

yes, they've paid for colour, but the image is black and white. They are hoping that kids will colour it; a different one with each issue. Put it on page 9 and I'll talk to them about the cost. Do you think anyone will colour it? Do kids read the paper? Also, can you check the whatchamacallits at the beginning of each story and make sure they aren't dwarfing the title? PS: Toronto Staycation was a bust – I ended up baby-sitting for

South Sherman Hub News

A publication of the South Sherman Community Planning Team

JULY-AUGUST, 2013



**SOUTH SHERMAN HUB
IS TURNING**

5!

*Please join us
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My Neighbours

BY NELLY SINCLAIR

The last few meetings of the South Sherman Hub have been exciting, energetic events, crowded and filled to capacity. Where are all these people coming from? Why bother getting involved at the grass roots level with community development?

Candy Venning and Simon Mangan moved here from Toronto, via the South of France where they met. Simon, who really has been around, and therefore ought to know, favours Hamilton above all the places he's lived in. Yes, even better than the south of France!

But Candy and Simon can go on and on about the multiple assets that Hamilton has. For starters, there is the topography: an escarpment, a lake, eagles and waterfalls. Then there is the very achievable dream of home ownership, accessible to many more, here in Hamilton. (Especially in comparison to Toronto or France) There is the attitude, the realness, the grittiness of Hamiltonians. Here you can get anything done. People are invested. They are here to stay, and so they're willing to make a fuss, roll up their sleeves, and make their neighbourhood a better place to live.

Getting started in community involvement begins where you live. For Candy and Simon, owners of Venni Gardens, it began with planting a tree. This became a special memorial to Anita, an active neighbour who

had recently passed away. From there they moved to planting bulbs with their neighbours and participating in the alleyway cleanup. Candy and Simon eagerly explored Hamilton, meeting other neighbours at The Pearl Company, and from South Sherman at a 'Code Red' lecture. Naturally an invite to the South Sherman Community Planning Team was soon forthcoming and as their first meeting was the 'Roll out the Action plan special day event', they were suddenly swept up in subgroups working in South Sherman on various goals.

Starting is doable. Anyone can start. Candy and Simon had strong models and mentors in the community to follow. As Candy says, "You can only show up at so many events before you start to feel the pull and need to get involved." In Hamilton, there is openness and a big welcome. What you put in creates more momentum and the ball just keeps rolling. Things are purposeful and focused, positive and moving forward. Really, it becomes hard not to contribute. The 'individual' can make a difference. Everyone just fixes up what they see outside their own windows...and before you know it there is a real difference in the neighbourhood.

It's really not that difficult to get involved. An easy first step is to sign in to associations through Facebook

and ultimately we challenge you to just get out and meet your neighbours. It all happens naturally from there. They are a fabulous group of people who are very involved and connected. You are welcome! Who wouldn't want to join the action?

YOUR NEIGHBOURS!

Got a story about your neighbours and how they help make your street a better place to live? Please send it to itshappeninginthehubs@gmail.com. We'd love to hear about all the folks who are making our community wonderful.

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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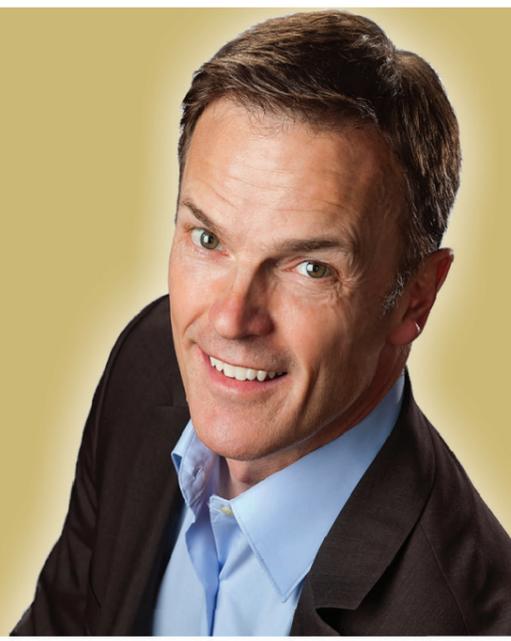
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ABCD

(Asset-Based Community Development)

BY DAVID DERBYSHIRE

“Life is what happens while you are waiting for the bus...”
— Forest Gump

Lots of time has passed since I last shared my thoughts with you. The May issue of *South Sherman Hub News* came and went without my sharing of thoughts and the world did not end. On the contrary many wonderful things have been happening and as my muse for this issue “Forest” contends lots of good things have happened while we all patiently “waited for the bus”, or in our case the transformation of South Sherman becoming a better place to live, work and raise a family. What we are discovering is that this vision is not a static point that we will magically arrive at via HSR but an evolving movement within the homes, businesses, places of worship and lives of each of us. My task today is to wonder with you how you have been involved or impacted by some of the “Magic” that has been happening. My use of the word magic is not to diminish but to point out the fact that each of the actions that have been happening over the past couple of months have been the concerted effort of a small but growing number of our neighbours and friends who have taken ownership of this neighbourhood and are helping to move it toward a better place.

I will start with the South Sherman Community Planning Team because I think it has been the hard work of this dedicated group of neighbours and other community partners who have been at the vanguard of these changes. This group will be celebrating their 5th year of existence this summer and are witness to the long, challenging journey bringing a community to embrace their assets and build on them has been. They have solicited input from the community to identify the challenges that are most important to those of us who live here and are in the process of engaging neighbours to design strategies to address the challenges and implement those strategies. What follows is a brief account of what some of that effort has produced at this time.

On Saturday April 20th and Sunday April 21st concerned neighbours came together to do a Spring Clean of their local park and of their streets. They also were able to help educate their neighbours about the Hamilton Waste Management System and help provide alternatives to their neighbours for the unsightly discarding of both bulk items as well as general debris in their neighbourhood.

On March 26th at St Giles United Church and then again on May 21st at Mission Services 25 to 30 neighbours came together for a facilitated discussion about Safety in our neighbourhood with the understanding of Street Level Sex Trade Work and the development of a Safety for All approach to the topic.

Ivor Wynne Stadium has vanished

in the dust and from that dust is arising a new and exciting Pan Am Stadium that used an innovative community engagement process to solicit the input of residents and then used that input to inform the way this valuable resource can become an asset 365 days of the year, how it can leverage recreational, educational and equally important economic opportunities in this neighbourhood.

The site of the former Scott Park Secondary School, that sat vacant and neglected for too long, is also rising from the ashes and is being considered for the site of a new Secondary School that will bring together young people from across the city to study in Hamilton’s newest and most modern learning environment. This site will also include a much needed community space where the assets of the school can be leveraged and accessed by the community in the evening making this a true community hub. Imagine the limitless possibilities when the City of Hamilton and the Boards of Education leverage their resources to benefit our community.

And what about the transformation that has taken place at the corner of King St E and Garfield Ave. Where once the Apollo Restaurant and for a brief period (not if you were Rebecca working 16 hour days) the Heart of the Hammer stood we now have our very own Good Life Deli, barely open a year and already expanded to include a dinner menu and a welcoming environment for everyone. They have embraced the work of the South Sherman Planning Team and have provided the nutritional motivation on more than a couple of occasions to our sub committees whether meeting early on a Saturday morning to plan the next *South Sherman Hub News* or in the middle of the day to provide the Small Grants Advisory team a venue to review and hopefully approve a small grant request.

These are but the tip of the iceberg. The journey has been and is long, but I know that if I asked those involved in most of the above they will claim it is the hardest work they have ever loved. So where do you fit? What is it that can get you excited about and willing to pitch in to make this neighbourhood not just good but GREAT! Come out to a South Sherman Community Planning Team Meetings. For the summer, due to long weekends, we will be meeting on the first TUESDAY from 7:00 to 9:00 pm at The Dream Centre to escape the heat. Don’t let the name fool you we are working with neighbours living to the North as well as the South. Elsewhere in the paper there will be information about some of the coming projects this summer but also look for an old guy with a pony tail who will be wandering the ’hood talking to anyone and everyone. If he has a Pepsi in his hand it will be me.

Be kind to you neighbourhood and a friend to your neighbour.

Contributors & Acknowledgements

The South Sherman Hub News is published bi-monthly by the South 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
We would love to have your help.
www.hubnews.wordpress.com

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Acknowledgements

Hamilton Community Foundation



The South 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.

www.southshermanhub.wordpress.com

Community Developer, David Derbyshire: (905) 528-5640 ext. 260

David.derbyshire@wesleyurbanministries.ca

COMMUNICATION, RELATIONSHIPS, ENGAGEMENT

BY REBECCA DOLL

For some time now I have been asking myself, my neighbours, my colleagues; what is our measure of success? If we’re trying to build an engaged community, what does that look like? How do we measure engagement?

It isn’t how many come to the planning team meeting, cause there are some 30,000 people in the Hub and they won’t all fit. It isn’t how much money we got for a project, because some of the best projects don’t cost any money at all. The normal measures that we are presented with in our business-driven world can only measure so deep.

I heard John McKnight speak in Kitchener in June. He is the pioneer of asset-based community development, and he explained it so simply;

“Everyone has gifts. They aren’t gifts until they’re shared. The more we share our gifts, the richer our lives are. When everyone in the neighbourhood is sharing their gifts, we will have succeeded.”

These gifts can be shared with any person or group; family, neighbours, associations, teams. When all of us are sharing our gifts with each other, we’ll be living in a truly engaged community. Rich lives indeed.

WARD 3 NEWS

BY BERNIE MORELLI

I am pleased to provide a brief update for the July/August issue of the South Sherman Hub News.

The City of Hamilton is currently carrying out construction and restoration works on the grounds surrounding the fountain at Gage Park. These new gardens should be completed by the end of October. I am also pleased to announce that City Council supported my initiative during the 2013 budget process to formalize the Gage Park Summer Concert series. This year's free, outdoor concerts are scheduled for July 7, 14, 21, 28 and August 4, 11, 18, 25 from 7:00 to 8:30 p.m. at the Gage Park Bandshell. While seating is available in front of the Bandshell, I

suggest bring a folding chair. As well, there is free on-site parking.

For more information, please visit www.hamilton.ca/specialevents or call 905-546-2747.

The City of Hamilton is partnering with the Ontario Ministry of Training, Colleges and Universities, the Threshold School of Building and the Hamilton Community Foundation to create the Neighbourhood Home Improvement Program. This program will offer free renovations to low- and medium-income individuals and families. This program could cover the following works at your home: Wood or aluminum siding repair/replacement, porch or deck repair/replacement, outdoor plumbing repair, concrete

work, fence or gate repair/replacement, shed repair/replacement, brick repair, garage repair, landscaping and window replacement. Additional information and applications are available for pick up at: My office, the Eva Rothwell Resource Centre (460 Wentworth Street North), St. Peter's HARRRP (705 Main Street East), or online at www.hcf.on.ca and www.thresholdschool.ca.

Along with staff and neighbourhood assistance, I continue to aggressively pursue property standards and illegal multiple unit properties. Please do not hesitate to report concerns about specific properties to Municipal Law Enforcement to 905-546-2782 or mle@



Ward 3 Councillor
Bernie Morelli

hamilton.ca, or contact my office directly at 905-546-2702.

Lastly, if you need a replacement or additional blue box, please call my office and I would be happy to deliver one to you.

In conclusion, I would like to wish everyone in the neighbourhood a safe and happy summer. 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 or 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.

THE SPOKES

Connecting Neighbours in the Hub!

BY PATTY CLYDESDALE

Well, it was a lot of planning, but we did it! On June 1st, the Spokes hosted our very first annual Street Sale and by all accounts it was a big success- 150 yard sales strong!

In the months leading up to the Street Sale, the Spokes Committee met to plan, strategize and organize the Street Sale; we coordinated with a number of neighbourhood groups who were also planning yard sales this summer, spoke with local media, were aired on Cable 14's Extra Segment for the 2 weeks leading up to the Street Sale, issued flyers to every student in the neighbourhood to take home to their folks, posted our awesome ad in the Spectator and put up two phases of signage to advertise the event. Whew! We did ok if I may indulge in a little bragging, but we've learned a thing or two on what can be done better for the next year's sale. We sure did have some fun, and if anyone has photos of the day that they'd like to share, I'd love to post them to our events page on our website listed below.

A special thank you to our amazing Spokes Committee for all their hard work, to fellow Spoke and Spoke Committee Member Amanda Stringer (aka- communications extraordinaire) who designed our signage, to my wonderful husband Liam and the Staff of AGFA Graphics for donating the supply and production of the signs, and to my niece Julie for practically damaging her (dental hygienist to be) hands while inserting the stubborn posts into our numerous signs and spending two long evenings posting them throughout the neighbourhood with me, but of course this is only the beginning of my thank-yous for making this event the best dang Neighbourhood Street Sale ever!

A very special thanks goes out SSCPT Member Ashley Ross who took on the challenge of contacting the School Boards and spearheading the school flyer campaign, to fellow Spoke Kathy Calverley, who ensured our event was

posted in almost every church bulletin issued last month, and who along with her husband and SSCPT Chair Steve Calverley hosted a Spokes BBQ the day of, and to the South Sherman Hub News who graciously posted our half page advertisement in the last newspaper.

A huge thanks goes out to the South Sherman Community Planning Team and the Hamilton Community Foundation for granting us some needed funds and moral support to make this event a reality.

Another thank you to our community partner Boys and Girls Club on Ellis Avenue in Crown Point for requesting a large number of Street Sale Flyers to hand out to their many patrons - and last but far from least- to all our wonderful neighbours who eagerly hosted yard sales and to those who supported and attended the yard sales who braved the impending thunderstorms, and ended up taking advantage of what turned out to be an absolutely gorgeous, sunny day.

I hope I haven't forgotten anyone- if I have, you know who you are and I thank YOU!

Now that the accolades are complete, I'm compelled to share with you that I have since heard from people who came to the neighbourhood for the first time, who were moved by how charming and friendly our people are. These same people marvelled at the beauty of our neighbourhood and the architecture found here and if I can just say- it doesn't surprise me one bit.

Our neighbourhood and the people who live here are nothing less than salt of the earth, our mature lush green treed streets and the craftsmanship and quality of houses found here is second to none, which is why the South Sherman Neighbourhood is far and away becoming the best place to live, work and raise a family.

I shout it out to whomever will lend an ear, and whenever I get a chance and

you should too! The South Sherman Hub's got a lot going for it and we should be proudly espousing it to everyone we meet! Okay, so I'll come off my soapbox for a bit...

Now that the yard sale is over until next year (did you hear? It's to be an annual event, so email me at southshermanspoke@gmail.com to register your yard sale for next year), we intend to focus our energy in the coming months on expanding the Spokes program throughout the neighbourhood, and encouraging existing Spokes to plan and organize street events for and with their neighbours- afterall, it's SUMMER! Time to break out the BBQs, perennials and annuals, spruce up the front porch with a new coat of paint and then kick back, relax and enjoy a cool bevy on the front porch with your family and neighbours.

The Spokes will be around, i.e: at It's Your Festival and the South Sherman 5th Anniversary BBQ on August 25th at Life Saver Park. Come on out, join us and meet not only the Spokes, but what's going to be hundreds of your friendly neighbours for some fun, good eats, games and music. Stay tuned and up-to-date by registering on the South Sherman Hub Facebook page, or by checking-in to www.southshermanhub.wordpress.com.

Join our community building movement! If you'd like to be a Spoke, or you're an un-official Spoke, because well you're just naturally neighbourly, and you'd like additional support with community resources and ideas, please contact me. You don't need to wait for a special event to see what we are all about!

For more information on the Spokes, please visit our website at www.neighbourhoodspokes.wordpress.com.

Patty Clydesdale is Lead Spoke, Member of the South Sherman Community Planning Team, proud South Sherman Hub resident and an Interior Designer by trade.

Roselawn Lawn Bowling Club

BY MARILYN HILL

Gage Park off of Lawrence Road has a gem. It is Roselawn Lawn Bowling Club. This gracious building, built in 1925, and its 2 regulation-size greens is owned by the city of Hamilton. From May until October there is a hive of activities such as games, tournaments and social events like cards, meals and barbecues. For the modest price of \$120, you can become a member. We welcome people of all ages to come and try the sport. Our club has all the equipment for you to use and friendly people to show you how to play. All you need are flat soled shoes because all of us are volunteers who look after the lawns where we play. Divots or marks made by shoe soles with ridges, damage the playing field.

Do not let this gem escape from you! Many of us are seniors who keep fit by lawn bowling and enjoying the commraderie of making new friends. In addition, players who work during the day, like to come in the evenings or Saturdays. At our open house week in early May this year, the weather did not cooperate and was bitterly cold. Lawn bowling is a summer sport where you play in the fresh air with the lush green foliage of the mountain as a backdrop and then go into the heritage clubhouse for a cup of tea or coffee and cookies.

Take advantage of this offer. Almost every afternoon you can play, starting at 1:30 p.m. We also play Saturday afternoon, starting at 1:00 p.m. If you are working, we have evening games on Monday, Wednesday and Friday, starting at 7:00 p.m.

Please call Evelyn, our membership person at 905-388-3732 or myself, Marilyn at 905-528-3191 to arrange a time to come and try the sport. You are also welcome to just come at our scheduled times and players will greet and coach you. Why not get a group of friends together, call us and we will arrange a special time for you!

Roselawn is a jewel where you get value for your tax dollar!

Community Safety Meetings

BY STEVE CALVERLEY

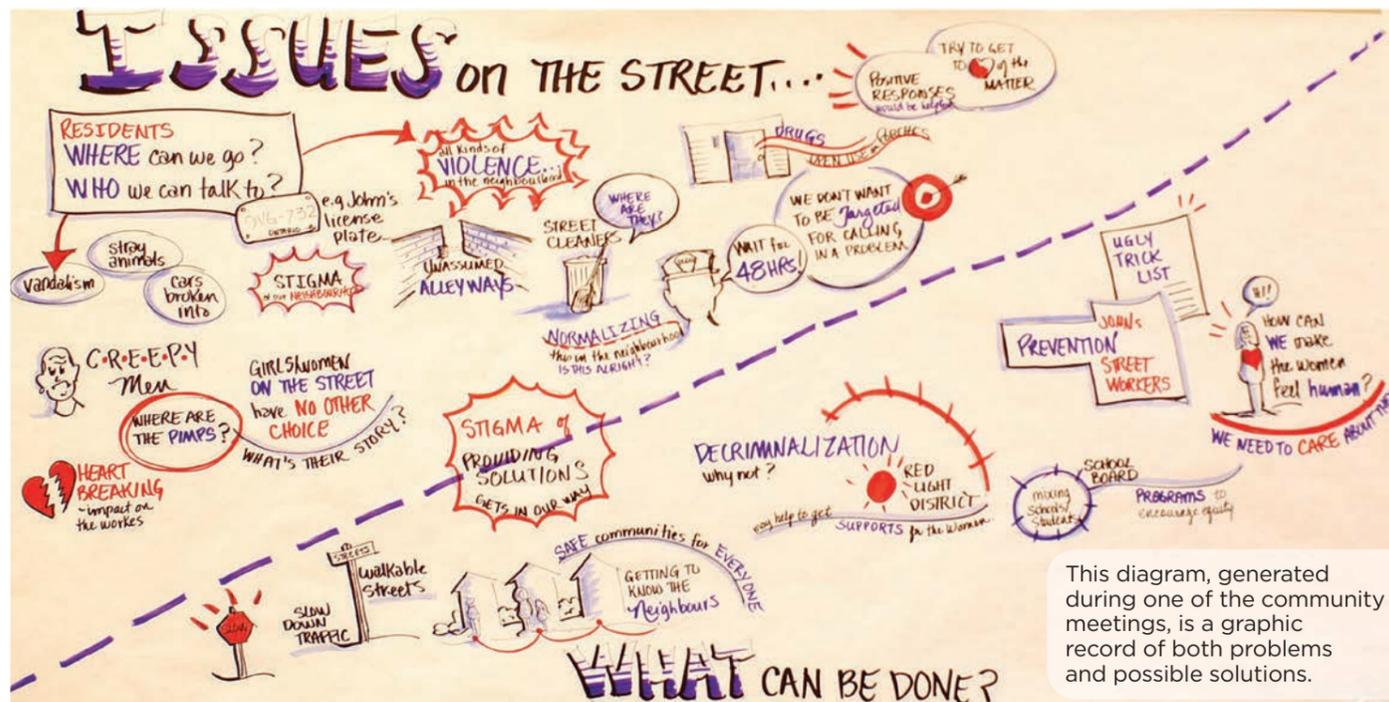
There are unique moments when something becomes crystal clear – like moments when an individual in a group of people courageously stands up and identifies “the elephant in the room.”

One of those moments occurred for me at a public community meeting last spring in the gym at Prince of Wales School. The topic of the meeting was about the legacy benefits of the new stadium development but one local resident continued to wave a hand, stood up and then asked quite firmly, “What are you going to do about drugs and prostitution?” The question hung in the air while quite a few of us held our breath and what became crystal clear to me in that moment was the importance of addressing this question and the other safety-related concerns of our neighbourhood.

And it seems that resident’s concerns are widely held. In an interim report produced in May, McMaster researcher, Dr. Jim Dunn found these are the top two concerns of residents in the Stipleigh neighbourhood. When asked “What do you think are the TWO most important things that would make your neighbourhood a better place to live?” 59% of the respondents identified “prostitution” and 58% identified “drugs” as their most pressing concerns. (Stipleigh is: Sherman Ave to Gage Ave; Main Street E. to the CN tracks north of Barton).

IS THIS A TURN-AROUND OR A BLIP ON THE RADAR SCREEN?

After a long and tragic decline our neighbourhood is truly experiencing some real signs of change for the better. We see new businesses opening, surviving, and we hope even thriving! At the most recent Stadium Precinct meeting (May 16) facilitator Glenn Scheels of the GSP Group said it the best I’ve heard yet: “this is a fantastic neighbourhood in which to live. Think about it... where else can you find an inner city neighbourhood in Hamilton – or anywhere – which has a brand



This diagram, generated during one of the community meetings, is a graphic record of both problems and possible solutions.

new elementary school (POW) and will soon have a new high school, a new community centre with a pool, a seniors centre... you just don't find that. And soon on top of that will be rapid transit on King Street." (Not to mention a brand new stadium attracting visitors to see our great urban neighbourhood!)

But we have to be sure we address the issues that discourage residents (long-time and new) or we could be seeing only a blip on the radar screen. We can paint our picket fences white and have all the neighbourhood feel-good barbeques we want but if we do not ALSO deal with the safety issues our neighbourhood will not attract and retain the new families and new vibrancy we need in order to become a truly healthy mixed neighbourhood.

CITY SUPPORT

During the past few months, the City of Hamilton has twice engaged the facilitation services of a social planner, Deirdre Pike of the Social Planning and Research Council of Hamilton to conduct neighbourhood meetings about Community Safety. (Meetings were held at St. Giles Church, Main at Holton, March 26, and Mission Services, Wentworth near Barton – May

21.) In total approximately 50 residents attended. The scope of the meetings included but was not limited to the concerns already mentioned above. The output of those two meetings are the graphics printed with this story. Another output was a request from residents that a third Community Safety Meeting be held. We also asked to hear from people involved in street sex trade work because we want to hear from ALL residents and understand their perspective. Additionally, we asked that this third meeting include the attendance of officials who have the mandate to make decisions and take actions with regard to community safety.

IDENTIFYING PROBLEMS IS GOOD. PARTICIPATING IN CREATING SOLUTIONS IS GREAT.

Long-time community development guru John McKnight put it this way when speaking at a Canadian university in 2009: “whether we are safe and secure in our neighbourhood is largely within our domain. Many studies show that there are two major determinants of our local safety. One is how many neighbours we know by name. The second is how often

we are present and associate in the public outside our houses. Police activity is a minor protection compared to these two community actions. This is why most informed police leaders advocate for block watch and community policing.” How true. So far in my own experience with a drug house on my own block I have found that expecting the authorities to do this alone is as realistic as trying to get rid of a bear by making it attractive to mosquitoes.

One thing seems clear: There will be no solution until we, the residents, get involved. And so now the question is “What are WE going to do about drugs and prostitution and the other safety related issues that prevent us from being a safe neighbourhood?”

Please watch for notices of the next Community Safety Meeting. You are warmly invited and your participation is crucial to the success of our up-and-coming neighbourhood.

To receive notification of the next Community Safety Meeting or to be part of the neighbourhood conversation, please sign up to the Facebook group: “Safe Neighbourhood” or for more information please visit the website: “SafeNeighbourhood.wordpress.com”.

VOICE OF YOUTH

DEPRESSION!

BY CASSANDRA DOLAN

Everyone in a time in their life will go through a stage of depression.

People who have had depression could definitely agree with me that it sucks. Depression is not just a phase in life, it's a medical condition. It affects a lot of people; not only the person who has it but also the people around them. It can ruin someone's life if it gets that far. To the point where you feel like you have no one there who can relate to you or no one gets or understands you. Also to the point that you think the only way out is through suicide.

In my opinion a lot of teenagers are living with depression. Some of them even mutilate themselves or get high or drunk to try and get rid of their pain. These are the ones that are pushed a bit too far and need to get help before they decide to do something that will ruin their lives forever.

I have been through it before and actually still am, and I can promise you yeah it sucks but it will defiantly get better! You just have to start hanging around better people, ones that can make you smile and ones that you know

you can turn to if you feel down. What I have done is I got rid of all my old friends, got a fresh start on everything, joined something that I knew I could be happy and I would enjoy doing, started paying attention at school and totally switched my life around. I now involve myself with better funnier people who I know will always be there for me and will love me for who I am. I believe that you can too!

Everyone on this world deserves to be here. We were all put here for a reason and if you are not dead yet, then you have not fulfilled your reason to be here. If anyone out there is like this or knows anyone, a friend, a family member, your enemy or even the schools bully, try and help them. They

will need it, they need to know they have someone who loves and cares for them. They need to realize that without them, life would be way different and so many people would be so sad and blame themselves for their passing.

So for everyone reading this I want you to know that life gets better, and if it is not better then it is not over. There are people out there that love and care for you, you just have to go and find them.

Next time you feel down or sad, just remember life goes on. Always live by the quote “live, laugh, love forgive and forget, life is too long, living with regrets!” Therefore all in all, yes depression sucks but in the end life gets better.

MUSICAL JOURNEY

A Growing Music Community

BY DARIN MARTIN

In my last article I talked about “being community” and working together and since that time my musical journey has taken me to an interesting new place. One Tuesday night, after I was leaving a music practice, my friend Reuben who lives in the neighbourhood called me up and asked me if I wanted to go to an open mic night at a brand new Pub on James St. north. I didn’t really feel like going but wanted to hang out

with my buddy and support the new establishment so I went. There were about six people in the room and I really didn’t feel like getting out my guitar and playing to an empty room. But with some encouragement from my friend and the friendly server, I did.

After playing a few songs a gentleman behind the bar asked me to come over to talk to him and it turned out he and his wife were the owners. He asked if I would do my own gig there and I asked for a few days to think about what type of gig I would play there.

After a few days of deliberating, I came up with this idea of doing an ongoing acoustic gig and landed on Saturdays as the night for this to take place. Jason, the owner of the Stowaway Pub loved the idea and so

began a great working relationship.

I have many passions in life but a few strong ones are seeing local businesses grow and be sustainable, working with musicians and helping them find a place to share their music with an audience that appreciates and supports their local musicians. And of course I am passionate about performing my songs for audiences to hear. As this idea of Acoustic Saturdays at the Stowaway Pub grew, I decided that besides me having an opportunity to play every Saturday night, I would invite 2 other artists to play their music and bring out their friends and fans.

Although I was nervous for the first night, and worried that nobody would show up, the room was full. I was so happy to see the support from my Hamilton friends. The other musicians

were thrilled to play to a full room and the owners experienced their busiest night since opening their new pub.

I was getting a small taste of heaven.

Since that night local musicians and some from Toronto and beyond, have come to the Stowaway Pub at 255 James St. North to celebrate music and creativity and each Saturday night as we gather, I get to enjoy a business being successful, audiences discovering the next great artist to come out of Hamilton, and the artists themselves having a platform to share what naturally comes out of them when there are actually people there to listen.

If you happen to read this and come out to Acoustic Saturdays because you get what I am saying about this type of community, I would love to meet you. Please stop by and say hello.

OUR CULTURAL LANDSCAPE

BY WALTER FURLAN

In the spring of 2011 I was fortunate to be able to restore one of the windows at Auchmar Manor in Hamilton, Ontario. Built in the mid 18th century, Auchmar is one of Hamilton’s most impressive 19th century estates and it exemplifies Gothic Revival style architecture. The focal point of the property is the ‘Manor House’, a long, ‘H’ shaped villa. The house features a rough-cast stucco finish, clustered chimneys, and various Gothic details such as pointed arch windows. The window is a fine example of the flowing tracery style that can be traced back to the fourteenth century.

The restoration process was technically detailed. This included applying extensive knowledge in the theory of conservation and the ability to craft joinery parts as necessary. However my mind seemed to be focused mostly on the reverence for the artifact we call a window in this case. As I proceeded with the project I found reference to the origins of design of the windows, the origins of the beautifully crafted cast iron hinges and the incredible multi compound tenon joinery especially where the diamond pattern muntin bars met the window stile. I thought of the crafts people that made these artifacts, their immense skill. How the craftsman would be able to make the complicated joinery by hand, joinery details that I had difficulty drawing even though I had it apart in front of me.

This all brings me back to one of the many lessons learned at Willowbank School of Restoration Arts. That a cultural landscape exists in historic material and that it has a story to tell. The deeper I look into historic materials the more I am drawn to the connection between the people that created these structures and the communities in which they lived – it was a link between the rituals and the

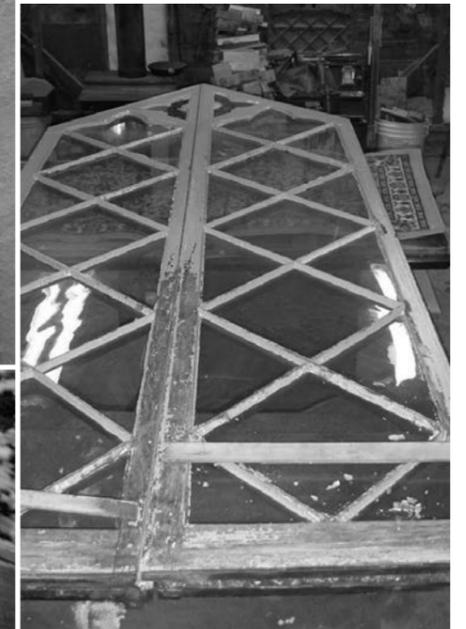
artifacts of the day. It is a truth that allows me to be very proud of what I do by keeping the memory of all the people before me that had laid their hands on the artifact, both prominent historically significant owners, but also master crafts people and artists whose names are often lost to the written and oral histories. It is meaningful that this physical restoration process connects a 700-year-old design, a 150-year-old piece of ironware, a master joiner and me. I like to think that I have continued the ritual through the artifact.

What is especially satisfying is that I am able to undertake this craft within the Stipely neighbourhood where I live. Here I can interact with the people of my community and find this to be of real value not only to me but also to the community of South Sherman. I have regular contact with artisans that live here and they have been able to supply me with world-class expertise and materials. For St. Mark’s Church, for example, I have had decorative brass clavos, or buttons, manufactured by Ziggy in his jewelry shop. For the church doors of Central Presbyterian Church. I have had forged hardware parts supplied by John Newman at his blacksmith shop. Manny over at 689 has supplied repurposed tools for my business that he has collected and displays in his store on Barton Street. Manny has a changing supply of older tools that were made in North America and are far superior to offshore ones that are available today. I even pick up valuable hardware and tools from local garage sales.

I feel that this adds so much to our community. We are building upon our connections and we are in face-to-face contact with one another on a regular basis. This is very important for building a community that is real. My neighbours can call upon me when necessary and I see them when



(Clockwise from left) the window at Auchmar; in the workshop; detail of super-super-compound muntin tenon joint.



I need to. We have a great asset that many communities lack; there is an abundance of life experiences here. We have professionals, we have people from different ethnic backgrounds, we have retired persons, young families, skilled craft people that have faced challenges, people that are getting back on their feet after receiving some help. I would not want to live anywhere else because all of us produce an accepting and vibrant community. As my business grows, I will stay in this great neighbourhood and will hire local people as much as I can.

It is very exciting for me to be involved in this community and to know that we are producing a vibrant district that will be the envy of many outsiders – a great model for community development. If we look around our local area, we can see that many communities that were started in socio economically starved areas have produced some of the best communities for quality of life. Now planners have difficulty dealing with them. For example, Kensington market in Toronto has, for the last 50 years, engaged in

an organic model of planning. You can walk into a storefront and buy goods; if you walk a little further back into that shop you may find a sports café for an ethnic group; if you walk a little further back you may be invited to sit down for supper in someone’s dining room. They have managed to survive and I would say they have flourished under this system of planning because the community in its informal way regulates how the area is used. So now that the area is more popular or gentrified with the general public, planners have trouble dealing with what has grown over the last 50 years. They are for the most part entrenched in a set of rules that they have been trained to believe. To vary from that education is an affront to their ideals. They are legitimized in their position by outdated and inflexible zoning and by-law rules, which often stifle this type of natural growth. This is a mistake. I hope that we can parallel the growth cycle of Kensington market here in our community. In a way we would be bringing the past back and I am very glad to be a small part of that.

The Harrrp-Hub Connection

BY DEB STRINGER

I came to Harrrp because I wanted to be more active in my community. I was new in town and homesick all the time. I knew I needed to put down roots in my new home - South Sherman Village.

The first time I went to Harrrp was by accident. It was a dark, stormy night and I was on my way to the community meeting. I went to the wrong church and had been banging on the door and ringing the doorbell with no luck. I was just about to leave when the door suddenly opened, as Bill was on his way too. He screamed in terror, I screamed in terror, and after I explained, we walked together to the other church in case one of us dropped dead of a heart attack on the way over.

A few months later I asked my carpooling buddy if she wanted to try something at the Harrrp with me, gently suggesting Laughter Yoga or regular Yoga. I gave her the website and the next day she told me her family wanted to try Aikido.

That first night we were all nervous. I'd asked Bill three different times if anyone could join and if all we really had to do was so show up. I couldn't believe it was that simple. When we got there, the club was already on the mats. We watched, and then I walked in and announced "Hello! We want to do Aikido!"

Brani Sensei approached with his warm smile and we all immediately felt comfortable. He just has that effect on people. He reassured us we were welcome to join and asked what experience we had.

We all looked at each other. I cleared my throat, nodded towards Paul, and

said, "Well, he knows a lot about knives, and I fall down a lot." The rest is truly Harrrp history.

Like all programs at Harrrp, it's the relationships we've built that keep us coming back. We talk about how secure we feel about Aikido, and how much it means to us to know that every Tuesday and Thursday night we can sweat and work it out on the mats in that beautiful church. We know about the aerial artists and the artists in the chapel. We've tried aerobics, and Bellyfit and Dance is next. We've celebrated birthdays and each other. We can do so much more than we believed we could when we started. I was never interested in the martial arts, and I never really wanted to work out this hard. But I love it and I never want to stop.

When I asked my Sensei what made him work so hard to help renovate the church, to keep the floors shining, the wood glowing, and to lead our class for four hours every week without fail, he told me his philosophy of life was that if you smile at the world, it will come back to you. He spoke of giving, helping people and his community to grow and be beautiful, to respect the environment and each other, and as, always with Harrrp, he mentioned a moment with Reverend Sue-Ann Ward which gave him confidence to begin.

To me, Harrrp means new friends, and only feeling homesick once in a while, and always feeling better with my dojo. From healthy food to healthy fun, Harrrp takes care of people in a very fundamental way – by making it possible for them to take care of

themselves and each other. Thanks to my Aikido club, I'm not only stronger in my body, but I'm also stronger in my community.

I asked my club about Harrrp and this is their response:

"Harrp is a great place for new experiences and an even greater place to meet new people. I recently joined a club and enjoy every minute of it. During the hardest days of your life when you don't feel like doing anything the second you get to your club you feel better. Aikido is a great club to join, everyone should try it at least once, put it on your bucket list right now!! Go Harrrp!"

– Daniella Laperriere

"I am member of the Aikido Club through Harrrp, I think it's really great what the community and volunteers have put together for everyone and I thank them for that. Harrrp allows people to get out, do something they enjoy while making new friends. It fulfills your everyday life! Plus our Sensei is great!"

– Paul Laperriere

.....
And finally, one of the greatest gifts Aikido has given me has been meeting Cassandra, who has taught me so much about Harrrp. Here's her story:

HARRRP FOR TEENS!

We are in our prime years as teenagers, and we go through so much. It is really hard to handle on our own. Harrrp is a place where you can go when you're bored, lonely, by yourself or

even better with friends. Even if you feel lost, or like no one knows how you feel, Harrrp is there. They help you get away from all your problems and struggles, help you forget about everything and feel your age. Act and feel like a teenager again! Feel free and at ease, just have overall fun and enjoy what you are doing.

To me Harrrp is amazing. It's a place I know I can go and not be judged. It's a place that I love because I can go there and know I am accepted and loved back. To me Harrrp is definitely like a second family. Throughout my whole life I have struggled, with cash, with depression, with anxieties and even eating disorders. Through the whole time, all of my life, Harrrp has been there. They hosted these two places where I could go, hangout and feel at ease – The Breakfast Club and McQuestion. The breakfast club was every morning, I would go there, eat breakfast, get to hang out with all my friends, then they would get us ready and send us on the school bus, off to school. McQuestion was an after school program, where I would go after school ended, hang out with friends, play games, and just hang out and act and feel like a teenager.

Harrrp has been my life growing up, and without it I have no idea where I would be. I would definitely be a different person than I am now. Harrrp has so many places around town, so many clubs you can join. They are there to help. They have definitely helped me, and I know if you give it a try, they can and will help you too!

CYCLING IN HAMILTON

Sidewalk Cycling

BY HEIDI VANDERKWAAK

Last week, I spent time with a team of others cycling around the South Sherman neighbourhood hanging up posters for the South Sherman Youth Council's "Try It Night" (<http://on.fb.me/15tXzHw>). We wanted the posters in visible areas of our hub where youth may congregate as they purchase food, wait for a bus, or hang out. Our group of four cyclists went to Barton and Cannon while others traversed by car or foot down Main and King. I don't often choose to cycle down any of these two streets, as drivers favour them as a quick route to their destinations. Because these streets are busy with hurried traffic, they present more challenges for people who are choosing other modes of transportation, such as, walking, cycling, public transit, or a combination of the above. It was not surprising –

with a road full of cars and a street full of potholes – to see many cyclists on Barton Street at 5 p.m. on a weekday opt for the sidewalk as the safest place to ride their bikes. Unless you're a small child, however, sidewalk riding can be significantly *more* dangerous than riding on the street. And in Hamilton, and many other cities, it's illegal.

Many cyclists ride on the sidewalk because they are afraid of cars. But choosing to ride on the sidewalk does not eliminate the risk of a car and bike collision. **Cycling on the sidewalk is a contributing factor in 30 per cent of car and bike collisions.** Collisions occur when cyclists ride off the sidewalk into the roadway or when motorists are exiting a laneway or driveway. An avid and experienced cyclist, who is following the rules of the road and riding defensively, will have a far less chance of a collision riding safely on the road (even busy roads) than riding illegally on the sidewalk.

Cyclists are considered vehicles, according to the Ontario Highway Traffic Act. Pedestrians have the right of way on a sidewalk and it is simply not safe for anyone on a sidewalk to

encounter a bicycle that is travelling at significantly higher speeds than pedestrians on foot.

A few other cycling no-no's I see regularly in Hamilton:

- riding against the flow of traffic;
- weaving in and out of parked cars or around pot holes (ride safely in a straight line, even it means you take up more of the lane);
- riding too tight to the curbs;
- running red lights and stop signs;
- failing to signal when planning to make a right or left turn;
- failing to use lights at night, and
- not shoulder checking before merging/changing lanes

When it comes to sharing the road, there's a clear reason for rules, which need to be followed by all users of the road whether pedestrian, cyclist, or motorist. These rules do not exist for the purpose of slowing you down or causing inconvenience. They exist in an attempt to ensure **predictability**. When everyone else can predict your actions on the road, everyone is safer and will have a more efficient ride to wherever they are going. And, by virtue, everyone will feel safer.

I urge every 'sidewalk cyclist' to pick up a City of Hamilton bicycle map (or use Google maps and hit the "bike" option) to plan your next trip. You will often find other routes that will take you on more comfortable, less busy roads like Delaware or Dunsmuir rather than Main or King. Keep in mind that the quickest route by car is not necessarily the most efficient by bicycle. After viewing the map, you will realize that our city has a long way to go to provide safe infrastructure for all users. Our northern section of the city has a large empty area of safe and efficient routes for cyclists to choose to go east or west. Want to see that change? Please sign the petition at www.yeswecannon.ca to voice your support for bike lanes on Cannon Street.

In order to get more people appealing for proper, continuous, and safe cycling routes in our city, everyone needs to see and feel the benefits of this healthy and efficient option. As a cyclist, you can help build respect for our choice of the bicycle by riding safely and predictably on the road and encouraging other cyclists to do the same.



The enthusiastic NHIP crew on the job site (left); a very special vegetable garden in the making (below).



Neighbourhood Action Plans Lead to New Home Improvement Program

BY IRENE HEFFERNAN & PAUL JOHNSON - CITY OF HAMILTON

When Hamilton residents, the City of Hamilton and the Hamilton Community Foundation teamed up to develop Neighbourhood Action Plans, we all hoped they would generate ideas for new investments of time, talent and funding. With Action Plans completed in several neighbourhoods, including South Sherman, those new investments are starting. Some of those investments are specific to single neighbourhoods. When trends are identified in several Action Plans, investments are directed across many neighbourhoods.

A great example of this “cross-neighbourhood” investment is the new Neighbourhood Home Improvement Program (NHIP). In many Neighbourhood Action Plans, an emphasis was placed on neighbourhood beautification. Many Action Plans also called for supports to help residents build skills that would help them get jobs.

When a group of funders was discussing the neighbourhood work, an idea emerged out of a conversation with the Hamilton Community Foundation and the Ministry of Training, Colleges and Universities (MTCU). They talked about how training dollars could be invested to help neighbourhood residents gain job skills, while at the

same time addressing some of the neighbourhood beautification needs. As the idea took shape, the Threshold School of Building was the perfect partner agency to deliver the job-training component. While the primary funder was MTCU, The City of Hamilton and the Hamilton Community Foundation provided some additional funding to ensure the program could be properly resourced. The City helped match unemployed residents with this training opportunity and coordinated a committee of staff and residents to review applications for exterior renovation projects. In just a few weeks the program was ready to launch!

Once the basic training was completed at the Threshold School of Building, the team of 20 students was divided up into work crews that were ready to practice their new skills by helping to complete exterior home renovations for homeowners unable to afford doing the work themselves. Projects from across the lower city were selected, and work began in May.

A Beasley neighbourhood resident had her project selected as one of the first to be completed, and she is singing the praises of the NHIP. She has described the work crew as “an army of hardhat angels that came to my rescue.” This resident, who wrote a personal thank you note to all involved with the program, is referring to the crew of men

and women who worked on her home. The crew put their training into action – under the watchful eye and expert supervision of John Grant, Director of Threshold, and other members of the Threshold team.

The Beasley resident was in dire need of improvements to her porch, fence and shed. She applied to the NHIP and her application was accepted. The crew was able to complete all her projects. With these improvements completed, she had stated she would finally be able to have a vegetable garden in her backyard. When the crew heard this they added an extra project to their work by building her a garden bed in the shape of the letter of her first name to allow her to have the vegetable garden she had wanted and couldn’t have until now.

The resident described the team as “showing professionalism, respect, friendliness and heart.” John Grant states how happy he is with the dedication and passion the crew has shown for the project. John explains that the crew is “so excited to give back.” They are learning every day and seeing the difference they are making for the residents and the neighbourhoods where they live themselves. Grant states, “They want to make their ‘turf’ good.” The crews are working hard, and they appreciate the job opportunity, training and meaningful work.

The Beasley resident wrote one final thought in her note to the crew that sums up what the NHIP is trying to accomplish: “Thank you for providing me with much-needed help and peace of mind. I love my backyard.”

This project is another example of the assets in our neighbourhoods – the people and organizations – coming together to make our neighbourhoods better places to live, work, play and learn.

THE DETAILS

- The NHIP is a collaborative program of the Ministry of Colleges and Universities, Threshold School of Building, City of Hamilton and Hamilton Community Foundation.
- If you are a homeowner in need of EXTERIOR improvements and reside in Wards 1 (Strathcona only) to Ward 5 you can download application forms at the Threshold School of Building website: www.thresholdschool.ca or the Hamilton Community Foundation website at www.hcf.on.ca. They can also be picked up at the Eva Rothwell Centre, 460 Wentworth St. N.; the Boys and Girls Club, 45 Ellis Ave.; HARRRP (St. Peter’s), 705 Main St. E.; East Kiwanis Community Centre, 785 Britannia Ave.
- If receiving Ontario Works or ODSP you can pick up an application at their offices.

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Hamilton Civic League TV

BY BILL TUFTS
& LUCIE LEMMOND

The Hamilton Civic League is sponsoring an exciting show that aims to have Hamiltonians prepared to make an informed vote in the next election. You can help give a name to the show at our Facebook page: Hamilton Civic League Cable 14 Show.

The HCL is focused on airing a show that gives Hamiltonians the information they need to make their voting decisions in the next municipal election in 2014. The show provides a non-partisan and non-political approach to the key things new voters need to know about participating in a democratic way in the next election.

Ten episodes will be televised with each program being a freeform examination of the basic issues citizens need to know to become better informed and engaged in the political process. The show will be co-hosted by Matthew Green, a local Hamiltonian knowledgeable about the key issues that matter to voters.

Each week the show hosts will invite different community leaders to discuss the key barriers to greater citizen involvement in local elections. The guests will include experts, current elected officials and influential citizens in the community sharing their thoughts about how to improve the democratic process.

The shows will touch on local current events to illustrate the impact that local politics has on the community through lively and controversial discussions.

Like the work of the Hamilton Civic League the show will urge people to get involved with the political process. We will challenge all eligible Hamiltonians to vote in the next election as informed, empowered and engaged citizens in order to bring about positive change to our city.

Watch for us live. You can help get the message out by visiting the show's websites and Facebook site and Twitter to your friends about them.

To help out with the show or to find out more about it you can contact the show's co-producer Lucie Lemmond at 289-244-8079.

MIDWIFERY

NOT MIDWIFERY

Change is a Good Thing (My Son Would Agree)

BY LYNLEE SPENCER

I'm switching it up for this issue of publication, and not going to write about midwifery or parenting. Because change is a good thing, right? At the moment, I am trying to welcome change and new opportunities into my life. In preparation for my return to work this month, I'm also in the process of organizing my office. Partly, this involves sorting through boxes and boxes of books and miscellany that I've been lugging around for at least 15 years. Many of them contain photo albums and journals, some of which are filled with my mother's writing, and the rest with my own. I've been journaling since I was about 14 years old, though less so in recent years. Caught up in academia and life's adventures, I've both lost the flare for creative writing and the discipline to make time for it. The many journals of all different sizes, shapes, and colours – most with only a few pages occupied by my expressive handwriting – are evidence of my many attempts at rekindling this practice, especially over the last few years.

The exercise of going back to this writing has been incredibly valuable for me. I'm amazed at how insightful I was back then, even though I didn't feel that way at the time. Today, I discovered a little black notebook with unlined pages (which is how I've always preferred my journals; free from the restriction of lines), which had a poem on its first page, one long journal entry, and random notes all from 2011. I was surprised to find that I had written anything in the last couple of years because most of the writing I found has been closer to 10 years old. Here is the journal entry:

MAY 10, 2011

I couldn't sleep last night. I snuck away from bed to the couch in the Great Room. My mind was alive and began to churn out several poems, or strings

of words that could, collectively, amount to poetry. By then, a purring cat had perched himself quite intently on my lap. Keeping fairly still, my eyes searched within arm's reach for an instrument to capture my mind's verbal stream. I weighed the risk of forgetting the precise arrangement of nouns, adjectives and verbs against the cost of disturbing the present moment. I had to trust that I'd find new and better (?) ways to express my thoughts; if my brain had constructed

I thought about ways of transforming the moment into words; how to capture it, richly, for others. Simple, yet full of life.

these very precious descriptions at one time, it would stand to reason that they could be reconstructed at a later time. At least in, essence, rather than pure form. And so, I took the opportunity (mental note – find less technical words to describe what I want to say; I don't want to sound like I am giving an academic speech or writing an essay) to be in the moment; to take it all in. I thought about ways of transforming the moment into words; how to capture it, richly, for others. Simple, yet full of life. It's like the exercises to promote mindfulness, where the mind considers, in great detail, each minute detail of an otherwise mundane task, like eating an individual raisin. I studied that cat very carefully. I watched his middle expand and contract with each breath. Most of them quick, and then the occasional ones drawn out, and ending in an appreciative sigh. His body on mine, heavy and weightless at the same time like only cats are capable of doing. I watched his ears twitch this way and that, their activity in stark contrast with the rest of his peaceful self. In response to a particularly interesting sound, his tightly-shut eyes would open, head slightly cocked. Yet no seeming readiness to stir apparent in his sprawling frame, with paws outstretched beyond my knees, gently opening and closing. Even now, as I transpose last night's observations into a little black book, the cat named Singha [pronounced "Sing"] has curled himself up into a furry, warm, purring mass on my belly. This in itself is a different experience than

last night, although familiar. The cat named Tai is curled up in one of his sleeping spots at about my 2 o'clock. I evaluate purring and various other cat behaviours as symbolizing "happiness," realizing the human error of assigning our own emotions and experiences to the animal world (technical word – personification). It could be that when I see these behaviours, I feel that the situation is happy. And then I am often confused in trying to discern my cats' moods; when the rest of their behaviours suggest content, yet their tail is flicking like the impatient tapping of a finger or their ears are angled in a certain way. I have shared my life intimately with cats for about 27 years. Yet, to say I am an authority on feline nature would be like saying that Piaget's observations of his two daughters could explain all facets of child development. Anyway, back to the poetry I was writing in my head last night; making a concerted effort to remove any reference to "I" or "me." In this way, maybe the reader can truly experience the words in a very personal way, as opposed to vicariously. Much like abstract art or even a picture of a landscape or image of some sort. Yes, there is a particular vantage point of the artist but the rest is up to individual perception. The one poet who was superb at the kind of "selfless" purely descriptive writing was Sylvia Plath. I remember skimming through her book of poems, Ariel, and was amazed that there were no "I," "me" or "you." It seemed that I would have to approach writing in a new way to achieve such a feat. I also struggle with the common desire to be original; to try and say something or think about something in a unique way. That seems like an even more impossible goal! This is what I can capture from last night's musings:

In dreams,
senses awake
on soaring heavy wings
take flight.
untamed beasts estranged
run wild, astray.
chasing the big wheel
turning, that chases them.
no escape. even in
dreams. it keeps turning.

That's all I remember before closing my eyes and only feeling what I had previously observed with eyes open.

Lynlee Spencer is a Registered Midwife currently on parental leave following the birth of her first child in June 2012.



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Yes We Cannon!

The need for a dedicated and safe bi-directional bike lane from Ottawa Street to York Boulevard

BY JUSTIN JONES

Yes We Cannon was formed by a small group of concerned Hamilton citizens from all over the lower city. They all shared one thing in common: A bicycle as their primary mode of transportation. We noticed that, while Hamilton had become much more bike friendly in recent years, it seemed as though the lower city, and the east end in particular, had really been left behind.

We strongly feel that a bicycle trip is only as safe as the least safe part of the journey, which means that almost every trip taken east to west through the lower city is extremely unsafe for cyclists. With no continuous side streets going east to west, cyclists are forced to travel on large, fast moving streets like King, Main, Cannon, Wilson and Burlington Streets if they want to get downtown or to the west end of the city. As Hamilton continues to remake itself into “the best place in Canada to raise a child,” we feel that this distinct lack of safe, active transportation routes in the lower city is a major barrier to achieving that goal.

Every year, more North American cities take steps to make themselves more bicycle and pedestrian friendly, and Hamilton is no exception. There is a growing recognition that a city that is better for pedestrians and cyclists is

more prosperous, better connected, safer and healthier for everyone, and we are all excited about the changes we see taking place in Hamilton. We feel that all the elements for this to happen are starting to come together.

First of all, the city of Hamilton is an incredibly connected, engaged place, especially in the lower city. All the great neighbourhood associations, BIAs, and the incredible network of enthusiastic people, both on social media and physically out in the city, provided fertile ground for the launch of Yes We Cannon. All the neighbourhood associations were working towards a goal that Yes We Cannon could help support and achieve: The creation of more liveable neighbourhoods; neighbourhoods where people and residents, not cars and commuters driving through the city, are prioritized.

Secondly, Hamilton has **already identified Cannon Street as a priority street to receive bike lanes**. In the City’s 2009 Shifting Gears Cycling Master Plan, Cannon street was flagged as high priority to receive bike lanes. We want to hold the city accountable to this plan, as well as its fruition.

Thirdly, several events are slated for 2015 that make it a perfect deadline to complete this active transportation network spine. The Pan Am games are coming to the Pan Am Stadium

in July of 2015, bringing thousands of visitors into Hamilton. Many of these visitors will be arriving at the newly constructed James Street North GO station, and there is currently no plan to get them from the station to the stadium. Since Hamilton has approved a bike share program, we really think that the dream scenario would be for visitors to come into the James Street North GO station, get a bike-share bike and ride safely down Cannon Street on a bike lane all the way to the Pan Am Stadium. This is an excellent opportunity for Hamilton to create a lasting legacy from the Pan Am games, one that can change the way we get around our neighbourhoods, and one that makes our city a much better city for those who choose not to use cars to get around.

At the end of the day, the Yes We Cannon petition is all about choices. We can choose to continue to prioritize fast-moving traffic running through our neighbourhoods, or we can choose to demand safer neighbourhoods for our residents and our children. We can choose to force our children to get a ride in a vehicle to school, or we can choose to give them a safe route to walk and bike to school, just like many of us had in our youth. We can choose to continue to have a street that carries far too few vehicles at speeds

that are far too high to be safe, or we can ask drivers to add mere minutes to their commute in exchange for safer neighbourhoods and safer routes when we choose active transportation.

The traffic data is clear: Cannon street does not need to be 4 lanes, one way at ANY point along its length. When we rode along Cannon Street with 40 students from the Holy Name of Jesus School on May 27th, 2013, we occupied 2 full lanes of traffic, and yet the street still functioned very well. Cars were travelling the speed limit, and drivers did not experience gridlock at any point, despite the fact that we were riding at rush hour. The data from other cities is clear as well: In every single municipality with safe cycling infrastructure there has been an increase in the number of cyclists and, equally importantly, a decrease in the number of collisions involving cyclists, cars and pedestrians alike. Not one municipality has regretted putting in bike lanes and making it safer and easier for people to choose active transportation, and we are confident that Hamilton will be no different. The timing has never been better, the costs of inaction have never been higher, and the potential rewards are huge. We need to get this done now, and you can help by signing our petition at www.yeswecannon.ca

EMISSIONS SUSPICION

BY GREG READER

When we first moved to Hamilton 10 years ago, we lived in one of the tall apartment buildings at the north end of John Street. The view was spectacular! When we looked out to the west, we had to convince ourselves we weren’t in the Muskokas, and when we looked to the east we were awed by the vast industrial complex which had been the engine of Hamilton’s economy for so long. We felt like we had the best of both worlds – the grandeur of the natural environment in one direction, and of human ingenuity and productivity in the other.

But then the wind changed direction and our apartment was filled with a stench like rotten eggs. “That can’t be good” I thought to myself.

Some friends pointed me to Environment Hamilton’s stack watch initiative (<http://www.environmenthamilton.org>) and there I learned that some of the emissions

we were observing and experiencing exceeded provincial regulations and were not at all good for our health. As I began to pay more attention, perhaps because of the vantage point of our apartment balcony, I would see “incidents” on an almost daily basis.

It might sound like another bureaucratic waste of time.

But it’s not. Every phone call adds to the body of information the MOE can use to influence change.

(Check out <http://hamiltonstacks.blogspot.ca/> for some fine examples)

It feels to us as if things have improved somewhat since then. Some antiquated stacks have been

decommissioned and upgrades have been made in others. Also, we now live south of Main Street and just don’t have the same view we used to!

But there are still days when I am playing with my kids in the park, or walking the dog, or sitting on my porch talking with a neighbour, and suddenly there is a strong smell like a machine shop in the air, or like sulfur or vomit. Sometimes it’s so strong I feel I have to go inside and close all the windows.

Does anyone else experience this? Or do you ever find yourself walking along the mountain brow or driving along Burlington Street, and you see massive discoloration in the sky over the lower city, with opaque lines of emissions leading back to specific stacks? Do you ever wonder if there’s anything we can do to influence positive change in our city’s air quality?

Turns out there is. The Ontario Ministry of the Environment (MOE) has two

hotlines you can call to report strong odours or visible emissions: **905-521-7640** during business hours, **866-663-8477** after hours. You’ll be asked a few questions about what you are

experiencing, where it is happening, wind direction, duration, etc. The information will be taken down and then the Ministry will look into potential causes.

This might sound like another bureaucratic waste of time. But it’s not. Every phone call adds to the body of information the MOE can use to influence change. Usually, that influence comes through quiet background negotiations, inspections or new legislation. Sometimes legal action is necessary, like the 13 charges recently brought against Arcelor-Mittal Dofasco. But the bottom line is this: Change is coming – we can feel it in the air. This isn’t about bashing industry. Many industrial corporations have given a lot to our community, and we all want a strong healthy economy with good jobs. But there can be economic vibrancy without putting the health of thousands of people at risk. We just want to be good neighbours.

So, the next time the air around you doesn’t look or smell right: Instead of just ignoring it or complaining about it, call the MOE. Let’s provide our government bodies with the data they need in order to develop and implement policies which will cultivate both a vibrant economy and a healthy environment.

SHERMAN HUB WOMEN OF NOTE

BY CAROLYN MCCANN

One of the earliest female residents of the Sherman Hub must have been a very loyal and loving wife. **Phoebe Land** and her husband Robert, both British patriots, left their Pennsylvania farm during the American Revolution. Robert was arrested as a spy while Phoebe and her younger children went to New Brunswick. After Robert escaped, he settled on a 300-acre land grant at the Head of the Lake (Hamilton). It included all the land between Sherman and Wellington Avenues. In 1791, Phoebe and her children travelled to Niagara where they learned that a British veteran named Robert Land had a farm

at the Head of the Lake. The determined Phoebe went there hoping to find Robert. After a 12-year separation and a journey of thousands of miles, Phoebe finally reunited her family.

Ruth Case, and her husband Dr. William Case helped both the invading American military and the defending British forces yet neither side arrested them for their involvement. In fact, both sides were grateful! How did this happen? In June 1813, Dr. William and wife Ruth opened their home near King Street and Lottridge Avenue to all the wounded from the Battle of Stoney Creek. Ruth, the mother of 11 children, nursed the wounded. Some patients remained for several years before returning home. The Case home became Hamilton's first "hospital" and Ruth Case its first nurse.

Probably the most famous woman was **Adelaide Hunter Hoodless** whose large home was at Main and Blake Streets. In 1889, after the death of her child from drinking contaminated milk, Adelaide became an ardent social reformer. She advocated better training

of women in homemaking skills and promoted domestic science (home economics) education. She helped start the now international organization of Women's Institutes. Adelaide was president of both the Hamilton and National Council of the YWCA and helped organize The Victorian Order of Nurses and the National Council of Women. Adelaide Hoodless School on Maplewood proudly bears her name.

Without a doubt, **Evelyn Dick** is the Sherman Hub's most infamous woman. In March 1946, children hiking near Albion Falls found a male torso. It was Evelyn's husband, John. During the investigation, the police found a suitcase in the attic of her parents' Carrick Avenue home. It contained partially mummified remains of Evelyn's son. Inspection of the furnace indicated that parts of John Dick's body had been incinerated there. Evelyn, a very attractive, sociable young woman, was charged in both deaths. The trial exposed Evelyn's scandalous relationships with her many male "friends." Evelyn claimed that she

had sexual relationships with about 150 men, including the judge's son. She was initially found guilty in the manslaughter death of her son and the murder of her husband. The murder verdict was subsequently overturned but Evelyn served 11 years in prison for the child's death. Upon her release, she was given a new identity and disappeared. The fascination with her actions and trial resulted in books (**Torso** by Marjorie Freeman Campbell and **The Torso Murder** by Brian Vallee), a film (**Torso**) and a play (**How Could You, Mrs. Dick?**)

Unfortunately, this notorious woman is better known than the three loyal heroines described here and the thousands of other law-abiding women, wives and mothers who anonymously continue to contribute to the well-being of the Sherman Hub.

Carolyn McCann is a member of The City of Hamilton Historical Board
Sources: [Henley's People](#), Brian Henley. [First Here](#) Farmer Case, Robin McKee. [The Hamiltonians](#), Dr William Case, Donna Reid & Robin McKee. [The Torso Murder](#), Brian Vallee

Life On Cannon Street

BY TANYA DAY RITCHIE

I live on Cannon Street, I work on Cannon Street, and I walk my daughter to school on Cannon Street. I eat in restaurants, shop, play and enjoy my life on Cannon Street. So do thousands of other people, from the east end through downtown.

There is no denying that it needs help. A neighbour of ours waxes nostalgic when he talks about growing

up on the street, with its bowers of trees and copious families. Before the widening and one-way conversion of the 1950s, Cannon Street was a habitat for real life.

Sixty years later, Cannon street is not a destination of choice. I've seen many wincing when I tell people I live at Cannon and Victoria. Who'd live there? It is an urban expressway,

engineered to move large amounts of car and truck traffic from one end of the city to the other. Quickly, and without interruption.

Frankly, it frightens me sometimes. I've had some close run-ins with entitled drivers and too-fast trucks. I am one of many people who know that it's time to restore Cannon Street to its former glory.

Recently, Councillor Jason Farr hosted a group that walked east and west from Wellington Street, mapping details that would need attention should two-way conversion become

a reality. I was among a group of optimistic Hamiltonians who walked and took notes on the strengths and weaknesses of the street.

One important feature is the number of schools on or near the street. This makes it a long, one way, community hub. It has so much potential, it's breathtaking.

Between the Councillor's vision for two-way conversion, and the superb Yes We Cannon campaign for bike lanes, I have no doubt that the Cannon Street of the future will thrive. Let's make it happen.



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CREATE JOY FUND

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more info at www.createjoyfund.com

[f/aMidSummersDream](https://www.facebook.com/aMidSummersDream)

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GREAT EVENTS!

• **It's Your Festival**

JUNE 29-JULY 1; Gage Park

• **South Sherman Community Planning Team Meeting: July**

TUESDAY, JULY 2, 7pm; 627 Main St E (The Dream Centre - It's air conditioned!)

• **South Sherman Community Planning Team Meeting: August**

TBA (check the website, www.southshermanhub.wordpress.com)

• **Gage Grooves: Live Music at the Gage Park Bandshell**

SUNDAYS IN JULY & AUGUST, 7-8:30pm; Gage Park. Bring a picnic! Bring a friend!

• **Architectural/Historical Tour of the Streets of Delaware and St. Clair**

SATURDAY, AUGUST 10, 10 am, rain or shine; Please meet at the corner of St. Clair Boulevard and Delaware. The South Sherman Heritage Committee has invited two resident experts in Architecture and History to conduct the tour!

• **Festival of Colour: Midsummer's Dream**

SATURDAY AUGUST 17, 2-10pm; Gage Park

• **South Sherman 5th Anniversary BBQ and Community Showcase**

SUNDAY AUGUST 25, 1-4pm; Lifesaver's Park (Corner of Sanford and Cumberland)

Thanks for Coming Out!

CASTLE would like to thank everyone who was able to make it out to St. Giles church on May 29th for the Castle dinner event at the Downstairs Kitchen. The amount of support and feedback provided by South Sherman community members was greatly appreciated and is already being used by the CASTLE project. For those that have not heard about CASTLE yet, CASTLE is a health promotion project devoted to increase the rates of screening for breast, cervical, and colorectal cancer in South Sherman and other communities by listening and working with and amongst the residents of this great neighbourhood. It is the goal of CASTLE to help save lives by catching cancer early.

During the CASTLE event in South Sherman, we ate a great dinner, shared a powerpoint presentation, heard some feedback from residents, played a game with prizes and had several draws, one

of which was the regular Good Food Box Draw given by HARRRP. Several residents were able to give personal accounts of the barriers they have faced in getting cancer screening and some suggestions in what would make it easier to get cancer screening in their neighbourhood. Everyone was very attentive during the information sharing, and there was excellent participation (and prizes!) for all participants in the Spin wheel game. Turns out, everyone was a winner this evening because there was plenty of gifts to go around! While enjoying a nice meal among their neighbours, South Sherman was able to help CASTLE immensely.

South Sherman is a great community that really cares about its neighbours. We are so happy to be partnering with you and want to say that you have given us great questions, feedback and participation.

EVENT PAGE EDITOR WANTED!

Are you outgoing? Organized? Plugged into what's going on in the area? Please come join our team as the Event Listings Editor.

As you can see, our content here is sporadic, depending on what folks send us and what we find online at the last minute.

We need someone to come out and build relationships with the agencies, agitators and entrepreneurs who are making things happen, train them

to send their listings in, and organize it all in a way that keeps the rest of us in the loop. If this is you, please email Rebecca at dollrebecca@yahoo.com.



CASTLE Online!



The website for the CASTLE project is up and ready for you to use! The CASTLE project is about helping you and your community to get screened for colon, breast and cervix cancer. We do this by talking about the cancer screens, and by listening to your stories about what has worked or what you would like to see changed. CASTLE is focused on community engagement, and this website will be an important tool to connect you to us and help you find out more about CASTLE. The website is under the address Castlenow.ca.

Featured on the website will be one of your community members, David Derbyshire, with a short video that explains why he has had cancer screening. Also, on the website is information on how you can connect with your member of CASTLE, Nelly. Nelly serves as a personal connection from CASTLE to the members of communities in McQuesten, South Sherman and Crown Point neighbourhoods and she can help you overcome the challenges you face in getting cancer screening. There is also information available to help you become more comfortable in getting cancer screening through your family doctor or through other means. The website will also have a Blog section, where there will be stories that will be updated several times a week. In this section you can comment on some great stories and other screening content, and connect with CASTLE or others.

Remember, the website is Castlenow.ca and will be available to you soon. If you want to see some great photos from your community, check out our Facebook page, facebook.com/CASTLEknownow, (in Facebook search CastleNow) or our twitter page, twitter.com/CASTLEknownow. If you want more information please email Nelly at nsincl@mcmaster.ca or Castle at info@castlenow.ca.