
Sherman Hub News

A publication of the Sherman Community Planning Team

MARCH - APRIL, 2014

Creating Community, Not Closure

BY LARRY PATTISON

Much of the context of this article has been taken from sections of the University of Regina paper on "Exploring Schools as Community Hubs," authored by Dianna Graves, BA.

Last year the Chicago school system, faced with a billion dollar deficit, voted in favour of closing 49 schools – the largest round of school closures in American history.

School closure is not just a Hamilton issue. It is happening everywhere.

Some boards have begun to embrace a strong, "schools as community hubs" model as a way to creatively revive neighbourhood schools. However, this strategy does not seem to exist at the Hamilton Board level.

David Clanfield, a retired University of Toronto professor, has put together what Ms. Graves describes as the "most fully developed philosophical basis for community hubs." In Clanfield's paper, "The School as Community Hub: Beyond Education's Iron Cage", he stresses that community schools need to be two-way models where "children's learning activities contribute to community development and community activities enrich learning activities."

Saskatchewan has 118 Community Schools, New Brunswick aimed to have 75 Community Schools by 2012, and there are 25 Community Schools in Manitoba. Four school boards in Nova Scotia ran a pilot strategy called SchoolPlus, and because of their success, the model spread to all eight Nova Scotia school boards in 2011. As of 2011, the Toronto District School Board was in the process of implementing this model in 15 schools. In the United States, community schools (also called

Full-Service Schools), have been in operation for 20 years.

As other cities work towards re-defining their education centres for the 21st century and beyond, we must start to look at these alternatives ourselves.

A study of 1,266 children, 9-12 years old, in British Columbia, "discovered children reported consistently higher levels of well-being when they could identify individuals in their community that knew and cared about them."

Another finding of this study was that "none of the children wished they had more technology time," and that the "vast majority of children wanted to be engaged in activities to build their competence, physical health and connectedness."

We must work towards a school model that brightens our streets around-the-clock, and creates central resources that are active late into the evening and early in the morning. This model will add to the safety of our neighbourhoods and provide healthy places to play, surrounded by a community of people you recognize. A central hub brings neighbours together and makes community members identifiable as people we know and trust.

To remove these resources from the community seems to give the impression that we have given up on community, like we have given up on the kids through our funding models that lack support for students who are likely to drop out of school.

We have all heard the proverb "It takes a community to raise a child." I also believe it takes that same community to create a sustainable society. I oppose the citywide closures of our community schools.

Larry Pattison is a father, advocate, and resident of Crown Point.

We Take Transitions Seriously

BY TIM SIMMONS, TRUSTEE WARD 3

Change is an important part of life and school. At the Hamilton-Wentworth District School Board (HWDSB), changes include the start of school, moving from grade to grade, entering middle or high school and much more.

Each change represents a new opportunity.

Our Parkview students face an important transition as the school prepares to close in June 2014. We are excited about the new opportunities they will have. We are also fully committed to addressing all challenges.

As readers may know, the HWDSB consulted the community for more than a year as part of its secondary accommodation reviews. In May 2012, Trustees made informed albeit difficult decisions about school closures and new builds.

We made changes because the status quo did not work for everybody. We looked at the state of our buildings, student enrolment trends, the distribution of our programs and the achievement of our students, and knew we had to act.

We couldn't let where you live determine your success in high school.

We were finding that some of our schools have very few students, while some had a larger population. Some schools could offer a wide variety of programs, while others could not.

We saw low graduation rates at schools like Parkview (36 percent in 2012-13) and Sir John A. Macdonald (57 percent in 2012-13), a sign that many students were not achieving success.

We knew that inclusive schools – like Waterdown, Orchard Park and Sherwood – are better serving students of all learning and socio-economic profiles.

At Parkview, we knew the staff care about their students and that many students feel supported and welcomed. We wanted to keep this spirit alive, while also giving Parkview students increased supports, improved facilities and more program choices.

We want Parkview students to have a smooth transition as they face their choices. They can choose to continue in a self-contained program at Mountain, much like that of Parkview. Students wishing to go to Mountain will be provided a yellow school bus, unless parents and students prefer HSR tickets. Or they can attend Delta or their home school, where they will be supported as at Parkview, but within an inclusive composite school with more academic and extracurricular options. Let's be clear: supports will continue.

The transition itself will be a gradual on-ramp, with parent meetings, help with school choice and options sheets, student visits to their chosen schools and activities to ease the move to a new school. Summer programs will be offered and will also see family welcome events before school starts.

We want every Parkview student to embrace the opportunity this change represents.



CENTURY STONE DENTAL

Free Dentistry Day!

Saturday, March 15 - 8am to 2pm

We all deserve a healthy, happy, and pain-free smile. This is why we are giving away FREE dental care to those in need, with no dental insurance and who would otherwise not be able to care for their smiles. Come visit us on Saturday, March 15, and we will provide ONE dental treatment 100% free of charge.



684 Main St. E.
(corner of Main St. & Holton Ave.)

905-545-4833

- ✓ All patients without insurance are eligible.
- ✓ Dental treatment provided that day will be 100% free.
- ✓ Treatment may include ONE cleaning, extraction or filling.
- ✓ Treatment available to all patients.
- ✓ Patients will be seen in the order they arrive.
- ✓ In order to provide the safest & comfortable treatment. Please bring an up-to-date list of your current medications.



centurystonedental.com

A GARDEN IN THE CITY

BY JOANNE KASPRZYCKI

Three years ago I was lucky to become involved in the establishment of my local Community Garden in Gage Park. The person who, more than anyone, helped the garden become a reality was our late city Councillor, Bernie Morelli. Bernie was a great proponent of community involvement and Gage Park Garden is in many ways one of his legacies. In his memory, I would like to tell you a little about what the Garden means to me and what it has done for my neighbourhood.

The smallish, triangular piece of lawn in Gage Park between the Roselawn Lawn Bowling Club and the tennis courts became the Gage Park Community Garden in the spring of 2010. From the start, the project was extremely popular and we had no problem attracting over 20 local citizens who signed up for a garden plot. It was also decided by the gardeners that we wanted to give back to our community, and so about 30 percent of the garden was designated as 'community plots,' where all the work would be done by volunteer gardeners and all produce would be given to charitable organizations in our community. That first year, we estimate that over 800 pounds of fresh,

organically grown veggies were grown in our community plots and given to The Good Shepherd and The Living Rock to be used in their kitchens. This tradition continues every season.

The Garden is also a wonderful place to meet one's neighbours. In the three years of the garden's existence I have met an incredible group of Hamiltonians of all ages, political inclinations and backgrounds, folk whom I likely never would have met had it not been for the Garden. The sight and sound of children playing among the tomatoes and raspberries brings a smile to my face every time. During a dry spell, very often neighbours will water each other's plots without being asked, and during harvest time our Facebook page is full of comments about who picked which community plot and where they delivered the produce, as well as offers of zucchini and tomatoes being given away by gardeners unable to eat all the produce from their plots. Prepping the Garden at the beginning of the season and cleaning up at the end are also communal tasks - a few hours of hard work followed by a potluck meal and catching up with friends.

The Community Garden gives much to our neighbourhood: teaching city children about where their food comes from; giving folk who do not have access to their own land the opportunity to grow their own produce; providing local charities with fresh wholesome produce; and creating a lovely green oasis for people to spend time in. The Garden is a boon to many.

All of this, created by local residents, for local residents, with the help of a dedicated and open-minded city councillor. Gage Park Community Garden will miss you Mr. Morelli. Thank you for helping us build this Garden in our city.



Contributors & Acknowledgements

The Sherman Hub News is published bi-monthly by the Sherman Community Planning Team. Delivered door-to-door to homes and businesses from Wentworth to Gage, Escarpment to the CN tracks north of Barton. If you would like to join the Hub News team, please contact us at shermanhubnews@gmail.com. We would love to have your help.

.....

EDITOR IN CHIEF: Rebecca Doll
 PUBLISHER: Greg Reader
 DEPUTY EDITOR IN CHIEF: Mel Walther
 MANAGING EDITOR: Kathy Calverley
 ADVERTISING MANAGER: Steve Devisser
 DESIGN: Michael Erb
 LAYOUT: Megan Blancher
 EVENTS EDITOR: Shiona Mackenzie-Morrison
 COPY EDITORS: Lynlee Spencer, Megan Blancher, Patty Clydesdale
 PROOFREADERS: Ashley Ross, Charlie Langsford, Shiona Mackenzie-Morrison
 DISTRIBUTION MANAGERS: Justin St. Louis, Breanna Ehman
 DISTRIBUTION SUPERVISORS:
 Ashley Ross, Bob Penner, Darin Martin, Deb Zeynep Stringer, Don Gauvreau, Greg Reader, Rachel Scott, Reuben VanderKwaak, Shiona Mackenzie-Morrison, Susannah Bleasby

Contributors

Mary Bowness	Walter Furlan	Carolyn McCann
Brent Browett	Dr. Justin Gallant	Lynlee Spencer
Kathy Calverley	Joanne Kasprzycki	Heidi VanderKwaak
Steve Calverley	Shiona Mackenzie-Morrison	Reuben VanderKwaak
Patty Clydesdale	Darin Martin	Candy Venning
Jessica Doherty	Mary Ann Meyer	Bob Wood

Acknowledgements

Hamilton Community Foundation



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

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

southshermanhub.wordpress.com
 Community Developer, David Derbyshire: (905) 818-1713
dderbyshire@sprc.hamilton.on.ca

Jane's Walk

BY MARY BOWNESS

Jane's Walks are neighbourhood walking tours named after urban activist Jane Jacobs. Volunteer-led Jane's Walks are held worldwide and are free of charge. Anyone can lead a Jane's Walk! All you need is an interest in the neighbourhood where you live, work, or play. Walks can be about anything, including planning issues, social histories, architecture, little known stories, or anything you have to share.

Jane's Walk provides neighbours with an opportunity to meet in their community and explore outside of their neighbourhoods. It also provides a unique chance for us to socialize on our city sidewalks. This year, Jane's Walk takes place May 3 and 4, which coincides with Doors Open Hamilton. It's a perfect

pairing: discovering the unique stories of our city and the buildings that make it distinct.

Last year Hamiltonians shared their love of our city by participating in a wide variety of walks, including a tour of Barton where we talked about planning issues and the opportunity we have to see Barton thrive once more. We toured Corktown, where we learned of the people and their quirky stories that history books will likely miss, but live on through oral retelling. We even had a cycling tour to Confederation Park. These are just a glimpse of the wonderful tours Jane's Walk volunteers put together.

This year, we welcome some fabulous repeats from last year and some exciting new tours for you to enjoy. Local dad and firefighter Josh

Stringer will be hosting a special Jane's Walk for kids; local business owner and candidate for Ward 3 in 2014, Matthew Green, will be showing us his beloved Ottawa Street; and local urban activist and publisher of Raise the Hammer, Ryan McGreal, will be providing us with his urbanist point of view downtown.

Please get in touch if you would like our assistance getting started as a guide for a Jane's Walk. We will take care of media and promotion. Additionally, this year we are hosting a fabulous after-party for guides and walkers alike to meet up and hear some excellent speakers share their ideas on Hamilton's renewal and potential.

To keep in the loop of all things Hamilton Jane's Walk, you can follow us on Twitter @JanesWalkHamOnt, Facebook @JanesWalkHamOnt, or contact Mary Bowness (905) 549-8925, janeswalkhamilton@gmail.com.

HOW TO REACH 10,000 HOMES & BUSINESSES

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

With door-to-door delivery to 10,000 homes & businesses from Wentworth to Gage, the Escarpment to the tracks, The Hub News is the best value in advertising.

For advertising rates, contact Steve Devisser: stevedevisser@gmail.com

Sherman Hub News



MEMOIR

A Beautiful Day In Gage Park With Councillor Bernie Morelli

BY STEVE CALVERLEY

Like a lot of us, I really miss Bernie and have a favourite memory of him to share.

Last spring, my wife Kathy and I joined a number of neighbours for a guided tour of Gage Park led by Councillor Bernie Morelli for Jane's Walk Day. It was a cool, but beautiful day as we walked around the park and heard Bernie pointing out the features of our "Gem of the East." He spoke with appreciation and respect about different areas of the park made vibrant and alive by the volunteer work of resident groups in our community. When we came to the fountain (still being restored), Bernie beamed with delight. It was obvious that he received a great deal of satisfaction from seeing this feature well on its way to looking so good again.

My favourite part of the tour though, was hearing his memories of growing up near Gage Park and playing there with his friends.

Bernie explained that there used to

be a creek on the east side (a smaller version is still there) and a marsh, now a large grassy area. Bernie and his boyhood buddies used to fish there and do what boys do - occasionally getting chased out of the park by the local police officer who knew them all by name and - worse yet - knew their dads too. Sure, it was a bit of a "Huckleberry Finn" picture, but somehow I think it all happened pretty much as told.

I spoke to Bernie at City Hall late last year; he reminded me of that Jane's Walk Day and said, "You know, if anyone in the neighbourhood wants me to do another of those, I'd be glad to do it."

Yes, Councillor, I want to do another. On a perfect day late this spring, I will take a walk retracing the route we took. I will remember how much fun you were to be around; how encouraging and inspiring; how committed to the people of this neighbourhood you were, and I will enjoy your company yet again.

WARD 3 UPDATE

BY MARY ANN MEYER

It is with great sadness that we mourn the passing of Councillor Bernie Morelli. Since he was first elected in 1991, Councillor Morelli was a champion of Ward 3 and dedicated himself to meeting the needs of the residents that he served. He will be deeply missed. Our thoughts and prayers are with Councillor Morelli's

family during this difficult time.

Addressing concerns of Ward 3 constituents will continue to be a priority. Councillor Bob Morrow (former Mayor of Hamilton, 1982-2000) has been appointed to represent Ward 3. Should you require any assistance, please contact the Ward 3 office at (905) 546-2702.

CYCLING IN HAMILTON

EMPOWERMENT: WHY I RIDE

BY HEIDI VANDERKWAAK

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

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

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

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

I had never cycled in the mountains before, so all I had was theory.

Topographic maps told me our first pass would have us climbing 4,500 feet of elevation over 23km. (Imagine riding your bike up the Claremont access here in Hamilton, but having the hill continue at that grade for an entire day of cycling!)

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

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

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

It was truly empowering.



Heidi Vanderkwaak in the driveway of her Myrtle Avenue home (left) and climbing mountains in 2011 (below): the feeling of empowerment every day



Bringing A Sense Of Community To Your Door

BY JESSICA DOHERTY

Everyone knew my grandparents in their small town and I always felt the thrill of fame when I went with them to the grocery store or the Big V drugstore; we were guaranteed to run into someone they knew. With pride oozing from every pore, I stuck out my hand to be introduced to each new face. "Nana and Gampo" were not rich or famous; the secret to their popularity was that they were friendly and involved.

As Funeral Director at Dodsworth & Brown Funeral Home, being a part of the community is very important, but I was hesitant to participate in the beginning. I hadn't found anything I wanted to stand behind until I moved my family into the Sherman Hub a year and a half ago and first experienced a "neighbourhood" atmosphere.

My shy and ignorant "apartment life" bubble quickly burst when all these people greeted me on my street the summer we moved in. To add to this, my son started junior kindergarten down the street and our social life exploded! I was high on good cheer! This community feeling was something I had never found before, so I started reading local papers, newsletters, and bulletin boards and dragged my son all over the city to parks, events, and community happenings.

The Sherman Hub News became my key reference for what was happening around my home, local business spotlights and opportunities to get involved. Bringing back the idea of community and neighbourhood is so vital to us and our children; the Sherman Hub News is a powerful resource to accomplish that.

With a hot tea beside me, I was enjoying my late summer edition of the Hub News, when a small flyer fell onto my porch at my feet; a call for help, "Distributors Needed." The light bulb blinked on. What a great way to meet my neighbours! It'll be a good workout, I could toss my son in the wagon and we could deliver it together! Then I hesitated, worried that with my busy schedule I may not be able to commit. When I contacted Shiona for more information, it turned out that the paper only needs to be delivered once every two months. Now that is doable!

Delivering the first time was great! It sure was a workout, but the smiling faces along the way made it so enjoyable! Shiona and I worked together to cut the

time and help me learn the route.

My grandparents and my mum were fantastic examples for my brother and I, showing us that there are huge benefits to simply saying, "hello," to someone and offering a smile. I want to be that example for my son, exposing him to the good in people and the success of a community. Delivering the Sherman Hub News together is a perfect place to start.

If you are interested in bringing the paper to your neighbours and becoming involved, please contact Breanna Ehman at breanna.ehman@rogersblackberry.net, or call (905) 741-5263.



Jessica (left) and Shiona enjoy bringing the SHN to their neighbours.

Steve Devisser 
SALES REPRESENTATIVE

ROYAL LEPAGE
STATE REALTY BROKERAGE

Working with clients throughout the Greater Hamilton Area, Steve Devisser takes a truly neighbourhood approach to real estate. This neighbourly approach stems from his involvement in the Sherman Hub, where he lives, works and volunteers. Steve's clients describe him as trustworthy, straightforward and willing to go the extra mile. His expert knowledge of the area, network of local contractors, and focus on your needs make Steve the sales representative you want serving your real estate interests.

C: 905.537.HELP (4357)
T: 905.574.4600
F: 905.574.4345

Royal LePage State Realty Brokerage
987 Rymal Road E
Hamilton, ON L8W 3M2

stevedevisser@gmail.com

www.royallepagestate.ca

A truly neighbourhood approach to real estate.



JUDY MARSALES



REAL ESTATE LTD.
BROKERAGE

Tom Fleming
Broker

Living And Working
In Your Community

Office: 905.522.3300 | Cell: 905.929.3918
fleming@judymarsales.com
www.judymarsales.com



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



Crafted Renovations 
Quality of Life | Investment Value

289-244-5336
www.CraftedRenovations.com

Breathing Space Yoga & Wellness Services



info@breathingspaceyoga.ca / www.breathingspaceyoga.ca

NOW OPEN!

Dina Pereira
541 Main St E
Hamilton, ON
289-680-9642(YOGA)

Coin & Stamp Hut

Coins • Stamps • Supplies

Tina Pellegrini

897 King Street East
Hamilton, ON L8M 1B5
905-547-2128
coinandstamphut@cogeco.net



PARKVIEW SECONDARY

Colouring Outside The Lines

BY ELLEN MORRIS

Over the years Parkview Secondary has become more than just a vocational school. It still may be designated as one in the books, but due to the changing learning and behavioural profiles of its students, it has had to morph into something much more. Parkview has become more than a label for a physical location. It is a word that embodies a unique teaching and learning environment that caters to a special kind of student with a special set of learning needs.

Parkview's Principal, Paul Beattie, and his teaching staff took on the challenge of creating a learning environment where these special students could flourish. They adopted a "do what it takes" attitude when it comes to teaching these kids. They seem to have an unlimited capacity for compassion and understanding, and demonstrate a relentless commitment to helping each one of their pupils succeed.

That's not to say that they can't also be making a positive contribution to their community. Many are doing so already.

Mr. Beattie and his staff have sought out and implemented innovative learning programs that have resulted in increased levels of literacy and numeracy, two keys for improving the chances for success in the future. Other practical life skills programming helps students develop

important abilities that lead to greater independence and self-sufficiency.

Think about this. After 10 years of formal schooling most students arrive at Parkview reading at a grade one to three level. But the minimum level required for high school is grade five. Now think about the fact that high school teachers are not ordinarily trained to teach students how to read.

Yet last year 39 percent of Parkview students graduated after only four years. That's an amazing statistic given the average academic profiles of this group.

One parent beamed with pride as she told me how her 15-year-old son went from barely reading at a grade one level, to being able to read his own Christmas cards this past season in less than two years at Parkview.

Moving Paul Beattie to Mountain Secondary School was a stroke of genius on the Hamilton-Wentworth District School Board's (HWDSB) part. It seems to have addressed the immediate demands of the students/parents and a vocal community which desires to keep Parkview intact. Before coming to any final conclusions, the HWDSB could also turn this situation

into an opportunity to study the Parkview model more carefully, to better understand the intrinsic value it brings to the HWDSB landscape. In fact, I would encourage the HWDSB to do everything it can to support this wonderful, quirky, imaginative entity.

It is important to note here that the HWDSB is working hard to change the overall culture of our schools, from kindergarten to grade 12. The vision they put forward is admirable. They speak of creating an inclusive model, an equitable model that will make all kids feel accepted by their peers and part of the composite group, regardless of their learning and behavioural challenges. They envision a system where every school will be equipped to support each child/adolescent, regardless of learning needs. However, they are just beginning to walk down this road. Systemic change does not happen over night. It will take a number of years and a rich budget to deliver on their promise.

But no matter how you cut it, some kids simply will not be able to cope inside the large composite environment (1200 students), no matter how

forgiving and enveloping. These kids deserve to have an alternative - a small, less intimidating, more intimate space to call home.

Parkview was created in the bosom of our community and we should be proud of what the teachers and students have been able to achieve. Special education students like these, and their families, deserve our continuing attention and support, regardless of where they are located. Actually, I feel like we are about to share a highly valued community asset with the entire city.



THE SPOKES



Reuben, Heidi, Eden and Harper VanderKwaak

Heidi works for the City drafting policies and business processes, and Reuben is a stay at home dad and teacher to Eden and Harper. They are proud members of the Sherman Hub Community Planning Team and they try to attend the monthly meetings. Childcare is provided! The VanderKwaaks are your Spokes for Myrtle Avenue between Delaware and Rutherford.

The VanderKwaaks' interests include playing games, hiking, cycling, camping, canoeing, reading, gardening and donut making.

"We moved to Hamilton 10 years ago, and to Myrtle Avenue eight years ago. We love the friendly, positive people in the Sherman Hub, where people are ready and able to lend a hand to make it better. It is fulfilling to be part of the positive change that is happening in this awesome and diverse city through the many opportunities to get involved, including in the Sherman Hub. Being a Spoke on our street is networking with our neighbours - connecting people on our street with each other and the resources in the city. We are slowly getting to know more and more people on our block and are planning a Saturday morning open house, 'Donuts and Coffee' in the spring of 2014."

JIMMY THOMPSON POOL MARCH BREAK 2014 SWIM SCHEDULE

March 10-16, 2014

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Swim	11:30-12:30pm 8:00-9:00pm	11:30-12:30pm	11:30-12:30pm 8:00-9:00pm	11:30-12:30pm	11:30-12:30pm	12:00-1:00pm	
Family Swim	6:00-7:00pm FREE		6:00-7:00pm FREE				
Public swim	1:00-3:00PM 7:00-8:00pm FREE	1:00-3:00pm FREE	1:00-3:00pm 7:00-8:00pm FREE	1:00-3:00pm	1:00-3:00PM FREE	1:00-3:00pm	
Waterfit	10:45-11:30am		10:45-11:30am		10:45-11:30am		

ADMISSION

RATE	SINGLE ADMIT	CLIP CARD (10 VISITS)	YEARLY PASS	WATERFIT SINGLE ADMIT	WATERFIT CLIP CARD (25 VISITS)	WATERFIT MONTHLY	WATERFIT YEARLY
YOUTH (under 18 years)	\$2.90	\$19.70	\$39.25	\$3.15	\$51.86	\$13.05	\$114.01
ADULT (over 18 years)	\$4.30	\$32.25	\$95.90	\$4.60	\$78.05	\$19.70	\$181.20
SENIOR (over 55 years)	\$2.90	\$19.70	\$39.25	\$2.05	\$25.80	\$6.70	\$67.85
FAMILY (max. 2 adults)	\$8.25	\$66.50	\$140.50				

SUPERVISION REQUIREMENTS

AGE OF CHILD	RATIO WITHOUT LIFEJACKETS	RATIO WITH LIFEJACKETS
0 - 6 YEARS	2:1	4:1
7 - 9 YEARS	3:1	6:1

ADMISSION CRITERIA

All non-swimmers must remain in the shallow end. Children 9 years of age or younger, who can not pass the Facility Swim Test, must be accompanied by a parent or guardian, and must be within arms reach at all times. Those who can pass the Facility Swim Test may be admitted without a parent or guardian into the pool. Children 6 years of age and under must be accompanied by a parent or guardian, and must be within arms reach at all times. A guardian is defined as an individual at least 12 years of age or older who is responsible for the direct supervision of children within their care.

Jimmy Thompson Pool (905) 546-4768

MUSICAL JOURNEY

IT'S NOT LIKE IT IS IN THE MOVIES

BY DARIN MARTIN

Over the past month, I took a bit of a break from playing shows and thought about how to make more of a positive impact in our community. I've also been watching a number of movies for entertainment and inspiration and my favourite type of movie is anything where there is a mentor and a student, or where a community of people come around someone in need.

Have you ever found yourself watching something, wishing you could jump into your TV and be in the movie? Movie directors are great at creating a mood or story and only showing you exactly what they want you to see. What about when the cameras

are off, when the actors and technicians all leave the set to go home for the day? Are their lives really that perfect? Do they really live in perfectly clean homes, have cars that never run out of gas and kids that never get sick?

I went for a walk this morning around the neighbourhood. It is garbage day in the Sherman Hub, so there is a great deal of extra mess blowing around in the cold breeze. This time of year, there are always lots of potholes in the road from the extreme cold and there are still branches down from the last big ice storm.

As I wandered, my attention was drawn to a couple who seemed to be

heading off to work and were arguing. I wondered what had happened. Was it a fight that carried over from the night before? Was it financial stress, or health concerns?

I've recently written a song that I called "Broken People," that talks about all of us in one way or another being broken. The chorus says, "I fear the broken people never know how to put things together again; at least all us broken people, we don't have to pretend."

One thing that I love about living in the Sherman Hub, is that it is a community of broken people trying our best to make better choices, raise

our kids the best that we know how, and helping a neighbour in need. Maybe there are needs right around us that we could help out with like fixing someone's broken fence or flat tire, helping with a spring clean up, or maybe even taking the time to sit and listen to someone to hear their story.

Real life isn't all roses and chocolates like it appears to be in the movies, so let's show some love and help a sister or brother in need. As I was writing that last sentence, I thought of the irony of what I was typing, all the while thinking of all of the movies that they shoot right here in the Hub. Perhaps this is "like it is in the movies."

NEIGHBOURHOOD ACTION STRATEGY

Neighbourhood Action Items - 2014

BY KATHY CALVERLY

Active Action Items

February 2, 2014 marked the one-year anniversary of our Action Plan Implementation Day.

Eight teams were formed by Sherman Hub residents to begin work on priority issues identified by the residents.

Two Action Items are now complete and six others are ongoing.

All teams welcome additional volunteers. Action Item groups invite you to join in on the fun. Please contact the team leader for more information.

The Sherman Hub Community Planning Team is initiating two more Action Items from our list of community interests and concerns. For more information on the new Action Items and any other projects, please attend the next Planning Team meeting at St. Giles Church, 85 Holton St. S. at Main (enter the middle side doors on Holton) on Monday, March 3 at 7:00 p.m.

▶ YOUTH & RECREATION

- **CONTACT:** Sarah Martin (sarahmartin76@gmail.com)
- **MEETINGS:** 1st Monday of the month, 6:00 p.m. at St. Giles Church (85 Holton St. S.)
- **MANDATE:** Engage Grade 8 and 9 students to identify and develop youth recreational programs and activities in the Sherman Hub
- **EVENTS:** Try-It Night, Thursday, June 13, 2013 at HARRRP (705 Main St. E). Youth activities included BMX bikes, comedy improv, break dancing and pottery.

▶ TRAFFIC CONCERNS

- **CONTACT:** Simon Mangan (simonmangan@gmail.com)
- **MEETINGS:** 2nd Tuesday of the month, 7:00 p.m., location TBD
- **MANDATE:** Make Sherman Hub streets more pedestrian and bicycle friendly, advocate for reduced traffic speeds along key streets and designate school traffic zones.
- **EVENTS:** Additional signage near elementary schools, new flashing 40s at Adelaide Hoodless, Prince of Wales, and St. Ann's schools for Spring 2014, plus new zebra striping at Springer and Main St E crosswalk for Spring 2104 at Adelaide Hoodless. The Group also participated with Yes We Cannon for a bi-directional bike lane on Cannon St.

▶ SHERMAN SPOKES

- **CONTACT:** Patty Clydesdale (southshermanspokes@gmail.com), neighbourhoodspokes.wordpress.com, (905) 929-9816
- **MEETINGS:** 3rd Tuesday of the month, 7:00 p.m., location TBD
- **MANDATE:** Engage and connect neighbours to develop meaningful, supportive relationships and foster a sense of belonging and community for all in the Sherman Hub.

- **EVENTS:** Successfully organized Sherman Hub's 1st annual neighbourhood wide yard sale, Saturday, June 1st, 2013 with over 130 yard sales in the Hub. The group organized "Ask an Expert Day," Sunday, November 10, 2013 at HARRRP. Ten neighbourhood consultants provided free consultations and workshops including renovations, interior design, landscape design, real estate, investments, debt counselling, holistic nutrition, eating local, and fitness and wellness.

▶ SPECIAL EVENTS/BBQS

- **CONTACT:** Candy Venning (candyvenning@yahoo.ca)
- **MEETINGS:** at the home of Candy Venning; date and time TBD
- **MANDATE:** Organize neighbourhood wide special events that celebrate the Hub
- **EVENTS:** Sherman Hub 5th Anniversary BBQ at Lifesavers Park, Sunday, August 25, 2013. Organized an environmentally sustainable event attended by over 300 neighbours complete with donations from local establishments including prizes, food and service consultations. The BBQ was made successful due to a large volunteer component.

▶ NEIGHBOURHOOD CLEAN-UPS

- **CONTACT:** Heidi and Reuben VanderKwaak (heidi@vanderkwaak.com), (289) 639-0187
- **MEETINGS:** 3rd Monday of the month, 7:30 p.m. at the Vanderkwaak home.
- **MANDATE:** Keeping our neighbourhood clean. The group discusses strategies, divides up tasks, plans events that encourage the

beautification of the Sherman Hub and is involved in the citywide initiative to "Keep Hamilton Clean and Green".

- **EVENTS:** Earth Day clean-up on Sat. April 20, 2013 followed by a light lunch at HARRRP and a post-Halloween clean-up that began at Powell Park on Saturday, November 2, 2013 with hot drinks and treats served at 9:30 a.m. and ending with pizza.

▶ IDENTIFICATION & MAINTENANCE OF HISTORICAL BUILDINGS

- **CONTACT:** Daniel Moore (mooredaniel1@gmail.com)
- **MEETINGS:** 2nd Thursday of the month, 7:30 p.m., location TBD
- **MANDATE:** Inspire and change attitudes regarding local history and architecture in the Sherman Hub
- **EVENTS:** Architectural walk on Saturday, August 10, 2013 starting at St. Clair Blvd. & Delaware Ave.

Completed Action Items

▶ HUB NEWS SUSTAINABILITY

- Objectives satisfied - Sherman Hub News is sustainable.

▶ NEIGHBOURS HELPING NEIGHBOURS FOR HOME REPAIRS

- Objectives satisfied by Neighbourhood Home Improvement Program (NHIP), a collaborative project of the Ministry of Training, Colleges & Universities, the City of Hamilton, Threshold School of Building and Hamilton Community Foundation.

COMMUNITY LAW

Hamilton Legal Clinic – Landlord & Tenant

BY BOB WOOD

The Hamilton Legal Clinic has a lot of experience in the area of landlord-tenant relationships. Many rules and regulations are laid out in the Residential Tenancies Act. They can be found online at: e-laws.gov.on.ca/html/statutes/english/elaws_statutes_06r17_e.htm

A very basic, and important point for all tenants to understand, is their landlord's ability to raise rent. The rate of allowable rent increases for 2014 is 0.8 percent. The annual Rent Increase Guideline is based on the Ontario Consumer Price Index, which is a measure of inflation calculated monthly by Statistics Canada. This year, then, rent increases cannot exceed 0.8 per cent unless a landlord makes a successful application to the Landlord Tenant Board. This rule applies to most tenant households but it can vary.

Tenants can face many different

situations where it may be helpful to get advice from a Community Legal Clinic. Recently, for example, we worked with tenants in a non-profit social housing building. These tenants had received a questionable and extremely large rental increase notice. The landlord said the increase was due to an "administrative miscalculation." After we got involved, the increase was reversed. We were delighted to receive positive feedback from the tenants on this reversal. Here is what one tenant wrote:

"The tenants would like to extend our sincere gratitude and thanks to the staff for assisting us with this issue. You all worked fast, with tight deadlines in place, generating a very positive outcome for us. We truly appreciate your efforts on our behalf...I do not believe that the landlord would have recalculated if your agency had not

been involved, so I thank you all for your time and investigation."

It is nice to get a pat on the back but it is more important to us that tenants receive fair treatment. That fair treatment is laid out in the rules and regulations governing rental housing in Ontario.

Changes in regulations happen from time to time. If you live in social housing, for example, you may have received a notice of rental increases with your annual renewal package. This Notice of Rent Increase (N2) accompanies a decision that a tenant is now eligible for Rent Geared to Income, and will have a rent increase. Late in 2013, the City of Hamilton notified housing providers that this procedure is at odds with the new 2011 Housing Services Act. The correct procedure, which all housing providers including

City Housing Hamilton must respect, is as follows:

- The housing provider must provide the annual review package to the tenant household
- The housing provider must review the information provided by the household
- The housing provider then can make any determinations regarding rent payable

It is important to note that social housing tenants have a right to request a review of any decision on rent.

Tenants who have concerns about this process or other questions should contact the Hamilton Legal Clinic at (905) 527-4572 or apply for services on-line at hamiltonjustice.ca/apply-for-services.php

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



“

I always felt good coming to the Perkin's Centre, and only after a very routine check-up last November, did I know that I had three small lumps the size of that little wee one on that 'thingamabooob.' They were three small lumps and they were all in the same area. I always said, "I have a 'little bit' of breast cancer, a 'little bit.'" Now, you're going to find out what I'm going through because of a 'little bit.'

I had no pain, no tiredness, no nothing to indicate I had breast cancer. What an easy test it is. They put you in a machine, one breast, and they squash it just like that. And you're caught for about five seconds because you can't go anywhere, you can't pull it out, you can't faint, you can only grin and bear it. The only pain I had was for about four or five seconds and then it

lets go and they do the other breast.

It was worth it because they caught it quite small. I had the biopsy in January, and then I had the lumps removed beginning of March. They were both day surgeries, not stays overnight. I had a friend take me in both times. They got all the cancer in my breast but when they checked my genes (your hereditary make-up) they found that I have certain genes that are receptive to give me cancer again. So even though they got it all, they wanted me to have chemotherapy. Four months of chemotherapy, once every two weeks, then a month off in the fall, and then 16 radiation treatments. The chemo zaps your whole system, all your genes, the radiation just zaps the spot where I had cancer. So that's what I am going through and I'm a bit tired and I do take nausea pills."

This is part of Marilyn's story told to friends at the Perkin's Centre last spring. Marilyn is already getting stronger after all these treatments! She is a very brave woman who is trying to save other women's lives by sharing her story and encouraging women to get themselves screened for cancer with a mammogram.



CASTLENOW.CA



CASTLE
KNOW NOW. FOR LIFE.

David Christopherson, MP
Hamilton Centre



22 Tisdale Street South | Tel: 905-526-0770
Hamilton ON L8N 2V9 | hamilton@davidchristopherson.ca
www.davidchristopherson.ca



LANGTON CLIMATECARE
The Heating & Cooling Professionals who CARE

Second to None

Residential & Commercial

Offering Superior Customer Service and Competitive Pricing

- Furnaces
- Air Cleaners
- Heat Recovery Ventilators
- Gas Lines
- Air Conditioning
- Ductwork
- Humidifiers
- Gas Fireplaces
- Thermostats
- We Care Maintenance & Protection Plans
- And more...

979 Main Street East, Hamilton. Tel: 905-312-9644 langtonclimatecare.com

LAKESIDE
INSURANCE & FINANCIAL



905-544-5092

957 King St. East
Hamilton, Ontario L8M 1C3 | 1-800-826-8706 Fax: 905-547-7727
E-mail: customerservice@lakesideinsurancefinancial.com

BUILDING STRONGER LINKS

Health Services & Neighbourhoods

BY BRENT BROWETT

After working for over three decades in the Hamilton Paramedic Service, I started a second vocation with Hamilton Public Health Services as the Director of Community Health Planning and Integration. In this role, I am part of a citywide movement to become more community focused and explore new ways to integrate health services.

Of the Public Health Agency of Canada's (PHAC) 12 key "determinants of health," only one specifically refers to health care services. PHAC explains health as a continuum: "At every stage of life, health is determined by complex interactions between social and economic factors, the physical environment and individual behaviour." Addressing these key factors is equally complex. A starting point is asking members of a

community what matters to them with respect to health, and addressing these priorities. The City of Hamilton, through the Neighbourhood Action Strategy Team, is engaging all levels of the city organization in this movement.

Through a game-changing provincial initiative called Health Links, various agencies are working together to help identify frequent users of traditional health services, address reasons for the high usage and solve system barriers. Organizations such as The Community Care Access Centre, hospitals, the City of Hamilton, McMaster University and family physicians are all part of this initiative.

Together, we are making things happen at the community level and here are a few examples of the actions we are undertaking:

- Last spring, the Juravinski Cancer

Centre (JCC) launched the Cancer Screening Coach, bringing vital screening to the community. Countless leaders in the neighbourhoods, the hospital and public health services developed the concept and delivered, with special thanks to those at the JCC: Patti Allen, Carol Rand and the retired Dr. Bill Evans.

- The Hamilton Paramedic Service, with support from Health Links, has been exploring opportunities for paramedics to address root causes of emergency calls. It builds on projects like the one at 120 Strathcona, whereby a paramedic on modified duty performs health checks on residents.

- Health Links representatives piloted an engagement strategy at the McQuesten Neighbourhood Fall BBQ. The purpose of the visit was to hear which health determinants matter most to residents.

- Late in 2013, Health Links and the Public Health Services, with assistance from Hamilton Street Railway, hosted a neighbourhood bus tour. An idea hatched by Helen Harris, a Health Links Champion from St. Joseph Health Care, it allowed agencies delivering health services to see firsthand the communities that use them.

- With support from the Local Health Integration Network, a "Community of Practice Navigation" has been

launched, encouraging collaboration among health service providers. Various navigators help citizens steer through available health care options to improve access to the services they need most. Champions for this initiative include Dr. Dale Guenter from McMaster Family Practice, Police Chief Glen DeCaire, Michelle Stockwell from the Hamilton Family Practice, Ruta Valaitis from McMaster School of Nursing, and other organizational leaders.

- Through the Neighbourhood Planning teams, Hamilton Health Sciences is beginning to directly engage with the community about future projects to determine how best to integrate health services. This outreach is being led by Teresa Smith, Hamilton General Hospital President.

The momentum is building. These are only a handful of examples of how we are collaborating with the community to deliver better health based on the 12 determinants of health. Some of these initiatives are happening in the Sherman Hub, with others being piloted elsewhere. If successful, they will expand to many more neighbourhoods. If you want to know more about any of these initiatives, please feel free to contact me through David Derbyshire or the City's Neighbourhood Action Strategy Office.

MIDWIFERY

Footsteps For Change

Celebrating 20 years of midwifery in Ontario

BY LYNLEE SPENCER

On May 8, 2011, midwives in the Hamilton and Burlington areas, and their clients, came together at Bayfront Park to walk in solidarity for maternal and newborn health worldwide. They answered the call from the International Confederation of Midwives (ICM) to participate in a 5KM walk in lieu of attending their Triennial Congress in Durban, South Africa, where thousands of midwives from all over the world focused discussions on how midwifery keeps mothers and babies safe. Though fundraising was not mandatory for participating in this local fundraising walk and client reunion, it raised just over \$12,000 for Save the Mothers, a Hamilton-based international organization that trains professionals from developing countries to improve the health of mothers and babies. It was a huge success for Footsteps for Change (FFC), the non-profit organization established by Hamilton-based midwives Katie Walton and Jessica Jones. Over 600 women and their families attended, which included many surprise guests who were out at the park that day and intrigued by the festivities.

This year, on May 3, 2014 from 1-4 p.m. at Bayfront Park, FFC will be hosting its 2nd triennial 5KM fundraising walk and client reunion.

Over the next few months, its planning committee, comprising midwives from the three Hamilton practices, will continue to organize the day's events. New to this year's program will be performances by local musicians, in addition to the usual face painting and local business info booths. For more details, including news of the guest speaker, look for us on Facebook: Footsteps for Change.

Funds raised from the day will go toward the Ghislaine Francoeur Fund, which was launched in 2008 by the Canadian Association of Midwives in partnership with the Canadian Foundation for Women's Health. Ghislaine Francoeur was a midwife in Haiti, where she was founding Director of the École Nationale D'Infirmières Sages-Femmes (National School of Nurse-Midwives). In recognition of her leadership and commitment to mothers and their families in Haiti, she was slated to receive the distinguished Marie Goubran Award at the June 2008 ICM Triennial Congress in Glasgow, Scotland. As you may know, Haiti is a country with one of the highest maternal and infant mortality rates in the Western hemisphere. Tragically, however, Ghislaine died in a road accident at the age of 61, before receiving the award.

Supporting a fund named after a

woman dedicated to midwifery education, and that aids midwifery students in educational, professional and community development in Haiti, seems fitting in light of 2014 marking 20 years of regulated midwifery in Ontario. Our own Midwifery Education Program began accepting students in August 1993, in anticipation of midwifery's proclamation in the Regulated Health Professions Act on December 31, 1993. The College of Midwives of Ontario was officially established on January 1, 1994 to regulate midwifery and to

ensure only registered individuals can practise. Ontario was the first province to regulate midwifery, though many have followed suit over the past twenty years. During this time, Ontario midwives have attended more than 150,000 births in both home and hospital. Currently, approximately 700 registered midwives are practising in 100 clinics throughout the province.

The FFC, and all the midwives in Hamilton and surrounding areas, invite you to help celebrate this very important milestone for Ontario midwives, and to walk in support of midwifery education in Haiti. Please dress weather appropriate, as the event will take place rain or shine. We hope to see you there!

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

GET TO KNOW
YOUR NEIGHBOURS
LIKE IT'S 1952;
THE SPOKES NEED YOU!

Contact Patty Clydesdale
southshermanspokes@gmail.com
(905) 929-9816
neighbourhoodspokes.wordpress.com

HISTORY IN THE HUB

THE HOUSE BUILT IN ONE DAY

BY CAROLYN MCCANN

While travelling west on Barton Street someday, slow down at St. Matthew's Avenue (just west of Wentworth). Look up, and to your left as you pass St. Matthew's Avenue, you will notice a surprising sight. There is a large mural of a house under construction, painted on the side of the first brick house. Why would someone paint such a picture on the side of their home?

This location is the original site of "the house built in one day." James Bryers and his construction crew erected a fully finished and furnished 2½ storey house in just 26 hours on August 12, 1913. Visitors paid 25 cents each to watch the construction project, and to enter a "Guess the Number of Beans in the Jar" contest. As the house was built in city-owned Britannia Park, the winner won only the house, but not the lot. The winner subsequently sold the house to a purchaser, who intended to tear it down and sell its contents.

To save it from destruction, James Bryers, the original builder, bought back the house, moved it to an empty lot on Sanford Avenue and converted it into four apartments. Ripley's *Believe it or Not!* featured the house in newspapers, and for more than 18 years, the house built in a day was a popular tourist attraction.

In 1931, The Board of Education decided to build a technical institute on Sanford Avenue. They bought several properties, including this house, and needed them moved or demolished. The school board offered the house to the city for free. Area residents proposed that the building be moved to Woodlands Park on Barton Street for use as a clubhouse; however, it was the Depression and the city lacked the \$1000 needed to relocate the internationally famous house. After several days of demolition work, nothing was left of "the house built in a day." The technical institute building later



Photo courtesy of hamiltonpostcards.com

became part of Central High School and was then used as an elementary school. Now the site on Sanford Avenue has been completely cleared and the land is part of Cathy Wever School Playground.

Today, all that remains of this unusual construction achievement is the painted mural on the side of

396 Barton Street East. Take a walk along Barton Street to see the wall painting of the many workmen from all trades busy constructing this house. You can read more about this and many other local stories in Brian Henley's book, *Hamilton Back Then*.

CULTURAL LANDSCAPE

RESTORATION OF ORIGINAL WINDOWS

Why older can be better

BY WALTER FURLAN

Why is it important to retain and repair original windows?

Our community recognizes the tragedy when historic buildings are demolished but we sometimes fail to realize that there is risk in losing even more by attrition, i.e., once the porch is changed, the interior remodeled, and the siding, windows and doors are replaced, is it a historic building anymore? Good heritage conservation practice entails returning a building to good health and maintaining as much of the original fabric as possible in order to preserve its sense of age and authenticity.

As the eyes of the building, original windows are also important because they clearly define the character, style and architectural period through such details as moulding profiles and glazing pattern. This combination of elements, along with the jewel-like qualities of original glass, speaks of the hand-crafted quality that is lost in the crisp lines of the modern mass produced units, often clad in metal or vinyl.

A program of window repair and upgrade is often cheaper than total replacement. This is especially true in the context of life cycle cost analysis over 20 years which includes the capital cost of restoration and thermal upgrade, maintenance costs and energy savings. People sometimes mistakenly

compare the cost of a quality repair and upgrade project to the cost of low budget replacement windows and fail to consider the long-term ramifications.

What about maintenance?

Historic windows do require maintenance. Some activities, such as paint spot maintenance, repainting, or touching up glazing putty, need to be done on a regular, cyclical basis. However, building maintenance is unavoidable – all windows need cleaning, the walks require shoveling, the eaves trough needs cleaning, the grass needs cutting, etc.

The good news is that historic windows are maintainable. Almost anything that goes wrong with them can be repaired. On the other hand, so-called maintenance-free products, are often un-maintainable and are sometimes, therefore, disposable. For example, broken proprietary hardware may no longer be available, the seals in modern insulated glass often fail and sometimes require that the entire sash be replaced, and the colour of the vinyl or aluminum cladding eventually fades.

Historic materials, such as lumber cut from old growth virgin forests which have superior stability and weather resistant properties, will often outlast replacement materials. Indeed, the fact

**Please join your neighbours at
The Wood Window Restoration Workshop
Saturday, March 15, 2014**

COST: Free - courtesy of the Sherman Hub Heritage Committee

TIME: 10:00 a.m. to 2:00 p.m.

LOCATION: Walter Furlan Conservation, 767-769 Barton Street East

Sherman Hub residents are welcome to participate in this workshop. Non-residents are welcome as well, but are subject to a waiting list to ensure that Sherman Hub residents get first priority. No drop-ins.

Space is limited, so register early by contacting shermanhubhistory@gmail.com

Registration closes on Friday, March 7th, at which time any remaining spaces will be made available to non-residents of Sherman Hub.

If you are not able to attend, please advise as soon as possible so that your space may be filled from the waiting list.

This workshop will be led by **Walter Furlan** of Walter Furlan Conservation. Walter's experience includes...

- B.A. in Social Sciences from McMaster University
- Built Heritage Conservator Diploma from Willowbank School of Restoration Arts
- A member of the Hamilton Municipal Heritage Committee
- 25 years of fine joinery experience in furniture making

In his work, Walter implements the conservation principles outlined in Parks Canada's Standards and Guideline for the Conservation of Historic Places in Canada. By assessing the

problems typically found in old wood windows, Walter has been able to successfully conserve wood windows at various sites which include: Whitehern Historic House and Garden, the Hamilton Museum of Steam & Technology and Auchmar Estate located in Hamilton; Leacock Museum, Orillia; Gore Mutual Insurance, Cambridge; as well as the Horticulture Building and the House of Commons located in Ottawa; and Willowbank located in Queenston.

Walter's goal at the workshop is to give participants the confidence to repair/stabilize their wood windows and to answer any questions.

that so many of our historic buildings still have their original windows 150 years later is a testament to the quality of the material and construction.

What about energy efficiency?

When people talk about energy efficiency in the context of windows, they are typically concerned about cold air blowing in; cold drafts off the surface of the glass; and condensation

resistance. With the use of quality weather stripping on operating joints, the use of sealants on fixed joints, and repairs to broken glass and glazing putty, drafts can be controlled. With the addition of another piece of glass, such as a traditional storm window or a storm panel on the interior, condensation can be controlled. Historic windows can be upgraded to acceptable standards comparable to most modern windows.

Building Community Through Music: The Canadian Orpheus Male Choir

BY SHIONA MACKENZIE-MORRISON

When Keith Thomas first encountered the Canadian Orpheus Male Choir (COMC) in 1987, they had already enjoyed a decade of successful concerts and had recently embarked upon international concert tours. Keith had never sung outside of church before, but a colleague invited Keith to drop in on a rehearsal and meet his buddies – the “men who love to sing” – all from the Greater Hamilton Area. These men gathered weekly to contribute their skills, experiences and passion to a common cause.

“After sitting in the bass section for about four rehearsals and socializing



The Canadian Orpheus Male Choir

with the guys, I was asked to sing in front of the Music Director to confirm my vocal range,” says Keith.

“I sang up and down a few scales and was placed in the baritones. Believe me, I would have sung tenor if they’d asked me to. I was that happy to join!”

Listening to the COMC today, you’ll notice beautiful harmonies and the genuine pleasure that shines through their delivery of a diverse repertoire ranging from folk songs like “Red River Valley” to jazz numbers such as “Ain’t Misbehavin’”, to rousing gospel music like “Ride the Chariot”, and hits from popular musicals including “Bring Him Home” from *Les Miserables*.

Membership in the COMC allows local men of all ages and backgrounds to make friends, have fun and give back to the community all at once. They frequently perform at concerts for charities such as the Hamilton Spectator Summer Camp Fund, the Canadian Cancer Society, and the Heart and Stroke Foundation. Service groups and churches including Peoples’ Church on the mountain and Christ’s Church Cathedral on James Street North have also benefited. A registered charity, the COMC has raised and donated almost \$800,000 to date.

In addition to singing in and around Hamilton, they have performed in such grand venues as Roy Thomson Hall in Toronto, the National Arts Centre in Ottawa, and the Royal Albert Hall in London, England.

Presently, the COMC is gearing up for a tour of Ireland in 2015 and they want to beef up their numbers to wow Irish audiences even more than the first time they performed there in 2000.

There’s no wonder the COMC is internationally respected. They have

consistently selected accomplished musical leaders to guide them. Their current Music Director, Andre Rakus, OCT, BA, RN, B.Ed, LTCL, is an organ virtuoso with more than 20 years of experience directing choral singers. Talented pianists Krista Rhodes, B.Mus, B.Ed, and Ian Green, B.Mus, ARCT, accompany the COMC.

Krista teaches a full roster of music students, but also finds time to perform, record, and write music. Ian, a professional musician, music educator and entrepreneur, lives in Hamilton’s Ward 4, runs “Music By Ian Green,” and is Music Director and organist at

Ryerson United Church in Ancaster.

“Scientific research on the physical, emotional, and mental perks for choral singers proves music is good for the mind,” Ian says. “There can be improvements in problem solving, memory and social skills that lead to a

better quality of life. Not only do these singers relish the challenge of learning new music, but they also cultivate a camaraderie that crosses cultural and geographic boundaries.”

“Accompanying the COMC is particularly satisfying because of their strong team spirit, not to mention the uplifting experience they bring to audiences from Oakville to St. Catharines and beyond.”

Keith, during his 26 years with the COMC, successfully took on the role of Concert Secretary. He regularly traverses Hamilton meeting people and booking COMC gigs to help various local groups achieve their fundraising goals.

“A few highlights for me have been performing for the Toronto Star Fresh Air Fund in 1991, touring the Maritimes in 1997, Trenton in 2005, and singing along with 600 male voice choristers from around the world in London’s Royal Festival Hall at the pre-Olympic Games ceremonies in 2012. Last year, the Choirfest we hosted in Burlington was exciting. We strutted our stuff and, in turn, heard what some other singing groups in the region are up to. We’re holding it in October in Oakville this year.”

“Making a difference can be deeply gratifying,” says Keith. “Without the COMC, I would not have realized my dream of entertaining and helping others. They are always open to new members, and you don’t have to be able to read music because there is a web page providing music tracks to make our songs easier to learn. So, lucky for me, just about any guy can join.”

For more information about the COMC, visit comc.ca, call Membership Director John Kennedy at (905) 549-2426, or email orpheus@bell.net.

URBAN GARDENER

GARDEN TRENDS: 2014

BY CANDY VENNING

• If you grow it, they will come – the birds, the bees and the butterflies

There is a movement towards planting species in the garden that support our feathered friends, not only with their seeds but also for spring foraging of insects and larvae (as they need to feed their chicks in spring when there are no seeds). Arrowwood Viburnum – a caterpillar host that also bears fruit is a front-runner pick.

There’s been quite a buzz concerning the diminishing numbers of the approx 3,500 different species of bees in North America. Neonicotinoids, a form of insecticide used widely for crops, may be to blame. Whatever the cause, consider providing pollen-rich plants for these essential links in the food chain. Globe Thistle/Echinops is a fantastically architectural plant that bees thrive on and Ajuga is a great groundcover with blue flowers.

Butterflies not only suspend our sense of time, transporting us to a magical place... they also provide tasty larvae for the birds! Unfortunately, butterflies are also diminishing. Help them out by adding Echinacea, Aster, Liatris, Culver’s Root, Chocolate Boneset and the Monarchs all time fave, Milkweed/Asclepia to your garden.

• Meadow gardens... Romantic Stress Busters?

In addition to saving the birds, bees, and butterflies, we can also add beauty and health to the benefits of creating a wildflower garden or ‘meadow.’ Many of us acknowledge a primal longing for a ‘dose of nature’ and tests have shown ready access to a garden or living near a park reduces anxiety, depression and aggression (Nature-deficit disorder).

• There’s no place like home: Native plant species

OK, you’ve heard this before but why?

Why should you bother planting natives in the garden? For two very big reasons: they have already spent centuries adapting to their area so they require less water and have less susceptibility to pesky infestations, and they have evolved alongside the very birds, bees and butterflies that need them for food and shelter.

• Growing your own: Veggies & Herbs

Heirloom veggies and seed exchanges are enjoying continued momentum, as are farmers’ markets. The Mustard Seed Co-op and ‘Seedy Saturday’ are two musts for Hamiltonians. Held through the Hamilton Community Garden Network (HCGN), Seedy Saturday is a great event where you can find out how to get an allotment if you don’t have a garden of your own.

• Harvesting rainwater

Use the rain from your eaves troughs – it’s free and your plants prefer it over chlorinated drinking water.

• Trees

Recent ice storms, 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 tree (a free service through the City) or plant something smaller such as Pagoda Dogwood, a multi-stem Serviceberry/Amelanchier or Redbud/Cercis canadensis (all shade tolerant and native by the way).

We can create a playground, an endless source of entertainment throughout the summer, not just visual, not just edible, but good for the planet too!

EVENTS: THERE'S A LOT GOING ON!

Sherman Hub Community Planning Team Meeting

MARCH 3, 7pm
St. Giles United Church,
85 Holton Ave. South
• All are welcome to attend these monthly meetings to discuss issues and activities in the Sherman Hub.
Info: dderbyshire@sprc.hamilton.on.ca

Shiver For a Liver

MARCH 8, Noon-4pm
Bay City Music Hall, 50 Leander Drive
• Register for the Polar Dip Plunge! A non-profit fundraiser to support the Canadian Liver Foundation. Live music, face painting, balloon animals, and more! Entry is free. Donations are encouraged.
Info: shiverforaliver@gmail.com

Annual Soup & Sandwich Dinner and Memorial Hymn Sing

MARCH 9, 5pm and 6:30pm
Ryerson United Church,
842 Main St. East
• Presented by Unit 6 of the Ryerson United Church Women. For more information and tickets contact the church office.
Info: (905) 544-3120

Support Meeting for Polycystic Kidney Disease Patients

MARCH 16, 2-4pm
St. Joseph's Healthcare Hamilton,
50 Charlton Ave. East
• Free talks, webinars and peer-sharing on topics related to chronic kidney disease. Hosted by the Hamilton Chapter of The PKD Foundation of Canada on Sundays, six times a year.
Info: 1 (800) 410-1741 / hamiltonchapter@endpkd.ca

Sherman Hub Clean Up Action Team Meeting

MARCH 17, 7:30-8:30pm
VanderKwaak Residence
• Every 3rd Monday of the month. Keeping our neighbourhood clean! We discuss strategies, divide up tasks and plan events that encourage the beautification of the Sherman Hub. Not interested in meetings but want to know about our events? Join the Clean-Up Team email list.
Info: (289) 639-0187 / heidi@vanderkwaak.com

Community Café

MARCH 19, 5pm
Cathy Wever School,
160 Wentworth St. North
• Wever Core invites parents, seniors and local residents to learn more about services, see what is happening in our hub, and be part of positive change. Join us in the school library.
Info: (905) 522-9965 (Nurse Laura)

Carolyn Dover - Solo

MARCH 20-APRIL 26
Earls Court Gallery,
215 Ottawa St. North
• Carolyn Dover is an award-winning Hamilton-born artist who regularly exhibits her plein air work and large format landscapes of southwestern Ontario. She has taught courses in drawing, painting and colour theory at the Burlington Art Centre and The Dundas School of Art.
Info: (905) 527-6685 / robert.daniels@sympatico.ca

Dead of Winter

MARCH 22, 4:30pm
New Westminster Church,
1025 King St. East
• A thrilling murder mystery dinner. Tickets \$15 per person; children under 10 y/o \$7.50. Could you be the next Columbo or Jessica Fletcher? Bring your friends and discover whodunit! Call for a reservation.
Info: (905) 385-2541 (June) / michelleond@live.ca (Mike)

Modern Dance Classes

TUESDAYS, 6pm
St. Peter's HARRRP, 705 Main St. East
• Beginner and intermediate classes taught by award winning Dancer-Choreographer, Learie McNicolls. Anyone interested in having fun and moving their bodies with grace and confidence is welcome. Pay what you can.
Info: 647-890-2530 / leariemcnicolls@gmail.com

Kingdom Kidz

WEDNESDAYS, 4:30-6:30
New Westminster Church,
1025 King St. East
• Program for children ages 6-12, includes stories, games, food, music, and crafts at no cost. Parents are welcome to come and check out the program. Please phone ahead to let us you are coming.
Info: (905) 545-3575

Cultural Family Time

FRIDAYS, 9am-Noon
Sanford Ontario Early Years Centre,
735 King St. East, FI 1A
• This free drop-in program is for families with children 0-6 y/o, offering weekly activities (sewing, knitting, cooking) and parenting workshop topics. Child minding is provided. Enter via the back door.
Info: (905) 525-5855 (Joanne or Leanne)

Wednesday Wigglers - Opposites

APRIL 2, 9:30-10:15am; 11-11:45am
Hamilton Museum of Steam & Technology, 900 Woodward Ave.
• The Hamilton Children's Museum is temporarily closed for repairs. Children 0-4y/o can enjoy songs, story time, sensory play and crafts, and visit Children's Museum staff at the Hamilton Museum of Steam & Technology. Free.
Info: (905) 546-4848 / childrensmuseum@hamilton.ca

Potpourri Jubilee

APRIL 26, 7:30pm
St. Peter's HARRRP, 705 Main St. East
• SteelTown Symphony presents works of Mozart, Mansell and more! Doors open at 6:30pm. Tickets are \$10 per person at the door, or \$8 in advance. Book by phone or online.
Info: (905) 528-2361 / steeltownsymphony.com

Winter Market

ONGOING, 7am-3pm
Ottawa Street Farmers' Market,
204 Ottawa St. North
• Ottawa Street Farmers' Market is open every Saturday, all year round. Take a look at what's local during our winter season!
Info: (905) 297-5250 / info@ottawastreetfarmers.com

Parenting and Family Literacy Centre (PFLC)

ONGOING, 9am-1pm
Adelaide Hoodless School,
71 Maplewood Ave.
• The PFLC is a free Monday-Friday program for caregivers, families, and their children 0-6 y/o. The program provides fun, interactive play and learning experiences. A snack is provided!
Info: (289) 775-5444 (Lynda) / lynda.raike@hwdsb.on.ca

Drop In Play Time

ONGOING
Sanford Ontario Early Years Centre,
735 King St. East, FI 1A
• A free play opportunity for parents/caregivers to bring their children to interact with other families. Monday to Thursday 9am-3:30pm. Fridays 9am-Noon. Enter through the back door directly into program space.
Info: (905) 525-5855 (Joanne / Leanne)

Cat Adoption Drive

ONGOING
• The Kit Cat Club of Hamilton has many cute cats available now for adoption. They are all spayed or neutered and needled.
Info: (905) 543-8092 / kitcatclubofhamilton.ca

HAMILTON PUBLIC LIBRARY EVENTS

BARTON BRANCH
571 Barton St. East
Info: (905) 546-3450 / hpl.ca

Trump Club Euchre

MARCH 6, 20, APRIL 3, 2pm
• Join us for an hour of progressive Euchre.

Book Club for 18+ y/o

MARCH 10, APRIL 14, 6:30pm
• Drop in for great reads and good company with the Barton Bibliophiles.

Knitting for 18+ y/o

MARCH 17, APRIL 28, 2pm
• Beginner, expert, share tips and techniques; knit squares for charity.

Noble Health Bus

MONDAYS, 2pm
• Oral Health Presentation from Hamilton Urban Core. Health screening at the corner of Milton Ave.

Project Safe Neighbourhood

TUESDAYS, 2-3pm
• A drop-in program for home-owners and renters. Learn how to keep your home and family safe from fires.

Computer Training for Adults

Please call a week in advance to register for the following workshops:

Intermediate Internet Searching

MARCH 5, APRIL 2, 2pm
• Learn tips and tricks for Internet searching.

Online Government Services

MARCH 6, APRIL 3, 10:30am
• Learn how to access and use the different services offered online for municipal, provincial and federal governments.

Smart Shopping Online

MARCH 19, APRIL 9, 2pm
• Learn about online shopping, and get the answers to your questions about safety and security when buying online.

The Library Website - hpl.ca

MARCH 20, APRIL 17, 10:30am
• Learn how to use the library's website and resources, explore the online catalogue and access your HPL account.

Health Information Online

APRIL 10, 10:30am
• Learn how to use the Library's catalogue to find health information, and explore the Library's databases and tools to find health information online.

Social Media - Facebook 101

APRIL 16, 2pm
• Learn the basics of Facebook including how to set up an account and privacy settings.

March Break Children's Programs: Storybook Magnet Making

MARCH 10, 2pm
• Create your own fridge magnets using characters from storybooks.

Tween/Teen Yoga

MARCH 10, 6pm
• Learn basic yoga poses and breathing while developing flexibility and strength.

Family Storytime

MARCH 11, 10:30am
• Share stories, songs, and much more with us.

Movie Madness

MARCH 11, 2pm
• Watch a new movie on the big screen! Call the branch for the movie title.

Let's Talk Science! Candy DNA and Silly Putty

MARCH 12, 2pm
• Build DNA out of candy and make your own silly putty. Let's Talk Science coordinators will show you how!

Movie Madness

MARCH 12, 6pm
• Watch a new movie on the big screen! Call the branch for the movie title.

Barton Branch Bingo

MARCH 13, 10:30am
• Join us for a morning of "under the B". Win prizes, have fun!

PS3 Gaming

MARCH 13, 2pm
• Play PS3 games on the big screen.

Wii Gaming

MARCH 15, 2pm
• Play Wii games on the big screen.

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

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