



"Neighbourhood Rising" by Jim Poling

Celebrating Our Ever Changing Neighbourhood

Not long after our March/April issue was delivered we received a charming e-mail from local resident, Jim Poling. He told us how much he enjoyed reading the paper and particularly the recent piece by David Beland on the history of Dominion Glass. An artist in his spare time, Jim had recently completed two paintings of the Dominion Glass silos as they once looked rising behind a row of houses. We were delighted that Jim wanted to share these paintings with us, and now we're sharing them with you. Thanks Jim - for reaching out and for actively celebrating our local history! - Mel Walther, Editor-in-chief

Another painting from Jim and an article describing his work can be found on page 10.

For Hamilton Steelworkers, COMMUNITY MATTERS

The United Steelworkers have been in Hamilton since the early 1940s and many will know that the strike of '46 against Stelco still lives as a defining moment for Hamilton. Much has changed since that time when Hamiltonians returned from the Great War demanding better housing, decent wages, and better benefits.

In 1946 there was a population of around 175,000 and manufacturing made up about 22% of the jobs here. How things have changed.

Our own membership has declined from 50,000 at its peak to less than 10,000 today. Plants have closed, as have many of the businesses which relied on these facilities.

Today Hamilton continues its transition away from steel and it is doing so successfully, although it is taking time to complete the picture captured in Vision 20/20.

In 1962, the Hamilton Steelworkers Area Council built a building on Barton St. E. between Gage Ave. and Ottawa St. N. This building was once the home of all the Steelworkers in Hamilton. Again, things changed. The building is still there but due to necessity, the tenants have changed.

Due to the many plant closings, we now have the Hamilton Steelworkers Area Council Adjustment Centre. The centre offers job preparation, skills building and training, area job postings, and supports Steelworkers who have lost their jobs. The fact that it is still needed is disconcerting to say the least.

We are also home to the Steelworkers Non-Profit Dental Clinic. This particular clinic is the busiest of all our clinics throughout the province. Steelworkers and our retirees take advantage of it as do many of the people in the Crown Point and the Sherman Hub areas. Councillor Matthew Green is even a patient there.

Alas, our poor building has aged. It is sorely in need of some TLC which it will get. You will notice a big

transformation in the coming year as we work hard at changing the façade to help beautify the area. We want to do our part to make Barton St. an attractive place to work, live, shop, and invest in. We hope you will approve.

Perhaps the greater change comes from within. We currently support many different groups throughout Hamilton, including Hamilton Food Share, The United Way and Wesley Urban Ministries. For the last few years we have been fundraising along with our corporate partners to purchase backpacks filled with school supplies for school kids in the Downtown, 600 last year.

While these efforts are all good things that help in the short term, and we will continue to do them, we are looking to play a role that leads to sustainable solutions for our communities.

Having attended my first meeting of the Crown Point Hub I was thoroughly impressed by not only the number of people at the meeting but the quality of the discussion. While our building is in the Crown Point area, we are also aware that there is a great deal of excitement in the Sherman Hub area and note that many of our members live and work in the Sherman Hub.

Both these areas have great and supportive representation at City Hall and both are supported by, from what I can see, a very enthusiastic group of people working to make their communities better.

We want to be part of that. We do not know where we fit in or what we can bring to the table, but we do know that there are great things happening in both areas that will make our city a stronger, more vibrant, and diverse place to live, learn, work, and play.

That is very important for us and it's why, for the Hamilton Steelworkers Area Council, community matters.

Darren Green
President
Hamilton Steelworkers Area Council



The Recreation Report

BY JESSE WILLIAMSON

The City of Hamilton Recreation Division is happy to serve the community at Jimmy Thompson Pool and Norman Pinky Lewis Recreation Centre. We offer great registered programming for residents to improve skills, stay active, and have a great time. While our spring programs are currently in progress, registration is fast approaching for the Summer Session. To review programs and register please check out our website at www.hamilton.ca/recreation. Registration can also be done using our RECconnect system on the phone at 905-540-5616, or in person at any of the local Recreation Centers. Online and phone registration will be open Monday June 15th. After this date, you may still register on site at your local recreation centre. Make sure to get your copy of the City of Hamilton Spring/Summer Recreation Guide to

find out what great programs are in your area or check out www.hamilton.ca/recreation.

- **Jimmy Thompson Pool**, 1099 King St E, (905) 546-3122
- **Norman Pinky Lewis Recreation Centre**, 192 Wentworth St N, (905) 546-4768

PAN AM GAMES ARE COMING

We here at the City of Hamilton are very excited to host the Pan Am Soccer Tournament from July 11-26th. The City of Hamilton will host 8 of the best men's and 8 of the best women's soccer nations in the world. With the arrival of the game, we are hosting a variety of programs and events that will promote the games here in Hamilton, but also act as a legacy of the games hosted here. We are excited to announce the following initiatives:

VIVA PAN AM JUNIOR SOCCER TOURNAMENT

Join the City of Hamilton at this year's "It's Your Festival" from July 9-12th at Gage Park for a Street Soccer Tournament. If you are between 5 and 13 years old or you have a U7, U9, U11, or U13 team and would like to participate, register at www.itsyourfestival.ca. No registration fees are required.

GRASSROOTS SOCCER

In partnership with SportHamilton, Hamilton & District Soccer Association, and the Ontario Soccer Association, the City of Hamilton is excited to announce the launch of Grassroots Soccer at Tim Horton's Field August 11 - September 15th, 2015. Children will have the opportunity to learn the game of soccer in a fun, non-competitive

environment focusing on skill development and fun. The program will be for children ages 6-12 and will be free of charge. Keep your eyes on the Sherman News and your local Recreation Centres for more information on how to register.

For more information on any of the details listed above, contact Jesse Williamson at 905-546-2424 ext. 2662 or jesse.williamson@hamilton.ca.



SMALL BUSINESS MARKETING

LEAP AND THE NET WILL APPEAR

BY LAURENCE SMINK

I've been writing this series of articles aimed at helping small businesses for close to a year now, I've talked about branding and how to reach audiences, I discussed making your business different and getting it to stand out. And I talked about being a part of the community rather than just being in the community.

I really want the Sherman Hub to be a great place to live, work and raise a family and I believe small businesses have a role in that. One person with an idea or a skill or some knowledge can start a business, and then turn that into more jobs for the neighbourhood. If one person can hire 2 more, that's

3 people living and working in the community. Maybe they can all walk or bike to work rather than drive, leading to less traffic and less pollution. Those 3 people will buy their lunches here, get their dry-cleaning done, and pick up some last minute items for dinner. On Fridays, maybe they'll all go have a pint and a meal to celebrate the week's hard work.

If one idea can turn into 3 jobs it's a significant accomplishment and it can help build other businesses. It

spins off and begins to support others. One good idea can help other good ideas become viable. If 10 people start businesses and hire even one person, the spin-off could be huge.

What I'm getting at is that one person who has an idea and the courage to make it real can have a significant impact on the neighbourhood. Those

Small business owners step into the unknown to make their ideas real.

impacts can come in many forms other than the economic and environmental ones I mentioned. They can be social as well - people walking or cycling or eating lunch in the park every day all contribute to the vibrancy of our community, giving it

humanity and personality.

I'm reminded of a phrase I heard a long time ago: "Leap and the net will appear". Small business owners step into the unknown to make their ideas real. They may not see the net that's there to support them, but they have to have faith that it's there. I can see it in this community. The community itself is the net. There are connections here between people that form the supporting strands. You can hear it in the conversations in the neighbourhood, at the schools when parents gather to pick up their kids, at the meetings of community groups, and online as people chat and share their thoughts and ideas. Many people of this community purposely support each other and they want more opportunities to do so.

If we want to keep working to build a great place to live work and raise our kids, many of us will have to leap and all of us should simultaneously be ready to catch.

Laurence Smink is a marketing, branding, and communications consultant, and runs Smink Creative, which is located in the Sherman Hub.

JUDY MARSALES



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



You're Invited!

Lucy Day Park Celebration

SATURDAY, MAY 30 - 1 PM TO 4 PM

Do you live near Lucy Day Park? Are you a former resident of this area? If so, you are warmly invited to join in the celebration of this great neighbourhood park. Lucy Day Park is located on Clinton Avenue, two blocks north of Barton Street, and one block east of Sherman Avenue North.

The park is named in memory of Lucy Day, a local resident who devoted her life to the children of the area and pushed for a park in the 1940s and 1950s. The land was acquired when a local foundry closed in the late 1960s. This hidden gem of a neighbourhood park was created with the support of Alderman Brian Hinkley.

Local resident, Heather Clarke, who lives in the Lucy Day House, said the purpose of the event is to "celebrate the history and look to the future [by] connecting new people together."

The afternoon event will include games for children, music, snacks, and opportunities for residents to learn more about other resources in the neighbourhood. But most of all it's about neighbours getting together to celebrate and build on the great neighbourhood spirit shown by Lucy Day.

For more information or to volunteer to help with this wonderful event, please contact Heather at aclarke1@cogeco.ca.



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.

Community Developer: Judy Kloosterman, (905) 516-6383; jkloosterman@sprc.hamilton.on.ca

SHCPT Support Team

- Chair:** Patti Encinas | pattienencinas@gmail.com
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Sherman Hub Action Item Teams

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Sherman Hub News

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

To place an ad in the Sherman Hub News, please send an email to shermanhubnews.advertising@gmail.com.

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

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HAMILTON Community Foundation



For Hamilton, For Ever

SHERMAN HUB YARD SALE DAY

OVER 130 YARD SALES IN ONE NEIGHBOURHOOD

SATURDAY, JUNE 6th, 2015
8AM TO 12PM

REGISTER YARD SALES BY JUNE 5th, 2015
 Contact Patty Clydesdale shermanspokes@gmail.com

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

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Supported by The Hamilton Community Foundation

MATTHEW GREEN

CITY COUNCIL | WARD 3

Building Vibrant Small Businesses!

Please continue to help build a vibrant community. Contact our office to fill out a survey and let us know what kind of local businesses you would like to see open in our neighbourhood.

Email: Matthew.Green@hamilton.ca | Office: 905-546-2702



“SO, WHAT’S YOUR STORY?”

Lesley Cooke sat down with Faith Clarke-Simms for a chat.

Lesley Cooke: What’s your involvement in the Sherman Hub neighbourhood?

Faith Clarke-Simms: I volunteer with the Hamilton Dream Center - it was founded by my parents. My Dad wanted to make a difference in the community and break down barriers, so we work with families in many different ways. We feed and clothe up to 11,000 people per year, in addition to offering other services and programs. I also own and operate a fitness studio in the same building as the Dream Center.

LC: Why did you decide to open your studio?

FCS: 4 years ago, I had knee surgery and was bedridden for a period of time. At one point, I weighed in at

350 lbs and was scared that I’d never be able to get out of bed. I had lots at stake - young kids, a husband, a job, and my community involvement. I told myself, I could not stay in that place and had to change. I started slow but steady, did my research on diet and nutrition, made progress, and started feeling great. My trainer encouraged me to start reaching out to others with similar struggles, people who want to do something different, have fun and make a change.

LC: What’s your biggest inspiration?

FCS: I try to be very transparent when it comes to my own struggle. People can see that I’m still on my own journey, and that makes it easier to relate. To be able to encourage and motivate people is what keeps me

A column focused on individuals living and/or working in the Sherman Hub, with community-based stories to tell.

getting up and coming into the studio. Sometimes, other people’s results are more exciting than my own! I love it, it makes my heart warm.

LC: What made you decide to take on the Lancaster Bomber?

FCS: I’ll be pulling the Lancaster on June 20 as part of a charity fundraiser in support of the Hamilton Dream Center, at the Canadian Warplane Heritage Museum’s annual SkyFest. I’m aiming high with a goal of \$100,000. The Dream Center is not a government-funded charity, so any money raised will be a huge help in terms of continuing existing programming and starting new initiatives. We are looking for local businesses to become event sponsors as well. I also like doing things that are out of the ordinary! The Lancaster is

something spectacular about Hamilton, and the history is amazing. I’ve done strong-woman competitions in the past where I’ve flipped giant tires and pulled transport trucks, so this is my latest and greatest challenge.

LC: What does it take to pull a plane?

FCS: The Lancaster will weigh about 30,000 lbs for the pull, so I’ve been training 3-4 days per week, focusing on explosive power and cardio endurance. We’re making a documentary of the process. I’ll be tethered to the plane with a harness, and I’ll have to pull it 100 feet nonstop to break the Guinness World Record for Heaviest Vehicle Pulled - Women’s Category. The current record sits at 17,000 lbs, and yes, an official Guinness judge will be in attendance! •

Faith Clarke-Simms owns and operates Hardcore Training Studio in the Sherman Hub. For more information on her amazing event or on the Hamilton Dream Centre, visit www.hamiltondreamcenter.ca and click on World Record Attempt or call the Hamilton Deam Centre at (905) 527-8605.

Beyond Balloons & BBQ Smoke Healthy Housing: Part 1

BY STEVE CALVERLEY

Let’s jump right in! Housing is probably the most complex, passionate, and frustrating issue the residents of our neighbourhood face. I believe it will remain that way until we have a sustained and in-depth neighbourhood conversation about the issues each resident experiences as

well as an understanding of the policies and history that brought us here. From that foundation we (residents) could share a common vision and develop measurable goals.

First, let’s unpack some of the qualifying words I’ve used. I think it’s important that we start by acknowledging that this is complex. The direction of the housing issue personally affects every resident so in a real sense, everyone in the conversation has a conflict of interest. Further, it is passionate because, as the tagline of Hamilton’s Housing and Homelessness Action Plan says, “home is the foundation”. That’s true, and even more, at its most basic: home is our refuge. Every human being needs and loves refuge and “people protect what they love” - regardless of how grand or modest. And the frustrating part? Our housing situation appears out of control and the reasons for this predicament are as clear as mud to most of us.

Historically, our neighbourhood has been shaped by major events much bigger than we are such as: Industrialization, religious intolerance elsewhere, the depression of the 1930’s, war (returning soldiers and increased taxes), and the steel industry. And now, we are on the cusp of another great wave of change much bigger than we are: Gentrification. Will we harness the power of this for as much benefit as possible while making sure it does not displace our most vulnerable residents? The good news is that as we stand on the threshold of the gentrification wave we can change the course of our future in a very positive way for everyone - present residents and new alike. Please let me explain.

At the extremes, housing

policies and practices - official or unofficial - create either wealthy gated communities or impoverished ghettos. My sense is that most of the residents in this neighbourhood don’t find either of those extremes attractive. What I hear is that residents of the Sherman Hub want a healthy mixed neighbourhood and that both of those descriptors (healthy and mixed) are sincerely desired so that this can be “a great place to live, work and raise a family” - regardless of income level.

In isolation, we will continue as we are - mostly uninformed, unorganized and frustrated. That will ensure that our future is (again) determined for us - mostly by people who don’t live here. This time can be different. This time, the people who live here can realize the goal of being “a great place to live, work and raise a family” - regardless of income level.

It’s a common problem in our anonymous society to think that “someone else will do it” but will you be “someone else”? One opportunity is to join the newly formed Healthy Housing Action Team at the Sherman Hub. If this vision of “a healthy mixed neighbourhood” appeals to you, please contact me at steve.calverley@gmail.com. We’d love to have you on the team too! My hope is that this team can help bring this topic to a broad neighbourhood conversation. •

Gardening in the City

With guest speakers:

Candy Venning, Venni Gardens

Alex Karney, Urban Forest Associates

Kate Flynn, Hamilton Victory Gardens

Where: HARRRP, 705 Main St E, Hamilton

When: 7:00-8:30pm, Monday, May 11, 2015

Cost: FREE EVENT

Join us for this informative evening on gardening in the urban setting. Presentations by our guest speakers will cover beautification, sustainability and environmental interaction, and urban farming. The formal presentations will be followed by open networking and a chance to meet other local gardening experts.

Hosted by City Brokerage

Not intended to solicit real estate clients.

Building Momentum

A Progress Update

BY CHRIS MURRAY, CITY MANAGER, CITY OF HAMILTON

On May 21st, Hamilton residents will come together at the new Tim Hortons Field to celebrate

the richness, diversity and spirit of our beloved neighbourhoods. This celebration offers our 11 Neighbourhood Action Strategy neighbourhoods a chance to showcase their assets and engage each of our community partners in discussion of their action plans. Many of you will remember our incredibly successful Building Momentum Hamilton event held last year at Liuna Station. We are building on the momentum of that success and bringing this second event out into the community.

Co-hosted by myself and the Sherman Hub, this event is both a community party and fundraiser for these 11 neighbourhoods with net proceeds supporting the Small Grants program that supports community engagement activities in each neighbourhood.

The Building Momentum Hamilton planning team has been working incredibly hard to ensure that there is something for everyone, and that this party is both accessible and inclusive. Although this event is co-hosted with the Sherman Hub, the other 10 Neighbourhood Planning Teams have been invited to partake in the event by hosting activities that lend to the carnival atmosphere being created. I am so proud of all the work that residents within the neighbourhoods have accomplished over the four years of the Neighbourhood Action Strategy and so happy to celebrate these achievements with the rest of Hamilton.

There are two components to this

event – a free community event and a 19+ gala fundraising event. There are 1000 General Admission passes available (pre-registration required) for the community event, providing individual access to a BBQ, the Stadium concourse and scheduled on-field family activities themed around football, soccer and lacrosse. Outside the stadium in the surrounding Precinct, everyone is invited to take part in the multitude of activities that will be available such as a free family swim at Jimmy Thompson Pool, games at Prince of Wales School, free face painting, music and entertainment, interactive activities and community displays, mascots, inflatables, Aboriginal drum ceremony, meet and greet with TiCat players and cheerleaders, and a performance by the Hamilton Aerial Group.

The 19+ gala fundraising event offers an All Access Pass for \$90 (limited to 600 tickets), which gives you access to everything noted above plus access to the Stadium's Club Level Suite where you will be treated to a variety of food options, entertainment and displays that highlight the past, present and future of our great City with an emphasis on the Sherman Neighbourhood.

In order to maintain the local flavour of Building Momentum Hamilton 2015, there has been great emphasis on utilizing local talent and artisans, calling upon the generosity of local businesses for donations of time, talent and items to support things like the BBQ, activities and a silent auction. If you are interested in supporting this event with cash or in-kind donations, please contact Rikki Frith at (905) 546-2424 x7604 or at buildingmomentum@hamilton.ca •

BUILDING MOMENTUM EVENT SCHEDULE

Thursday, May 21, 2015 | 3:30 to 9 pm
Tim Hortons Field

JOIN THE CELEBRATION OF HAMILTON'S NEIGHBOURHOODS!

3:30 to 6:30 pm

- Free community barbecue
- Face painting, music and entertainment, balloons, mascots
- Sports and recreation activities including:
 - kick and toss, bouncy castle, obstacle course
 - Tiger Cat cheerleaders and players (athletic footwear required on the playing field)
 - Family swim at Jimmy Thompson Pool
 - Basketball at Prince of Wales School
- Neighbourhood community exhibits on the stadium concourse (one level up from the playing field)
- General admission pass (free) provides access to the playing field and concourse, plus the community barbecue. Passes are limited. To order, please connect with your local neighbourhood hub or visit hamilton.ca/neighbourhoods

6:30 to 9 pm

- Gala fundraiser at the club level – dress is casual
- Unique streetscape tasting experience featuring a selection of cuisines
- Live entertainment, silent auction
- All access pass \$90 (includes HST) provides access to all Building Momentum Hamilton activities, plus the club level. Passes are limited. To order, please visit hamilton.ca/neighbourhoods

Net proceeds of the Gala support the Neighbourhood Action Strategy, providing funding for projects including renewal of neighbourhoods, information and resource events, programs for kids and youth, fun activities for children and families, sporting activities, community barbecues, fall and holiday fairs, and clothing drives.

Share our community spirit at Tim Hortons Field on May 21!

To sponsor the event, or for more information, email buildingmomentum@hamilton.ca or call 905-546-2424 ext. 7604.

FOOD4KIDS

BY JOEY MLECZKO

In a school around the corner a young boy fidgets at his desk. He's been to the principal's office three times this week already for fighting. His teachers are frustrated because he's a bright boy, but he is not able to focus several days of the week and his marks are just not getting better, despite their attempts to tutor and counsel him.

A teacher spots him one day bargaining with another student for lunch. The teacher watches as the young boy only has a bag of chips, and it occurs to the teacher that the boy may be having a common issue shared by several other students in the school: chronic hunger.

Food scarcity is a common issue for children in Hamilton. With poverty on the rise in our city there has never been a more crucial time for us to be

aware of the issue and work together towards fixing it. The amount of children accessing food banks and feeding programs is on the rise, with my organization, Food4Kids, feeding over 900 students in Hamilton and Halton region - 150 of which are in Ward 3, Tastebuds, which brings food to 100 students in Hamilton, and other organizations, which work to bring more food to more children and families on a regular basis. It is time for Hamilton as a community and as a city to recognize that food security and accessibility provide not just a safety net, but an investment in our future.

When a child is hungry it doesn't just affect their health, it affects their future and, therefore, it affects the future of the community. Teachers will tell you that, like the boy in our

scenario, a student who is hungry cannot focus. He is fidgety and unable to learn for 3 out of 5 school days. Food4Kids is based on the evidence that a student who is unsure of where their food will come from when they go home is difficult to teach Monday, Thursday, and Friday.

While the topic may seem insurmountable there are ways that we can tackle the issue. Severe instances of poverty are temporary, and these parents and children just need a helping hand for a particularly difficult time in their lives. A job loss, an illness, a tragedy, all of these can create a tumultuous time in a family's life, and it is in these times that a student can require help from their community. Poverty will not be fixed overnight, but we can definitely help alleviate its symptoms for now.

As a community, an investment in the education of children benefits our future, as a more educated child is more likely to be successful and escape

the cycle of poverty that affects some families. By ensuring that children have reliable, consistent access to food we can help build our community from a solid foundation and create a future that sustains and benefits us all.

Looking at our student a month later we can see a dramatic improvement in his performance at school. His marks have improved, he no longer visits the principal's office as often, and even last week his mother called Food4Kids and said she had found another job and wanted to let us know we could help another student with our program. This is a true story, and there are several more just like it.

We can all help with the smallest actions, whether that be as simple as acknowledging the problem, holding a fundraiser, or just helping to end the stigma that hungry children face. We can all contribute to ensuring a fair and positive future for all of our children. •

WANTED:

Passionate Hamiltonians with Great Ideas About How to Engage the People of the City.

It's Hamilton's Engagement Committee.

BY BARBRA KUBILIUS

More than 45 of us answered the call and were invited to share our knowledge and skills to create a “made in Hamilton” engagement plan and form Hamilton’s Engagement Committee (HEC). We were a group representing all areas of the city, including four residents of Ward 3. Some of us are lifelong Hamiltonians and some are newer arrivals. We had in common a love for our city and a desire to make a positive impact on the community. We agreed that our city has much to offer: the potential of the waterfront, our greenspaces, a vibrant arts scene, varied geography, the intimacy of the neighbourhoods in a big city and more. Our group was also aware of challenges to community engagement. There are people in Hamilton who feel disconnected from city hall, and experience barriers to participation. In 2013, we saw a disastrous social media plan from the Dialogue Partners consultant firm which may have distanced rather than engaged residents. The city has made some gains in community engagement through the Neighbourhood Action Strategy – which has created our very own Sherman Hub news- but recognizes that more work is required to create a comprehensive vision for the next 25 years.

OUR MISSION:

- **CREATE A PUBLIC ENGAGEMENT CHARTER.**

The Public Engagement Charter is a promise between local government and the people of Hamilton which sets the ground rules for how the City should actively involve its residents in issues that affect their lives. The rationale for a charter included the premise that a more involved and invested community is more likely to contribute and be actively involved in their neighbourhoods, wards and city and to gain more from civic life in return. A core belief of the charter is that the best way to identify city priorities and learn about opportunities and challenges is to hear from the people whose daily experiences are impacted by the consequences of city decisions. Trust and confidence in local government increases when residents are engaged in the decisions that affect them. Early engagement reduces the likelihood of negative public responses. The city has an important role to play towards ensuring that those who are often not part of community conversations can feel included and can fully participate.

- **DEVELOP MATERIALS TO CLEARLY COMMUNICATE HAMILTON'S INFRASTRUCTURE CHALLENGES.**

An infrastructure subcommittee developed tools and strategies to

effectively engage all stakeholders in conversations about our infrastructure challenges and to identify priorities given the well-known budget shortfall in this area.

- **CREATE A STRATEGY TO ENGAGE HAMILTONIANS IN A NEW VISION FOR OUR CITY.**

The city created Vision 2020 in 1992 with an unprecedented level of community engagement and progress was made in several identified priority areas. Our “Steel Town” has changed tremendously since Vision 2020’s inception. A new vision needs to reflect our post-amalgamation state, and changes in industry and environment. A revitalized plan is required for the next 25 years. The group determined that there is no one approach that will reach and engage all residents and that it is vital to reach as many diverse groups as possible. Over 90 engagement strategies from the creative to the traditional were proposed to allow for all residents to actively contribute to the decision-making.

Over the last 9 months, we collaborated with city staff, met in large groups and subcommittees, took a bus tour of the city’s infrastructure, debated and enthusiastically put forward our opinions. Our work culminated in

a presentation to City Council on March 30th.

HEC asked the council to develop a City of Hamilton Engagement Policy based on the vision, mission and principles contained in the Public Engagement Charter. This policy should inform the strategic plan. Council has endorsed the recommendations of the Hamilton Engagement Committee and has used the created documents to formulate a Public Engagement Plan with the goal of reaching 50,000 Hamiltonians in providing input for a new 25 year vision for our city. Over the next several months a number of engagement approaches are planned in order to reach the broadest possible representation of Hamiltonians. These will include: speaker and lecture series, traditional engagement events (focus groups, direct mailing), online engagement, creative engagement (engagement bus, creative contests, lemonade stand), and community-led engagement. What matters to you in your neighbourhood and city? How will you get involved and ensure your voice is heard?

The Public Engagement Charter and other full documents can be found on the City of Hamilton website. You can also check out a youtube video about the project at www.youtube.com/watch?v=1LaZzM1iv88 •

COMMUNITY LAW

ABORIGINAL JUSTICE INITIATIVE

BY BOB WOOD

Early in 2013, the Hamilton Community Legal Clinic (HCLC) began a collaborative journey with Aboriginal agencies and networks to build relationships of respect and trust and provide culturally respectful and appropriate legal services to Aboriginal clients.

Lyndon George was hired in the autumn of 2013 as the HCLC’s Aboriginal Justice Coordinator. Following a community contest the Aboriginal Justice Initiative was named YÉN: TENE, a Mohawk phrase meaning ‘you and I will go there together.’

Aboriginal Justice Strategy (AJS) is an organizational priority for

Legal Aid Ontario which provides ongoing funding for the Hamilton Aboriginal Justice Outreach Worker and other initiatives.

DRUM MAKING

For Legal Aid Ontario staff who work with Aboriginal clients learning cultural traditions gives a better understanding of the importance of spirituality for Aboriginal people. One such tradition is drum making.

Last October, members of the HCLC, Legal Aid Ontario, and a few others participated in the making of their own hand drums. The hand drum is usually a hoop drum and has a head of rawhide from one animal or

another. In this workshop, the rawhide was from a sheep.

Within most traditional Aboriginal cultures, the drum is the primary musical instrument used at most ceremonies. It serves many purposes within the areas of justice, entertainment, and healing.

Through many court proceedings, healing circles, or other traditional ways of restorative justice, the drum and songs are used to support and give strength to the individual and the families. Drums are a part of traditional cultural practice to restore harmony to the community. The drum and songs are also typically combined with traditional use of medicines.

Lyndon George explains that within most traditional communities, the beat of the drum represents the heartbeat of the earth and serves to remind people of their connection to the earth and all that is within and around it.

“The drum often serves as a medium to bring all life into balance with one another,” says George, an Ojibway member of the Kettle and Stony Point First Nations.

Lyndon enjoys leading these drum making workshops. “Through the

experience of learning to create their own hand drums, staff members were opened to this healing and essential knowledge that will equip them to work in harmony with Aboriginal people.”

In 2015, the makers of the drums will be called back together and will bring their drums to an Awakening Ceremony of the drum. The makers of the drums will learn, once more, of their responsibility as a drum keeper.

The drums, according to Aboriginal culture, are gifts from the Creator that we accept as caretakers.

CELEBRATION OF GROWTH COMMUNITY SOCIAL

Another opportunity to develop a deeper understanding of Aboriginal cultural traditions comes in May. That event is the Celebration of Growth Community Social, hosted by the Professional Aboriginal Advocacy and Networking Group. This 10th annual gathering is scheduled for Thursday, May 14th at Sir Winston Churchill Secondary School.

Check the HCLC website hamiltonjustice.ca for more information. •

THROUGH THE EYES OF THE ONES THAT STAYED

Remembering our neighbourhood's past, with hope for the future

BY MICHELLE BOTH

When Brian Bojin moved into his Bristol Street home in 1963, he was just a kid. The street, just south of Barton at Sanford, was bustling with children playing together in front yards and alleyways.

He didn't have to go far for adventure. In the winter, skating rinks and hockey filled Woodland Park; in the summer, it was baseball games. The whole neighbourhood would come out to watch.

Eight years later, a new family moved in next door with a daughter named Kay. Married shortly after, the pair are still living in the same house he grew up in, and have since raised their own children there.

The couple know their block like an encyclopedia, able to list the names of previous businesses and residents, recalling the specifics of their quirks and qualities.

The gas station was once a union hall. The former subway shop was a

shoemaker. The apartment building at 150 Sanford was a thread factory.

You could always find Mrs. Lucas sitting on her porch drinking tea. Sundays were family days, when you could smell baking and preserving from blocks away. Garden bounty was shared between neighbours, and the children could often be found raiding fruit trees or sneaking rhubarb 'til their stomachs ached. At Christmas, you could expect a visit from Mr.

Hornby, dressed up as Santa Claus.

"It was a close neighbourhood. We always looked out for each other and the kids," said Kay.

Things started to change when malls were built, and local businesses began to close. "People got more into their cars," Brian explained. The walkability of the neighbourhood decreased, and families either grew up or moved away.

"It's a crying shame to see what Barton Street has become, especially

knowing what it was," he said. "This is a wonderful neighbourhood to live in. It really is. There are some problems - like every neighbourhood has their problems - but nothing that can't be taken care of."

They both believe it can change, and will change. With more young families moving in, they believe children will make the difference, referencing the "glimmer of hope" they feel when they see kids playing outside. "It will slowly get back to the way it was," said Kay, with assurance in her voice.

"It could be like that again - you have to want it. You have to try," continued Brian. "We love it here - what's not to love. There was a lovely sense of community, and I wish it were here again."

"But, even now on this street, you can knock on anyone's door and they'll help you," Kay reassured.

When asked if they had plans to move, her reply was candid: "They'll have to carry me out," she said. "As far as we know, we are staying here." •

Ward Three Update

BY MATTHEW GREEN, CITY COUNCILLOR - WARD 3

I typically take this opportunity to share with you community updates about what has happened here at City Hall over the past few months. However, for this edition I'd like to share my thoughts on the future of Ward 3. As neighbours, we talk about making our community the best place to live, work, and play.



Ward 3 Councillor, Matthew Green

Although in recent times we have seen our fair share of hardships, prior to the indoor malls and big box stores, Ward 3 was the place many Hamiltonians from across the city came to shop. Today, the gentrification of Locke St. and James St N. coupled with the red-hot Hamilton Centre housing market will return Ward 3 to its former

glory and make our neighbourhood the next economic success story in our city.

Those boarded up storefronts, forgotten by some, are opportunities waiting to happen. Business owners with a fresh coat of paint have the opportunity to own the buildings they operate their businesses out of. The flip side to this story is the ongoing speculation on these buildings by developers simply interested in waiting it out for someone else to make the investment.

When starting a small business, you are literally putting all your eggs in one basket. Potential business owners have a great choice in Ward 3. They can choose to purchase and participate in the undervalued commercial real estate market of Ward 3 rather than spend the first five to ten operating years building their landlord's equity. In Ward 3, entrepreneurs can work towards building their own equity—buying their own basket.

As a disclaimer for anyone looking to start a small business in Hamilton, I'd like to share this simple advice: don't let the bureaucracy get in the way of your business planning. As a City we claim to be, "Open for Business"; yet somewhere in the process, we sometimes fail to provide the small independent business owners the necessary supports to guide them

through the bureaucratic labyrinth that is zoning, permits and licensing.

In the start-up phase of a small business, planning can mean the difference between a successful launch and losing your shirt within the first six months. You'd only have to ask the folks at the corner cafe that took months to open or restauranteurs with their windows still papered that the process

to open up a business in Hamilton is cumbersome at best and downright financially disastrous at its worst.

Planning ahead is essential to ensure that you allot enough time to overcome any potential hurdles and become successful. So if you've considered opening up a small business, I'd like to invite you to consider opening it up here in Ward 3. •

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NEIGHBOURHOOD ACTION STRATEGY

IGNITE THE PAN AM SPIRIT

BY JOCELYN STRUTT

The games are coming, the games are coming! The Pan Am/Parapan Am Games is the largest international multi-sport event that Canada has ever hosted - yes, even larger than the Olympics. It is anticipated that the games will see more than 10,000 athletes from over 41 countries competing in a total of 51 sport disciplines. Games organizers are anticipating 250,000 visitors between the Pan Am games running from July 10-26th, 2015 and the Parapan Am Games running from August 7-15th, 2015. And, Hamilton is home to soccer central. During the games, Tim Hortons Field will be known as the CIBC Hamilton Pan Am Soccer Stadium and will play host to 8 men's teams and 8 women's teams. To prepare for the excitement, here's how to be in the know:

SOCCER

Day 1 begins July 11th with 4 games beginning 11am and running through to 10:30pm;

Days 2-13 (July 12-23rd) will have 2 games per day, with start times of 5:30pm and 8:30pm;

Medal rounds occur on:

July 24th: Women's Bronze Medal game at 8:30pm;

July 25th: Men's Bronze Medal game at 1pm and Women's Gold Medal game at 6pm;

July 26th: Men's Gold Medal game at 1pm.

IMPORTANT REMINDERS

Stadium gates open 2 hours before the start of each game and all spectators must pass through security. Noise disruption may occur before, during and after game times, and from July 5-27th, temporary traffic and parking changes around the stadium go into effect. On July 10th, the Residential Parking Program goes into effect.

TRANSPORTATION PLANNING

The transportation plan is designed to ensure the convenient and safe movement of athletes, officials, media and spectators, while trying to minimize the disruption to residents and businesses in the area. Each game-day ticket includes free access to public transit. Spectators are encouraged to ride the HSR to and from the stadium.

AS A RESIDENT, THERE ARE SOME IMPORTANT CONSIDERATIONS

Heavier traffic volumes can be expected between July 5-26th, particularly on streets within a 1 km radius of the stadium and the busiest periods are expected to be from July 11-26th. Travel within the stadium precinct area will be slower and may require residents to re-route or re-time their daily routines. Within the stadium precinct, there will be a Hard Closure Area and a Soft Closure Area.

The Hard Closure Area (streets immediately adjacent to the stadium) includes specific road closures and other important restrictions in effect from July 5-27th:

- Cannon St E between Gage Ave N and Lottridge St;
- Connaught Ave N between Cannon St E and the school property;
- Balsam Ave N between Cannon St E and Beechwood Ave;
- Beechwood Ave between Balsam Ave N and Melrose Ave N;
- Melrose Ave N between Cannon St E and Beechwood Ave.

Area residents will enter through a secure checkpoint and will require a pass to access their street. On-street parking will not be permitted on the streets noted above, mail delivery will occur, but no parcel delivery, and Waste collection day will remain the same.



PARKING & VEHICLE ACCESS

Access passes will be issued to homes with driveways only but does not include lawn parking. All other vehicles or those homes without a driveway will have an alternate parking location (Parkview/King George site) and will require a City-issued resident parking pass.

The Soft Closure Area will be designated as Local access only, in effect from July 10 to 27th:

- Balsam Ave N between King St E and Cannon St E;
- Balsam Ave N between Beechwood Ave and Barton St E;
- Melrose Ave N between King St E and Cannon St E;
- Melrose Ave N between Beechwood Ave and Barton St E;
- Prospect Ave N between Beechwood Ave and Barton St E;
- Leinster Ave N between Beechwood Ave and Barton St E;
- Connaught Ave N between the school property and Barton St E;
- Lottridge Street between King St E

and Barton St E;

- Beechwood Ave between Gage Ave N and Balsam Ave N;
- Beechwood Ave between Melrose Ave N and Lottridge St;

Waste collection day and mail delivery will not be affected.

PARKING & VEHICLE ACCESS

Residences with driveways will not require a parking pass. A City-issued parking pass is required for on-street parking and 1 parking pass will be issued per residence.

For additional information on the 2015 Pan Am/Parapan Am Games, please visit our website at www.hamilton.ca/panam. Questions? Contact us at residentinfo@toronto2015.org or by phone at (905) 546-2424 ext. 2000.

Stay tuned for our article in the next issue of the Sherman Hub News highlighting the legacy projects that will remain in the community as a result of the 2015 Pan Am/Parapan Am Games. •

New Debt Counselling Centre

HELEN JOHNSON

Local people struggling with overwhelming debt are set to get free help from a charity expanding its centres in Hamilton. Debt-counselling charity Christians Against Poverty (CAP) has partnered with St Clair Community Church to bring its in-depth service to the area. The Hamilton East debt centre is one of 4 centres covering downtown Hamilton - rare good news for Canada amid economic downturn. They will join three others in the city helping people in the North End, Strathcona and across the downtown core.

Hamilton East centre manager James Wildsmith said: "The Church has always been about offering hope and we're really pleased to be able to

give a tried-and-tested route out of debt. There is a lot in the Bible about looking after the poorest. In our society, a lot of poverty is debt-related so our congregations have been working hard to open CAP Debt Centres to help get people back on track."

CAP offers people a uniquely in-depth, caring service to people with spiralling personal debt regardless of their age, gender, faith or background. Every client is visited in their own home, the charity does all the negotiating with creditors and local volunteers offer support to each person face-to-face until the day they are debt free.

James adds, "Typically, debts can build up when a relationship breaks

down, or someone loses their job, or through bereavement - so often when people are least able to cope with a financial headache. Our church is very much a part of the local community in which we live, so we regularly hear about the stresses people are under. This is why we've partnered our concern for local people with CAP's expertise to open this debt counselling centre."

The charity has already partnered with over 80 churches in Canada to run free money management courses that teach people basic budgeting skills to help them take control of their finances. Now they are expanding their free in-depth debt counselling service,

which has been successfully running in hundreds of churches in the UK, Australia and New Zealand through different Christian traditions.

Christians Against Poverty is a debt counselling charity which is determined to reduce poverty in Canada caused by debt. It partners its financial expertise with the care of the local church to offer free debt help and a solution to people through CAP Debt Centres based in local churches. The pioneering charity intends to have a debt-counselling CAP centre in 300 towns and cities across Canada by 2023. For more about CAP Canada see www.capcanada.org or call 1 (855) 214-9191. For further information contact CAP Canada's Development Officer Will MacLaughlin - willmacLaughlin@capcanada.org. Find us on Twitter @CAPinCanada and Facebook www.facebook.com/CAPinCanada •

A Gage Park Gem

The Roselawn Lawn Bowling Club.

BY PATTY CLYDESDALE & MARILYNN HILL



At the south entrance of Gage Park, with an entrance off Lawrence Avenue, sits a large two-storey clubhouse.

Complete with a quaint veranda, its two greens are kept as lush as possible by the dedicated and devoted bowlers of today. It was 90 years ago this year that the Roselawn Lawn Bowling Club was inaugurated.

The year 1925, in the middle of the roaring twenties, was when professors, doctors, lawyers, and other prominent men in Hamilton formed the Roselawn Lawn Bowling Club at Gage Park. The white bowling attire and shoes, as required by the dress code, were affordable only by the elite, and women were allowed to play only when the bowling greens were not in use by the men. These same women, while shunned from playing on the same team as men, prepared meals for the members to enjoy in the clubhouse kitchen.

Today, the clubhouse dining room holds a photographic archive of the presidents over the years, almost all of them men, proud, dignified and with solemn faces. One photo is an exception - that of Etta Farquar, the club's very first female president. Etta, in a striking red dress and with a bright smile, stands out from the rest of the staid black and white photos. Etta was elected in 1992 - yes, 1992 - a direct result of the Ontario Lawn Bowls Association's mandate to amalgamate women's and men's teams to get insurance.

It took 67 years to elect a female president, only 23 years ago. Since then, there've been a few female presidents, and all members are treated equally.

The faces of bowlers have changed over the years, and even more so nowadays. What used to be a game for prominent men, and has since been thought of as an old-timers league, is now home to a diverse group of people.

Matthew Holbrook, a young Australian journalist, writes: "It's a sport of grace and skill where a steady hand and a keen mind are king. Where victory rolls on a razor's edge. This is lawn bowls!" The object of the game is to deliver the bowl closer to the jack than your opponent, and the game is made even more challenging by the fact that the bowls aren't entirely round, with one side weighted, lending a curved trajectory as it moves along the grass toward the jack.

The modern game of lawn bowls is accessible, affordable, and provides meaningful connections and friendships, along with fresh air aplenty. Any comfortable activewear is welcome, with the only caveat being a requirement to wear heel-less shoes, with no tread to mark the lush greens. Tradition is kept alive during interclub and large-scale open tournaments, with white bottoms and team coloured shirts.

A 1989 club yearbook reveals the Roselawn Lawn Bowling Club boasted 150 members at the time. In 1998, there were 114 bowlers. Today, there are approximately 73, 7 of whom are social, non-playing members who join in on special events. Bowler and active club member Marilynn Hill says, "Years ago there were fewer demands on one's time", and lawn bowling is often seen "as an activity for old folks who wear white."

The game is changing, with members who are diverse in age, gender and ethnicity, though membership of late has been the club's biggest challenge. The Roselawn Bowling Club is looking for ways to increase membership so that they can carry on this gem of a game at Gage Park for years to come. If you have a class, a recreational group,

or group of friends that are intrigued by lawn bowls, Marilynn and her gang of bowlers would be pleased to show you the game.

Should you enjoy yourself - and you will - membership for the 6-month season (from May to October) is only \$120. Even better, try it out for free during the month of May. Fear not

- they've all the equipment and can lend you the bowls you need. Games are played almost every day, and on 3 evenings per week.

This year is Roselawn Lawn Bowling Club's 90th Anniversary. Join in as they celebrate this amazing milestone on Saturday, June 27th. Get your bowl on! •

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Neighbourhood Rising

A Study in Acrylic

BY JIM POLING

The towering, fingerlike silica silos behind a row of houses on Lloyd St. created one of Hamilton's most iconic scenes. They marked where homes ended and industry began; where families stopped and work started.

Many times I stood or sat in the parking lot between Lloyd St. and Barton St. E. near Gage Ave. N and simply stared and tilted my head at the view, with its round silos, front porches with flowers and shrubs, and drab, dust-scarred concrete. It was a line of demarcation that was beautifully quizzical.

The former glass plant, to which the silos belonged, was about 150 years old. The homes are certainly newer. I think about the people in the houses who went to work at the plant, and the city planning that did or didn't go into the neighbourhood.



Last year the plant was slated for demolition to make way for a new sports park, including soccer fields. Early this year, the plant was flattened. It's a story of evolution, transition, and adaptation and I decided to capture this streetscape as a painting

before it disappeared forever. I visited the site often and took many photos. I made sketches and came up with two scenes. Both are painted using acrylic and made on canvas panels. One is 16 inches wide by 20 inches high and the second is a long horizontal

that measures 10 inches high by 20 inches wide. I titled both paintings "Neighbourhood Rising."

This block, at the edge of the PanAm precinct, is such an interesting neighbourhood and I thought the demolition of the old industry is a metaphor for many parts of Hamilton, and certainly the Sherman Hub area which is experiencing a rebirth.

I started the paintings in late fall and finished early this winter just as the old plant was being torn down. I've been back several times. Now that the tall stacks that were once filled with sand are gone, the area feels so different - there is more sky and it feels contemporary, like we've knocked out a wall in the house. To me, that's where the "rising" theme comes in - the stacks and defunct plant fell like the Berlin Wall and soon they will give way to a new residential park where people can play. It's a new corner of the neighbourhood to be explored by children and adults from across the city. I think for too long this corner of Hamilton has been ignored and now I sense, out of the dust and concrete and rebar, a new Hamilton is on the rise. •

Jim Poling is the paint and brush behind DeerStandStudio. More of his artwork can be found at Deerstandstudio.com or on Twitter @deerstandstudio. Jim is also a journalist with The Hamilton Spectator.

The two "Neighbourhood Rising" paintings are on display at Except for Kenneth, a new restaurant on Ottawa Street North near Cannon Street.

First Annual



Barton Village

FESTIVAL

Saturday, June 20, 2015
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www.bartonvillagefestival.com
bartonstevent@gmail.com
 905-630-3312

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Barton Street WHAT'S YOUR VISION?

BY PATTY CLYDESDALE

One day in the not-so-distant future, I envision a Saturday that looks a bit like this one:

I wake up, conduct my morning rituals, and get my family ready for the day. After much cajoling, my kids are finally dressed, teeth are brushed, and shoes are on. We walk out the door, pause to say hello to our neighbours and let them know we are headed to Barton Street.

The new shops complement the veteran ones, shoring them up and thanking them for their persistence and belief in what they knew Barton could be once again.

We walk along enjoying the beautiful day, taking in the gorgeous brick houses that characterize our neighbourhood, greeting more neighbours with a cheery "Good Morning" as we go. We arrive on Barton Street, where there are even more neighbours out taking advantage of the good weather. We're on a mission to have breakfast, while others are getting fresh bread and produce, going to the bank, or heading to Staropolskie Delikatery for

some out-of-this-world frozen fruit filled pierogies!

Where will we decide to have breakfast? Well, we've got some choices. We can sit down at one of the little cafés and have orange juice and a pastry, maybe 541 today, or we can choose a new, funky diner known for their affordable all day breakfast and friendly staff. Or, we can go to the bakery for a bagel and sit outside

in the fresh air at one of the many parkettes with benches, to appreciate the public art and perennial beds along the street that were created by local, resident artists.

You see, the sidewalks along Barton have been widened to allow more pedestrians to stroll, for cyclists to park their bicycles,

and to accommodate sidewalk patios. This day, the patios are filled with neighbours enjoying their breakfast and talking about current issues in the neighbourhood, while other patios are quiet, with only the staff bustling around preparing for the busy lunch hour.

Gone are the vacant storefronts and

boarded up, illegal apartments. In their place, resident-led enterprises like a food cooperative, resto-pubs, a daycare cooperative, an independent movie theatre, some independent clothing and shoe shops, a local credit union, art galleries, a performing arts centre, an ice cream shop, a barber shop and hair salon, an independent cinema along with a few new local startups (place your idea here: _____) dot this once bustling, then struggling, now bustling walkable street. The new shops complement the veteran ones, shoring them up and thanking them for their persistence and belief in what they knew Barton could be once again.

Affordable housing above the storefronts intermingles with that residing in new mid-rise developments. New and old character warehouse buildings have become mixed housing developments, effectively ensuring that people of all socioeconomic levels aren't displaced, but are welcome and can afford to stay, to connect, to engage, to support, to build community; to live, work, play, and raise their family with dignity and in safety.

As my family finishes breakfast on this dream day, we're thankful. Thankful for Hamilton, for the people who dared to care for Barton Street, its people and businesses, who believed in them and the neighbourhood enough to let them steward their vision of what it could be.

That's my vision. It's not perfect, and far from complete. What's yours? •

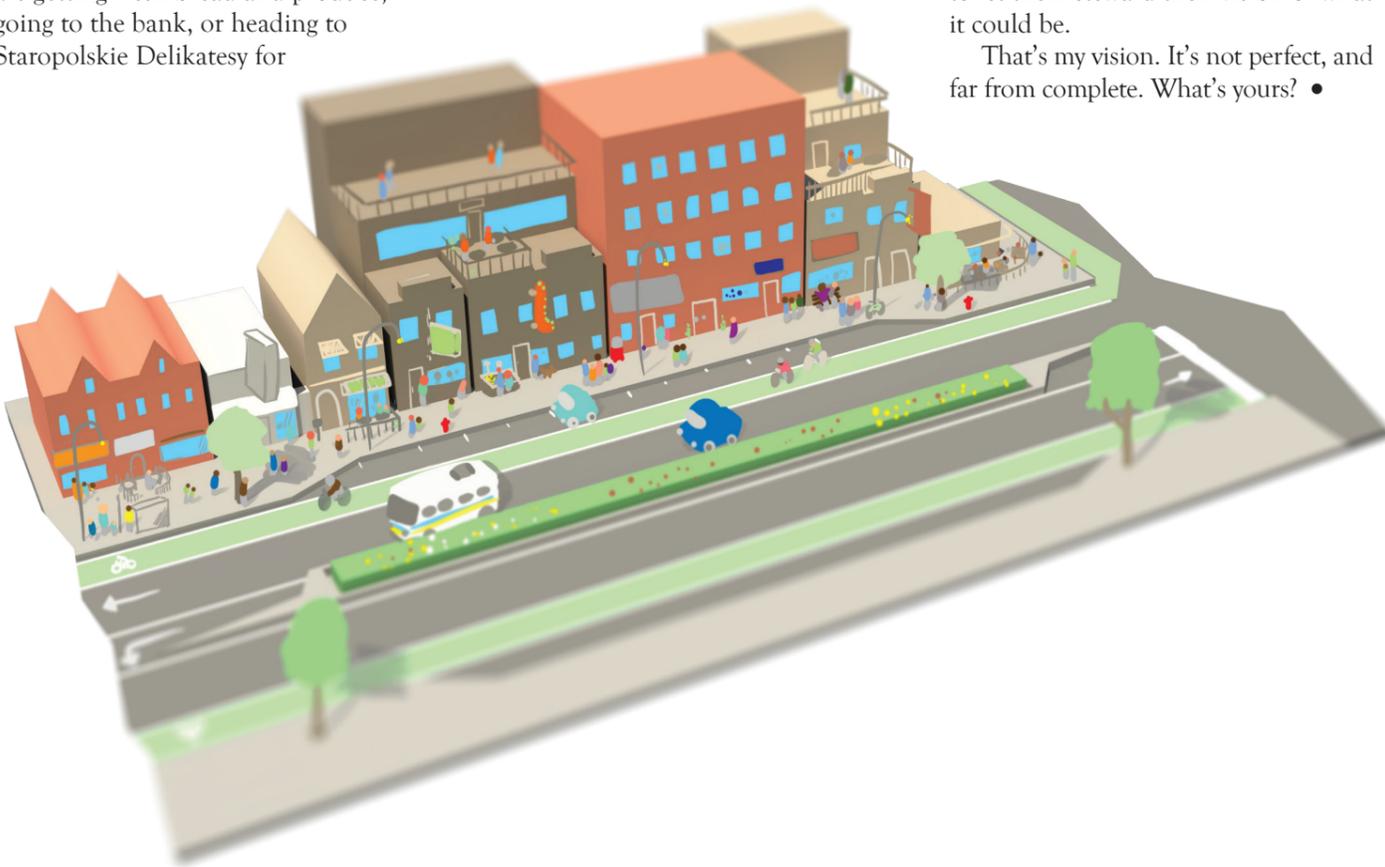


ILLUSTRATION: DAVE WILLEKES



the newspaper team would like to invite you to submit your own story describing your visions for the future of our community. Use your imagination and tell us what you want the Hub to be in 5, 10, 15, 25, or 50 years from now. We hope to publish a collection of these stories in the next edition of the Sherman Hub News. If you think you might be interested in participating in this project, please contact Mel Walther by emailing: Shermanhubnews@gmail.com

David Christopherson, MP
Hamilton Centre



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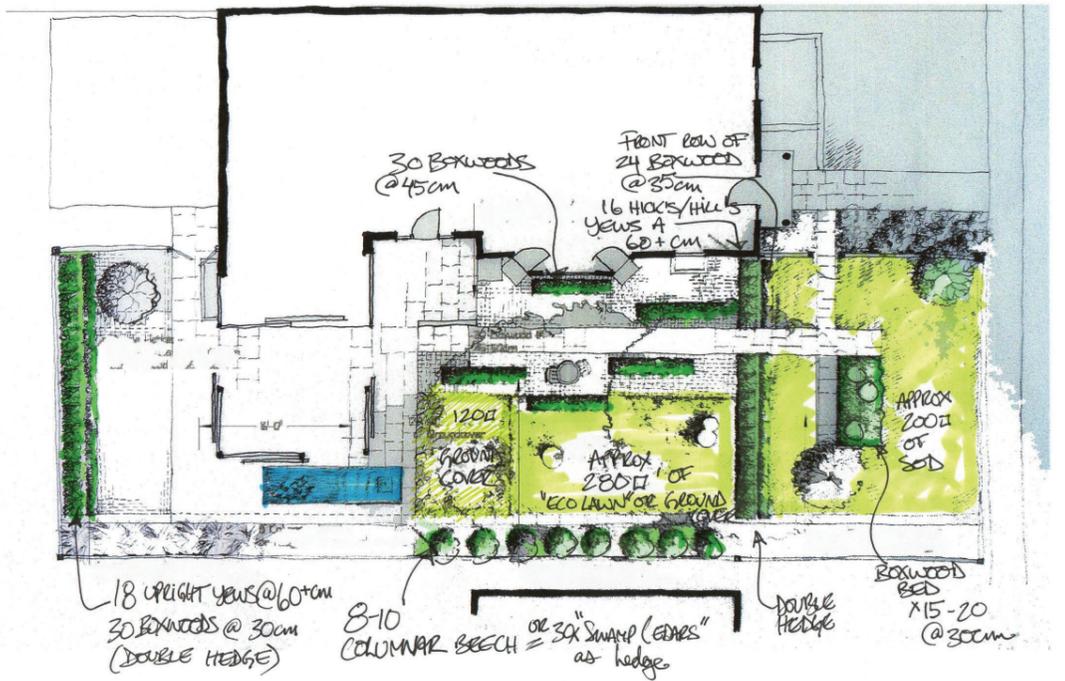
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URBAN GARDENER

THE INSIDE VIEW ON THE OUTSIDE LIFE OF A LANDSCAPE DESIGNER

BY CANDY VENNING



So maybe you've never wondered what exactly a landscape designer does? I challenge you to put off any assumptions because there is, literally, a lot of ground to cover.

The perception might be that I swan about, swooning over heritage roses (which I am perfectly able to do on my own time), but mostly, I solve problems with creative reasoning in three-dimensional spaces.

If that sounds aggrandized or overly technical, consider the entire scope of what a garden can be,

beyond just a honkin' BBQ, a cooler and plastic deck chairs.

Consider all the parts of what can make up an outdoor space; everything from a dog run, playground, entertainment zone, relaxation hideaway, parking pad, vegetable garden and sometimes all of those things at once. Consider all the planning and construction that comes before the icing on the cake that is flowers.

Education is a huge part of my job. For instance: lighting and irrigation are especially important in larger gardens, and for those who want less

maintenance. New systems have rain sensors so the system is off when it's raining. LED lighting is cheaper to run, install, and comes in every imaginable variation.

Patios can now be anything from pea gravel to flagstone, rubber matting to permeable pavers. All have their merits and pitfalls, and my job is to make the selection and work with you to get the best outcome for each client (hint: less and less often it's grass).

Carpentry is a trade unto itself, covering garages, arbours, gates, fences, decks - and is just one of the

trades I coordinate with, along with stoneworkers, pool people, planting crews, and electricians.

Some 'exciting' topics I frequently discuss: concrete, frost heave, foundations, weeping tile, property lines, drainage... you get the idea, it's limitless, limitless!

When a garden is well-designed, it's welcoming and works in a seamless way. For instance: You can move through the space easily to get from the back door to the BBQ, and the table doesn't block the stairs.

Budget is a key consideration for each and every project; a designer coordinates to save things from getting out of control, or suggests ways to phase things in over the years. Caution: it can be hard to resist going 'all in' once you see the whole picture.

Sometimes a lot of advice (based on years of experience) is all someone needs to find their DIY motivation to do it themselves. It gives me great satisfaction when a client who consults us, just for a rough plan, builds it themselves and sends a letter of pride or photos. Having a plan saves every contractor from having to come up with a design; this is no more a contractor's job than it is the landscape designer's job to install a fence.

A garden is something different to each person and as such, it shouldn't belong to the designer. Good design is beautiful, pleases the client(s), and complements whatever space was being considered. •



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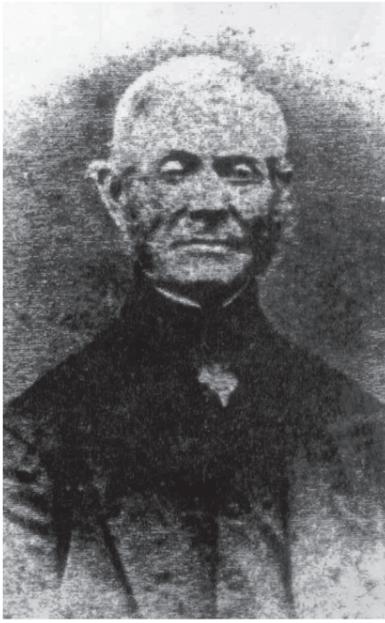
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Captain John Aikman in the Sherman Hub

BY JOACHIM BROUWER



United Empire Loyalist, John Aikman (above left).



Cold Spring Creek Mill (above right).

Wentworth & King: then (right, top) and now (right, bottom)



to establish their Republic. Aikman gained the title of Captain, although his specific military duties are unknown.

In 1788, Aikman claimed 1000 acres around the thriving hamlet called Mineral Springs, between Dundas and Ancaster. Soon after, he was formally deeded 200 acres (Lot 39, Concession 1) off Mineral Springs Road. Here he built and operated Cold Spring Creek Mill.

But Aikman did not enjoy the life of a miller and valley dweller. He petitioned to the Crown in his wife's name and was granted more arable land, east of Wentworth St. extending to the base of escarpment. The family abode, an impressive frame structure stood at the northeast corner of Sanford and King (where there is a car dealership now) for nearly one hundred years, until 1910.

John Aikman also operated one of the first plough and wagon shops in Hamilton. In the War of 1812, he served in the 5th regiment of the Lincoln Militia under James Durand.

Aikman was involved in the construction of the first canal that opened up Burlington Bay to Lake Ontario ship traffic. Aikman was a charter member of the Masonic Barton Lodge, the oldest formal organization in Hamilton, which, for a period of time, met in his house.

Aikman was a founding member of the First Methodist Church, where the residential and social service complex known as 'First Place', at King and Wellington, is located today.

Aikman was buried in the cemetery beside the simple frame church, when he died in 1841.

Stay tuned for updates on Sherman Hub's Heritage Subcommittee's prospective 'plaquing' project. •

At the last Sherman Hub Heritage Subcommittee meeting, the possibility of denoting each of the four corners of the Sherman Hub was excitedly discussed.

Realizing some of the difficulties with such an idea, the group fixed upon a possible project: marking the mid-eastern border of the Hub at King and Wentworth with a water soluble temporary 'plaque' painted on the sidewalk.

The corner of King and Wentworth was called McCarthy Corners for most of the 19th century and marked the eastern boundary of Hamilton for much of that time. A 1920's photo shows Stuart's Stationary on the southwest corner with Hamilton Street Railway tracks embedded in the macadamized street going south on Wentworth.

But United Empire Loyalist John Aikman had already been here for many years. In fact, his domain stretched as far as the eye could see, over the orchard trees and stalks of wheat to the east and ending at the daunting rise of rocky ground to the south.

John Aikman's stature is second only to Robert Land in these parts. Many Aikmans have been Hamilton civic leaders and educators. There is even a connection to Dallas Cowboys quarterback Troy Aikman.

John Aikman was born August 9, 1764 in Pennsylvania. He married Hannah Showers, the daughter of a Butler's Ranger, helping to resist the efforts of the American colonists

WHEN IS IT A GOOD TIME TO OPPOSE A BAD IDEA?

BY MATTHEW GREEN, CITY COUNCILLOR - WARD 3

It was just about a year ago that plans became public for a proposed garbage processing plant on Hamilton Port Authority lands (Pier 15) at the end of Sherman Ave. N.

I remember it well because as your candidate for Ward 3, a red flag went up when Environment Hamilton relayed the news that Port Fuels and Materials Inc. was trying to sneak their mandatory community information meeting in on the Thursday night before the Easter long weekend, with insufficient public notice.

When Port Fuels Inc. first came to Hamilton they applied to both the City and the Province as an Energy from Waste Facility. The provincial government's Environmental Assessment Act gives them a streamlined, fast-tracked environmental screening process. Port Fuels Inc. touted the company's technology as the answer to our industrial waste problem,

pointing to a plant they claimed to operate in Swindon UK.

The second red flag came shortly thereafter when it was discovered that their plant in the UK, which was their only actual experience with the technology, was in fact a very small scale demonstration facility. This means that all of the data they are self-reporting (without independent verification) comes from what could be called a science experiment, that is located in a facility 3400 times smaller, and processes 200 times less waste than that which is proposed here in Hamilton.

Over the past 12 months dozens of Sherman Hub neighbours have come together to do extensive research on this company along with their municipal and provincial applications, the claims of their technology, their funding sources, and their paid and "unpaid" lobbyists. What we discovered is a total and utter lack of empirical evidence to support their claims of ecological

sustainability and efficiency. We have witnessed the paid lobbying efforts of past local politicians and the co-opting of a neighbourhood group. As a newly elected official this has exposed the ugly underbelly of the politics of the local planning processes, the complete impunity of the Port Authority, and the "Green washing" by private equity companies looking to "get in and get out" of these types of projects with little to no public accountability or scrutiny.

In fact, at almost every step along the way the proponents of this garbage incinerator project have either withheld key information on their self-reported studies or misled the public by changing their stated plans for making Hamilton the destination for regional garbage including potentially toxic waste. We have heard the same criticisms from independent consultants hired by the City, who determined that the proposed project does not have sufficient information

to allow for informed decisions on the potential serious health risks it could expose to the people of our community.

So when is it a good time to oppose a bad idea?

That time has always been now. I personally promise to continue to fight this project and any project like it that threatens to expose our community to health, environmental or neighbourhood risk. I recently brought a motion to City Council to have our City formally oppose the proposed garbage processing plant, and to demand a full individual environmental assessment, without which, I called on my city council colleagues to boycott any future business with this company and/or future operators of this technology. The motion is on the table and will be brought to council for approval. Thank you to all of you for your ongoing time and support to make Ward 3 the best place to live, work and play. •

HARRRP

ZEN & THE ART OF TABLE TENNIS

BY DEB STRINGER

A good life contains many elements. Each of us might define our own 'good life' differently, but some elements appear to be universal. Health, love, peace, and the capacity to give, make up a life which is at least headed in the direction of 'good'.

Our community centre at HARRRP at 705 Main Street makes it easy to practice a good life together. HARRRP offers a space, the community offers the programs. Interestingly, a common element among the programs offered by our community, is spirituality. Yoga, Laughter Yoga, Tai-Chi, and Aikido all teach the importance of mindfulness, proper breathing, and how to improve your life through a positive attitude,

while coaching you to become physically strong, flexible, and resilient. Each of these disciplines promotes a belief in common spirit, or life energy, which can be made stronger through practice, meditation, and breathing. They also promote peace, joy, and gratitude for all the gifts a good life can bring.

Several new programs continue the tradition - with Meditation and Mindfulness on Wednesdays, you can become more 'present', reduce anxiety, and learn how to adapt positive thought patterns. Quigong for Healing uses posture, breath work, meditation and movement to promote physical, mental, and spiritual health. On the second Tuesday of each month, there

is a Community Reiki Share, where practitioners and students of this ancient art can meet to share ways of increasing a healthy 'life force' to increase energy and a positive life.

Of course, nothing is more positive than the arts - and ceramics, pottery, classical art, and line dancing provide opportunities for fun and creative expression with your neighbours.

Join your voice to the Community Choir and learn to sing while making new friends! Often we take care of HARRRP while we nurture our spirit there. Recently a group of choirs offered a Sunday afternoon concert to showcase their talent and raise funds for HARRRP's ongoing amazingness in our neighbourhood.

One of the best stories I have heard recently, is about Table Tennis on Friday nights. The community center has a lot of great equipment for all

kinds of activities, and for years, two women have been faithfully showing up, enthusiastically playing, and eagerly inviting everyone to join in. Bill, the director, has made up a team on nights when odd numbers would have forced someone out. It doesn't appear to have been a hardship, "They have so much fun" he told me with a grin. "They would be so happy if just a few more people would come out". Recently, Friday nights have been bursting with back and forth spirit as more and more people have been joining in to play a few games, laugh, get some exercise, and make new

friends over the paddles. Like all the groups at HARRRP, the Table Tennis gang represents all levels of skill, all ages, and everyone is always joyfully welcomed to join in.

Check out HARRRP's Facebook page at www.facebook.com/HARRRP or visit their website at www.harrrp.ca. •

HARRRP offers a space, the community offers the programs

VOICE OF YOUTH

INSPIRATION: Live Your Dreams & Never Give Up

BY LYNN WATKINS

Live your dreams, I want to see you smile. Smile for yourself, for your loved ones, and especially smile for the world. You will one day live your dreams, never give up. Coming from experience, I have given up, but I always went back to what I started. Even though I said I'd given up, I would always change my mind because I knew I would be successful in my future.

Not every dream comes true overnight. We work hard for our dreams, even though some of our dreams take longer. For instance: acting, singing, writing, being a veterinarian - it takes time for these dream jobs to come true. Just work hard, have inspiration, and believe that your dreams will become reality.

Stephen King's 'Carrie' was the first novel he wrote. It took him fifty producers to get Carrie on the big screen. He had given up, but his wife Tabitha got him to try again. He did, and now it's bigger than ever. I believe there is always going to be that one person, like family, friends or colleagues, who will always have faith in you even when you decide to give up.

All I am trying to say is, never give up on your dreams, no matter how hard they get and how long it takes. "Believe and have faith that anything is possible, because impossible stands for I'm possible." - Mrs. Borkovich of Parkview Secondary School said this at

my brother Daniel's graduation in 2014.

For the first time in my life, I am proud of myself and my accomplishments. I am surrounded by caring, loving, and supportive family, friends and others. I want to thank each of them for being a part of my life and for helping me reach my goals and dreams, one step at a time.

I have been bullied since 2006, but I didn't let it stop me from living my life. I have thought of suicide, but if I had actually committed suicide, I knew what I would be leaving behind and I didn't want my family in grief. I also didn't want the bullies to think they won.

Sometimes I think, what's the use? I cry because it hurts me, knowing and thinking my dreams are impossible or costly, and that I will never achieve them. My mom always says, "one day things will change and we will all live our dreams, it just takes a while." It doesn't help that feeling depressed has affected me a lot, but I can't let depression rule or take over my life anymore. I care a lot, but that's who I am and I won't ever let that change.

If you're ready, chase your dreams, because your dreams can't chase themselves. It takes time and faith. Never ever give up on your dreams. You dream those dreams for a reason, and now it's time to go and live them. •

Stalking Asparagus at Hamilton's Farmers' Markets

BY DANIELLE DINGLE

The first appearance of asparagus in our local farmers' markets in May or early June makes me giddy with delight. Just when I can't take another helping of cabbage, sturdy winter greens or imported vegetables, asparagus sails in to herald the start of our amazing local harvest.

Please do not be fooled into believing that you don't like asparagus. As soon as it is cut, asparagus begins to toughen up and the sugar reverts to starch. Since the imported variety we often eat can sit for days before it is air-freighted from the other side of the world, it can't fail to be anything but mealy and sad. The asparagus at our markets has usually been picked that day. Sweet and tender, this is the asparagus that will make you go weak at the knees.

The fresh stuff requires little window dressing. You just need to blanch them lightly in boiling water. You can then drizzle your asparagus with a little butter, olive oil, or even shave some parmesan on top and consume them with gusto. The leftovers, if you have them, can be added to the asparagus clafoutis recipe below. It's a super easy, crustless quiche that works for any meal of the day.

Blanched Asparagus

- Wash your asparagus in the sink and then cut or snap the bottom of each piece of asparagus off, (about 1 1/2 inches from the bottom). These pieces

are edible, but woody and tough and not very tasty.

- Lay stalks out in a large glass baking dish and sprinkle with a little salt. Pour boiling water over the stalks and let sit for a few minutes until a fork just penetrates the stalks (3-5 minutes). Remove asparagus and serve immediately.

Asparagus Clafoutis

8 large eggs
1-1/2 cups whole milk or cream
 (I use cream!)
Salt and pepper to taste
1/2 cup flour
1-1/2 cups grated cheese*
2 cups cooked asparagus, cut into pieces

- Preheat the oven to 325 degrees. In a large bowl, beat the eggs; add the milk and mix well. Add a pinch of salt and pepper, if desired. Stirring constantly with a fork or whisk (to avoid lumps), add the flour a little at a time. Mix in the cheese, followed by the asparagus. If you're feeling really peppery, grate some nutmeg in there or toss in some fresh herbs.
- Pour the mixture into a greased 9- or 12-inch pie plate. Bake for 35-40 minutes, or until the clafoutis puffs and starts to brown on top. Cool 5 minutes before serving (the quiche will settle, and you'll be able to cut it more neatly).

*I use gruyere, parmesan or even crumbled goat cheese, but whatever you have hiding in your fridge works just as well. •

Hamilton Freelancers Association

BY SADIE WOLFE

recently caught up with Chad Fullerton and Brian Hogg, two freelancers who got together and decided to start something really cool. The idea was to form a group that would connect entrepreneurs to share resources and lessons learned through years of experience. I'm talking, of course, about the Hamilton Freelancers Association.

The duo are veteran freelancers. They know the tricks of the trade. Fullerton brings over 12 years of freelancing experience and a background in marketing and design. He launched his own company, Fullerton Media, which provides marketing, design, and social media services, as well as online tools and training programs to help entrepreneurs and small businesses succeed online. His latest venture included the CoMotion Group, where he is a co-founding partner. CoMotion is building a new coworking space in downtown Hamilton on King Street, and is also on the organizing team for Startup Weekend Hamilton, an annual three-day competition for startup companies.

Hogg has a background in technology development, and has been freelancing for over 15 years. His company Brian Hogg Consulting offers custom software solutions. He also offers WordPress training and advice to help service professionals and technology developers understand and use WordPress better for their own clients and customers. Aside from that, Hogg produces the Discover

#HamOnt podcast series that profiles and interviews business owners, leaders and other people that live, work or play in Hamilton.

Together, they are the co-founders of the Hamilton Freelancers Association (HFA), offering skill development and networking, all free of charge to its members.

NOT JUST ANOTHER NETWORKING GROUP

Since its inception in 2013, the HFA has grown to over 200 members on the Meetup group. With 30-40 new and returning members at each event, the evenings would begin with an introduction by both Fullerton and Hogg, followed by a round of resource sharing.

Special guests who are experts in a field or who offer a service that supports freelancers are often invited to share their knowledge. After the presentation, groups are formed

to facilitate discussions and build relationships.

"We're really trying to facilitate connections that go beyond business cards," Fullerton explained, "so that members can meet a lot more people in the same amount of time as a traditional networking event and come away knowing people on a deeper level."

When Fullerton and Hogg started the HFA, they believed in what Hamilton HIVE was doing to grow the entrepreneurial community in

Hamilton. The visions of the two groups complimented each other, and the HFA is happy to have the support and exposure offered by the Hamilton HIVE.

WHO ARE THE MEMBERS OF HFA?

Whether you have been independently employed for years or are just now thinking about branching out as a freelancer, this group has a lot to offer.

"People have the misconception

"We're really trying to facilitate connections that go beyond business cards"

that starting your own business takes a lot of money," Chad explained, when asked about the target audience for this group. "It does take a lot of effort, but you don't have to quit your job to get started. You can start small and build something part time. It isn't as hard as you may think."

Membership and events are free of charge. Events are held at the end of each month on the second floor of the Pheasant Plucker in downtown Hamilton. When asked about the decision to offer their time and resources for free, Fullerton and Hogg replied that because the space is donated, the only cost for them is the Meetup group, signage, and time. Part of HFA's mission includes a grassroots approach to developing community and helping members to succeed with their freelancing goals. You can become a member by visiting www.freelancersassociation.org/join/ •

This article originally appeared on the Hamilton HIVE website www.hamiltonhive.ca

Hamilton HIVE is Hamilton's umbrella organization for young leaders, professionals, and their groups. Its mission is to provide an all-in-one, up-to-date resource for young professionals (YPs) from across the economic landscape that are looking to start or advance their career and life in Hamilton. Additionally, Hamilton HIVE assists in building young professional networks in Hamilton by attracting and retaining YPs in the city, advancing business, social, educational, and offering career development opportunities.

ABCD

ABCD IN SHERMAN

BY DAVID DERBYSHIRE

"I bought an old watch from a crazy man, walking down St Clair.

It doesn't have numbers or moving hands it always just says NOW"

Six months ago I said good bye to my role as Community Developer with the Sherman Hub with those same words. Who knew that I would be using them today to renew an old friendship and continue a very important journey? Not in my old role as CD but as an old friend returning to accompany you on your continuing journey. A journey we have shared for the past 7 years, one of discovery and excitement, one of realizing the potential that exists in each neighbour and across all corners of not only the Sherman Hub but all neighbourhoods in our great city, our journey to help make the Sherman Hub a better place to live, work and raise our families. The road map we have been using on this journey was developed by a gentleman by the name of John McKnight and is based on his and his student's observations

on thousands of neighbourhoods across North America. Our road map has been Asset Based Community Development. Assets are the strengths, gifts, talents and treasures that exist in all neighbourhoods and all neighbours. The people, places things and attitudes that make the Sherman Hub and all neighbourhoods a great place to live, work and raise a family. ABCD is all about sharing stories and focussing on 5 critical elements that John McKnight and his students found present in every neighbourhood they visited and that we have in abundance here in Sherman.

Neighbours: You, the fine folks who eat, sleep, work and play here every day.

Associations: The informal groupings and networks of relationships between neighbours that you are involved with every day.

Service Providers: Those agencies and institutions that are paid to provide services and programs that compliment and expand a neighbourhood's capacity.

Economy: Things that are shared, traded, purchased and exchanged.

Land: The land and everything on it, infrastructure, buildings, streets and utilities.

As I have said in my previous articles I am not a writer of fine prose that inspires and motivates others, I am more a conversationalist who "wonders" about things and offers possible strategies when alternatives seem lacking. So what can I offer?

I offer up a chance to share some stories about the 5 elements and how they have played themselves out in the Sherman Hub evolution. With your permission I will name names and reflect on places and things that have contributed to the Sherman Hub's development and adoption of a preferred way of working together that I think is a model for many others.

I will not blindly sing the praises of all we have done, I will wonder if we are truly walking the walk not merely talking the talk. I have accepted the invitation of the editor of this paper to accompany you on this journey once

again and I am excited to hear your feedback. Hopefully my articles will invite us into a conversation about the way ABCD is or is not working in the Sherman Hub and how it may have been "Shermanized" to better reflect and engage the assets of this neighbourhood.

Thanks again for inviting me back and in the next issue of the Sherman Hub News I will be sharing a story or two about the most important asset in this and every neighbourhood, YOU, the neighbours who call Sherman home and how the way we prefer to work and the values that guide our journey are so critically important.

Thank you for your precious time and for inviting me back to continue attempting to be helpful to you on your journey to be a better place to live, work and raise a family.

"Now you may be thinking that I was had But this watch is never wrong And if I have trouble the warranty says Breath in, breath out, move on." •

Spring Into Action

*With a home cooling
system tune-up*

BY WAYNE WYCKOFF
& PENNY ULBINAS

When April rolls around, it's time to think spring cleaning! Some of the more obvious jobs on the household list include lawn maintenance, gardening, and cleaning the garage. However, homeowners often overlook one of the most important tasks: a thorough inspection of their heating, ventilation, and air conditioning (HVAC) system.

Complex equipment cleaning or tune-ups are best left to an HVAC service provider, but there are some maintenance jobs homeowners can do themselves. Here are some easy, but important, tasks for do-it-yourselfers:

1. Check your furnace filter. Be sure it is clean, so that it does not limit air flow to the furnace. If indoor air quality is a concern, you can replace your current furnace filter with a similar sized, upgraded filter that captures more particles. Another option is to upgrade to a wider media air cleaner, which can be up to 97 percent more efficient at capturing airborne particles than a standard one-inch filter. An electronic air cleaner is a more expensive option, but when regularly maintained, these units get excellent results by using an electronic charge to collect up to 99% of airborne particles.

2. Check your air conditioner's outdoor unit. Remove the winter cover (if you have one) and look through the top grill. Mice and other animals can damage the wiring of an outdoor unit. Spiders in particular like to make nests that can cause contacts to lose their connectivity. If you see any debris or evidence that critters have taken up residence inside, call a professional to schedule a tune-up and inspection. An HVAC technician can properly troubleshoot and repair the outdoor unit if necessary.

3. Vacuum and clean the air supply and return register grills. To remove dust or particles that are continually circulating through your system, a complete professional cleaning is recommended every three to five years, depending on environmental conditions such as the number of pets in the home. Having the ducts cleaned immediately following home renovations is an excellent way to ensure cleaner indoor air. If you choose to have your system professionally cleaned, ensure the contractor cleans the supply and return ducts.

Spring cleaning is all about creating a fresh, clean and clutter-free home environment. Imagine cleaning and organizing your home, top to bottom, only to sit down at the end to breathe in dirty air! A thorough HVAC system tune-up will give you cleaner indoor air this spring, for the freshest home environment. •

MUSICAL JOURNEY

HOUSE CONCERTS IN THE HUB

BY DARIN MARTIN

A few years ago I played my first house concert in a very small living room in Brooklin, Ontario. I must admit it was kind of weird at first because everyone was at arm's length. The hosts graciously put out some snacks and punch, and the three performers began to entertain the small crowd. Within seconds of playing I realized how amazing this type of concert is for everyone. For the musician, there is a captive audience who is listening to every note, and learning the stories behind the songs. The audiences love the experience because everything is happening right in front of them, and it may be their first introduction to the artist. Together they are getting an upclose and personal introduction to each other and the result can be magical.

I have played many house concerts since that one in Brooklin and each time I am so thankful for the opportunity.

Perhaps you're sitting at your breakfast table right now with your cup of locally roasted fair trade coffee and the Sherman Hub News and thinking, "This sounds pretty cool, I've got some friends who would think that I'm the coolest kid in town if I hosted something like this." Well, this is generally how a house concert works. First, the artist and the host find a date that works for both parties. Next, the host decides who they want to invite, for example, work mates, neighbours, friends and family etc. On the day of the concert the host may choose to make some snacks and/or encourage the guests to bring something to share. The artist would arrive and set up a small PA system in the desired room or in the backyard. Finally, guests arrive and visit, perhaps paying an agreed upon fee for the artist or leaving out a tip jar. Then the host sits back and enjoys the show as the artist begins to entertain the guests making you

the coolest person in the Sherman Hub. Now there are some common misconceptions such as needing to have a big house or backyard or even a front porch. It is actually better to keep things small and intimate. Everyone at the concert should have the opportunity to personally meet the artist and that will be tremendously beneficial to the artist. Another misconception is that your neighbours are going to call the police on you. This is not going to be a loud concert, so there won't be any noise complaints. And the best way to avoid that is to invite your neighbours to the show.

Artists are always looking for people who will listen to our music and support us. A house concert provides a captive audience for the artist and builds community. There are a lot of very talented musicians in the Hub that would love to entertain you with a variety of styles of music. So why not give it a try this summer? •

KICK BUTT: STRATEGIES TO QUIT SMOKING - PART II

BY JANET ROBINSON

Last time, I discussed how to plan to quit smoking and gave you some useful tips. This issue I will provide you with more helpful information.

Finding things to distract you and keep you busy will be necessary when the cravings come. Chewing gum, drinking water, going for a walk, or snacking on veggie sticks all can take the place of that cigarette until the craving passes, which usually only lasts a few minutes.

People associate smoking with different things such as having a coffee or a big meal, waking up, or talking on the phone. Breaking that association is crucial. Instead of coffee, try drinking juice or tea instead. After a meal, get in the habit of brushing your teeth or going for a walk. As soon as you get up in the morning, try doing some sit-ups. Drawing or doodling while talking on the phone is helpful for many. Switch things up and do anything to break the connection and develop new habits.

Be prepared for relapses but do not let them discourage you. Successful people fail often. The difference between them and others is they get back up and keep on course. This is

where keeping a detailed log is helpful. Note what was happening when you had that slip. How were you feeling? What do you think went wrong? Learn from your mistakes. How could you do things differently next time?

Keep reminding yourself why you want to quit. Some people make a list of the reasons they are quitting and put it on their fridge or in their wallet where they will reflect on it often.

Highly stressful situations can set you up for failure so know how to handle them. If you are going to a family gathering, for example, you

smoke, they will not smoke in front of you. Spending more time with your non-smoking friends or going to places where smoking is not allowed will be helpful as well.

Once you quit, reward yourself. I always look forward to getting myself a little something to celebrate an accomplishment. It might be a new coffee mug, a piece of artwork, or something else that will remind me of my success. Keeping things positive is a great motivator.

In order to remain a non-smoker, you need to be vigilant and aware that

Be prepared for relapses but do not let them discourage you. Successful people fail often.

might want to enlist one person to keep an eye on you and support you. Don't forget, drinking alcohol lowers your inhibitions and may make you more likely to smoke. If the situation is too overwhelming, you can always make a short appearance and then leave. Being around other smokers is very difficult for some. A true friend will support you and if they wish to

those old temptations are still lurking. And please, do not test yourself by having "just one for old time's sake" or to see if you can remain a non-smoker. This is very dangerous and has led many back to their old habits. Do not let the notion of having even one puff enter your mind. You have worked hard to achieve success so don't ruin it for yourself. •

Jane's Walk Hamilton 2015

ELIZABETH SEIDL & MARY BOWNESS

Jane's Walk is a sequence of neighbourhood walking tours named after urban activist Jane Jacobs. Jane's Walks are led free of charge by volunteers all over the world. Anyone can lead a Jane's Walk, and all you need is an interest in the neighbourhood where you live, work or play. They can be about anything, including planning issues, social histories, architecture, public space, nature, little known stories, or anything you would like to share.

Jane's Walk provides neighbours with an opportunity to meet in their community. It provides citizens the opportunity to explore outside of their neighbourhoods. It also provides a unique chance for us to socialize on our cities' sidewalks. This year, Jane's Walk takes place over the weekend of May 2-3, 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.

During last year's festival, despite the frequent downpours over the weekend, Hamiltonians shared their love of our city by participating in a wide variety of walks: a tour of James St South, where Raise the Hammer editor Ryan McGreal uncovered the street's architectural past. Charlie Mattina retraced the steps of a typical gym class at Cathedral Boys' High School, when the students used to run through the Stinson neighbourhood. An urbanist exploration of Jackson Square led by Matt Jelly took participants on a tour of the streets that used to run across where Jackson Square and City Centre are today. Through their oral retelling, the stories of people, buildings and their place in Hamilton's history is kept alive. These are just a glimpse of the wonderful tours Jane's Walk volunteers put together.

This year, we welcome some beloved repeats from last year (with tweaks), and some exciting new tours for you to enjoy. Join Laurence Smink on a walk along King St E from Barnesdale to Wellington to explore, discuss and conceptualize future visions for this key artery. For a look at resident-led revitalization of green spaces, join Brenda Duke for a tour of the Birch Ave Greenspace. Looking for a little nightlife? Let Jayoti Edington be your guide for a fun and informative bar crawl of the Kenilworth neighborhood. We are also looking for volunteers to assist and facilitate walks. If you are interested in taking pictures, or assisting walk leaders and participants, please contact us for a list of walks in need of assistance.

To keep in the loop of all things Jane's Walk for Hamilton, you can follow us on Twitter (@JanesWalkHamOnt), Facebook (Jane's Walk Hamilton), email us at janeswalkhamilton@gmail.com or contact Jane's Walk coordinator Mary Bowness at (905) 549-8925. Visit Janeswalk.org for more information and a list of walks near you. •

THE WALKS

Walk: A DAY IN DOWNTOWN DUNDAS - JANE'S STYLE

Leader: Kristin Huigenbos
When: Saturday May 2nd 10:00 AM
Where: Old Dundas Post Office Building
What: Join the City of Hamilton, the Dundas BIA and community leaders to celebrate this vibrant community - a tribute to heritage and business.

Walk: STORYTIME WALK IN CROWN POINT

Leader: Kathleen Shannon
When: Saturday May 2nd 10:30 AM
Where: Kenilworth Branch Public Library
What: Bring your imagination to this family-friendly walk that will start at the Kenilworth Branch Library and make stops along the enchanted Pipeline Trail where stories will be told and songs will be sung.

Walk: THE FARM, THE BEACH, THE BRIDGE, AND THE STEAM MUSEUM

Leader: Sam Merulla
When: Saturday May 2nd 11:00 AM
Where: St. Helen's Community Centre in McQuesten

What: Bring your bike and meet Councillor Sam Merulla in McQuesten neighbourhood for a tour of the community gardens and proposed fitness trail.

Walk: WELLS OF HOPE SOLIDARITY WALK

Leader: Randy Hendriks
When: Saturday May 2nd 11:00 AM
Where: Bayfront Park to King St East
What: Discover the story of the women of the Santa Maria Mountains of Guatemala. Walk a mile in their shoes, filling up a couple 40 pound water jugs at Bayfront Park and carrying them to the Books4Water charity bookstore at 692 King Street East (near Wentworth).

Walk: KING STREET EAST

Leader: Laurence Smink
When: Saturday May 2nd 11:00 AM
Where: King Street East (Meet at Barnesdale)
What: Walk Barnesdale to Wellington and explore, discuss and conceptualize future visions for Hamilton's Key Artery.

Walk: SECRET STAIRCASES

Leader: Mary Lou Tanner
When: Saturday May 2nd 11:00 AM
Where: Meet at the Kenilworth Stairs on Kimberly Drive
What: How we get up and down the mountain as pedestrians in Hamilton goes back to our City's beginning. This tour focuses on secret stairs and east Hamilton.

Walk: HAMILTON WATERFRONT: PIERS 7 & 8

Leaders: Werner Plessl, Michelle Sergi, & Alan Waterfield

When: May 2nd 11:00 AM
Where: Meet at Williams Fresh Café (47 Discovery Drive)
What: Hamilton's Waterfront is a work in progress; meet the planners for a discussion about its ongoing evolution.

Walk: STORIES FROM THE EDGE: ANCASTER'S HISTORIC CORE

Leaders: Councillor Lloyd Ferguson, Rev. Robert Brownlie, Lois Corey
When: Saturday May 2nd 11:00 AM
Where: Meet on the front steps of the Old Town Hall (310 Wilson Street)
What: Situated in a natural break on the edge of the Niagara escarpment, with its bounty of waterfalls and rich soil, Ancaster has attracted human habitation from the last ice age almost 10,000 years ago until the present day. Explore the historic core of this picturesque village and hear some of its stories.

Walk: WESTDALE!

Leader: Aidan Johnson
When: May 2nd 2015 12:00 PM
Where: Meet at the Westdale Second Cup (1004 King St West)
What: The walk will be a scenic tour of Westdale, home of McMaster University — one of the most beautiful parts of Hamilton, a treasure-trove of heritage architecture, and Canada's original "suburb".

Walk: IROQUOIS SANDBAR

Leader: John Terpstra
When: Saturday May 2nd 1:00 PM
Where: Meet in the Dundurn Castle parking lot
What: This glacial artifact is a landscape event that continues to have a major impact on the city and is layered with stories. Come walk its length and hear a few.

Walk: SHERMAN INLET: WHAT WAS, WHAT IS, WHAT WILL BE

Leaders: Greg Reader, Jim Howlett, Elizabeth Seidl
When: May 2nd 1:00 PM
Where: Meet at the Birch Ave. Dog Park (Birch & Rosemary)
What: Sherman Inlet is one of the last of the inlets on the south shore of Burlington Bay. From Birch Ave Dog Park we'll have an elevated overview of the whole area the inlet once covered. Walking north along Birch Ave, we'll uncover the layers of the inlet's history: natural, agricultural, residential and industrial - and how they intersect today. At Birch Ave & Burlington St we'll view the substantial remaining north half of the inlet, while discussing various visions for the future of the area, and their implications for the City as a whole.

Walk: KENILWORTH IN 1925

Leader: Laura Lamb
When: Saturday May 2nd 3:30 PM
Where: Kenilworth Branch Public Library
What: Join us for a walkabout down Kenilworth and learn how this avenue contributed to the historic development of Hamilton.

Walk: KENILWORTH BAR CRAWL
Leader: Jayoti Edington
When: Saturday May 2nd 7:00 PM
Where: Kenilworth Ave North
What: Join the group for a fun and informative bar crawl of the Kenilworth neighborhood.

Walk: FOOTLIGHTS AND MOVING PICTURES

Leader: Christopher Cutler
When: Sunday May 3rd 10:00 AM
Where: Meet at the Tivoli Theatre on James St. N, just north of York Blvd on the east side
What: A walking tour of downtown Hamilton's cinemas and theatres of today and yesteryear.

Walk: THE LOVELY GIBSON LANDSDALE NEIGHBOURHOOD

Leader: Brenda Duke
When: Sunday May 3rd 1:00 PM
Where: Meet at Powell Park
What: This walk explores three different parks that have been revitalized in the last few years and highlights the role that communities play in initiating/sustaining greenspace development.

Walk: PIPELINE TRAIL

Leaders: Elizabeth Seidl & Marcee Groen
When: Sunday May 3rd 1:00 PM
Where: Meet behind Dairy Queen at Main St. E and London St. N (1 block east of Ottawa St.)
What: Beneath the Pipeline Trail is the story of how water gave life and vision to a city. Ride the pipe and discover!

Walk: JAMES STREET SOUTH

Leader: Ryan McGreal
When: Sunday May 3rd 1:30 PM
Where: Meet at Gore Park (at the statue)
What: Head south towards St. James Place at the foot of the Escarpment for a few sidetracks and surprises: for instance, a peek at Sandyford Place at Duke and MacNab.

Walk: DOWNTOWN RENEWAL

Leader: Glen Norton
When: Sunday May 3rd 2:00 PM
Where: Meet at City Hall
What: A focus on the new buildings as well as buildings getting a "second life" via adaptive re-use in the downtown core. Streets walked will include James North, King William, King St, James South, Main, and Bay St.

Walk: VICTORIA PARK IN STRATHCONA

Leader: Jason Allen
When: Sunday May 3rd 3:00 PM
Where: Victoria Park Gate (North West corner of Locke and King)
What: Meet members of your community and learn about what Victoria Park has to offer year round.

Did the Frost Get to Your Stonework?

Tips from Landscaper Jochen Bezner

It has been a particularly harsh winter and only now that your driveway, patio or retaining wall has thawed out, you get to see some of the damage that Jack Frost has left behind. Cracks in asphalt/concrete driveways allow water to enter during the melting period. But the overnight frost turns the water into ice again, pushing in all directions as it expands. This is known as the freeze-thaw cycle. Freezing water can make driveways crack or heave as well as push retaining walls outwards or create local bumps in them. There is no counterforce high enough to keep the ice from pushing. The only solution is to eliminate and manage water in the areas that are prone to the freeze-thaw cycle damage.

Here are a few simple tips on how to protect your stonework for years to come:

- Make sure downspouts do not empty water onto a driveway, patio or near the

top of a retaining wall (As a side note, it is also good practice to keep it at least 6 ft. from your basement walls);

- If you already have cracks in concrete or asphalt areas, have them patched to



seal them from water entering. This is a bit of a band-aid fix, but might buy you enough time until you decide to replace them completely. If there is a crack, it usually means that what is under these areas is causing the problem, i.e. not enough drainage provided by the gravel bed under concrete or asphalt;

- When having stone work installed, make sure your contractor uses a 12" to 18" gravel bed under the stonework or wall. Retaining walls also require gravel as a backfill and drainage pipes for proper drainage. Only clear gravel and sand provide good drainage! Limestone

screenings, as commonly used under interlocking, is not considered self draining and a poor practice often used by contractors.

What we observed during many years in landscaping, is that interlocking stones weather the winter the best. The stones usually do not crack and therefore allow very little water entry. If the gravel bed under the interlocking stones is at least 18" and compacted with heavy machine compacting equipment, it will withstand frost heaving as well as settling from local loads, i.e. a parked car. Another good thing around interlocking stones is that they can easily be replaced or re-leveled in a local area without spending a lot of money on resurfacing the complete driveway or patio area. This is especially convenient in cases of an unexpected sewer pipe repair, oil drips from an old car, running an irrigation line or electrical wires for landscaping lights across a walkway.

When deciding about a new surface for your walkway, driveway or patio, ask your contractor about proper drainage and how they will manage it to ensure your long term enjoyment without any "bumps". •

Jochen Bezner is the owner of derBoden Landscaping and lives near Gage Park in Ward 3.

LOVE YOUR HEART!

It's all about Blood Pressure.

BY JAYOTI EDINGTON

It's a guarantee that every time you see your physician or access a healthcare provider, you will get your blood pressure checked. As you are having your arm squeezed in the cuff, I bet most of us never really wondered what it means to have your blood pressure checked, what the numbers mean, or even what it is. So, here are the basics.

What is blood pressure?

Blood pressure is a measure of the pressure or force of blood against the walls of your blood vessels (known as arteries). In other words, when your heart beats, it pumps blood around your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

What do the numbers mean?

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other.

The first (or top) number is called your **systolic** blood pressure. It is the highest level your blood pressure reaches when your heart beats.

The second (or bottom) number is called your **diastolic** blood pressure. It is the lowest level your blood pressure reaches as your heart relaxes between beats.

The table that follows shows varying blood pressure categories, and there are exceptions to these categories. See your doctor or healthcare provider to get proper blood pressure measurement and management.

Category	Systolic/Diastolic
Low Risk	120/80
Medium Risk	121-139/80-89
High Risk	140+/90

What's a normal blood pressure?

Ideally, we should all have a blood pressure below 120 over 80 (120/80). This is the textbook perfect blood pressure for people wishing to have good health. At this level, we have a much lower risk for heart disease or strokes.

What's high blood pressure and cause?

Having high blood pressure (also called hypertension) is having readings consistently 140 over 90 (or higher) over a period of weeks. High blood pressure puts extra strain on the blood vessels, and over time the extra strain increases your risk for having a heart attack or stroke. It may also lead to heart and kidney disease, your limbs can cause peripheral arterial disease, and recent articles have shown a close link to some forms of dementia.

For most people, there may be no single cause of having high blood

pressure, and no one knows the exact causes of high blood pressure. You are at a higher risk if:

- You are not active enough
- You are overweight
- You drink too much alcohol
- Ethnic Origin peoples from African-Caribbean and South Asian communities are at greater risk
- You have a family history of high blood pressure

Blood pressure levels also vary by age. Women are about as likely as men to develop high blood pressure during their lifetimes. However, for people younger than 45 years old, the condition affects more men than women. For people 65 years old or older, high blood pressure affects more women than men.

What is low blood pressure?

With low blood pressure (also called hypotension), most may think there's no need to worry. Not true. A low blood pressure reading is having a level of 90 over 60 (90/60mmHg) or lower. Some individuals may naturally be low. Again, there is no specific cause or reason why. Usually, having a low b/p is not a cause for concern, but sometimes your blood pressure can drop to a point where you may feel faint or dizzy. Always contact your doctor or healthcare provider for further assessment.

How to manage your blood pressure?

These are the most simplified of

suggestions. It does take a serious amount of work and commitment to make a healthy lifestyle change. The more you can do to reduce your blood pressure, the lower your risk of a heart attack or stroke will be.

- Eat less salt
- Eat more fruits and vegetables – utilize your Registered Dieticians in your doctor's office
- Keep a healthy weight – eat more low-fat and low-calorie foods. Small changes will help.
- Increase your activity by 30 minutes daily.
- Reduce your alcohol.
- Quit smoking.
- Reduce stress - invest in yoga or meditation.
- Monitor your blood pressure routinely – there are free blood pressure check machines in drug stores. Use them!

Most doctors prefer not to prescribe medication for mild hypertension. However, if lifestyle changes do not bring improvement, medicines might be needed. Diagnosis and treatment will help prevent damage. Be mindful of your heart.

"A good head and a good heart are always a formidable combination."
– Nelson Mandela •

Jayoti Edington is a long-term care nurse with nearly 20 years of experience. Jayoti has six daughters and has been living in Hamilton since 2000.

EDUCATION MATTERS

In honour of the late educator, John Wismer

BY LARRY PATTISON, HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD TRUSTEE, WARD 3

From late middle school and early into high school, I was a bit of a class clown.

I can recall a few 'haha' moments, but one instance stands out as a defining moment of my life.

Mr. Wismer was my math teacher, but to me he was really just a red-faced, humorless adult who stood in the way of me and my attention-seeking antics. It got to a point where I would simply walk into the classroom and he would just point back out, without word, indicating for me to take my desk, and myself, out into the hall.

I don't recall for how long this hallway routine went on but I do remember what encouraged me to see this teacher in a different light.

I was returning from a hockey tournament with my dad, when my mom took the phone away from her ear for a moment to say the words all kids dread: "I have (your teacher) Mr. Wismer on the phone."

He had called my mom to discuss my issues at school. He told her that I was a very bright kid but that—in less pleasant language—I was a very disruptive young man. When I walked into school the next day and took my seat, I remember looking up to him to see him smiling at me as if we had our own secret handshake. Somehow that one simple phone call changed my path.

John Wismer saw something in me that still took me many years to see in myself. There was something valuable in having someone, who wasn't family, caring about my educational and emotional well being, and that has stuck with me.

For the remainder of my high school career, whenever I'd see Mr. Wismer, he'd always look at me with a sly smile as if he was still watching me, and I liked knowing that an educator who I had treated so badly still cared



Ward 3 School Board Trustee, Larry Pattison

about my future.

I found out about his passing much after the fact. I was sad to know that a man I had never really known, but who had helped shape my path, was gone.

I reached out to his family to tell them a bit of this back story almost immediately. The next thing I knew, I was in

the Wismer family home, listening to his sons sharing their father's story. I learned about his youth spent playing football. He was a coach and had played both college and pro football. I would have likely connected more deeply with him had I taken the time to understand the human side of the man, rather than

thinking of him as an old teacher nearing retirement.

Let's not forget the human side of all those that come across our path, whether a teacher, politician, or countless others whom we meet each day. You may

miss the opportunity, like I did, to get to know someone that might just make a difference in your own life.

Thank you, Mr. Wismer, for caring and taking that extra step to steer me straight. I still forget about that human side myself from time to time, but eventually I remember that sly smile staring back at me, and your lesson sets me straight again - and it always will.

John Wismer was forever honoured at the former Barton High School, and there continues to be a golf tournament and award in his honour. Find out more about the John Wismer Foundation at www.wismerfoundation.org •

Larry is Ward 3 trustee for the Hamilton-Wentworth District School Board and a resident of Crown Point.



Stretching

How to ensure it's helping.

BY THOMAS EAGLES, OSTEOPATHIC MANUAL PRACTITIONER

With the warm weather coming back, you see many people running through our streets and beginning to enjoy the benefits of warmer weather and outdoor activities. With an increase in activity I encourage everyone to ensure they are completing a proper warmup and cool down including stretching. When doing so I am often asked many questions about the importance of stretching. I thought I would take a moment to help answer some of those questions.

WHY SHOULD YOU STRETCH?

Muscle tension plays a very important role in injury prevention and recovery. Our muscles pull our bones creating movement in our limbs, allowing us to move. Our muscles and ligaments help protect our joints from injury from the strains of forces generated during daily activities.

WHAT DOES STRETCHING DO?

Since flexible joints require less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements. Tight muscles will pull on our joints in inefficient ways, which affects our posture, making it harder for our muscles to perform. This can decrease our joint mobility which leads to increased joint degeneration. A classic example is low back pain as a result of hamstring or hip flexor tension.

Muscles also have an effect on the tension on our circulatory system. Reduced blood flow has a profound

effect on our body and its rehabilitation; thus helping our circulation helps to promote tissue regeneration and prevent tissue degeneration.

WHEN SHOULD YOU STRETCH?

Before your workout time is better spent warming up with dynamic stretching. A dynamic stretch is an active stretch of your muscles. Examples of this are butt kicks and walking with high knees, these help to improve range of motion and loosen up muscles that you're going to use on the road. They also increase heart rate, body temperature, and blood flow so you feel warmed up sooner and run more efficiently.

Your traditional (or static) stretching is best completed after a workout. These stretches are best held in a position of slight discomfort (not pain) for 30 seconds.

IS STRETCHING ENOUGH?

In most cases muscle tightness and discomfort can be helped and alleviated by a proper stretching routine, however sometimes our muscles and joints get to a point where we cannot heal on our own. When the body gets to this point we start to get aches and pains that do not heal. With any injury it is important to get properly diagnosed and treated accordingly by a healthcare professional. •

For further information on Osteopathy or questions about this information, please feel free to contact us at Freemotion Therapy at 289-925-0445 or at info@freemotiontherapy.ca

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IT'S ALL HAPPENING IN (& AROUND) THE HUB

BY CHRISTINA RAYBURN

Sherman Hub Planning Meetings

May 4th; June 1st

New Vision Church (formerly St. Giles) - Main & Holton, 7 pm

- Join members of the Sherman Hub planning team at our monthly meetings. Learn about ongoing projects and events lead by your neighbours that impact life in the Hub, socialize and get involved!

Sew Hungry 2015

May 01, 2015 11 am-3 pm · 4-8 pm

Ottawa St. between Dunsmuir & Barton

- Presented by the Ottawa Street Shopping District & BIA. Sew Hungry is Ottawa Street's national award winning restaurant and food truck rally. Food trucks from all over Ontario will line Ottawa Street in what has become one of the largest and most anticipated food truck rallies. Something for everyone!

Prom Project Hamilton

Saturday, May 2, 2015 from 9:30 a.m. - 2 p.m.

Delta Secondary School, 1284 Main Street East

- Prom Project Hamilton (PPH) is a one day, two site location event that was created by the HWDSB Foundation to assist students in need with formal wear for their proms, graduations, formals and other special events so they can attend their events feeling stylish, confident and proud. Prom Project Hamilton does not require any proof of financial need, and promotes a positive and inclusive environment, created to support those students with formal needs who may choose not to attend their special event because of financial challenges. All items are new or gently used from the private and business communities and are free of charge to all clients.

Doors Open Hamilton

May 2 & 3, 10 am - 4pm

Eva Rothwell Resource Centre

at Robert Land

460 Wentworth Street North (Free parking)

- The Eva Rothwell Resource Centre opened in December 2006 in the former Robert Land School. Explore the school, First World War-era, Robert Land and Rothwell Family displays, see a model of the Toronto, Hamilton and Buffalo Railway, the 1972 Team Canada Room and the Larry Paikin Literacy Express, a railway coach that will become a unique literacy resource centre. Live performance by Alyeus. For more information contact (905) 526-1558.

Jane's Walk

May 2 & 3

- See page 17 for the dates and times of all walks confirmed at the time of print. For more information and an updated list of walks please visit Janeswalk.org

You can also follow Jane's Walk for Hamilton on Twitter (@JanesWalkHamOnt), Facebook (Jane's Walk Hamilton), email janeswalkhamilton@gmail.com or contact Jane's Walk coordinator Mary Bowness at (905) 549-8925.

Hamilton Sings! Community Choir Concert

May 3, 2015 - 2 p.m.

HARRRP, 705 Main Street East, Hamilton

- Join us for our end-of-year concert featuring songs from around the world! Admission: \$10 or a contribution

RBG Auxiliary 39th Annual Spring Plant Sale

May 07, 2015 to May 09, 2015, 9 am -

12:30 pm, gates open at 8:00 am

FREE ADMISSION - Arboretum, Old Guelph Rd, Dundas.

- You will find: Specialty Annuals, Herbs, Veggies, Hostas, Ferns, Perennials, Shrubs, Iris, Peonies and Hemerocallis from RBG's Collection, Auxiliary Favourites and more. Ask advice from master gardeners and plant experts. Purchase an incredible selection of past favourites, the latest cultivars and unusual plants

Germania Club

Friday Night Dance

May 8, 22; June 12, 26

8 pm to Midnight

Germania Club - Large Hall

DJ Stan Vandermolten - Admission \$10

Building Momentum Hamilton

May 21st, Tim Horton Field

Join us for a celebration of Hamilton's neighbourhoods.

- Playing field & stadium concourse, 3:30 - 6:30 pm: Free community barbeque, live music and entertainment, sport and recreation activities, and much more. To order your free general admission pass, connect with the Sherman Hub or order online at www.hamilton.ca/neighbourhoods.
- Club Level Gala Fundraiser, 6:30-9 pm: Streetscape tasting experience with live entertainment and more. Casual dress, cost is \$90 including HST. To order your all access pass, visit www.hamilton.ca/neighbourhoods.

Hamilton Music Festival

May 22, 2015 to May 23, 2015

www.hamiltonmusicawards.com

- The 2015 Festival will take place over three nights and will feature over 60 musical acts in clubs and theatres throughout downtown Hamilton. The festival attracts music fans and people from all walks of the music industry. Main stage performances will take place at the McIntyre Theatre (Mohawk College). There is free admission to several venues.

Christie Antique Show Spring Show

Saturday, 23 May 2015, 8 am - 5 pm

Christie Lake Conservation Area, 1000 Hwy 5 W, Hamilton ON

- Canada's favourite Antique Show

with hundreds of dealers and almost 10 acres of antiques. Here you'll find china, jewelry, golf items, tins, scientific instruments, folk art, postcards, native artifacts, Canadian country, fine art, nostalgia items, furniture and much more. Browse or buy that special something from 8 a.m. to 5 p.m., rain or shine. Food vendors provide lunch or a light snack. Admission fee applies.

Lucy Day Park Neighbourhood Celebration

Saturday, May 30th, 1 - 4 pm

- The park is at 33 Clinton St., near Barnesdale Avenue North. Come join your neighbours to celebrate our park and everything the neighbourhood has to offer.

100 in 1 day Hamilton

June 6, 2015 - locations throughout the City

- 100In1Day is a growing global movement that is changing how people interact with their cities. On June 6, 2015 Hamilton is striving to feature 100+ small-scale projects or initiatives, also known as urban interventions, all on one day. These interventions are developed by individuals, community groups, and organizations and can be anything from street art and urban gardening to beautification projects and social engagement events. For more information on a list of events, and how you can organize one, please visit: www.hamilton.100in1day.ca.

Sherman Hub Neighbourhood Garage Sale

Saturday, June 6 - various locations throughout the Hub

- The Annual Sherman Hub Garage sale is a destination for bargain hunters from all over. Register your sale at shermanspokes@gmail.com, clean out your garage and basement and join your neighbours for a great day!

Extreme Park Makeover - Life Saver Park

June 6th & 7th, 9am - 3pm

Community Celebration on June 7th at 4pm

- The Extreme Park Makeover promotes community involvement, attracts private donations, leverages municipal funds, and empowers neighbourhoods to take ownership of their local parks. When the Makeovers are complete, we celebrate with everyone who helped make the improvements possible. Volunteers needed on June 6th & 7th to help enhance and beautify Life Saver Park! Register on-site. Great Parks Make Great Neighbourhoods!

For more information about our programs www.hamilton.ca/adoptapark

The Sites and Sounds of Where We Belong

An exhibition of visual and audio art made by the youth artists of RE-create Outreach Art Studio

June 12th 2015, 7-10pm, at the Art Forms Youth Art Studio, 126 James St North

- Young artists explore 6 sites in the city where they feel they belong or don't belong. The exhibition gives voice to the experience of street youth in these spaces, and their feedback to the city on how these spaces could be more youth friendly.

Barton Village Festival.

June 20th, 11am-6pm at Woodlands Park (Barton and Wentworth).

- Free family fun including a bubble dance party, 3 different stages, Hamilton Aerial Troupe, vendors, food trucks, and much more.

For a chance to win prizes submit your 'what you love about Barton St' photos at: www.bartonvillagefestival.com by May 31.

contact info: www.facebook.com/bartonevent; bartonstevent@gmail.com (905) 630-3312

Salsa Merengue Bachata

First and Third Saturdays of each month HARRRP 705 Main ST E, Hamilton

4:30 - 5:30 pm

**Exception- May 2 lesson is 1-2 pm at HARRRP

- Singles Couples Men Women Teens Children. For more info contact Steve at stevedevisser@gmail.com

Hamilton SPCA Summer Camp Program

Hours: 8:30am-4:30pm

Cost: \$200 (full week), \$160 (week 5), \$120 short week - Tues-Thurs ONLY)

Before care: 8:00-8:30am (\$6)

After care: 4:30-5:00pm (\$6)

- Discover how to care for animals, how to properly handle them and why it is so important to respect our animal friends. Summer camps runs for seven weeks this summer for kids ages 6-11; campers can attend for one week, two weeks... or more! All week of camp includes fun and informative discovery sessions, hands-on socialization with small animals, games, activities, interesting guest speakers and fun field trips.

For more information or to register, please call 905-574-7722 ext. 326, or visit www.hbspca.com/educate/camps

Mother's Day - May 10th

Victoria Day - May 18th

Father's Day - June 21st

Did you know Sherman Hub events are available online as well?

Sync the calendar to your smart phone or tablet and never miss another event in the Hub!

For more information, go to the events calendar at hubnews.wordpress.com/events/.

- To submit your events for publication, please email them to shermanhubnews.events@gmail.com