

Do you think anyone will notice the name change? Maybe we can get a story from the Branding Committee for the next issue. Soooo glad Shiona came on board to do the event listings. I feel like the paper is really coming together. Amazing how long it takes. Now if only we could find someone to take on finance. PS I'm sad that we didn't get more Thanksgivingish stuff in this issue. Hard to think of that in July. For the December issue I really think we should...

# Sherman Hub News

A publication of the Sherman Community Planning Team

SEPTEMBER-OCTOBER, 2013

## This Fall, Help Keep the Sherman Hub Clean!

Come have fun walking and exploring areas of the Hub while picking up litter and keeping it clean. Get to know your neighbours during these two upcoming events, and lend a helping hand to beautify the Sherman Hub! Everyone is invited to participate.

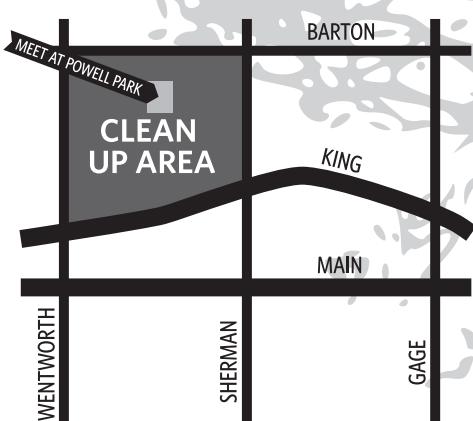
- **FREE** hot drinks and donuts at 9:30am
- **FREE** pizza lunch at noon
- Scavenger hunt with prizes!
- Kids and youth: fill up a bag of litter for great prizes!
- High School students: earn volunteer hours!
- Learn more about the one garbage bag limit, composting, and recycling from a Public Works master recycler who can answer all your waste collection questions!



### AUTUMN CLEAN-UP

Saturday, **September 28th**  
10am-Noon

**Meet at the Scott Park baseball diamond** at the corner of Melrose and King Street East. Free parking behind the arena.



### POST-HALLOWEEN CLEAN-UP

Saturday, **November 2nd**  
10am-Noon

**Meet at Powell Park**, 53 Birch Ave.  
Wear your Halloween costume for an extra prize!  
Bring along your carved pumpkins for a competition afterwards!

Future clean-Up areas will rotate throughout the Hub. Watch for new events every 4-6 weeks!

These events are brought to you by the **Sherman Hub Clean-Up Team** - an action plan team that was put together as a result of the Sherman Hub Action Plan. If you want to join our fun, fastidious and passionate team, please email: [heidi@vanderkwaak.com](mailto:heidi@vanderkwaak.com).



# ABCD

## (Asset-Based Community Development)

BY DAVID DERBYSHIRE

*"Go in search of your people,**Love them;**Learn from them;**Plan with them;**Serve them.**Begin with what they have:**Build on what they know.**But of the best leaders, when their task is  
accomplished,**When the work is done, the people will  
remark:  
We have done it ourselves."**- Lao Tzu.*

This quote was shared with me by my friend and colleague Sharon Charters when I was making a transition in my work from an employee of the Hamilton Community Foundation to my current gig as a Community Developer with Wesley Urban Ministries. I keep it over my desk as a reminder of the importance of building the capacity of the people I have had the pleasure of working with and of the awareness needed to effectively build leadership.

On June 15th of this year 16 residents of 6 neighbourhoods across this City were recognized as the first Graduating Class of the Hamilton Neighbourhood Leadership Institute.

Since October of 2012 this group has been dedicating one Saturday a month to coming together and building their capacity to provide leadership to their Neighbourhood Association or Planning Team as they navigate their journey to implement the Action Plans they had all spent the better part of the previous year developing. They came from a variety of backgrounds, with various levels of formal training prior to the group but with a collective desire to build their capacity to provide leadership as their friends and neighbours began their work to collectively move their plans from mere words on a piece of paper to actions that would bring people together to do the things they had identified as important to making their neighbourhood a better place to live, work and raise a family.

As with most things the Leadership Institute would not have been possible without the support of a team of collaborators that included but was not limited to:

The Hamilton Community Foundation, of whom I can not say enough. For the past 11 years they

have been a champion for helping all residents of our fair city find their Voice, exercise a Choice and gain Access to the things that will improve their quality of life.

The City of Hamilton and most specifically the Office of the City Manager and the Neighbourhood Strategies Office who have stepped up over the last couple of years and joined the Foundation in building the capacity of residents in neighbourhoods that have traditionally been better known for their challenges than their assets.

The 18 presenters who brought their wit and wisdom to share with group as they explored the various aspects of leadership from how to run and effective (or was that affective) meeting to how to deal with conflict. These presenters came from a variety of backgrounds ranging from University professors to the guy or girl next door, each recognized for their "expertise" in a particular aspect of leadership.

It should not be lost that the "Graduation" was held at the heart of leadership within our city, City Hall and the honours were bestowed on the recipients by none other than our Mayor, Bob Bratina and Mr. Terry Cooke, President and CEO of the Hamilton Community Foundation.

Speeches were made, certificates presented and picture commemorating the

event were proudly posed for and taken but this was all pomp and ceremony compared to the overwhelming desire of this group to continue on their journey of discovery. To build on what they had learned and explore ways to expand that knowledge and continue to build their capacity to make a difference in their neighbourhoods.

And so to the graduating class of the Hamilton Neighbourhood Leadership Institute 2013: Chantal Malette-Jones; Sandra Penner; Evan Fraser; Elisabeth Brown; Joanna Millions; Brian Goodman; Dawn McIlmoyle; Steve Calverley; Steve Devisser; Marie Raftis; Wanda Eades; Dave Deslandes; Monika Ciolek; Sharon Whiteside; Naseer Malik and Nelly Sinclair. I say thank you for your commitment to your neighbours and your neighbourhoods. I anxiously wait to hear how you have taken these skills and parlayed them into bigger and better things within your neighbourhoods.

"I must follow the people. Am I not their leader?"

Benjamin Disraeli



2013 Hamilton Neighbourhood Leadership Institute graduates with their diplomas (left); our own Steve Devisser (above left, with Hamilton Community Foundation President and CEO, Terry Cooke) and Steve Calverley (above right, with Mayor Bob Bratina).

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# Communication, Relationships, Engagement

BY REBECCA DOLL

**Urgent**

**Five years have come and gone in the blink of an eye in the Sherman Hub. Here we are with a dozen action teams creating value in the community, a tenuous connection through the paper to our four corners, and a way of working that is inclusive and asset-based. How did it happen?**

**One important factor is that we started focusing on what's important for the long term rather than just reacting to problems in the short term. By taking an asset-based look at the long term we are able to build on all the great things that already exist (like your skills and experiences) to help strengthen the relationships, the infrastructure, the opportunities for all of us.**

**Most of us are being driven by what's urgent in our lives, so that we never get to stop and focus on what's important until it too becomes urgent and then it is too late for planning and relationship-building. At that point we need**

**to take the available solution and not necessarily the best solution. It begins to feel like we're running in a hamster wheel because there's always another urgent coming around the bend.**

**When people work together on an issue, we get to rise above the urgency, even when some of us are desperate (Bed Bug team anyone?). We get to pool our skills, perspectives, connections, resources and experiences to look for good, long-term solutions.**

**The number one thing that people say they like about Hamilton is the people. We're open, frank, helpful and engaged. We're also focused on what's important. And it's a luxury. I'm really thankful that so many of my neighbours are able to pop their heads up above the urgent, take the long view, focus on things that they think are important, and stay the course until we start to see changes.**

**I'm feeling the change already. Are you?**

**VOICE OF YOUTH**

## BULLYING!

BY CASSANDRA DOLAN

There is an issue every kid deals with at least once in their life. They will start dealing with it again soon, seeing as school is back around. That issue is something that is not nice. It hurts a lot of kids more than that person really intends to. If you have not guessed it, that issue is bullying. Bullying can happen to anyone, anywhere. It can happen at the store, at the playground, at home and where the biggest place you see it happen.... at school! Whether it is a classmate, a friend, a parent, a sibling, no matter who it is, if they are making fun of you, hurting you, calling you names, anything along those lines; they are bullying you. And it is about time you said something to someone. You think you can handle it on your own but I am sorry to say it, you can't. It will eventually get harder. Bullying has led to several deaths. Many teenagers get bullied whether it is at home or school, and some of them are already depressed or down and then start believing that whatever that bully is saying to them is true. Some teenagers have it happen so often to them that they will start hurting themselves because they believe that is the only way to relieve the pain, and then some of them will eventually instead of speaking up about it, will commit suicide. I know a lot of people that have been and still are bullied, and with the help

of great friends, awesome family support and the help of the teachers and principals at our school, they have made it through the rough patch. What I am trying to say is, don't let you being bullied keep you away from school, after school activities, and enjoying your life. Every person out there should get to enjoy life and participate in clubs and groups. Also to the parents out there, if it is you that is bullying your own children, then you need to get up, and get help. There is absolutely no reason as to why you should treat your children that way. And if you are not like that then you still have to start realizing how much your kids are hurting and be there to help them. They will need a lot of support throughout their whole lives especially if they are getting bullied. To all the bullies out there, all of you think you are so tough, and some of you are 'just trying to hurt them like they hurt you', well, step back and take a look. Some of your actions may have caused someone a lot of pain, maybe not physically but mentally. All in all, bullying is not something to be taken lightly. It is a huge issue of these upcoming years and it will not stop until we decide to actually stand up as a force and do something about it.

Sincerely,  
a past victim of bullying

## Contributors & Acknowledgements

The Sherman Hub News is published bi-monthly by the Sherman Community Planning Team Delivered door-to-door from Wentworth to Gage, Escarpment to the Water

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

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Hamilton Community Foundation



For Hamilton, For Ever

The Sherman Community Planning Team is a resident-led group of folks 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.

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Children's Opportunities in Recreation & Education

## Community Café

The Wever CORE will host Community Cafés as an opportunity for all stakeholders to share information and create dialog and discussions on topics that affect the Wever Community. We invite service providers, community organizations, community groups to share information with each other and residents in the Wever Community.

We extend a special invite to parents, seniors and local residents to attend these café sessions. Learn more about services and opportunities, see what is happening in our hub, and be part of the positive change.

**Community Café Dates**  
Cathy Wever School, 5:00 - 6:30pm

October 16, 2013

November 20, 2013

January 15, 2014

March 19, 2014

May 21, 2014

**Wever Celebrates September 19<sup>th</sup>, 2013**  
**5:00 - 7:00pm**

# WARD 3 NEWS

BY BERNIE MORELLI

Dear South Sherman Neighbourhood Residents, I hope summer was a good one! There are a few updates as we move into the fall term:

- Neighbourhood Clean-Up:** I want to applaud everyone in your continuing efforts to make our community vibrant. I hope to see many of you at the upcoming Neighbourhood Clean-Ups. They will take place on September 28 from 10 a.m. until noon (meet at Scott Park baseball diamond) and on November 2 from 10 a.m. until noon (meet at Powell Park).

- Gage Park Summer Concert Series:** Consistent with the commitment to restore and refurbish Gage Park, Sunday night band concerts returned this year. The "Seven Sundays in Gage" included a full program of free concerts this past summer. There were a total of eight concerts at the Gage Park Bandshell that ranged from big band to blues to folk music, also with the addition of food trucks and pre-acts. The plan is to expand the program to include movies as well.

- King Street Corridor:** I want to thank staff for completing the King Street Corridor re-pavement project which I accelerated due to the poor previous condition of the street.
- Scott Park Precinct:** Project consultation with respect to the Scott Park Precinct is continuing and you will receive further information in the fall.
- Property Standards:** My office, Municipal Law Enforcement and all major standards enforcement agencies continue to aggressively pursue illegal multiple unit properties, property standards and safety issues in the Ward as a top priority. Do not hesitate to call Municipal Law Enforcement (Phone: 905-546-2782 or E-mail: mle@hamilton.ca) or my office if you have any properties that you feel should be inspected. It is my belief that we are making headway but cannot let up in this challenge.
- Blue Boxes and Green Carts:** Along with the City, I am strongly committed to improving our efforts toward waste diversion. If you should

need an extra blue box or green cart, please call my office at 905-546-2702 and it will be delivered.

- Trees:** If you have a property, a portion of which includes City property, and wish to receive a tree, please do not hesitate to contact me as I continue to encourage more tree planting in the Ward.

- Office Changes:** I want to update you regarding some changes in my office. Nick Westoll, my former Executive Assistant, will be returning to school in September at my encouragement after six and a half years in my office. I would like to thank him for all his service and contributions throughout his years at the City of Hamilton. He has and will continue to be a part of the team on special projects. It has always been my strong advice that he return to complete his schooling. Please join with me in wishing him well.

Mary-Ann Meyer will be replacing Nick as my new Executive Assistant. As



Ward 3 Councillor  
Bernie Morelli

a resident of Ward 3 and a former employee of the Office of the City Clerk, Mary-Ann is familiar with the current issues in Ward 3 and the broader City. Please join me in welcoming her to the Ward 3 team.

As we have much to be thankful for in the last year, I want to take this opportunity to wish you, your family and friends a Happy Thanksgiving. Should you have any municipal related questions/concerns or would like to discuss any of the issues above, please do not hesitate to contact me or my office at (905) 546-2702, by e-mail at bmorelli@hamilton.ca. We need your input and look forward to working with staff and community to address your concerns and interests.

PS. A special thanks to all those who expressed their kindness to me during my recent stay in the hospital.

## Gage Park Monument

BY DAVID BELAND, HISTORICAL DIRECTOR, FRIENDS OF GAGE PARK

On September 21st, The Friends of Gage Park will be unveiling a monument to Howard and Lorrie Grubb, the landscape architects who designed Gage Park. There will be two plaques on the monument. One will show pictures of Howard and Lorrie, with historical text outlining their contribution to landscape architecture. The other will show a reproduced map of their original design for the park.

**DUNINGTON-GRUBB LANDSCAPE ARCHITECTS**  
In 1911, Howard Grubb and Lorrie Dunington, both landscape architects, were married in England. That year, they immigrated to Canada and set up an office in Toronto. They wrote about, and taught, garden design and produced a vast number of residential and commercial designs in Toronto, around the province, the country, and abroad. A few examples are University Avenue in Toronto, Parkwood, the Estate of R.S. McLaughlin in Oshawa, and



the Rainbow Bridge Gardens in Niagara Falls.

In 1913, they founded Sheridan Nurseries to produce plants for their many projects.

Locally, Howard and Lorrie Grubb were strongly promoted by Parks Board member Thomas McQuesten.

### HAMILTON COMMISSIONS

From 1919 to 1927, Howard and Lorrie were the landscape architects for Gage Park. In 1926-27, they prepared a Master Plan for the northwest entrance of the City including the High Level Bridge and the surrounding area. In 1927, they designed the entrance to McMaster University and the renowned Sunken Gardens, which were destroyed for an expanded plan of the McMaster Medical Centre. They also designed the perennial beds and sunken gardens at Whitehern, the home of Thomas McQuesten.

The Grubb's designs reflect the

City Beautiful movement of that time as can be seen in the formal gardens and expansive views of Gage Park. Much of their original design can still be seen in the park.

### THE GAGE PARK FOUNTAIN AND MASTER PLAN RENEWAL

The Gage Park Fountain was designed by John Lyle. Eugenie Gage sponsored its building. It was completed in 1927, and dedicated by Governor General Willingdon. The fountain and its run off channel fit naturally into the Grubb's design for the park. The City of Hamilton restored the Dunington-Grubb Reflective Gardens as well as the main fountain to its original form in 2012/13 as part of a renewal plan for the park.

Unveiling of the monument to take place September 21<sup>st</sup> in Gage Park at 11 a.m. Light refreshments to be served. Meet at the Greenhouse Works Yard from 10:30 a.m. onward. Please check the HUB website for further instructions: southshermanhub.wordpress.com

## CALLING ALL SHERMAN HUB NEIGHBOURHOOD Experts!

**A**re you a professional working and/or living in the Sherman Hub neighbourhood? Impart your knowledge, expertise and skills to your fellow neighbour at the Sherman Hub "Ask an Expert" day.

"Ask an Expert" day, sponsored by the Spokes, is now booking local professionals who live and/or work in the Sherman Hub neighbourhood (Gage to Wentworth, Escarpment to the tracks). The event is being held at HARRP, located at St. Clair and Main on November 10th, 2013.

Applications will be accepted for consideration until October 15th, 2013.

Professionals should provide name or company name, contact information, type of professional advice/consultation offered, provide a minimum of one promotion/special offer to participants, and advise of any special needs for the event (ie: table, 2 chairs, wall space for signage, additional floor space required, seminar/workshop space, etc). If you would like to facilitate a free seminar, class or workshop, please provide topic, complete outline, duration and spacial requirements.

If you are a professional and agree to dispense free advice or consults to your neighbours at our event, please contact Patty Clydesdale, Lead Spoke at southshermanspokes@gmail.com and write in the Subject line, "Ask and Expert"

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## THE SPOKES



Melissa DeRuiter



Patty Clydesdale



Sarah Martin



Steve &amp; Kathy Calverley

**MELISSA DERUITER**

Melissa DeRuiter and her family live on Burris St. South between Delaware and Cumberland; she is a registered nurse and is a care co-ordinator for the Community Care Access Centre at a busy Hamilton hospital. Melissa is your Spoke for Burris Street South, Gladstone South and Fairleigh Ave South between Cumberland and Delaware and includes her neighbours living on both Delaware and Cumberland that span these streets.

Melissa's interests include reading,

# Meet Some of Our Spokes

BY PATTY CLYDESDALE

walking, nature, God, spending time with her son, drinking Diet Coke (especially fountain pop) and helping others (not necessarily in that order!). Melissa became a Spoke because she wanted to become involved in helping her neighbours, bring people in the community together, and ultimately help to make the Sherman Hub a healthy place for everyone.

"I've lived in Hamilton for over four years now, and I love this city. I am blessed to live in such a great neighbourhood, and enjoy how diverse it is. The parks, the homes, the people, the recreation, the trees...it is truly an awesome place to live. The Sherman Hub neighbourhood is a great example of healthy urban planning-with people from all social classes, backgrounds and abilities living together harmoniously. My aspiration is to continue to meet my neighbours, to become more involved in community wide events, to spread the word about community events, and to empower residents to be proud of our community."

**PATTY CLYDESDALE**

Patty Clydesdale is an interior designer (ARIDO) and works with David Premi Architects inc. She's a proud wife and mother, a member of the South Sherman Community Planning Team (SCPT), the Lead Spoke for the Sherman Hub Spokes and is your Spoke for Gage Avenue South and Connaught Ave South, between Main Street East and Dunsmure Avenue.

Patty's interests include spending

time with her family and friends, reading, volunteering with the Sherman Hub Community Planning Team, and tending her yard (when time permits!) Patty became involved with the Spokes in the fall of 2012, to spearhead an needed action item designed to engage and connect neighbours.

"I moved to Hamilton 4 years ago; it's home and I'm proud to say I live in the Sherman Hub. Our people are wonderful, and the architecture and treed yards are magnificent. I wanted to put down roots and get knee deep in my community, so I became involved with the Spokes to share my skills and talents, and to help build our community. In return, I am enriched by the kindness and caring of others. When you put yourself out there, engage and connect with your neighbours, it redefines you. The Spokes effectuate change, and heighten awareness about the benefits of neighbours supporting, uplifting and empowering each other. Lend a hand (or a cup of sugar), introduce yourself and say good morning to your neighbours-it's just the beginning. Let's start a neighbourhood revolution!"

**SARAH MARTIN**

Sarah Martin is a wife, mother to three daughters and is a supply school teacher with Hamilton Wentworth District School Board. She generally teaches at schools in her neighbourhood where she can walk or bike to work. She's also your spoke for Balsam Avenue South between Main Street East and Dunsmure Avenue.

Her family's interests include music, cycling and working on their community garden plot at the Gage Park Community Garden. Their family is enjoying getting to know their neighbours and are looking forward to having a block party or BBQ sometime in the fall of 2012.

"I'm a Spoke because I believe that the key to developing a place where people live, work and raise a family is to be neighbourly and to connect people. If we create a climate where we offer to help a neighbour rather than complaining about them, where people are known and connected to each other, it will result in less problems that concerned us. Crime won't be anonymous and people will be cared for as they share skills and knowledge. The Sherman Hub is a valuable resource and I am glad to connect my neighbours to the information and support that they can access through it, as well as the many opportunities to get involved."

**STEVE & KATHY CALVERLEY**

Steve and Kathy Calverley along with their daughter live on St. Clair Avenue and are your Spokes for St. Clair Avenue between Main Street East and Dunsmure Avenue. Steve is Principle of Crafted Renovations, specializing in interior renovations. Kathy works with the Hamilton Community Legal Clinic. Steve dedicates much of his free time serving as Chair of the Sherman Community Planning Team (SCPT) and Kathy currently serves as the SCPT's Interim Secretary. Both Steve and Kathy serve on numerous SCPT Committees and are also involved with the North St. Clair Neighbours group.

The Calverley family interests include spending time in local parks (especially Gage Park), enjoying evenings on their front porch, getting a great meal from Good Life Deli and engaging and connecting with neighbours and friends in their neighbourhood.

"We have lived in Hamilton for five years and thoroughly love the lower city's urban beauty with its tree-lined streets and historic neighbourhoods. The greatest asset of the Sherman Hub are its people and it is an honour and pleasure to connect with our immediate neighbours along St. Clair, in addition to those throughout the entire Hub."

**CALLING ALL NEIGHBOURS!****Do you need some professional advice?**

Need some help with that backyard weed forest? Want to know how to budget for renovations? Having trouble deciding on finishes for your kitchen? Need new and creative ways to stay fit? These are only some of the questions being answered!

Mark your calendar and plan to be at the Sherman Hub "Ask an Expert" Day, sponsored by the Sherman Spokes on **November 10th at HARRP**, located at St. Clair and Main! Watch for our advertisement in the next SSH News for more details and a complete list of professionals who will be available to answer all your pressing questions!

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Friday September 20  
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Saturday September 21  
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STARKEY FINE FOODS

# THANKS TO YOU, THE NEIGHBOURHOOD ACTION STRATEGY HAS GREAT MOMENTUM

BY PAUL JOHNSON, DIRECTOR, NEIGHBOURHOOD DEVELOPMENT STRATEGIES, CITY OF HAMILTON

**T**his summer, the staff in the Neighbourhood Development Office at the City of Hamilton is busy preparing information that will appear in our Annual Update to Council (currently scheduled for October 2nd, 2013). Our goal is to provide a synopsis of all the activity that occurred this past year in the 11 Neighbourhood Action Strategy neighbourhoods. As information is compiled about the amount of work happening across neighbourhoods, the emerging picture is a testament to the strong commitment that residents, business and organizations have to this great city they call home.

The volume of activity is impressive. I love the way the work is being done. Neighbourhoods are working in collaborative ways and ensuring that their conversations are inclusive. With Action Plans in place, neighbourhoods are able to ensure activities are part of a larger strategic objective. And best of all, you are getting things done!

Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." This quote describes the way the partners in the Sherman Hub go about their work. Excellence clearly is a habit you have formed and it is paying off with big rewards.

Your excellence is demonstrated in the way you have taken specific actions to increase communication between

residents, businesses and organizations. The Sherman Hub News continues to be a best practice example of how to communicate effectively with your neighbours. It is well written, full of great information and professionally produced. It is often one of the items I use in the "show and tell" part of my speeches about neighbourhood work in Hamilton. Your commitment to communication does not stop with the newspaper. The recent completion of the Sherman Video demonstrated your desire to share the story of the neighbourhood in a new way. The fact that residents, themselves created it also shows a commitment to utilizing the strongest asset of the neighbourhood... the people who live in it. Finally, you have tackled communication at a very local level through your Block Champions program (now called Spokes). This effort to connect neighbours block-by-block is critical to building a true sense of community.

Your excellence is demonstrated in your commitment to redevelopment

in the neighbourhood. One example of this is the work in the Stadium Precinct. The many residents who have participated in the "Precinct Planning" process have ensured that the proposed redevelopment includes key elements that will help make the neighbourhood an even better place to live, work and raise a family. Major elements of the Precinct Plan are before Hamilton City Council for debate and decision-making. The construction of a new high school, new recreation and seniors centre and increased outdoor recreation space would be huge new investments in the area. The Precinct Master Plan presentation is available on the City's website at [www.hamilton.ca/panam](http://www.hamilton.ca/panam)

Your excellence is clearly evident in the way you hold thoughtful and well-planned discussions on sometimes difficult topics. I have been very impressed by the way you have discussed complex neighbourhood issues, such as safety and sex work in your neighbourhood. These are difficult conversations that can often lead to

heated discussions. But you know how to approach topics respectfully and you care about each other and so, even the difficult conversations can take place. I know we still have some work to do to build a strategy around these issues, however, the fact that we can work together will help us build an approach that works for everyone. I am also impressed by the way you have tackled internal organizational issues such as the "boundaries" of the neighbourhood and how best to structure yourselves to implement your action plan. Paying attention to how people can connect to your neighbourhood work is important. The best groups, organizations and businesses are flexible and can adapt to changes around them. The Sherman Community Planning Team clearly understands this, and is open to finding the best way to ensure success.

These few examples highlight why it is such an honour for all of us at the City to work with you. We want to help where we can and where you think we should. Thank you for all you do.

## The New Naturopathic Doctor in Town

BY DR. JUSTIN GALLANT

Hidey ho neighbours, I would like to introduce myself as your new local Naturopathic Doctor. I know what you're thinking: What the heck is a Naturopathic Doctor (ND)? In general, a ND is trained as a primary care physician, meaning I am trained to serve as your Family Doctor but I prefer my patients to have both an MD and an ND. ND's and MD's both have their limitations and if you're seeing both of us, the majority of those limitations can be covered. ND's take a holistic approach so we look at every aspect of your life including dietary, supplementation, stress, emotions, sleep, digestion, to name a few. The main treatments I use are dietary and lifestyle guidance, proper supplementation, herbal medicine, acupuncture and a few others. One of my favourite and most important things that I do is trying to figure out the root cause of what is ailing my patients. I see people from all walks of life: pregnant women, babies, kids, teens, adults and elderly with any condition you can imagine.

A little bit about me: I grew up on Belmont Street and went to Memorial

Public School. I moved to Edward Street for a short while and then to Selkirk, Ontario where I commuted to Cathedral High School. Once finished at Cathedral, I moved to St. Catharines to attend Brock University, where I received a degree in Kinesiology. After that, I moved to Toronto to attend the Canadian College of Naturopathic Medicine for another 4 years to become a Naturopathic Doctor. I am now living and working in Hamilton and loving it.

A little bit about my clinic, Advantage Chiropractic: We're located at 59 Dunsmure Road, and by "we," I mean me, Dr. John Millett, our Chiropractor (who's not just your average Chiropractor), our Registered Massage Therapist, Katrina Bem, and our receptionist, Mary. We're in a big, old beautiful Victorian home. You should come check it out! We have free parking too.

What to expect: The first visit is an hour long and consists of a thorough health history intake including past medical history, medications and



supplements, family history, etc. The second hour-long visit is a physical exam and we will go over a review of systems as well as a diet diary with you. I usually start treatment within the first or second visit. I like to see my patients twice within the first couple of weeks and then once every couple of months for 30-minute follow-up appointments.

Some patients like to come see me more often than that which is totally fine with me. A referral is not needed. Most people who have benefits are covered, and I try to stay within that range. Please visit my website to read more about what to expect or feel free to email or call me.

In the future, I will be writing a health column for the Hub. If you have anything in particular you would like me to write about please contact me. Feel free to check out my website [www.DrJustinGallantND.com](http://www.DrJustinGallantND.com) and don't forget to check out my blog!

If you have any questions, comments or would like to book an appointment with me please call the number listed below or email me.

Thanks for reading!

My contact information:

Dr. Justin Gallant ND

Naturopathic Doctor

Bachelor of Kinesiology

905-547-5393

59 Dunsmure Road

(Dunsmure and Sherman)

[www.DrJustinGallantND.com](http://www.DrJustinGallantND.com)

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**MUSICAL JOURNEY**

# Music In The City

BY DARIN MARTIN

Over the summer, I have had the opportunity to do a fair bit of travelling to play music, and I have bumped into a few people who have all asked me, "So, where are you living now?" When I answer, I always get some form of the question "Why Hamilton?"

There are many good reasons that my family and I have put our roots down in Hamilton, but one big reason is our amazing music scene. On any given night in Hamilton you can find a cool venue with a great musician sharing their songs. Whether you like

Blues, Jazz, Country, Singer Songwriter, Rock, or Hip Hop, you can find a place to go and hear it.

Recently, I was walking along James Street for Art Crawl and while I was having a "pinch me, is this real?" moment just thinking about how cool our city is, I was amazed at the variety of music being played. Roughly every 30 steps one artist's song seemed to fade into a whole new sound and feel of music. I love the variety; I love that musicians at all levels can find their way here. We have legends living among

us, from Tom Wilson to the Arkells, Monster Truck to Ian Thomas and many more.

I love that right in our own neighbourhood we have events like "Seven Sundays" in Gage Park where you can hear live music for free. One of my favourite experiences of this was last summer when a few friends from the Hub met on picnic blankets with homemade salsa made from the veggies grown in our own community garden.

Music is happening all around us. If you want to hear it, I recommend that you go for a walk and leave your headphones at home and just listen to the music in the City. If you listen you will hear things like the wind blowing, cars moving, car stereos, kids playing, neighbours laughing, fireworks, cats meowing, sprinklers, roofers working, planes flying overhead,

ice cream trucks, the click clack of Jed the Dancing man's boots. To some, this may just be noise; to me this is the music of the City. It has a sense of energy and movement. There is always sound. It is the soundtrack of our city.

My hope as a musician, inspired regularly by the sound of this City, is to contribute my own voice into the sound of Hamilton. As I travel and play music, I want my songs to give people outside of Hamilton a glimpse into the sound and heart of our city. At concerts, when I mention that I am very proud to be from Hamilton, I want to answer the question "Why Hamilton" by introducing them to the sound of our City. My hope is that other great musicians and artists from our city will also share the music of our city with others.

"Why Hamilton?" Just listen and you will see there is no other place like it.

**THE URBAN GARDNER**

# Autumn's True Magic

BY CANDY VENNING

Fall is a time for reflection on the garden, a time to edit failures, (before they are forgotten) remove or treat diseased specimens and plan for next year's

success. As you browse bulb catalogues, spare a thought for where it all begins, at ground level, with your soil. Everyone knows about cleaning and bagging leaves but don't clean up too well, there's much to be said for just letting them lie in your beds (garden beds that is). Consider for a moment, a forest floor. What supports the diversity of trilliums, ferns, anemone and mosses thriving in deep shade with no gardener or Miracle-Gro in sight? The very simple magic of leaf mulch. Naturally falling and composting leaves building over the years, adding nutrients and texture, creating the effect of a perfect

mulch to build healthy soil. Truly fertile earth does not come in a bag, it takes a multitude of organisms and biological processes to build up the complex 'food' for plants to thrive. Reduce, re-use and recycle never works so well as in nature. Manure, compost, natural slow release fertilizers combined with undyed mulch are effective amendments to soil, allowing more nutrient uptake for beautiful blooms and dense foliage. Don't think it looks nice leaving the beds 'au naturel'? Here are two other options for keeping the fall bounty and reducing the amount of bags at the curb this year. Rechargeable

electric leafblowers are available with a vacuum, a bag and a mulching blade to speed up the process of breaking leaves down, bags can be emptied into beds (offer some to a neighbour if you still have too much). Option two is to add them to your home composter, that forlorn and forgotten black silo in the corner of the garden may not be getting fed with the city taking away most of our scraps in the green bin, but leaves will eventually break down here and be available in time as 'black gold'. Those crispy golden leaves collecting on the ground truly are golden when it comes to your garden.

# GOOD LIFE, GREAT FOOD

BY DANIELLE DINGLE

**Good Life Deli**

943 King Street East (just east of Sherman)  
Breakfast, Lunch and Dinner.  
Price Range: \$3.75- \$9.75 Breakfast;  
\$3.75- \$9.50 Lunch; \$7.50- \$24.95  
Dinner.  
Open 7am - 8pm, Seven days a week.

Last summer, a little restaurant opened quietly in our neighbourhood. There was no fanfare, no bombardment of advertising; just one morning, the Good Life Deli opened for business. I discovered it quite unintentionally soon after. Located where the old Apollo diner stood at 943 King Street East, just east of Sherman, the Good Life Deli offers more than just your typical diner fare.

A significant minority of my life has been spent looking for the perfect breakfast. The Good Life Deli sign said "open," so in I went expecting an average meal and found breakfast nirvana instead. Besides the usual, but very well executed, bacon and egg brekkie, the deli offers a whole host of less conventional, but equally, satisfying dishes. Most noteworthy is the huevos rancheros. The unorthodox, but delicious, huevos rancheros is made with a Montreal smoked meat chili and topped with two eggs and Monterey jack cheese. The hefty portion also has a side

of house-made sweet chili sauce that will knock your socks off in flavour. I love that they also offer lighter breakfasts like oatmeal and fresh fruit or poached eggs, fruit and cottage cheese. The breakfast parfait is certainly not to be missed, as it is almost too beautiful to eat.

The Good Life is a family-owned and run restaurant. Chef/Owner Chhayden Lor did most of his training in fine dining restaurants in Stratford and London Ontario before opening the establishment in Hamilton. His training is reflected in the menu, and his insistence that all ingredients are fresh and made in house.

The Good Life has evolved slowly. Lor has watched the neighbourhood, and tailored the restaurant accordingly. They recently expanded their dining space and started offering a dinner menu. After 5pm on any given night, the fine dining side opens, the lights dim, and the bustling brekkie crowd departs, to be replaced with well-dressed couples of all ages. You might find yourself wondering, as I did: Is this really a diner? My answer: yes, in an idealized, Hamilton-chic sort of way. Add to that a respectable wine list, cocktails and a new tapas/appetizer menu soon to be released, you have an appealing new dining option with something for everyone in the heart of the Sherman neighbourhood.



**PHYSICAL LITERACY SUMMIT**

**PLEASE ENTER HERE!**

**Hamilton, Ontario**

**"Individuals who are physically literate move with competence in a wide variety of physical activities that benefit the development of the whole person."**

- Mandigo et al, 2009.

**Hamilton Convention Center**

**September 27, 2013**

**For more INFORMATION or to REGISTER, visit us at**

**WWW.PHYSICALLITERACYHAMILTON.CA**

**WHAT is it all about?**

The goal of the Physical Literacy Summit is to bring together parents, teachers, coaches, instructors and program providers responsible for the physical literacy development of our children and provide opportunities for these 'PL4ALL Solutionaries' to build their knowledge and enhance their skills to provide developmental and fundamentally sound movement practices. Due to the various entry points of these stakeholders our slogan "Please ENTER here" is an invitation to everyone to begin or continue their instructional journey of making physically literate children at the Physical Literacy Summit in Hamilton.

Powered By:

**Schedule of Events:**

**Thursday, September 26th from 7pm to 9pm:**  
Essential Elements for Player Development:  
Examples from Soccer and Hockey  
**\*Attendance and parking is FREE.**

**Friday, September 27th from 7:30am to 8:15am:**  
Terry Fox Run sponsored by Steps Count - Westdale  
**\*Participation is FREE. All donations will go to the Canadian Cancer Society.**

**Friday, September 27th from 9am to 8pm:**  
Physical Literacy Summit powered by Gopher Sport.

**Key Note Speakers:**

Dr. Dean Kriellaars & Dr. James Mandigo

**Presenters Include:**

Dr. Kwame Brown • Dr. Maureen Connolly  
• Ted Temertzoglou • Heather Gardner • Dr. Amanda Stanec



# HARRP AND THE ART SOCIETY

BY ROY MAYBERY

My name is Roy Maybery and I run the Hamilton Art Society housed in St Peter's HARRP at Main and St Clair. We meet on a Tuesday Evening at 6:30 pm to 8:30 pm. We have been going for a few years now, and we are also blessed with talented members.

As for me, I am an enthusiastic amateur. I have little formal training in fine art. I am an industrial machinist, though I have an academic side; an archaeology degree and a MA in history. I am also licensed to teach high school in Ontario, however, I don't at this time. What formal training I have in fine art I have acquired in Hamilton; first at the Atelier of Paul Richard James on Bold St, and second at the School of Classical Realism at the Hamilton Conservatory.

About two years ago, I approached HARRP with the proposal to set up a classical painting atelier. To my

amazement, the leader of this operation at the time, the Reverend Sue-Ann Ward, acquiesced to the idea. She gave it the nod and, lo, the Hamilton Art Society was born.

My original vision for the Hamilton Art Society was as a place where artists could meet, do their thing and bounce ideas off each other. Instead, I found that there was a demand for formal instruction in classical method. While my original plan is far from dead, the society has nonetheless developed in such a way as to have a substantial teaching component.

The Hamilton Art Society is open to all types of people, from complete novices to accomplished artists. We also encourage all types of artistic styles and mediums. My main skill and emphasis, however, is classical portraiture in oils, which is also the style of the old masters. While this sounds like a tall



order, most – if not all – of the

current members who have undertaken this are snapping at the heels of the great. Of course, in the true artistic spirit of self-criticism, if you were to ask them they would deny it.

Nonetheless, they are producing good work. While I would not deny the natural talent of our members, the fact remains that painting, like any other skill, can be learned. That is the idea of an atelier. The word 'atelier' is French for workshop. In the current context, it means a teaching workshop for the fine arts.

Producing a fine painting in the style of the old masters is not a matter of some magical gift. It can be acquired from any number of classical ateliers around the world. Indeed, some of these reside in Hamilton. As I pointed out in an earlier paragraph, I attended two of them.

I attempt to teach this style of painting at HARRP, not only because it is what I know, but I also believe that to do a good painting of any sort – classical or modern – it helps to know how to paint. Just as good spelling and grammar are essential to writing a book.

HARRP is a charitable organisation and does not charge for the space it provides. It is also contingent upon having that space provided that the Hamilton Art Society does not charge either. As a consequence, the Hamilton Art Society expects its members to provide their own equipment: brushes, paints, canvas, etc. That being said, we do have a limited quantity of student-grade materials available for the use of new people who wish to give it a go.

Since HARRP and the Hamilton Art society are charitable organizations, however, we do lack some of the luxuries that the better-equipped private ateliers enjoy. Nonetheless, we make up for it with enthusiasm and faith that as time goes on, we will find ways to acquire all those things that we need.

As for the future, it is my hope that the Hamilton Art Society outgrows me, and that others come along and take the helm, and that individuals more talented than myself will take leading roles. Happily, such people might be more abundant than a man as conceited as I might imagine. Lastly, it would be wonderful if it outlived me and still be there in a hundred years.

# Canada Learning Bond

BY REBECCA DOLL

**M**any Canadian families are eligible for the Canada Learning Bond, and yet, very few apply. Here in Hamilton a large multi-stakeholder team is working to help promote the program, increase applications and thereby encourage more youth to pursue a college or university education. One thing we've discovered so far, there are an awful lot of hoops to jump through to take advantage of the Canada Learning Bond program.

If you think this program would help your children go to post-secondary school, I'd love to hear about your experience if you decide to apply. Here is some basic info from their website: [www.servicecanada.gc.ca/eng/goc/clb.shtml](http://www.servicecanada.gc.ca/eng/goc/clb.shtml) (Think of it as a starting point and persevere.)

**The Canada Learning Bond (CLB) is \$500 offered by the Government of Canada to help start saving now for your child's education after high school. Plus, your child could get \$100 every year until the child turns 15 years old to a maximum of \$2,000.**

## ELIGIBILITY INFORMATION

- The child's family must receive the National Child Benefit Supplement.
- Children must meet the following criteria:
  - have been born after December 31, 2003
  - have a birth certificate
  - have a Social Insurance Number (SIN)
  - be a beneficiary under an RESP
  - reside in Canada

## FINANCIAL INFORMATION

- The children qualify for \$100 Bond instalments until age 15 for each year their family is entitled to the Supplement.
- The Bond is paid into an RESP established by the family.
- The first Canada Learning Bond payment includes an additional \$25 to help cover the cost of opening the RESP account.

## CONTACT INFORMATION

General Inquiries: 1-888-276-3624

## Wild Women

At The Elizabeth Fry Society  
85 Holton Avenue South  
(St. Giles Church, Glass doors)  
If you have any questions  
call 905-527-3097 x230 Shannon

### Meeting Dates:

June 27, 2013 - Picnic in the Park

July 18, 2013 - Sunset at the Pier

August 8, 2013 - RBG-Walking in the Garden

Time: 6:00pm-8:00pm  
(We will meet at the E-Fry office and leave together)

A Women's Group that will inspire women to be empowered, teaches leadership abilities, and provides networking opportunities.



This group is for any woman 18 years and older living in the South Sherman Hub who wants to connect with other women. The group is set up to help women socialize with other women living in the same area and build leadership and mentoring skills. Numerous workshops and events will be set up to help women learn new skills and gain knowledge. Input from the women attending the group will decide the types of workshops and events that will take place in the groups.

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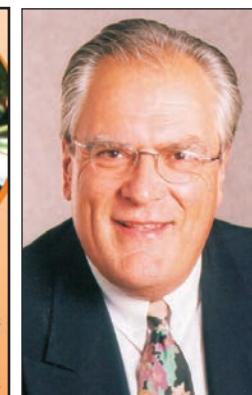
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Hamilton Centre

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[www.davidchristopherson.ca](http://www.davidchristopherson.ca)



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# EDUCATION

BY MATTHEW GREEN

**R**ight now we are experiencing a critical transition in the delivery of Hamilton's Public education system. This has been caused by shifting demographics of where young families with school age children choose to settle and the resulting decline in enrollment for some of our City's neighbourhoods.

Traditionally our schools act as our neighbourhood's anchor. At an elementary level the class room is first place of community for a child outside of their family and perhaps their religion. In High school, social circles and lifelong friendships are often defined by where and who you went to school with while growing up. When well integrated into a community our neighbourhood schools help bolster our community's shared identity. It seems a common question in Hamilton when meeting someone new is often where are you from followed by where did you go to school? Schools act as a reference point for defining your youth. The availability of opportunity in any given school offers the primary introduction to music, sports, arts and other special interests which in turn help us determine our future academic and career paths.

However, along with the strong ties to community identity that came with the traditional 'neighbourhood school' model also came the geographical sectioning off of our city's neighbourhoods based on catchments and boundaries and the resulting segregation of students based socio-economic status.

In order to better balance out these diverse demographics the Hamilton-Wentworth District School Board (HWDSB) "had positioned its "Programs of Choice" schools in some ways to combat this phenomenon. School boards across Ontario, such as the HWDSB counted on magnet schools with special programs in sports, arts, social justice, and other specialized areas to attract students from across the city and increase enrollment at schools that might otherwise be considered for closure." (Hamilton's Social Landscape Sarah Mayo)

Despite the introduction of the magnet school policy the steady decline in enrollment continued for some neighbourhoods and as a result there appeared to be the inequality of educational experience for some students in the system.

In response, the HWDSB under its Director of Education Dr. John Milloy performed an Accommodation Review process which audited enrollment, demographics, infrastructure and budget. The resulting decision rolled out in Board's "Secondary Program Strategy" was to reduce the current number of Secondary Schools from 18 to 13. Among those high schools selected for closure include Sir John A MacDonald, Delta and Parkview two of which (Delta and Parkview) are within South Sherman Neighbourhoods catchment boundaries. These catchments were then combined to create a 'New North' Secondary School scheduled to be built in proximity of the Stadium Precinct and a 'New South' Secondary School to service the central Mountain community absent of Barton, Hill Park and Mountain Secondary Schools. The Dundas schools of Highland and Parkside which were both scheduled to close have been saved/delayed by lack of infrastructure funding committed from the province for the building of a new Secondary School.

Through out the Public consultation process for what would become the School Boards Secondary Program Strategic Plan communities organized to save their schools (Sherwood) and react against the decisions made through the Board's mandated consultation processes, while other communities simply tried to make sense of the potential impact that

the impending changes would have on their families and neighbourhoods.

There has been uncertainty through out the entire Accommodation Review roll out about the provinces funding of these new schools, the location of the new proposed replacement schools which would combine the catchments of the areas left in the "New" North and "New" South Hamilton and the process through which these various student bodies would be integrated with each other. Would this forced neighbourhood disruption in fact cause increased classism by busing in students from such varying socio economic backgrounds?

Despite the HWDSB's best efforts at community engagement and Public consultation there still remain some serious questions which until fully answered will leave many families in our neighbourhoods with doubts about raising their school aged family in our community. A review of the Secondary Program Strategy listed on the HWDSB's website ([www.hwdsb.on.ca/programstrategy/](http://www.hwdsb.on.ca/programstrategy/)) provides the Vision for education as explained by the Director of Education Dr. John Malloy.

The HWDSB Secondary Program Strategy has a vision.

- All secondary schools will be great schools
- Students will have choice within their local schools
- Expanded access for students looking for specialized programs
- All students achieving and graduating in HWDSB

"We want all of our secondary schools to be great schools, where students have choice, support and success within their local school communities," said Director of Education Dr. John Malloy.

In his brief introduction video Dr. Malloy explains that "where possible the goal is create a diverse learning community, learning needs, learning styles different cultures, socio economic backgrounds come together to learn effectively. We believe that type of environment makes the greatest difference."

## WHAT DOES THIS MEAN FOR THE SHERMAN HUB?

**T**he New North Secondary School will be classified as a "Tier 3" school based on both the proximity to the Stadium Precinct and the critical mass of students taken from the 3 existing schools Delta, Sir John A McDonald and Parkview. It is outlined in the complete Secondary Program Strategy that: "the new North Secondary School, with its associate elementary schools, will employ and learn from a new digital approach to student learning. This is much more than a technology project; it is about using a new approach to teaching and learning to support student achievement and engagement. This is an innovative concept that will require broad dialogue beyond the present program strategy consultation with our staff, students, parents and community partners to come to fruition. We believe that this groundbreaking direction will engage students in learning through a meaningful exploration of their interests. Learning in the digital approach will foster curiosity, initiative and a culture of high achievement. The program strategy also envisions a tiered program offering, which addresses what all students need, what some students need and what a few students need. These tiers support the goal of meeting the needs of all learners, regardless of their program requirements." (HWDSB Secondary Program Strategy April 2013; [www.hwdsb.on.ca/aboutus/meetings/documents/sc\\_agenda\\_20130415.pdf](http://www.hwdsb.on.ca/aboutus/meetings/documents/sc_agenda_20130415.pdf))

Within the language of this Strategic Plan is a very promising advancement in the quality and equality of opportunity for students in our neighbourhood.

Studies have identified that the clustering of low income neighbourhoods results in lower over all EQAO test scores where school with a greater mix of income levels does better over all. (Income and Performance in Hamilton: Centre for Community Study) The past policy of magnet School programming failed to reverse what had essentially become the ghettoization of education across Hamilton.

A successful transformation of our system will require a genuine community supported integration that furthers the role of the New North Secondary school as a centre of excellence offering students a creative learning environment coupled with an opportunity to connect with peers from a wide cross section of socio-economic backgrounds. Further the New North's physical property could be utilized by the surrounding North End neighbourhoods as a Community Hub supporting after hours community programming as well as including a well designed public green space for outdoor community recreation and leisure. From this new model we can reclaim our public schools role as Community catalyst and neighbourhood anchor.

## QUICK FACTS

### MIND THE GAP: INEQUALITY IN ONTARIO'S SCHOOLS

*People for Education Annual Report on Ontario's Publicly Funded Schools 2013 Quick Facts 2013*

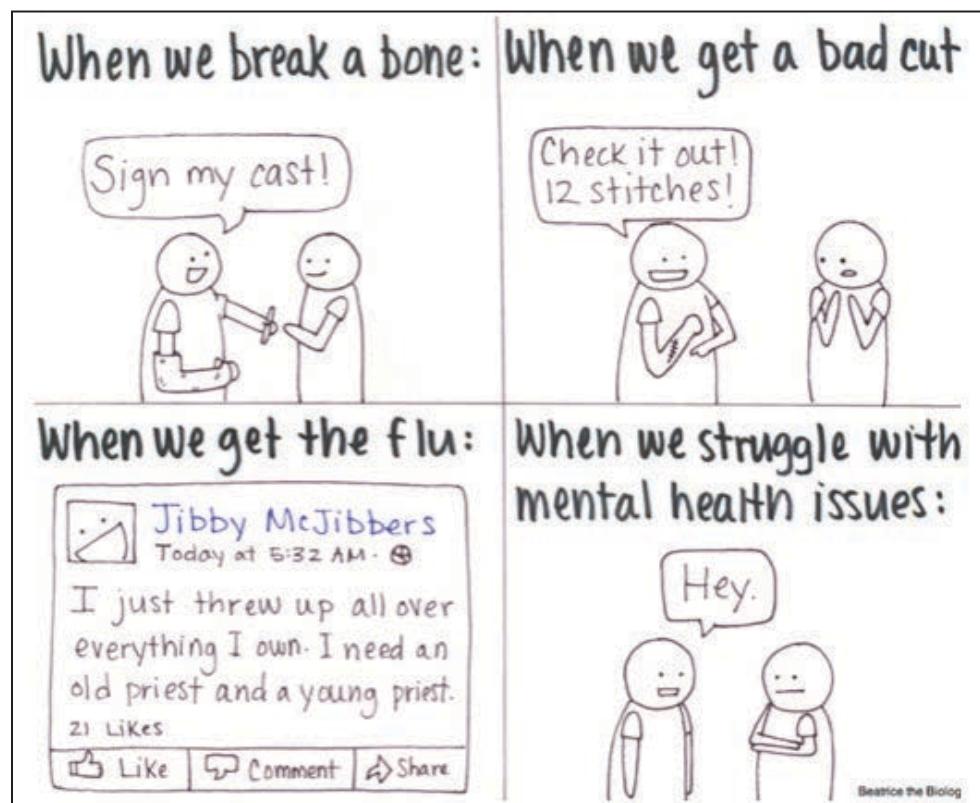
- **Average enrollment in both elementary and secondary schools has declined by more than 10% since 2001.**
- **Students in high income schools are more likely to be identified as gifted.**
- **High income schools fundraise five times more per year, on average, than low income schools.**
- **Students in high income school are much more likely to have the chance to participate in a choir, orchestra or band.**
- **The top 10% of fundraising schools raise as much as the bottom 81% altogether.**
- **91% of elementary schools charge fees for field trips, and 52% charge fees for extracurricular activities.**
- **33% of schools have neither an itinerant, nor a specialist music teacher.**
- **Students in schools with specialist music teachers are more likely to have a chance to learn an instrument, sing in a choir, play in a band or see live performances.**
- **Between 2001 and 2013, the average ratio of special education students to special education teachers has risen from 22 to 1, to 36 to 1 in elementary schools and from 48 to 1 to 66 to 1 in secondary schools.**
- **On average, 32% of students take applied mathematics in grade 9.**
- **Average family income in schools with a high proportion of applied math students is almost half that of the schools with the low proportion of applied math students.**
- **Only 44% of students in applied math achieved the provincial standard, versus 84% of those in academic math.**

## MIDWIFERY

# Postpartum Depression

## Even midwives are not immune

BY LYNLEE SPENCER



A friend of mine posted this simple, yet poignant, cartoon on facebook this past spring. It speaks volumes about the silence that shrouds mental health; even today, when our society has made leaps and bounds in understanding and supporting this important facet of humanity. My natural curiosity about the mind, coupled with my undergraduate in the study of it, has heightened my awareness of the development of postpartum mood disorders in my clients. Prior to experiencing the postpartum period first hand, I knew that postpartum depression (PPD) occurred in about 1 out of 3 women, and I had studied its etiology - there is no greater shift in hormones than when a woman goes from being pregnant to newborn in arms. I knew the signs and symptoms, the tools by which to identify it, and had community resources at hand where women could find help. I also knew that a family history of mood

disorders, certain personality traits, and life events can make a woman more at risk for PPD, and that elements of the postpartum - difficult birth, sick and/or fussy baby, poor social support, breastfeeding difficulties - contributed to its development too.

For all of these reasons, I was mindful about the possibility of developing PPD, but I expected it to look a lot different. My job exposes me to an outsider's perspective on how it can manifest in the first 6 weeks. I was mindful that I might have a lot of trouble not having my own mom around but, strangely, didn't consciously feel her absence after my son was born. Much later, I could reflect on a more subconscious longing for her as a sounding board for normal infant behaviours, as someone I wholeheartedly trusted to take care of my son, and who I would not have hesitated to ask for help.

When my son was 4 weeks old, I

was feeling pretty good and like I had settled into the groove of motherhood. One of my close friends from Toronto had visited me around this time. She, herself, had struggled with postpartum depression after the birth of her first child, and remarked on how well I was doing and how I was "out of the woods" for PPD. The midwife voice at the back of my head reminded me that women were at risk for developing PPD up to a year after the birth of their child. I was too proud, and blinded by the apparent achievement of "super mom" standards, to listen.

Less than a week later, a reality check slapped me in the face. As I wrote in a previous HUB news article, motherhood became a rough road around this time, and I never really found my footing again until my son was 4 months old, when I finally sought help for the postpartum depression I had been denying. At first, I felt like I had exposed a deep dark secret - some bad part of me - and I felt ashamed that I had struggled this way. I had looked forward to being a mother, and had every intention of enjoying this time with my son. It was very difficult for me to admit, and to accept, that I was not having any fun, that every day had felt like a nightmare, and that, through it all, I had become increasingly isolated. I didn't realize how bad it was at the time, but when I think about it now, I can clearly see just how awful it was.

Part of this shame had a lot to do with my own self talk: "I should know better." With all my training and knowledge, how did I let things get so out of hand? What I really had to accept was not that I was the one in three women, but that I was, first and foremost, a woman; and a new mom, at that. Being a midwife did not protect me, nor give me an upper hand. Also, the coping strategies I had used to deal with life's challenges prior to having a child were not effective any more. While I had always been able to pull myself out of the proverbial "deep, dark hole," the chronic sleep deprivation, and lack of sense of self and personal space added new dimensions to life.

My family doctor encouraged me to try an antidepressant, which scared me at first. I was afraid to put synthetic chemicals into an already "out-of-balance" body. It was new, and uncharted territory. I took a day to think about it, and realized that I was in dire straits, and no amount of complementary therapies or counseling were going to help me in the short term, nor did I have time or finances to support this route. I needed a little help to get back on my feet, and to see clearly. My son needed me to be well and present for him, and wasn't going to judge me if I took some medicine to

do that. After all, he was on medicine for his reflux. I told myself that as soon as I found some stability, I would make some changes in my life to prevent this from happening again.

In addition to taking medicine, I also joined a postpartum support group, which I had been reluctant to do before. One of my colleagues took a photo of a flyer for an 8-week group run by a local doula on preventing and assisting with postpartum depression. She felt strongly, and with conviction, that I needed to attend this group. I expressed my concerns at being a midwife in the community, and the potential for running into previous or prospective clients. I sent the doula an email outlining my reservations, and she was very supportive and encouraging, and suggested that I come out to see if I thought it was a good fit. She also offered the perspective that the other women in the group might find it beneficial that I was a midwife and doubted that they would respond with judgment. The small number of the women in the group all turned out to be lovely in their own, unique ways. Even after the 8 weeks ended, and in spite of our busy lives, we have remained in touch. And we continue to rely on the support of one another with each new, and passing, challenge.

If you are concerned that you or a loved one has a postpartum mood disorder, please contact your family doctor, a public health nurse at 905-546-3550, or Women's Health Concerns Clinic at 905-522-1155 x33979. If you are in crisis, please call COAST (Crisis Outreach and Support Team) at: 905-972-8338.

The following are some signs and symptoms of a postpartum mood disorder:

- feeling generally overwhelmed and/or anxious
- changes in sleep patterns and appetite
- feeling sad, low, hopeless, empty
- having little feeling or negative feelings toward your baby
- excessive worry about baby's health
- thinking the same thoughts or doing things repeatedly
- loss of interest in activities that would usually bring pleasure
- unrealistic, negative thoughts about self worth
- feelings of excessive guilt
- thoughts of harming yourself or your baby (while mothers may have these thoughts, it's important to seek help immediately)

Lynlee Spencer is a Registered Midwife working at Access Midwives in Stoney Creek, ON.

## OPEN MINDS

Healthy Minds Canada (HMC) in collaboration with various partners across Canada is hosting the 5th Annual Open Minds Across Canada Mental Health Symposia in Vancouver, Winnipeg, Ottawa, Hamilton, Timmins, Toronto, Durham Region, Kingston and Halifax. This is a day for members of the community to receive information and resources of mental health and addictions. **Admission is complimentary** and registration is recommended as seats are limited.

### DETAILS FOR THE HAMILTON SYMPOSIUM:

**Saturday October 5, 2013  
12:00pm-2:30pm**

**St. Joseph's Healthcare, Juravinski Innovation Tower,  
Miller Amphitheatre, Room T-2203  
50 Charlton Avenue East, Hamilton**

**PRESENTATION THEME:** Advances in the treatment of anxiety disorders: A lifespan approach

THE EVENT WILL ALSO BE LIVE STREAMED ON [WWW.HEALTHYMINDSCANADA.TV](http://WWW.HEALTHYMINDSCANADA.TV).

## WHAT'S ON AT THE **BARTON LIBRARY**

**• Wii Gaming for Children**  
SATURDAYS - SEPTEMBER 7, 14, 21, 28,  
2-4 p.m. Drop in.

Practice your Wii gaming skills and have fun with other kids on Saturday afternoons at the Barton Branch! Info: Caitlyn Hicks 905-546-3450 x3443

**• Family Movies for Children**  
SATURDAYS, SEPTEMBER 14 & 28,  
10am - 12pm. Drop in.

Kids enjoy a fun Saturday morning movie while parents can relax with a magazine, catch up on internet or check out materials for the whole family to enjoy at home. Info: Caitlyn Hicks 905-546-3450 x3443

**• Barton Bibliophiles Book Club**  
MONDAY, SEPTEMBER 9, 2013,  
6:30pm. Drop in.

If you like great reads and good company, join the Barton Bibliophiles. Info: Dale Kent: 905-546-3450 x3443

**• Knittin' Around**  
MONDAY, SEPTEMBER 16, 2013, 2:00 p.m. Drop in.

Bring your knitting projects and share tips and techniques with other knitting enthusiasts. Info: Dale Kent: 905-546-3450 x3443

**• Tour of the Universe**  
WEDNESDAY, SEPTEMBER 11, 2013,  
6:30pm. Registration Required.

Call Barton Library at 905-546-3450 by Monday September 9 to register. Join us as we take a journey through the planets and stars to the farthest reaches of the Universe. Be amazed and humbled as we explore incredible images. Don Pullen, from Hamilton Amateur Astronomers will share his knowledge and insight. This introductory program is ideal for adults who are interested in learning more about the fascinating hobby of astronomy. Info: Dale Kent: 905-546-3450 x3443

**• Future Direction**  
MONDAY, SEPTEMBER 16, 2013,  
6:30pm

Learn what steps you need to take to achieve your future goal, whether it is taking a general interest course, improving your literacy, finishing high school, or applying for college or university. Adult Basic Education Association staff will be available to book free learning referrals. Info: Dale Kent: 905-546-3450 x3443

**• Book a Librarian**  
ONGOING, Contact Caitlyn or Dale at 905-546-3450 x3443 to book an appointment.

**• Project Safe Neighbourhood**  
TUESDAY SEPTEMBER 6, 13, 20, 27,  
2-3pm, Drop in.

Fire prevention staff will be at Barton Library Tuesday afternoons from 2-3 p.m. Learn how to keep your home and family safe from fires. Find out about special programs. Drop in with your questions or concerns. Info: Dale Kent: 905-546-3450 x3443

**• Noble Health Bus**  
MONDAY, SEPTEMBER 9, 16, 23, 2PM.  
THE NOBLE Health Bus is a mobile clinic that brings health screening right to the corner of Milton Avenue. The service is free to the public and everyone is welcome. Info: Dale Kent: 905-546-3443

# I did it for my family.

David is a life-long member of the McQuesten community, a father, and a grandfather. David knows that the decision to be there for those you love, starts with you.

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# EVENTS: THERE'S A LOT GOING ON!

## **Labour Day BBQ**

SEPTEMBER 2, Noon; L'Arche Hamilton, 64 Fairholt Rd. South  
 • A fun opportunity to meet people and make friends within the larger community. Hot dogs and hamburgers will be available. Free. RSVPs requested: 905-312-0162, x.0.

## **Drop-In Play**

MON.-THURS. 9am-3:30pm / Fri. 9am-Noon, Boys and Girls Clubs of Hamilton, Ontario Early Years Centre – Sanford Neighbourhood Site 735 King St. East, Floor 1A  
 • A free ongoing program offering interactive play opportunities for parents/caregivers to bring their child (ren) into the Early Years Centre to play and interact with other families during the hours the program is open. Info: 905-525-5855 (Joanne/Leanne)

## **Sherman Community Planning Team Meeting**

SEPTEMBER 3; OCTOBER 7, 7pm L'Arche, 664 Main Street East Info: 905-528-5629, x. 260; david.derbyshire@wesleyurbanministries.ca

## **Cultural Family Time**

SEPTEMBER 6, 9am-Noon Ontario Early Years Centre – Sanford Neighbourhood Site, 735 King St. East, Floor 1A.  
 • Come and be a part of your community every Friday! This Boys and Girls Club of Hamilton program is for families with children 0-6 years old, offering weekly activities (sewing, knitting, cooking) and parent workshop topics. Note the Parents/Caregivers part of the program runs in the Community Room at 71 Sanford Avenue; the children are cared for in the Ontario Early Years Centre at 735 King St. East. Free for Parents/Caregivers. Info: 905-525-5855 (Joanne/Ania)

## **Art Bus**

SEPTEMBER 6, 13, 6:30pm The Pearl Company Arts Centre, 16 Steven St. The first two Friday nights of each month, Barbara Milne takes you to Hamilton's top galleries where you can catch openings, meet the artists, learn about their work, and meet fellow fine art enthusiasts on the bus. \$15 per person. \$10 for students and artists. Info: 905-524-0606

## **Wiggle Waggle Walk & Splash Hamilton-Burlington SPCA Fundraiser**

SEPTEMBER 8, 10am-3pm, Confederation Park & Wild Waterworks, 680 Van Wagners Beach Road  
 • A scenic 5km walk followed by a doggie pool party. Minimum pledge \$40 per person. Info: 905-574-7722, x.427

## **Golden Horseshoe Live Steamer Days**

SEPTEMBER 8, 11am-4pm, Hamilton Museum of Steam & Technology, 900 Woodward Ave.  
 • 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. Free event and museum admission. Info: 905-546-4797

## **Supercrawl Saturday**

SEPTEMBER 14, 11am-midnight James Street North.  
 • A free festival showcasing the intrinsic charm and cultural character of the street, and featuring music, art, dance and theatre from Hamilton and around the world. Info: 905-777-1223/info@supercrawl.ca

## **HIEA Community Advisory Panel Meeting**

SEPTEMBER 17, 5:30pm-7:30pm ArcelorMittal Dofasco's Main Office, 1330 Burlington St. East  
 • Presentations by Hamilton Industrial Environmental Association (HIEA) members Bitumar and Bunge and others to be confirmed, in the Conference Room. The meeting is open to all interested citizens, but space is limited; please pre-register: hiea.communications@bellnet.ca. Info: www.hiea.org

## **When We Were Young at Whitehern**

SEPTEMBER 17-NOVEMBER10, Noon-4pm, Whitehern Historic House & Garden, 41 Jackson St. West.  
 • The second exhibit in Whitehern's Red Curtain series will feature the lives of the McQuesten children during their early years. A display of toys, games and items from their youth will be featured in the McQuesten Room. Admission rates apply. Info: 905-546-2872

## **Localicious Launch Party**

SEPTEMBER 17, 6 -9pm, Joey and Toby Tanenbaum Pavillion and outdoor sculpture garden, Art Gallery of Hamilton, 123 King St. West  
 • Guests sample menu items from the Delicious Dozen restaurants, local wines and beers and enjoy live entertainment. \$20 per ticket. Proceeds go to the 'Art without Barriers' programme offering Summer Art Camp experiences to inner city children through the AGH. Info: www.downtownlocalicious.org

## **Wever Celebrates**

SEPTEMBER 19, 5pm-7pm Cathy Wever School, 160 Wentworth St. North  
 Info: 905-546-3122/info@weverhub.ca

## **Oktoberfest**

SEPTEMBER 20, 21 (see ad on p. 5) Germania Club, 863 King St. E. Info: 8905-549-0513

## **Sleep Out for Hunger**

SEPTEMBER 20, 6:30pm, Mohawk Sports Complex, 1100 Mohawk Road East,  
 • Organized by Neighbour-to-Neighbour. Participants will sleep outdoors in 'homemade' shelters to experience how challenging life can be when you live below the poverty line. No tents allowed. Bring your own box. Minimum \$150 in pledges to participate in this event. Proceeds towards N2N food bank services. Info: 905-574-1334 / n2ncentre.com

## **AGH BMO World Film Festival**

SEPTEMBER 20-29  
 • Screenings of more than 30 award-winning international, independent and Canadian films will be presented

at several venues including: Empire Theatres Jackson Square, Art Gallery of Hamilton, AGH Design Annex, Hamilton Public Library, Burlington Performing Arts Centre, SilverCity Ancaster Cinemas, Stoney Creek Mountain SilverCity, and the Starlite Drive-In. Single Film Ticket \$10; 10-Pack \$90; 20-Pack \$170; Full Festival Pass \$200 before Sept. 4, after \$250. Info: www.aghfilmfest.com/david@artgalleryofhamilton.com

## **Hamilton & Scourge Memorial**

SEPTEMBER 21, 11am-4pm Hamilton Military Museum, 610 York Blvd.  
 • A day of free events to celebrate 200 years of peace and remember the 53 American sailors who lost their lives during the sinking of the U.S. Navy schooners Hamilton and Scourge, in 1813. Held at the Dundurn National Historic Site, the event features the debut of the film 'On the Water'. There will be music, indoor and outdoor children's activities. Dundurn Castle and the Hamilton Military Museum will also offer free admission from noon. Info: 905-546-2872

## **Informational Support Meeting for Polycystic Kidney Disease Patients**

SEPTEMBER 22, 2pm-4pm St. Joseph's Healthcare Hamilton, 50 Charlton Ave. East.  
 • Free talks, webinars and peer-sharing sessions about various aspects of chronic kidney disease, held on Sundays, every other month, in Classroom B of the Juravinski Innovation Tower. Hosted by the Hamilton Chapter of The PKD Foundation of Canada. Info: 1-800-410-1741 / hamiltonchapter@endpkd.ca

## **Apple Festival**

SEPTEMBER 28, 9am-4:30pm Battlefield House Museum & Park 77 King St. West, Stoney Creek.  
 • Harvest fun in Battlefield Park. Enjoy a pancake breakfast, games, pumpkin decorating, demonstrations, entertainment, and remember to enter the Battlefield Bake-Off. Free outdoor event. Info: 905-662-8458

## **Life of a Servant: A Family Garden and Cooking Workshop**

SEPTEMBER 28, 10am-12:30pm Dundurn National Historic Site, 610 York Blvd.  
 • In the 19th century, children were employed in large homes like Dundurn Castle to do tasks including gardening and household chores. In this workshop everyone will help harvest seasonal produce. Children can try 19th century servants' chores. Workshop has outdoor components; please dress for weather and to work in a garden. Pre-registration required. \$35 for 1 adult and 1 child. \$13 for each additional child. Info: 905-546-2872

## **Combine Project, by Steven White**

OCTOBER 4- JUNE 20, Noon-4pm Hamilton Museum of Steam & Technology, 900 Woodward Ave.  
 • A body of work based on an obsolete combine harvester left on Steven White's property in Walter's Falls, Canada. Various moving parts

create large kinetic sound sculptures. Admission rates apply. Info: 905-546-4797

## **Exploring Art in the Early Years**

OCTOBER 16, 9:30am-11:30am Ontario Early Years Centre – Sanford Neighbourhood Site, 735 King St. East  
 • Once a month, Boys and Girls Clubs of Hamilton Art Educator, Sandy, joins with children, parents and caregivers to explore various art materials in this fun, interactive and creative program. Free. Info: 905-525-5855

## **Wever CORE Community Café**

OCTOBER 16, 5pm-6:30pm Cathy Wever School, 160 Wentworth St. North.  
 • Monthly cafes offering community-related information sharing. Parents, seniors, and local residents are invited to learn more about what is happening in the area and be part of positive change. Info: 905-546-3122 / info@weverhub.ca

## **Ontario Archaeological Society Monthly Lectures**

OCTOBER 17, 7pm-9pm Fieldcote Memorial Park & Museum, 64 Sulphur Springs Rd., Ancaster  
 • Each month, a lecture or film is presented, with coffee and snacks. Admission rates apply. Info: 905-648-8144

## **ArcelorMittal Dofasco Community Liaison Committee (CLC) Meeting**

OCTOBER 24, 6pm, ArcelorMittal Dofasco's Main Office, 1330 Burlington St. East.  
 • As part of our commitment to keeping the local community informed of our operations, ArcelorMittal Dofasco will host a (CLC) meeting. Free. Community members who would like to observe the next meeting please contact Jim Stirling at 905-548-7200 / jim.stirling@arcelormittal.com

## **Music Through Time**

OCTOBER 26, 7:30pm HARRPP Community Centre (St. Peter's Church), 705 Main St. East  
 • SteelTown Symphony presents a tribute to every style of music from the past 400 years, featuring Bach, Beethoven, Sousa, Elvis, Michael, and Ozzy! \$10 per ticket. Info: www.steeltownsymphony.com

## **Mishaps, Misadventure & Misfortune: Tales from Whitehern and the Neighbourhood 1852-1968**

OCTOBER 26, 7pm-9pm Whitehern Historic House & Garden, 41 Jackson St. West.  
 • Enjoy an evening of unusual neighbourhood stories and interesting family tales from the McQuesten family lived in the home. Includes tea, sweets and entertainment. \$15 per person. Info: 905-546-2018

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

If you have an event you'd like us to know about please contact Shiona Mackenzie-Morrison at shnews.events@gmail.com