.ca/au](http://mohawkcollege.ca/au) | 📘 [academicupgradingmohawkcollege](https://www.facebook.com/academicupgradingmohawkcollege)

Funded by



This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario and through the Canada-Ontario Job Fund Agreement.



# RECREATION REPORT

BY KEVIN EBERT

## Central Memorial

### After School Open Gym

6-12 yrs - FREE  
Mondays & Wednesdays 4:30-5:15 PM  
Tuesdays & Thursdays 3:15-5 PM

### FUN Night Drop in

6-12 yrs | Tuesdays - 5:30-7:30 PM  
Come join us for games, crafts, and active gym play at our centre.

### Friday Night Teen Gym and Lounge

13-17yrs - FREE  
Tuesdays 6-7:30pm  
Fridays 8-9pm

## Powell Park Club House

### Movie Night

Friday, January 19 and Friday, February 16 - FREE  
Come and watch a movie on the big screen! There will be free popcorn for your movie enjoyment. Raffle tickets will also be given out to win the movie at the end of the night!  
Children 10 and under must be accompanied by a parent/guardian 18+.  
Doors Open at 5:45pm, movie starts at 6pm.

### CHILLZONE

Wednesdays, 6-8:30pm, 10-17 years, FREE  
Games, crafts, Wii, and hang out space.

### Want a job in recreation? Camps, Supie, Inclusion, Wading Pool, Change Room Attendants

Information session on Tuesday January 9, 6-8pm  
Westmount Recreation Centre - 35 Lynbrook Dr, Hamilton  
Online job posting is open until January 26. Visit [www.hamilton.ca/careers](http://www.hamilton.ca/careers)  
Questions? Call 905-546-2424 ext 3256.

## Norman Pinky Lewis

### Daily after school program

Monday to Friday, 2:15-5pm, 6-12 years, FREE  
Fun activities including sports, crafts, challenges, games, board games, and swimming on Mondays and Fridays. A healthy snack is provided each day. Come out, join your friends, and make some new ones as well! Please visit Norman Pinky Lewis to pick up a registration form.

### Neighbourhood Hoops Program returns!

Free 20-week basketball program for kids in grades 4-9 begins on Saturday, January 13. Drop by Norman Pinky Lewis to pick up a registration form. Program takes place in Cathy Wever Elementary School.

## Tim Hortons Field

### ALL programs FREE

Programs include cardio dance, cardio dance family (all ages), hip hop (6-12 years), exploring sports and arts (3-5 years), sports blast (6-12 years), 30 minute fitness classes, and so much more. Just enter through the premium entrance, free parking. Contact 905-546-2424 ext 7136 for more details, or check out the schedule at: [www.hamilton.ca/parks-recreation/drop-in-recreation-programs/tim-hortons-field](http://www.hamilton.ca/parks-recreation/drop-in-recreation-programs/tim-hortons-field)  
We have some amazing staff and can't wait to see you there!



## Screen for Life Coach

### Cancer screening sees what you can't

- Breast**  
For women 50-74 years
- Cervix**  
For women 21-69 years
- Colon**  
For men and women 50-74 years

All you need is your health card for your **FREE** appointment

To find out where you can find the coach visit: [www.hnhbscreenforlife.ca/schedule](http://www.hnhbscreenforlife.ca/schedule)

Call: 905-975-4467 or 1-855-338-3131



# TRY COLLEGE FOR FREE

City School can help you get started on a plan to attend college.

**Free** programs include:

- College credit courses
- College prep workshops
- Guest speaker events
- Youth programs
- Job related workshops
- Community events

### Did you know?

City School brings Mohawk College to the community from two convenient locations; The Eva Rothwell Centre with our classroom and Trades Lab and the Central Branch of Hamilton Public Library.

Keep any eye out for the Mobile Classroom, just around the corner in East Hamilton!





# HUB EVENTS

For up to date information on upcoming events, go to our Facebook page "the Sherman Hub". Lots happening in the community for Winterfest in February, and many other local events are being planned, but details were not confirmed when this issue went to print.

If you'd like to promote an event for January or February 2018, just post it on Facebook in any of your local neighbourhood groups.

For March and April events (March Break, Easter weekend), send an email with description, time, date, and place to [shermanhubnews@gmail.com](mailto:shermanhubnews@gmail.com), and your event will be published in the next issue. Guideline for submissions is February 1.

Everyone is welcome at the monthly meetings of the Sherman Hub Community group. Come out to a meeting and connect with the great people who make this community better! You'll learn about new projects and events, make some new friends, discover new businesses and services, socialize and have a light snack. January 3 and February 5, 7:00 - 9:00 pm, Tim Hortons Field second floor. Submit an agenda item or arrange for free childcare by email [the.sherman.hub@gmail.com](mailto:the.sherman.hub@gmail.com).

## Sherman Hub Community Group Meeting

Wednesday, January 3, 7:00 - 9:00 pm  
Tim Hortons Field, Premium Entrance, 2nd floor, Media Court Community Room. 64 Melrose Avenue North  
Meet your neighbours, learn about community projects and partnerships, and enjoy coffee and snacks! Everyone welcome. Childcare provided.  
Facebook "the Sherman Hub"

## Winter Whimsey

Wednesday, January 3 - Sunday, January 7, 10:00 am - 3:00 pm  
Hamilton Children's Museum  
School's out, so have some winter fun! Visit the museum galleries and enjoy crafts and activities. Kids \$4:00, adults \$2:00  
Phone 905-546-4848, [childrensmuseum@hamilton.ca](mailto:childrensmuseum@hamilton.ca), [hamilton.ca/childrensmuseum](http://hamilton.ca/childrensmuseum)

## Willow Storytelling Program

Starting Monday, January 8 for nine weeks, Evenings  
Good Shepherd Centre, 135 Mary St.  
Join some wonderful Hamilton women to develop and hone your storytelling skills. We'll be practicing and learning together in a fun, supportive and inclusive environment. We are looking for women or women-identified folk from ALL backgrounds! English Language Learners welcome.  
[steelcitystories.ca](http://steelcitystories.ca), [steelcitystories@gmail.com](mailto:steelcitystories@gmail.com)

## Hamilton Sings Community Choir

Starting Saturday, January 13, 9:45 am - 12:00 pm  
HARRRP, 705 Main St. E at St. Clair  
Join us for fun, friendship and song. No audition or musical experience required. Spring session runs until April.  
[hamiltonsings.ca](http://hamiltonsings.ca), [info@hamiltonsings.ca](mailto:info@hamiltonsings.ca)

## Hamilton Sings Community Choir

Starting Tuesday, January 16, 7:00 - 9:00 pm  
Delta United Church, corner of Ottawa and Maple  
Join us for fun, friendship and song. No audition, but some musical experience and reading required. Spring session runs until April.  
[hamiltonsings.ca](http://hamiltonsings.ca), [info@hamiltonsings.ca](mailto:info@hamiltonsings.ca)

## Shop the Cotton Factory

Saturday, January 20, 11:00 am - 4:00 pm  
Cotton Factory  
View and purchase the work of the artists, designers, photographers and makers that fill the buildings at 270 Sherman Avenue North! Add a fine piece of art to your dining room wall or grab the perfect birthday gift for your friend.  
[cottonfactory.ca](http://cottonfactory.ca)

## Hamilton Winterfest

February 3 - 19,  
Events and Festivals throughout the city  
Explore the city with neighbourhood celebrations art exhibits, heritage, recreation and more!  
[hamiltonwinterfest.ca](http://hamiltonwinterfest.ca)

## Trans Job Fair

Monday, February 5, 11:00 am - 2:00 pm  
NGEN, 24 Main St. W., next to the MacNab bus terminal  
The job fair allows Transgender, Gender Diverse, Gender Queer, and Two Spirit applicants to break through barriers, such as transphobia, by meeting with employers who have been prescreened as to their readiness to employ and support people from their communities.  
Facebook [opendoorsjobfair](https://www.facebook.com/opendoorsjobfair), [opendoorsjobfair.wordpress.com](http://opendoorsjobfair.wordpress.com)

## Sherman Hub Community Group Meeting

Monday, February 5, 7:00 - 9:00 pm  
Tim Hortons Field, Premium Entrance, 2nd floor, Media Court Community Room. 64 Melrose Avenue North  
Meet your neighbours, learn about community projects and partnerships, and enjoy coffee and snacks! Everyone welcome. Childcare provided.  
Facebook "the Sherman Hub"

## Winterfest Shindig

Saturday, February 10, 12:00 - 5:00 pm  
Lucy Day Park, 33 Clinton St.  
Join your neighbours as Sherman comes together to celebrate light, warming, and the nearing of the end of Winter. With live music and kids activities, featuring a free hot chocolate bar and MORE!!  
Facebook "the Sherman Hub", [the.sherman.hub@gmail.com](mailto:the.sherman.hub@gmail.com)

## deLight - Hamilton's Light Fest

Saturday, February 10, Dusk  
Gage Park Fountain  
Decades ago trees were planted at Gage Park to benefit future generations. A lighted forest of plastic bags will remind us of the need to protect the environment from litter and waste  
[delightfest.ca](http://delightfest.ca), [info@hamiltondialogues.ca](mailto:info@hamiltondialogues.ca)

## Shop the Cotton Factory

Saturday, February 17, 11:00 am - 4:00 pm  
Cotton Factory  
View and purchase the work of the artists, designers, photographers and makers that fill the buildings at 270 Sherman Avenue North!  
Facebook "the Sherman Hub"

## Family Day at Dundurn

Monday, February 19, 12:00 - 4:00 pm  
Dundurn Castle  
Explore a fascinating piece of Hamilton history at Dundurn-National Historic site. Take a guided tour and discover what it was like to live and plan and work below stairs. Sample historical goodies. Visit the Hamilton Military Museum and explore the historical figures who lived around Burlington Heights during the war of 1812. \$11.50 adults, \$9.50 seniors/youth, \$6:00 children, \$30.00 family  
Phone 905-546-2872, [www.hamilton.ca/dundurn](http://www.hamilton.ca/dundurn), [dundurn@hamilton.ca](mailto:dundurn@hamilton.ca)

## The Gages: An Early Upper Canadian Family

Monday, February 19, 12:00 - 4:00 pm  
Battlefield Park, 77 King St. West, Stoney Creek  
Visit the 200-year-old Gage House and experience the work and play of an early upper Canadian family.  
Phone 905-662-8458, [battlefield@hamilton.ca](mailto:battlefield@hamilton.ca), [www.hamilton.ca/battlefield](http://www.hamilton.ca/battlefield)

## Programs at HARRRP

Ongoing,  
HARRRP, 705 Main St. E at St. Clair  
Classes in dancing, sewing, martial arts, creative art, yoga and more! Free space for community groups and programs.  
Phone 905-544-0050, [harrrrp.ca](http://harrrrp.ca), [stpeters.harrrrp@gmail.com](mailto:stpeters.harrrrp@gmail.com)

## Soupfest

Wednesday February 21, 11:30 am - 8:30 pm  
Hamilton Convention Centre  
Soup from top local restaurants, live entertainment, toonie raffle, and celebrity servers - a tasty way to support at-risk youth in our community. Restaurants compete for the titles of Foodie's Choice, Best Soup, Most Creative Soup, Heart Smart and Best Display. An exciting community celebration that averages 5,000 annually. Hosted by Living Rock Youth Centre.  
[livingrock.ca](http://livingrock.ca)

## Bach Elgar Choir Presents Gilbert and Sullivan

Saturday, February 24, 7:30 - 9:00 pm  
Cotton Factory  
A mix of choruses and arias from the operettas of Gilbert and Sullivan including The Mikado, The Pirates of Penzance, HMS Pinnacore. A wonderful evening of madcap musical comedy.  
Tickets through [eventbrite.ca](http://eventbrite.ca)

## Creative Age Seniors Program (CASP Hamilton)

Every Thursday, 10:30 am - 3:00 pm  
St. Anthony's Church Hall, 830 Barton St. E.  
Music, art, games, group activities, theme days, and more. All denominations and cultures are welcome. Fee includes lunch, coffee/tea, snacks and entertainment.  
[casphamilton@outlook.com](mailto:casphamilton@outlook.com), or call Paula 905-869-7391, or Maria 905-745-7791