

Sherman Hub News

A publication of the Sherman Hub Community Planning Team

JANUARY - FEBRUARY, 2015

Supporting our local businesses is good for everyone.

BY SADIE WOLFE

We live in a highly mobile society, which makes it easy to become distracted from what is happening in our own backyard.

The local movement – an idea that encourages one to shop within their own and neighbouring postal codes – can have many benefits. Supporting local independent businesses has been shown to create better working conditions, encourage local job creation, and build wealth within a community. There are also enormous environmental benefits to buying local. It can reduce the amount of energy-intensive and environmentally harmful transportation required to bring goods to the consumer. But perhaps most importantly, buying local helps to build community cohesion, and create networks of support and care while helping to build community and individual identity.

The Sherman Hub Business and Services Directory (SHBSD) formed around an action item that was voted on during the October 7, 2014 Community Planning Team Meeting. Everyone with an interest in the idea was invited to join. Volunteers that make up the team are a mix of business owners, interested neighbours and curious Hub contributors. For myself, as the Delivery Manager for the Sherman Hub News, I wanted to participate to try and expand the presence of our newspaper in local shops.



Local?

The goal of the SHBSD is to help promote the wealth of skills and opportunity within our neighbourhoods. The directory will be a free promotional and categorical tool to highlight businesses and services in the area. Our hope is that the benefits from this initiative will support consumers looking to fulfill their needs from a local source, and strengthen the Hub by attracting new businesses and services where a need is identified.

The SHBSD team are a few volunteers who stepped up and wanted to move this idea forward, but we can't do it alone. We can make connections, set up the directory and organize ideas, but we need your help. If you, or someone you know, has a business or offers a service; from a convenience

store, to a delivery service, free art classes or tutoring, we want to know! We want anything and everything located within the up to be included in the directory.

Our vision for the final product is a wiki-style webpage that will be found through the Sherman Hub website. In order to participate we are looking for the following information from business owners and service providers:

1. Name of business and/or type of service offered
2. Contact information for business/service (contact name, business address, email, phone number, website)
3. The year your business was established/when you began offering your services)
4. Lead time for projects (time

required from first contact with client to final result)

5. A description of the business/service offered in 150 words or less (which may include the history, how it came to be in the Hub, experience, etc.)

All businesses and services must align with the mission, vision, and values of the Sherman Hub in order to be featured in the directory.

To help get us started, please send your business info listed above to sadiewolfe@live.com.

The brains behind thePRLens, Sadie Wolfe spends her time championing your cause and connecting people to opportunities through her volunteer work with the Sherman Hub, the Canadian Public Relations Society, and the city of Hamilton.



Don't Let the Bed Bugs Bite

BY MICHELLE BOTH

When we first moved to the Sherman Hub in May, my family and I were met with an unfortunate surprise. As first-time home-owners, we had calculated all our purchasing, moving and upgrading costs down to the cent. What we hadn't anticipated, however, was the over \$3,300 bill that would surface in a matter of days. We had bought a house infested with bed bugs.

With a one-year-old in tote, we were displaced from our new home for over a week. The hours spent at the laundromat, preparing for treatment, packing and unpacking all of our belongings, are difficult to quantify.

Unfortunately, lost time and money are just a few of the problems bed bugs can bring.

The impacts bed bugs can have in a person's life are substantial. Dr. Elizabeth Comack at the

BED BUGS CAN AFFECT ANYONE, AND CAN BE EMOTIONALLY AND FINANCIALLY DEVASTATING TO RENTERS, HOME-OWNERS AND LANDLORDS ALIKE.

University of Manitoba conducted interviews with residents of Winnipeg's inner-city, and found that lack of sleep, loss of belongings, allergic reactions, stress, social stigma, and isolation all came with bed bugs.

"We have a problem," said Matthew Green, councillor for Ward

3, on Cable 14's Council Edition. "This is something I take very seriously because I've seen the human impact," said Green, who referenced seeing bed bug infested apartments in Ward 3 while canvassing for election. "Bed bugs don't care how much money you make. Bed bugs have the ability to go to libraries, to buses. They are everywhere."

Everywhere isn't exactly an exaggeration.

According to an article from CBC Hamilton, the city has seen a 600% increase in bed bugs since 2006. City hall receives an estimated 600 calls a year about them, while many cases go unreported.

There is no question that something has to be done, but the question is, what?

Hamilton's CityHousing estimated

it would spend \$1 million in 2014 to fight against bed bugs. The Hamilton Public Library allotted \$200,000 in 2013 for the same cause.

But Green believes we should be doing more. We need to deal with the issue "in a way that deals with the comprehensive social support for people that are dealing with bed bugs."

Bed bugs can affect anyone, and can be emotionally and financially devastating to renters, home-owners and landlords alike. We need a healthy solution that encompasses the struggles and successes of our whole community. Let's start with the Sherman Hub.

For more information on bed bug resources in Hamilton, visit: www.housinghelpcentre.ca and www.hamilton.ca/HealthandSocialServices. •



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Sherman Hub News

CELEBRATE & CONNECT

Building Momentum Hamilton 2015

BY HEIDI VANDERKWAAK WITH RIKKI FRITH

Making positive change happen in our neighbourhood doesn't occur overnight. Sometimes I find myself working hard on a particular task and then notice something else that I care about for my community is slipping into disrepair or dis-use. This can become a source of discouragement. The negativity can build and breed if I start to blame others or share those negative and discouraging words with my neighbours. Half of the battle of positive change for our community is in our attitude about our neighbourhood. Out of a positive attitude will come positive change - and that positivity can become contagious.

In my training as a Wraparound facilitator I learned about celebrating successes - however small you think they are. When you host your third porch party on your street and you connect with two more neighbours, that's a success. When 10 bags of garbage now sit in bags instead of strewn about the park, that's a success. When the City installs a flashing stop sign by the neighbourhood school to

make walking safer for all students and parents, that's a success. Five more people participating in the Gasification plant Action Plan team and are willing to invest time each month in completing tasks in this community led initiative, that's a success. These successes, however small each one is, are slowly building upon the successes of the past. This positive change is starting to snowball and is creating contagious positivity around our homes, our streets, our Sherman Hub and our city.

If you love your neighbourhood and want to show it, there are many ways to spread positivity and to connect with like-minded neighbours who will become listening ears and helping hands and will be a source of encouragement when you get discouraged. Reach out to like-minded positive neighbours, either on your street or at a Sherman Hub meeting, or through the Sherman Hub Facebook group.

And let's celebrate the successes as we go along - making a better community to live, work, play and raise a family! The City is throwing a second annual party to celebrate

the success of positive change around the Neighbourhood Action Plans established in our Hubs. The party is called Building Momentum Hamilton 2015 and will be taking place at Tim Horton's Field. Save the date for this party: May 28, 2015. As the event is in our neighbourhood, a few members of the Sherman Hub Community Planning Team are representing you and partnering with the City to throw this celebration that will include a fundraising aspect to continue the good work that is coming out of all of the neighbourhood Hubs across the City. There are sponsorship opportunities available. Net proceeds from the fundraising portion of the event will be re-invested back into the Neighbourhood Action Strategy communities.

Link arms with your neighbours and friends, complete a random act of kindness, paint over that graffiti, plant some flowers, shovel a neighbour's sidewalk, bake some cookies and share, organize an alley clean-up, come to a planning team meeting - spread your positivity and celebrate each little success. •



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SNOW ANGELS PROGRAM GIVES VOLUNTEERS FLEXIBILITY

BY MARGARET LINTOTT

During the 2013/2014 winter season, there were 19 significant snow events. Despite the frigid cold, this didn't stop 140 volunteers at the peak of the season from coming forward to shovel sidewalks and walkways for seniors and people with disabilities across the city of Hamilton.

These volunteers participate in the Snow Angels Program, a partnership coordinated by Volunteer Hamilton Centre for Community Engagement in partnership with the City of Hamilton since 2005.

"The Snow Angels Program fits into a volunteer's schedule," says Barbara Klimstra, Snow Angels Program Coordinator at Volunteer Hamilton. "It allows people to have independence while still giving back to the community."

Klimstra credits this flexibility for being a part of the program's success and her volunteers agree.

"Being a Snow Angel is a great way to volunteer because it's active and it gets us out of the house on winter days where we'd likely just end up staying inside," says volunteer Saira Peesker. "We end up meeting more people in

our neighbourhood because we're out and about more. I also like that the work is tangible - we are having a direct impact on someone's life, which always feels nice."

Peesker and her partner joined the Snow Angels Program in 2013, taking on three addresses and they have returned to volunteer for the 2014/2015 season.

Volunteers are needed across the city with significant need in wards four, six and seven. Volunteers can sign up as individuals or as a family unit by visiting the Volunteer Hamilton website at www.volunteerhamilton.on.ca or by calling 905-523-1910. Once signed up, volunteers are matched to an address in their neighbourhood.

Seniors or people with disabilities who may be in need can also call 905-523-1910 to inquire about the program. Recipients must meet criteria established by the City of Hamilton. •

Margaret Lintott is Community Engagement Coordinator with Volunteer Hamilton, 267 King St. E. (905) 523-4444; @VolHam, @VHSnowAngels; margaret.lintott@volunteerhamilton.on.ca



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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Acknowledgements

Hamilton Community Foundation



Updates: from the Sherman Hub Community Planning Team

As always there are lots of new and exciting things happening in the Hub. Judy Kloosterman is our new Community Developer, and can be reached at (905) 516-6383 or jkloosterman@sprc.hamilton.on.ca.

At the most recent meeting of the Sherman Hub Community Planning Team, we discussed new and ongoing Action Items, and announced the outcome of the Support Team elections for 2015.

NEWLY ELECTED SUPPORT TEAM FOR 2015

Chair: Patti Encinas
 Vice-Chair: Kathy Calverley
 Communications Coordinator: Laurence Smink
 Secretary: Martin Kuplens-Ewart
 Co-Treasurer: Allan Taylor
 Meeting Coordinator: Leslie Falzone
 Charitable Partner: St. Giles Church
 Treasurer: Dan Peace

NEW ACTION ITEM TEAMS

• **Environmental Issues** (includes Gasification Plant)
 Interim Contact: Patti Encinas, pattieninas@gmail.com

• **Housing Issues**
 Contact: Steve Calverley, steve.calverley@gmail.com

• **Business & Services Directory**
 Contact: Sadie Wolfe, sadiewolfelive.com

CONTINUING ACTION ITEM TEAMS

• **Youth & Recreation**
 Contact: Darin Martin, darinmartinmusic@gmail.com

• **Traffic Concerns**
 Contact: Michael Erb, ShermanHubTraffic@gmail.com

• **Spokes**
 Contact: Patty Clydesdale, southshermanspokes@gmail.com

• **Special Events/Annual BBQ**
 BBQ Contact: Candy Venning, candyvenning@yahoo.ca
 Special Events Contact: as req'd

• **Neighbourhood Clean-Ups & Beautification**
 Contact: Heidi Vanderkwaak, heidi@vanderkwaak.com

• **Identification & Maintenance of Sherman Hub Historical Buildings**
 Contact: Daniel Moore, mooredaniel1@gmail.com



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.

shermanhub.ca

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



Neighbourhood Conversations Continue

Online



One Hundred Years Young!

BY DEB STRINGER

In 2015, St. Peter's Community Centre will celebrate her 100th birthday. This grand lady was built by a community which had been sharing their homes to conduct their business and host their meetings. Now it has come full circle, because everything happens at HARRRP. Our beautiful Community Centre has had a brand new facelift to celebrate her birthday, and is now wheelchair accessible. That's something to celebrate! It's a truly Hamiltonian value, to maintain the beauty and integrity of this century-old building, while breathing new life into it by filling it with the people who live, work and play in the surrounding neighbourhoods. Can you think of 100 ways to celebrate HARRRP in 2015? I can.

ONE HUNDRED WAYS TO CELEBRATE HARRRP: Thank someone every day. | **Play outside with children.** | *Bake something special for a friend.* | Write a poem. | **Play table tennis.** | Plant a flower. | *Smell a baby.* | Cuddle kittens. | *Meditate.* | **Paint a beautiful picture.** | Laugh. | *Laugh more.* | Laugh harder. | **Hug somebody hard.** | Dance. | **Make a gift.** | Sing. | Sing with people. | *Sing in front of people.* | **Throw a ball.** | Do gymnastics. | **Jump.** | *Clap your hands.* | Smile at a stranger. | **Make eye contact.** | Give money to charity. | *Volunteer your time.* | **Make a difference.** | Make a friend. | **Learn something new.** | *Climb a tree.* | Hug a tree. | **Plant a tree.** | Build something. | *Give up a bad habit.* | Tell someone you forgive them. | **Tell someone you love them.** | *Wear something shiny.* | **Teach something important.** | *Throw a fundraiser.* | Throw a party. | **Fly a kite.** | Practice your spirituality. | **Train to be your best.** | *Pray.* | Call your grandmother. | **Honour your elders.** | *Feed the birds.* | **Grow your own salad.** | Help someone. | *Forgive yourself.* | **Sit on your stoop.** | Or porch. | **Or lawn.** | *Go bowling.* | **Make a snowman.** | Eat honey. | *Make a scrapbook.* | **Stand up for Mother Earth.** | Learn a martial art. | **Do Tai-Chi.** | Do Yoga. | *Learn about a foreign culture.* | **Listen to people's stories.** | *Ask questions.* | Be alone. | *Dream.* | **Road trip!** | Picnic. | **Discover new favourites.** | Sleep under the stars. | *Go for a bike ride.* | **Explore strange territory.** | Smudge. | *Be a part of something big.* | Have lunch with friends. | *Cook dinner for someone.* | **Meet new people.** | *Try something that scares you.* | **Do a good deed.** | *Write and mail a letter.* | **Do a somersault.** | Honour your commitments. | **Be prepared.** | *Plan for the worst, expect the best.* | **Babysit for someone.** | Look at maps and plan adventures. | *Take deep breaths.* | **Wear something sparkly.** | Find yourself in unexpected places. | *Take the path less travelled.* | **Make homemade tomato sauce.** | Be brave. | **Go for a walk in the woods.** | *Smell fresh berries.* | **Tickle a toddler.** | Raise the roof. | *Stretch.* | **Send someone a message you care.** | *Play a game by candlelight.* | Cherish new beginnings. | **Don't decide until you try.** | *Be the strongest person you can be.* | Watch fish swim. | **Play a sport.** | *Practice stress free living.* | Be mindful. | **Visit HARRRP for fun!** •

The Street

Some ideas from Henri Lefebvre to inspire further thought.

BY MEL WALTHER

What is 'the Street'?

For most of us, the "street" is a physical space, largely for the movement of goods and people. In our cities, without the physical space of the street, urban life would not be possible, we would be entirely disconnected from one another. In fact, what we perceive as the city, can itself be seen as an entity formed from the spaces produced by the streets.

But, the "street", as a component of the urban metabolism, is also more than a circulatory corridor and in fact, it encompasses all the elements of a complex metabolism; the "street" is where life takes place. It is a place of meeting, exchange, and connection. It mediates all encounters, and thus forms our social "space". In *The Urban Revolution*, Henri Lefebvre described the street as a place of learning and play, but also as spontaneous theatre; where we are spectacle, spectator, and actor.

For the last couple of years I have been reading and re-reading (sometimes absorbing) *The Urban Revolution*. It contains a worthwhile analysis of the transition between the industrial and the "urban" society; an exploration of what Lefebvre terms, the critical phase, (an "implosion-explosion of urban concentration, rural exodus, extension of the urban fabric, and complete subordination of the agrarian to the urban"). Lefebvre illustrates the uncertainty and perplexity that accompanies this, by discussing the pros and cons of streets and monuments. I suspect that many of us may feel the truth in the complexity that comes with multiple understandings of the "street".

Through dialectical analysis, Lefebvre describes the "street" as above, but also uncovers the street as a space of superficial encounters, which leads to a simultaneous understanding of the street as a conduit between mandatory labour, habitation, and programmed leisure. We can observe this. The automobile has assumed the right to the street, transformed parking into an "obsession", and traffic into something that is harmful to urban and social life. The street, when reduced to nothing more than a passageway for the (privileged) automobiles and (disadvantaged) pedestrians, loses its meaningfulness as meeting place, and cannot not function as a place to form identity and meaningful relations.

Lefebvre compares this to spaces of the past. Formerly, the "streets" were extensions of places with specialized function: the temple, the stadium, the garden. Artisans occupied the "streets", as both producer and seller, but were replaced by merchants, who became masters. The street itself became a display; merchandise a spectacle, and transformed the individual into a spectacle for others. Populated by people "in search of the world of merchandise", the value of the street can only be measured by the rate of consumption. The "street" then, becomes a colonization of physical (urban) space; as Lefebvre describes, a manifestation of the subordination of use value to exchange value.

The "street" is an asset. We should note its complexity, and remember that it has the potential to serve a variety of needs and purposes. •

MUSICAL JOURNEY

RAISING MUSICAL KIDS IN THE HUB

BY DARIN MARTIN

I was turning right off of Main Street onto Gage the other morning as I was frantically trying to get my kids to school on time, and in the midst of my stress I heard my three daughters singing at the top of their lungs to a CD that was playing in our van. It was such a cool moment as a dad to hear how one song could take all of the chaos of the morning and bring it into perfect harmony. I had no choice but to join in - singing at the top of my lungs. I then realized that you can't turn right on a red light at Main and Gage, so the people in the car beside me were having a good laugh at my dance moves and facial expressions.

I don't always succeed as a good father. My short fuse and frustration often get the better of me and I fear that it can have a long-term negative impact on my daughters. But as they get a little older and a little more responsible, I am learning that it is important for me and for them, to be a dad who is honest with his emotions and willing to ask for forgiveness when I get upset.

It is amazing to me that so far, my girls are always willing to forgive me and show me unconditional love, no matter how many times I raise my voice or throw their laundry from their bedroom floor to their bed.

With so much love, forgiveness

and humor in our home, it's no wonder that I write songs about these lovely little ladies. Their minds are so complex and their unwavering trust in people is amazing to me.

Why can't I be more accepting? Why can't I try harder to see the good in everyone? Why can't I be disciplined enough to make lunches the night before school so that mornings aren't quite so stressful and rushed?

I have started to put music on in the morning to try and set the tone for the day. It's amazing how music can have a calming effect on people. I have actually watched as two sisters in a heated battle have forgotten what they were fighting about because a song came on the radio that they love and their argument was instantly over.

I remember when each of my daughters was born, not knowing if I would have enough love to give each one of them. It turns out it's a piece of cake. Sure there are challenging times, and they aren't even teenagers yet, but our home is a musical home where we sing our story. It's a home that always has music playing and if there isn't music on, we will be making up lyrics and melodies that tell the story of what we are doing.

We love our home in the Hub and the songs that tell the story of our community. •

URBAN GARDENER

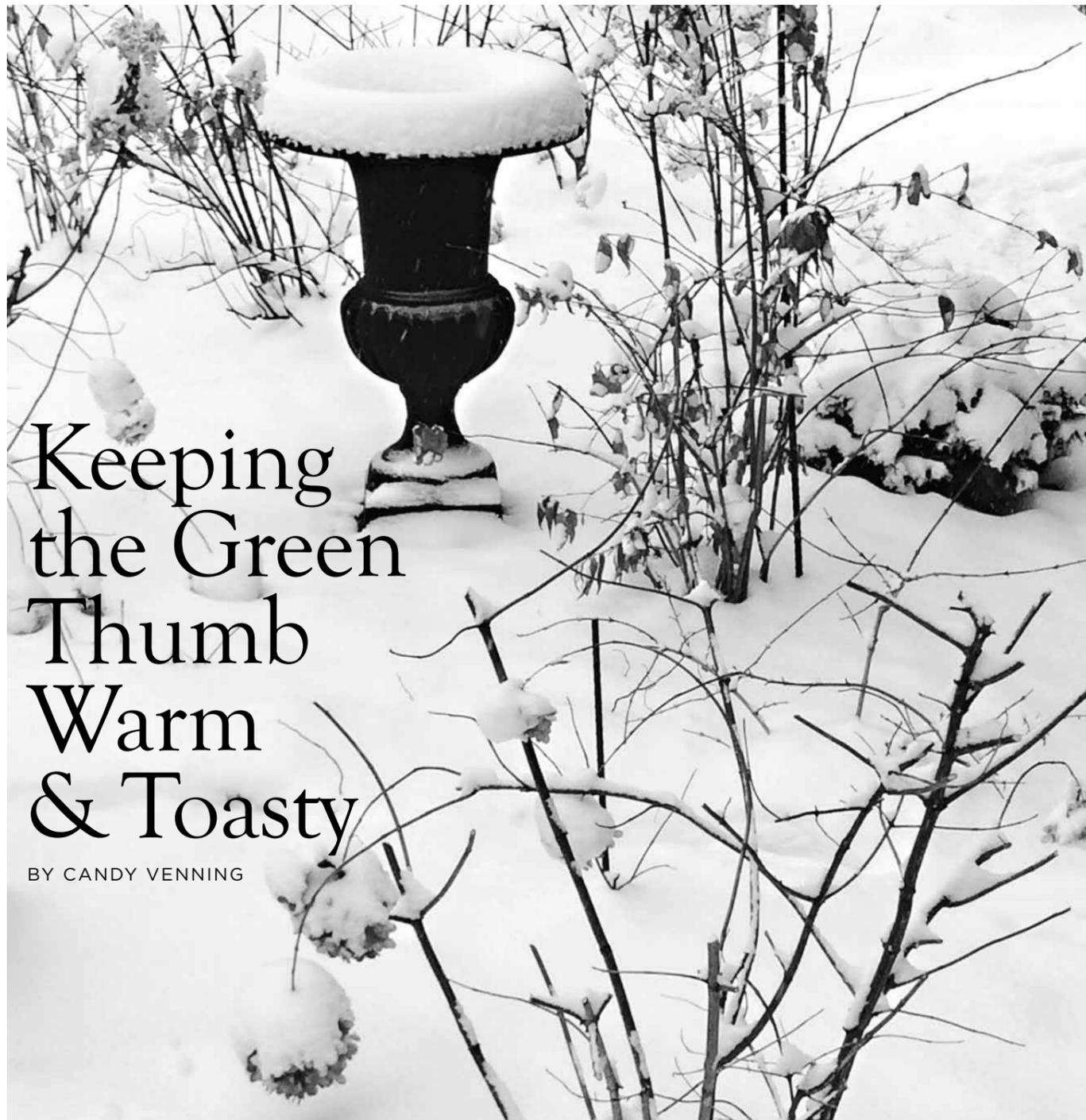
Today, as I'm writing, a keen wind is whipping across the city with the only sign of life in the world outside my window being the ever-present, nefarious squirrels.

Still, no keen gardener loses the appetite for spring, keeping our mind's eye fixed firmly ahead to those first flowers – here are a few ideas and actions to keep the green thumb from getting frostbite.

Gage Park's Tropical greenhouse is a micro vacation, a wonderful place to visit in winter. Immerse yourself and your senses, listening to the playful sounds of water and birds, let the humid warmth relieve pinched shoulders and allow imagination to travel. The Spring Tide Bulb Show happens in March and thousands of multi-coloured bulbs pack the creative, themed displays. The smell is simply wonderful, if you love hyacinth and narcissus, calming and relieving your snow blind mind.

Seedy Saturday happens every year in February – a fun event put on by The Hamilton Community Garden Network (HCGN) and Green Venture plus a healthy dose of volunteers (get in touch via hcn.ca if you want to be one). Each year a new location is chosen and a number of fantastic vendors come to sell natural products including organic and heritage seeds both vegetables and floral. Many people donate seeds from their own gardens; they're free and available in tiny packets for you to take home. Plan to attend a seminar or chat freely with knowledgeable 'planty peeps' for information on native plants, bees, nematodes, soil structure, rainwater harvesting and more.

Don't underestimate the power of mingling with a new group of like-minded enthusiasts as a cure to break the winter gloomies. Joining a club and/or volunteering with the HCGN,



Keeping the Green Thumb Warm & Toasty

BY CANDY VENNING

the Hamilton Naturalists Club (HNC) or the Royal Botanical Gardens (RBG) is a tremendous learning experience with a number of interesting positions to take up.

Community gardens are located all over Ward 3 and HCGN has an interactive map of the locations online if you want to plan ahead this year to grow your own herbs and vegetables. I take great pleasure in pulling a weed, roots and all, from

soft spring earth, and if you enjoy it too then most beds could use a little extra help.

Environment Hamilton with the HNC has started planting native species in parks and green spaces to encourage pollinators to thrive within the diversity of our city. If you know of a good space or want to steward an existing one, fire them an email.

Maybe you've noticed a needy 'could-be-green space' neglected

laneway, even an abandoned property? This could be the year you plan to do something about it. Try sowing a few of those free seeds and consider applying for a grant through the Sherman Hub to plant bulbs or perennials. It will give you joy to see it sprouting. Gardens do a neighbourhood good on so many levels, planning now before the spring flush will keep your green thumb lively and warm. •

AN OLD FASHIONED BARN RAISING

BY CHRISTINA RAYBURN

Long ago, it was called a barn raising. A neighbour needed to build a barn, and the community came together. There was, of course, the building of the barn, but at the end of the day, there was also communion around the dinner table to celebrate a job well done. People who, at the beginning of the day didn't know each other, by the end had formed new friendships and memories created over a common bond.

I've never been much of a talker. But give me a chance to pitch in on a project or task and off I go. So when a call to action came out via the Sherman Hub Facebook page, I knew I would be there.

A woman in our community needed help, and fast. The tenants in her legal duplex had left behind

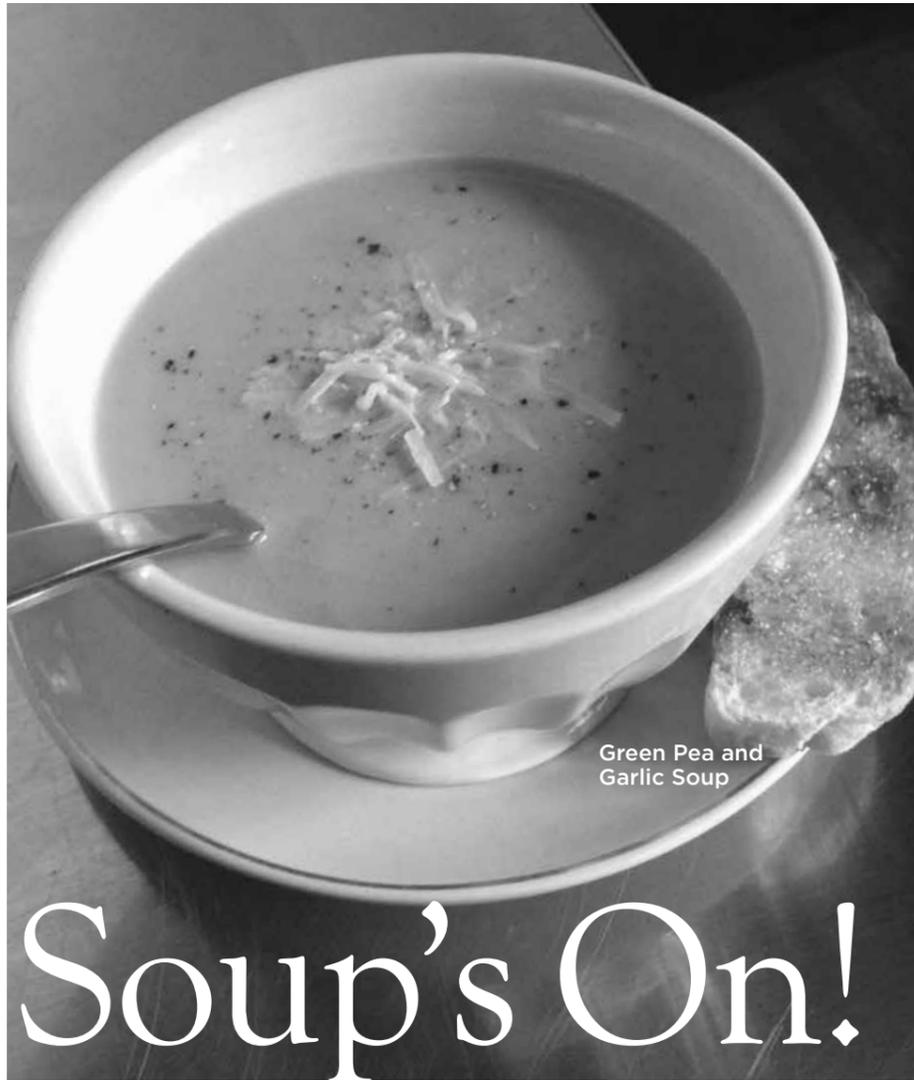
a mess that was a challenge for even the hardiest individual. Add to that a recent diagnosis that prevented her from being around a construction site, and she was in a pickle. Health, finances and time were not on her side. If she was to be able to attract a tenant, as well as to move herself into the other unit, she had work that needed to be done, and fast. She was overwhelmed.

A friend put out a call to the community, and many responded. On a damp, dark weekend, over a dozen people came together. Abandoned furniture was removed, some of it finding a home through the Recycling Kindness site. Carpets were ripped out, revealing beautiful hardwood. Walls were washed, patched and

painted to create warm cozy rooms. Appliances that appeared ready for the landfill were scrubbed to reveal shiny white surfaces. Windows were cleaned to let in the light. Many a bucket was filled and refilled throughout the weekend.

People kicked in supplies from their own projects. Paint, left over tiles, light fixtures, kitchen & bath fixtures all helped to keep the costs down to make over this two-bedroom apartment on a very small budget. My son and I loaded up the SUV with painting supplies, drop cloths and paint from our own projects, to help in some small way make this lady's situation just that little bit easier. We patched holes, we painted ceilings, and we painted walls. And we kibitzed.

We broke bread with the others, learning why they wanted to help, over food lovingly made by volunteers who couldn't be there but wanted to help. We swapped renovation horror stories, and I learned more about the Women in the Skilled Trades program at Mohawk, which if I come back in another life I'm definitely signing up for. Even my son, for who manual labour typically doesn't go beyond cracking an egg, was an eager participant. At the end of the day, we left sore, dirty and tired. There was still more work to be done, but we slept well that night, knowing that we played a small part in raising a barn in our community, and in turn, lifting a little bit of the burden in one neighbour's life. •



Soup's On!

BY DANIELLE DINGLE

Soup is an excellent antidote to blustery, cold weather. With all those big holiday feasts behind us, we yearn for simpler meals. Our New Year's resolutions about eating more healthful foods and spending less makes us want to focus on simpler ways to satisfy our hunger. Enter soup. Healthy and cheap, it cheers the soul, soothes a cold and gets us through a long winter. Add to that only having one pot to clean after dinner, and it's practically magic! These two soups are a couple of my favourites. Simple enough to be everyday fare, they can also be easily tarted up for company. Simply substitute Thai red chili paste for the chili powder in the sweet potato soup, toss in some coconut milk and voilà, new soup! The pea soup, (affectionately known as "Green Alien Head Soup" due to its extraordinary colour) can be garnished with a swirl of cream and a smattering of bacon.

Those dark, chilly January nights demand dishes that can really warm you up from the inside. Soup is a perfect solution. Add a hearty side salad and some crusty bread, and dinner is served.

Chili-Lime Sweet Potato Soup

(Serves 4-6)

- 2 sweet potatoes
- 1-2 tbsp chili powder (to taste)
- 1 tbsp vegetable oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4-5 cups vegetable stock or chicken stock
- Juice of half a lime (1 tbsp) or to taste

- Peel and cut sweet potatoes into 1/2-inch (1 cm) cubes; set aside.
- In large saucepan, heat oil over medium heat; cook onion, garlic, and chili powder, stirring occasionally, for 3 minutes or until softened. Add sweet potatoes; stir for 1 minute or until coated.
- Add stock and bring to boil; reduce heat, cover and simmer for 10 minutes or until potatoes are tender. With immersion blender or in blender, purée soup. Add lime juice to taste and season with salt and pepper.

Green Pea and Garlic Soup

(Serves 4)

- 1 head of garlic
- 1 tsp olive oil
- 4 cups frozen peas
- 3-4 cups stock (Chicken or vegetable)
- Freshly grated parmesan cheese
- Freshly ground black pepper

- Slice the top off the head of garlic so you have just nipped the top of most of the cloves. Place on a square of foil and drizzle with oil. Bring edges of foil together to make a bag that is sealed at the top with a twist. Roast in 350F oven for about 30-40 minutes. Garlic cloves should be soft and easy to squeeze out of their skin. You can do this a couple of days before when you have the oven on for something else. Store garlic in the fridge until ready to use.
- Place garlic cloves, peas and stock in small saucepan and bring to the boil. Use hand held blender to purée soup. Serve with some freshly grated parmesan cheese and black pepper.

Cost to make: \$4.67* •

*Soup costs (approximate) are based on pricing from No Frills, 1124 Main St. E.

HOW MATTHEW GREEN WON THE RACE

An insider's perspective.

BY ELLEN MORRIS

Ellen Morris was one of the many volunteers who gave her time and energy to Matthew's campaign. She canvassed her neighbourhood, helped put up signs and was a scrutineer at one of the polling stations.

There is no doubt in my mind that Matthew Green and his "Green Team" won the election by running a truly authentic grassroots campaign. His platform appealed to a diverse population. It was senior friendly, made room for all ethnicities and spoke to the values and concerns of rich and poor alike.

Matthew graciously credits his Campaign Manager Nrinder Nann for, "keeping us anchored to our core values - listen, engage, respond, safety, vibrancy, opportunities." But Ms. Nann was only one of the many capable people that volunteered to help get him elected.

Door knocking started back in May of this year. Matthew et al. hit every single street in Ward 3 and knocked on as many doors as possible. The vision that was heard at the door seemed to be something people could get behind, and brought out volunteers by the dozens. The people that showed up were folks that wanted to be engaged and be part of the "change." The campaign gave them a place to land and things to do.

Individuals who were not legally able to vote themselves came out to knock on doors on Matt's behalf. Even people from other wards volunteered to work on the campaign, as they felt strongly that, "we need someone like Matthew Green on City Council". More than once I heard people say, "I wish I lived in Ward 3, so I could vote for Matt."

Matthew's campaign maximized every communication channel available, and in my opinion, made very intelligent use of social media. But most importantly, Matthew used the campaign as

an opportunity for community development. For example, he struck up a conversation with a tenant who lives at St. John's, a low-income apartment building rife with problems. Matthew, who is big on helping others to help themselves, helped the tenant set up a first meeting with other unhappy tenants. Then with Matthew's continued support, the tenants created a "resident led" Tenant Association and now have a voice of their own.

As you may have read, Matthew personally saw the tragic bedbug epidemic that exists in our ward. He was so moved by what he saw, that he decided dealing with this issue would be his number one priority. Sure enough, within days of being elected he made the issue front page news and started a city-wide dialog on the subject. No doubt we will hear and see more about the matter in the very near future.

The day of the election, 80 volunteers came out to support the Green campaign. They were in the street knocking on doors and getting the vote out, in the office making lunches for volunteers, fielding calls and directing traffic, and at the polling booths scrutinizing the process. No matter how you cut it, that is a large number to mobilize for such an event. I doubt that other campaigns across the city, including mayoral campaigns, were able to mobilize such an army.

As a young boy, Matthew was one of the local school children who had an opportunity to meet Lincoln Alexander at an event in Hamilton. He asked his mother, "Who is that and what does he do?" She said, "oh, he's a politician." His reply; "then that's what I want to be". For Matthew, politics is a lot more than an occupation. It is a vocation that called to him that day. Congratulations Matthew in realizing your dream. Your journey has just begun. •



Mathew Green with a group of "Green Team" volunteers during the election campaign

L'Arche: A Vision of Community

BY LYNN GODFREY

Happy New Year to our neighbours in the Sherman Hub! As many of you know, L'Arche Hamilton, is part of an international organization that was started 50 years ago by Canadian Jean Vanier (yes, he's the son of a former Governor General), and we have 5 homes in this neighbourhood. For those of you who do not know us, we have a vision of community that complements the mission of the Sherman Hub quite beautifully. Perhaps the easiest way for me to introduce us and express this vision, is to share our identity and mission statement:

"We are people, with and without developmental disabilities, sharing life in communities belonging to an International Federation. Mutual relationships and trust in God are at the heart of our journey together.

We celebrate the unique value of every person and recognise our need for one another.

Our mission is to make known the gifts of people with developmental disabilities, revealed through mutually transforming relationships, foster an environment in community that responds to the changing needs of our members, whilst being faithful to the core values of our founding story and engage in our diverse cultures, working together toward a more human society."

L'Arche Hamilton has proudly been part of this neighbourhood for over 35 years. We are a fun-loving and friendly group of people and we strive to be good neighbours. Recently, we have been looking for more ways to become involved in our neighbourhood. This year, we are hoping to network with organizations and businesses in the area to explore collaborative possibilities.

If anyone is interested in meeting us first hand, we welcome visitors to stop by our day program. If you would like to discuss any ideas for collaboration, or explore volunteer possibilities, please give us a call at 905-312-0162 or email lngodfrey@larche.com.

An inspirational quote: "Community is made up by the gentle concern that people show each other every day. It is made by small gestures of caring, by services, and sacrifices which say, "I love you" and "I'm happy to be with you". - Jean Vanier •



2015 Smoke Free

Did you make any New Years Resolutions? If one of them was to reduce, or quit, smoking there are lots of ways to get support:

- Smokers Helpline - chat in person by calling **1-877-513-5333**, or connect online by going to **smokershelpline.ca**
- One-on-one appointments with a Public Health Nurse. Call **(905) 540-5566** press **1**
- Your Doctor or Pharmacist can offer support and access to products that help manage withdrawal symptoms.



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With all the talk about complete streets during the municipal election, we thought it might be nice to publish some background information on the concept. We hope this helps to establish some common ground for future community discussions. The following has been extracted from the City of Hamilton's Complete Streets Fact Sheet.

About Complete Streets



Some North American cities and research have shown that existing transportation budgets can incorporate Complete Streets projects with little to no additional funding, depending on the application. This has been accomplished through re-prioritizing projects and allocating funds to projects that improve overall mobility. Many of the techniques used to create more complete roadways are low cost, fast to implement, and have a high impact. Hamilton can learn from these jurisdictions as it moves forward with Complete Street designs.

What are "Complete Streets"?

Complete Streets are streets for everyone. They are designed and operated to enable safe access for all users. Pedestrians, bicyclists, transit riders, goods movement operators and motorists of all ages and abilities must be able to safely move along and across a complete street.

Complete Streets deliver an acceptable level of service for all modes of transportation using the roadway and does not favour one mode over the other in terms of delivering that service.



What does a "Complete street" look like?

There is no singular design prescription for Complete Streets; each one is unique. A complete street may be designed using a variety of design techniques. This Complete Streets design "toolbox" includes:

- Pedestrian amenities such as: wider sidewalks, frequent and safe crossing opportunities: median islands, accessible pedestrian signals, curb extensions, narrower crossing distances lanes;
- Bike lanes, bike boulevards, segregated bike lanes (cycle tracks) or wide paved shoulders;
- Special bus lanes, High Occupancy Vehicle (HOV) lanes, transit only lanes;
- Comfortable and accessible public transportation stops;
- Traffic calming measures;
- 1-way and 2-way street designs;
- Street trees, median gardens, bio swales for storm water mitigation.

Why do we need Complete Streets policies and design guidelines?

Incomplete streets limit transportation choices by making walking, bicycling, and taking public transportation inconvenient, unattractive, and, potentially unsafe. Changing policy and designs so that our transportation system routinely takes into account the needs of people on foot, transit, and bicycles means that walking, riding bikes, and riding buses and trains will be safer and easier.

Transportation Efficiency & Level-of- Service:

Complete Streets improve the efficiency of roads through re-thinking roadway level-of-service to incorporate all road users, by measuring the **quality** and not just the quantity of service that a roadway provides. This can:

- provide more transportation choices for a person to select from
- improve the quality of a person's trip
- improve the perception of safety and comfort for all trips

Health and Environmental Impacts:

- Research has demonstrated direct health impacts between the level of physical activity, obesity, and the amount of time one spends in an automobile.
- Walking and biking for short trips can help improve health impacts related to physical activity and contributes to lower levels of heart disease and mental illnesses; while also improving air quality.
- Recent studies on transportation, health and the built environment consistently suggest that complete streets strategies are a necessity when planning for liveable, sustainable cities that improve quality of life and citizen health.

Economic Development Impacts:

Complete streets designs also help improve financial outcomes for the City and for citizens including reducing personal transportation costs by reducing household automobile needs (Cost of car ownership ranges from \$8000 to \$11,000 per vehicle annually).

What are the overall benefits of Complete Streets designs?

- » Improve community and traffic safety
- » Enhance mobility for those who have mobility challenges
- » Encourage walking and bicycling for health
- » Lower transportation costs for families and potential lower infrastructure costs for the City
- » Improve goods movement
- » Improve environment outcomes associated with green house gas emissions, air quality and health related impacts of poor air quality
- » Foster strong communities and improve access to community services
- » Improve access to jobs, programs and commercial areas across the city
- » Reduce issues with first and last mile commutes

Current Level of Implementation

City Staff already have the capacity and training required to build Complete Streets and understand the "toolbox" of items necessary to improve mobility for all road users. Hamilton has already incorporated some of the elements of complete streets designs in certain sections of the following streets:

- York Boulevard
- King Street East
- Wilson Street (Ancaster)
- Stonechurch Road
- Dundurn Street South of Main and North of King

What is Hamilton doing about Complete Streets?

As the new City Urban Official Plan recognizes, Complete Streets are necessary for the development of complete communities which provide convenient access to a mix of jobs, local services and shops, a full range of housing and community facilities. Complete communities enable residents to meet most of their daily needs within a short distance from their homes, facilitating ease of access and use of public transit and active modes of transportation. •

CASE STUDY: York Boulevard



- BEFORE ROAD DIET**
- 5 lanes of one-way traffic
 - No cycling facilities
 - No bike parking
 - Hard to cross the street



- AFTER ROAD DIET**
- Wider sidewalks and new store frontage
 - Green Streets & landscaping improvements
 - Cycling lanes & bike parking
 - Accessible streets crossings
 - Two-way Traffic

COMMUNITY LAW

TWO WEBSITES OF INTEREST

BY BOB WOOD

There is an excellent website that is a great source of legal information for people in Ontario.

Your Legal Rights (<http://yourlegalrights.on.ca>) offers free, practical and easy-to-find legal information.

For forty years, CLEO (Community Legal Education Ontario/Éducation juridique communautaire Ontario) has put together clear, accurate, and practical legal rights education and information to help people understand and exercise their legal rights. CLEO is a community legal clinic and works in partnership with other Ontario legal clinics and community organizations.

Several years ago, CLEO conducted some research and found that that there was no single site that contained accessible and accurate information on a wide range of legal issues, designed to help the public understand their legal rights, in

multiple formats and languages.

What evolved from the research was <http://yourlegalrights.on.ca>. The website is “based on a user-centered or, more specifically, a ‘community client-centered’ approach, in a context of community supports and referral information.”

Your Legal Rights covers a wide range of legal topics and is available in dozens of languages.

For example, we’ve long been concerned about the impact of Hamilton payday loan companies on our clients and community.

This industry seems to be growing in Hamilton. We’ve written about it in the context of the need for postal banking (see the story at <http://raisethehammer.org/article/2021>). One of the advantages of postal banking is that it could provide basic financial services, like credit, without the exorbitant fees charged by these payday loan firms.

When we wrote this story a year ago, there were over twenty of these companies in our city. A recent online search indicates that number could now be in excess of thirty.

There are rules that these lenders must follow. For example, any advertising must tell you the maximum interest and fees that can be charged (it is \$21 per \$100 borrowed). Advertising must also disclose when loans must be repaid, the total amount that must be repaid and what it would cost to borrow \$300.

What can you do if you have a problem with such a company? Visit the CLEO website at <http://www.cleo.on.ca/> and type “payday” into the search field to find many useful resources on this topic, and answers to questions you may have.

MENTOR ACTION GROUP

Another website of note is a new one set up in Hamilton that addresses the

issue of gender-based violence.

Since 2011, MentorAction has been raising awareness about the role men play in gendered violence. They have been working to come up with strategies to redefine masculinity and make Hamilton a safer place.

Now Mentor Action has a website (www.mentoraction.org). The website includes community resource information, information about men’s health and well-being, listings of anti-violence events coming up in Hamilton, and more.

MentorAction, a volunteer committee of male leaders in Hamilton working in partnership with Interval House of Hamilton, is commended for this new initiative. •

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic/ Clinique juridique communautaire de Hamilton where he helps with the clinic website at www.hamiltonjustice.ca

Arguing Well

BY GREG READER

The dust kicked up by the recent municipal election may have started to settle, but I get the sense that emotions are still running high. It was a hard fought campaign in Ward 3, and when people are this invested, things can get pretty intense.

Intensity can be a good thing - it forces us to bring our best game into play. The back and forth of election debate is a vital part of our democracy. Through both the formal debates between candidates on stage, and the informal ones among residents on social media or in a coffee shop, we hear the perspectives of others and try to communicate our own. And the disagreements stirred up in those conversations can actually help us create a clearer picture of what want for our neighbourhoods and our city.

But some disagreements can cross the line and become a negative factor in a community. It’s one thing to debate; it’s another thing to denigrate the person we disagree with. Early 20th Century British journalist G.K. Chesterton said that he and his brother argued constantly, but never once quarrelled. In other words, through all their intense disagreements, they avoided crossing the line into the kind of conflict that tears people down and relationships apart. In Chesterton’s words: “Perhaps the principal objection to a quarrel is that it interrupts an argument...it was through that incessant process of disagreement that we came at last to agree...”

I do not expect that everyone on my street, let alone everyone in Ward 3 or the city, will ever come to full agreement on everything. In fact, a range of perspectives, well argued and discussed, is essential to healthy and vibrant community. I don’t know about you, but I certainly don’t have everything all figured out. I benefit when I listen to my neighbour’s ideas and try to better understand what is and is not important to her. Sometimes I realize that her perspective is better than mine. Other times, the interaction strengthens my own convictions and my ability to communicate them.

There are moments when we will both get riled up. Convictions held without a degree of passion aren’t worth much. But when I let that passion push the argument into a quarrel; when I treat my neighbour as less valuable than myself, we all lose.

As we move on from this past election, let’s remember that our differences are part of the richness of our community. Not every idea



Who says we can't disagree and get along?

or opinion is of equal value, and some ways forward are better than others. But every person is of equal value. It doesn’t matter how many infrastructure improvements are implemented, or how many community events we hold, if we stop treating each other with dignity and respect.

So in the aftermath of this election, I hope we can prevent quarrels from getting in the way of good arguments. Let’s start building bridges again. Let’s listen carefully to those we disagree with, and try to understand what’s important to those who make us the most uncomfortable. After all, like it or not, we’re all in this together. •

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Sports History In the Hub

BY CAROLYN MCCANN

Tim Horton's Field is the newest sports development in the Hub, but sports facilities and events have existed here for over 100 years. Earliest events included the Queen's Plate Horse Racing (1866, 1874 & 1883) in Gage Park.

Barton Street Arena, built between Sanford and Wentworth, opened in 1910. This ice rink, renamed The Forum, initially hosted a NHL Team (Hamilton Tigers). Later, Ontario Hockey Junior A teams (Tiger Cubs, Fincups, and Red Wings) played there. The rink hosted many other events - recreational skating, circuses and political speakers such as Pierre Trudeau. A housing development replaced it in 1977.

In 1918, Chapel Park at the corner of Barton and Gage, hosted soccer games. In 1925, these games moved to the first Civic stadium at Cannon and Balsam. Along with soccer, this small city venue hosted football, baseball and semi-professional events until 2013. Renovated in 1968, it was renamed for Brian M. Timmis, a defensive tackle for Hamilton during the 1920-30's, and a member of both the Canadian Football and Sports Halls of Fame.

A larger Civic Stadium and nearby indoor Municipal Swimming Pool were both erected for the 1930 British Empire (Commonwealth) Games. Over the years, the stadium hosted

football (Home of the Tiger Cats), track and field events, the first Around the Bay Race, school football and track meets, and non-sports activities such as Marian Day events and concerts. In 1970, it was renamed for Ivor Wynne, the long-time Athletic Director at McMaster University and CHCH-TV football commentator. After several renovations, the still inadequate Ivor Wynne Stadium was torn down, rebuilt and named Tim Horton's Field. Through all these changes, it has always remained an outdoor stadium.

Hamilton Municipal Swimming Pool was renamed for Jimmy Thompson, the award-winning swimmer in the 1930 British Empire Games and 1932 Olympics. As instructor, coach, and founder of the Hamilton Aquatic Club, he taught thousands of children to swim. Jimmy was named Hamilton Citizen of the Year and inducted into both the Canadian Swimming Hall of Fame and the Ontario Aquatic Hall of Fame. Changes are now being considered to this pool and it is important that HUB residents support the continuation of his memory in whatever form those changes occur.

Community sports have contributed to athletic interests in the area. Unfortunately, church tennis courts, so popular mid-century, were replaced by parking lots. Tennis remains popular at the Rosedale Tennis Club in Gage Park. It and the Roselawn Lawn Bowling Club have flourished there since about 1920. The Softball Association (1994) is newcomer.

Martin's Bowling Alley (King St. east of Sherman) opened in 1943 and is still used for team, individual and school bowling. The long-time owner, Jim Pappas, has retained the original décor. It's a fascinating place for both bowlers and history lovers.

Whatever the sporting interest, participant or observer, you are sure to find a game here. Sports, its facilities and its fans have always been an essential part of the Sherman Hub community. •

Carolyn McCann is a member of the City of Hamilton Historical Board.



Digital Canaries' jail film set at 270 Sherman

DIGITAL CANARIES TAKES OVER 270 SHERMAN

BY KATHY WOO

It has only been 2 years since Digital Canaries became a tenant at 270 Sherman. Within this short period of time, they've expanded quickly and noticeably. Since their initial studio rental of 4,000sf, they have subsequently added 2,000sf for studio space and then 5,000sf for storage.

It doesn't stop there! Soon, the production crew will occupy 270 Sherman's central courtyard transforming the location to a Victorian Garden and then 270 Sherman's Gothic Tower will be occupied as an office space by the main man behind Digital Canaries operation, Simon Winteron.

Inhabiting one of Digital Canaries' studios is Hamilton's largest green screen full cyclorama. This means the green screen can create infinite space when capturing footage—no shadows or edges are to be found. The set is 12 ft high, 25 ft wide and 35 ft deep. Productions including music videos, commercial shoots, interviews, fashion shoots and film have taken place here accommodating vehicles such as boats and cars used on set.

Additionally, permanent film sets including a bank vault, an airplane, a hotel elevator corridor, an interrogation room, a penthouse suite and dark alleyways will be created for on-going filming by the Digital Canaries crew and will be up for rent for outside film companies. The group has already completed their jail set which was recently rented to a small independent film company.

We really aren't joking about Digital Canaries taking over the 270 Sherman complex. Nor are we joking about its rapid expansion. As a second business, the group created a recycling business for film props from past productions, such as Lost Girls, Top Chef and Canada's Got Talent. This new business, that goes by 25 Cent Fish, occupies the once empty 2nd Floor Mill. In there, faux walls, various doors and strange prop items such as giant cherries, coffins and tipis occupy approximately 5,000 sf of the mill floor. •

Anyone interested in getting more information on how to make use of Digital Canaries' production space, or to inquire about buying or renting film materials from Digital Canaries, can Email simon@digitalcanaries.com or evan@digitalcanaries.com.

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THE SPOKES

And the Winner Is...

Our neighbour Carolyn

BY PATTY CLYDESDALE

The Sherman Spokes are all about neighbours. We are neighbours ourselves, and we connect, engage, and support the neighbours on our street and throughout the Sherman Hub. The Spokes help build our community and help make the Hub the best place to live, work and raise a family.

Periodically, the Spokes' creative juices get flowing and we come up with a plan, something fun to encourage neighbours in the hub to get to know each other better. We had what's become the annual Sherman Hub Neighbourhood Yard Sale Day (first Saturday in June), and Neighbour Care Kits were randomly and anonymously delivered by bicycle to 100 residents in all corners of the Sherman Hub this past summer.

The Neighbour Care Kit included a Bingo game with 25 neighbour engagement activities that assisted them in getting to know more of their neighbours. If the resident completed a line of activities, they could drop off their Bingo card to the Good Life Deli to be eligible for a prize. Carolyn McCann, a Gibson resident, is the winner of a \$100.00 Visa Card. I asked Carolyn about her experience with the Neighbour Care Kit.

How did you come to find the Neighbour Care Kit at your doorstep? How did it make you feel when you opened it and realized what it was?

"It was in my mailbox with my mail. I've always enjoyed this type of thing; whether playing (games) myself or setting them up for children as a 'Supie', as a Teacher or Principal."

Carolyn grew up in the Sherman Hub, taught at St. Columba, Nicholas Mancini Centre and was Principal of St. Brigids and St. Ann's schools. She returned to live in the Sherman Hub after inheriting her grandfather's home at the same time her long-time friend Livia inherited her husband's family home.

McCann says, "We have enjoyed being part of this neighbourhood with its excellent community spirit."

"...Most of my teaching career was in inner city schools, by choice, and so I had lots of practice at accepting the goodness of others... I truly believe that most everyone has a story to tell and knowledge to share... My neighbour and I have shared our mutual love of gardening and she often brings her grandchildren over to visit with my dog. I also took out all my front grass and planted perennials, flowers and bushes. I meet my neighbours who comment on my frontage while I'm out gardening. I've met more friendly neighbours in the Hub in the short time that I've lived



The Spokes' Neighbour Care Kit (top) and Bingo card

here than I did in the 35 years I spent on the Mountain", says McCann, acknowledging that part of the reason is that she's now retired, but also because she's part of the Barton Library Book Club.

What was the best thing about participating in the scavenger hunt? Please describe your experience.

"It was fun. Livia and I did it together. We were reminded of many of our teenage adventures as we revisited the clue places on the hunt. It also helps that I'm involved in the City of Hamilton Historical Board and recognized information that is part of this neighbourhood's history."

You attended the Sherman Hub/GALA BBQ on August 24th at Powell Park. Did you make any neighbour connections while there? Please describe your experience in attending the BBQ.

"Livia and I went together and took an 11-year-old with us who is new to Canada. It was delightful seeing her discover the many activities. I enjoyed speaking with everyone there, met some that I knew well, and others that I knew through other experiences."

One of the activities on the Bingo Card was to read the Sherman Hub News front to back (or back to front); Carolyn read it front to back.

It's neighbours like Carolyn who make the Sherman Hub the best place to live, work and raise a family.

We know there are tons of neighbours like us in the hub who naturally do what we do. We invite you to join us, share your ideas and experience - become a Spoke! Please visit neighbourhoodspokes.wordpress.com. •

Patty Clydesdale is Lead Spoke for the Sherman Spokes and member of the Sherman Community Planning Team.

Prevent CO Tragedies: End the Silence

BY WAYNE WYCKOFF & PENNY ULBINAS

For those who may be unaware, carbon monoxide detectors are now mandatory in all Ontario homes. The new regulation, Bill 77, The Hawkins-Gignac Act, came into effect on October 15, 2014, as an update to Ontario's Fire Code.

Not only is having a carbon monoxide detector the law in Ontario, it may save your life or the life of a family member. The Hawkins-Gignac Foundation was established in the memory of family members who lost their lives due to CO poisoning. Please go to their website, www.endthesilence.ca for the full story, and dedication of two families instrumental in changing the law in Ontario to prevent CO tragedies and end the silence.

"A carbon monoxide alarm will now be required near all sleeping areas in residential homes and in the service rooms, and adjacent sleeping areas in multi-residential units. Carbon monoxide alarms can be hardwired, battery-operated or plugged into the wall." (Ontario Association of Fire Chiefs). See more at www.oafc.on.ca/carbon-monoxide#sthash.QHyDk6ot.dpuf.

Carbon monoxide is an odourless, tasteless, invisible gas also known as the "Silent Killer". This gas can harm you whether you are exposed to high levels over a short period of time, or lower levels over a long period of time. In our homes, it is generally the result of incomplete combustion of fossil fuels, including natural gas, propane, wood, and oil. All flame-fuelled appliances produce carbon monoxide, and if it is not properly vented, that carbon monoxide can be released into the home. Furnaces, stoves, water

heaters, dryers and fireplaces are the most common sources.

The most common symptoms of carbon monoxide poisoning include headache, nausea, burning eyes, fainting, confusion and drowsiness. They are often mistaken for the flu. The elderly, children, and anyone with heart or respiratory conditions may be particularly sensitive to carbon monoxide. Symptoms usually improve when the individual is away from the home for a period of time. Be especially wary if more than one member of the household is experiencing symptoms.

Carbon monoxide detectors monitor the accumulation of carbon monoxide over a period of time, and will sound an alarm when the gas has been detected. They are designed to go off before you experience any symptoms, so don't ignore them. If the alarm sounds, turn it off, move all household members outside to fresh air, and check to see if anyone is experiencing symptoms of exposure. If any symptoms are present, call 911. If no one is experiencing symptoms, ventilate the home by opening windows and doors and contact a qualified HVAC technician to diagnose the cause and resolve the situation immediately.

Call your Heating Contractor to perform a maintenance/tune-up on all your gas-fired appliances to be sure they are in proper working condition. Install a CO detector. Protect your family and comply with the law—because early detection is the only prevention. •

Wayne Wyckoff is a heating and cooling advisor at Langton Climate Care; Penny Ulbinas, along with her husband is owner of Langton Climate Care.

ALL THINGS PAN AM

To help celebrate the upcoming Pan American Games, the City of Hamilton would like to encourage local

neighbourhood, sports, arts, and cultural groups, as well as BIA's to create events

that will engage Hamilton residents and visitors during the summer of 2015. The All Things Pan Am Funding Program

is intended to provide assistance to organizations undertaking Pan Am engagement activities. Applications will be accepted on a first-come, first-serve basis until all funding is

allocated. A maximum of \$2,000.00 will be awarded to each successful applicant. All information about this program can be found in the program guidelines, which will soon be available on the City of Hamilton's website: www.hamilton.ca.

VIVA PAN AM HAMILTON!

Should you have any questions or concerns about your eligibility, please contact Amanda Wolters at amanda.wolters@hamilton.ca for more information. •

DOLLARS & SENSE

BY JANET ROBINSON

With the holidays over and everyone looking forward to a new year with all its opportunities, now is the time to re-evaluate our past spending habits and develop new habits that will keep us from financial headaches.

First of all, it is crucial to create a realistic budget and stick to it. Make a list of all your income and all your necessary expenses (e.g. rent/mortgage, utilities, food, etc.). Subtract expenses from income and this is what you have left over. If expenses exceed income, you either need to decrease your expenses or increase your income – or both. Adjust your budget periodically as changes occur.

For a month, save all receipts and keep a record of every item purchased, no matter how small. Often we forget about the coffee we buy every day or that “little treat” we bought ourselves. This can be a real eye-opener to where our money goes.

Consider looking for a better

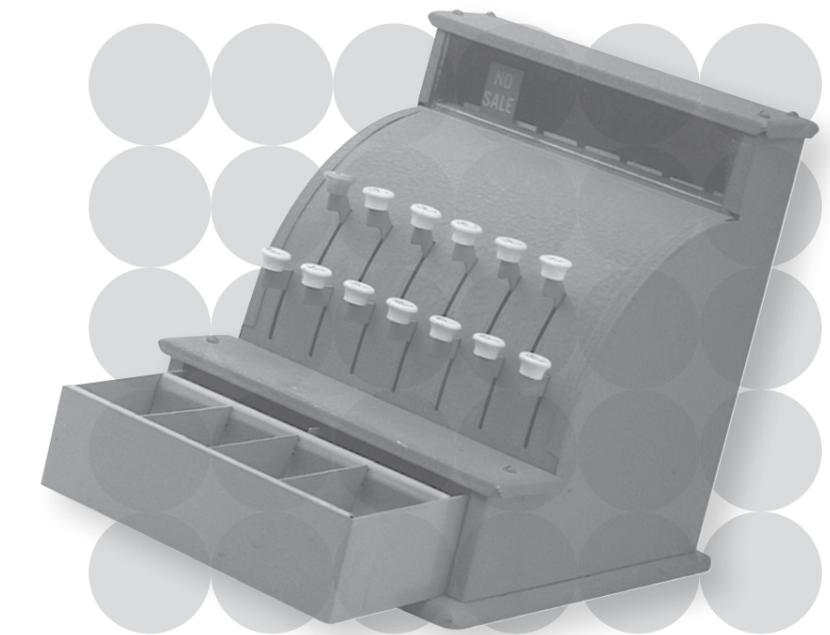
paying job or an additional part-time job. Many people start their own businesses for extra or sole income. Maybe you need to upgrade your skills and education and if you cannot afford to, there are government programs to help you with this.

Paying off debt can be a challenge. If you have more than one credit card with a balance, pay off the high-interest cards first. When those are paid off, put that money toward the other cards to “double up” those

With prices rising daily, we all need to be smart consumers.

payments. Make sure you pay on time to avoid penalties. Contact the banks and ask for the lowest rates. Avoid retail credit cards that have enormous interest rates on unpaid balances. When you are debt free, don't go on a shopping spree; remain debt free.

Be discerning in your spending. Always ask yourself, “Do I need it or do I just want it?” For example, do you really need the deluxe cable package with 300 channels? They are not free. If you are not sure if you should buy it,



walk away and think it over for a day or two. Often times you will find that you really didn't need it after all. Don't buy on impulse and don't let salespeople pressure you. Shop around and get the best deals for the things you really need. And when sales are good, stock up on items you use frequently.

Regular home and car maintenance will save you hundreds and even thousands of dollars. And upgrading to high-efficiency heating and air conditioning units really does save you hundreds of dollars a year. Take advantage of government incentives.

Be aware that eating out or purchasing prepared meals is much more expensive than cooking

or baking yourself.

Quit smoking. It can literally save you tens of thousands of dollars over the years, not to mention the health benefits.

With prices rising daily, we all need to be smart consumers. Like diets, temporary fixes are not the solution. It needs to be a permanent lifestyle change. But the benefits are worth it. •

Janet Robinson is a workshop designer/facilitator, with a focus on mental health, serving Sherman Hub, Hamilton and surrounding area. For more information on the many workshops and programs offered, please contact Janet at chrysaliscentre7777@gmail.com

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 of the Sherman community, designed to improve skills, stay active, and have a great time. Make sure to get your copy of the City of Hamilton Fall/Winter 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

City of Hamilton Recreation Events Team

The City of Hamilton Recreation Division is happy to announce the launch of their new Events team in 2015. The Events team will be setting up shop at local events, connecting with the community, and highlighting the great opportunities the Recreation division has to offer. More information to come on how you can request the events team at your neighbourhood event, and how you can follow along with them on their journey around the city.

RECREATION FEE ASSISTANCE PROGRAM

The City of Hamilton's Recreation Division believes in affordable access and opportunity for Hamiltonians. All residents should be able to realize the physical, social and emotional benefits

that are provided by participation in recreation activities. Families or individuals living in Hamilton, below the Low-Income Cut-off (LICO) level may apply for the following:

FAMILIES with dependents under age 18

- A free recreation centre Family Pass
- \$150.00 per child to be used towards City of Hamilton delivered recreation programs for a 12 month period
- 50% discount, to a maximum of \$100.00 annually per child, towards house league registration fees with minor sport affiliate organizations that use City of Hamilton recreation facilities (hockey, baseball, basketball, soccer, lacrosse, football, figure skating).
- Reduced weekly fees for Camp Kidaca for up to 3 weeks each summer

SINGLE ADULT, OR SENIORS

- 75% off a yearly Participation Pass
- OR
- 50% off a yearly Waterfit Pass

How to apply

1. Fill out the Recreation Fee Assistance Application form located at www.hamilton.ca/recreation or on site at any recreation centre.
2. Provide acceptable proof of income.
3. Provide acceptable proof of residence.

All forms of acceptable proof can be found on the application form or on the website. For more information, please contact the RFAP office at 905-546-2424 ext. 4569 or rfap@hamilton.ca

FREE PROGRAMMING OPPORTUNITIES IN YOUR NEIGHBOURHOOD

Check out these great FREE programs in the neighbourhood. Drop-in Fees do not appl

DAY OF THE WEEK	TIME	LOCATION	AGES	PROGRAM
Monday to Friday	5:15 - 7 pm	Norman Pinky Lewis	All Ages	Open Computers
Monday & Wednesday	7:30 - 8:30 pm	Jimmy Thompson	All Ages	Public Swim
Monday & Friday	3 - 4 pm	Norman Pinky Lewis	All Ages	Public Swim
Monday, Wednesday, Thursday	8:45 - 9:30 pm	Norman Pinky Lewis	13-17	Open Teen Basketball
Tuesday	9 am - 12 pm	Norman Pinky Lewis	50+	Seniors Knitting
Wednesday	7:30 - 9 pm	Norman Pinky Lewis	18+	Adult Computers
Wednesday	6:30 - 7:30 pm	Jimmy Thompson	All Ages	Family Swim

Ward 3 Update

BY MATTHEW GREEN, WARD 3 COUNCILLOR

I am honoured to be welcoming in 2015 as the newly elected City Council representative for Ward 3.

I would first like to acknowledge the stewardship of my predecessor Mr. Bob Morrow for his interim work in the months following the passing of our respected Councillor Bernie Morelli. Under Councillor Morrow's leadership, residents in our neighbourhoods continued to engage in the difficult conversations, and take on the challenging work required to address the important issues in our community. I would like to express my personal gratitude to Mr. Morrow (or "Bob" as I got to know him) who graciously provided extended guidance and support during my transition into office.

Personally, 2014 provided me with many teachable moments. It was a year filled with exciting achievements and inspiring people from whom I have learned so much. Despite the uncertainty of the municipal election (or perhaps because of it), I have developed a very clear understanding of the strong values held by the people that make up this community, and an appreciation for their unwavering commitment to good work and leadership within our Ward.

2015 promises many exciting opportunities for us. The upcoming Pan Am Games have focused City-wide attention on Ward 3 neighbourhoods, and we have the incredible opportunity not only to demonstrate the successes of years of community and capacity-building, but also, to continue to make positive change. As we prepare to welcome thousands of Pan Am soccer spectators, we also think about the legacy these games will have for us, trying to orient resources towards actions that will have long-term benefits

for our community; for example, recreational opportunities, street safety, and small business development.

The stadium precinct has the potential to become a fantastic resource within our community. For many of us, the area already holds strong memories. As a child, I played my very first Hamilton Minor Football Association (HMFA) game at Ivor Wynne Stadium, and spent my adolescence sneaking in to snag footballs for Tiger Cat Hall of Famer, Punter Paul Osbaldeston. In high school, I trained with the Hamilton Olympic Track Club and ran the stadium stairs in the off season. Next door at Brian Timmis stadium, I grew up watching the Hamilton Steelers play in the Canadian Soccer League, and remember cheering along with kids from every cultural background imaginable.

As the owner of a small fitness business, I am a passionate advocate for active living and barrier-free access to fitness and recreation. I understand the value of strengthening communities through sport and recreation. Sport can provide a safe place for youth to grow and develop their physical fitness, interpersonal skills, and self-discipline. Sport can bring diverse communities together to develop a shared identity, despite differences in age, income, or ethnic background. In my own experience, it was out of relationships developed through sports that I learned my first Italian words, ate my first pierogi, and marched to Scottish bagpipes. With each experience I gained new life-long friends and a deeper understanding of my community. Sport and culture can be closely intertwined and help to define a community's identity and an individual's sense of belonging.

The Pan Am Games will be part

of defining a new Active Living narrative for the neighbourhoods of Ward 3. However, residents who live in the stadium precinct have already raised some concerns about changes in access to recreational facilities; specifically the loss of the Scott Park baseball diamonds, Jimmy Thomson pool, and Scott

Park arena. In place of Scott Park, the city plans to build the North Hamilton High School, and a community centre named after Bernie Morelli. Recreation leagues lost at Scott Park and Brian Timmis Stadium can be reclaimed at the new outdoor recreation fields to be established at the former glass plant north of Barton Street. These new amenities combined with the escarpment rail trails, Gage Park, and the Cannon Street Cycle Track, perfectly position Ward 3 to become a recreation destination within the City of Hamilton. It will be important however for all of us to continue to participate in crafting a new vision for these spaces, and contribute our voices and opinions to decisions made about the development of new facilities. It is critical that these new facilities serve the needs of the local neighbourhoods and contribute to the betterment of the community.

In recent months, Ward 3 has experienced some tragic and violent crime, and I share very real concerns with much of the community about safety, including issues such as violence, unsafe traffic operations, and street level sex trade work. At past Pan Am community consultations, it was conveyed that there will be a significant security presence and increased policing during the games. While this addresses safety concerns for visitors during these few short weeks, what our Ward needs is an immediate and permanent policy shift back towards community-based



Ward 3 Councillor,
Matthew Green

policing. As crime rates have dropped across the city, the density of crime has increased in Ward 3. Returning officers to the street, "walking the beat", within high density crime areas, could provide residents who are subject to the daily presence of illegal activity reassurance that

their neighbourhoods are a top priority, as we work towards the objective to significantly reduce crime over time.

It is up to us what legacy the 2015 Pan Am Games leave behind. A local procurement approach would provide a much-needed economic boost by contracting local businesses who hire locally and could provide local goods and services for the games. We must find meaningful ways to engage the full diversity of our city in the economic, recreational, and cultural opportunities the games provide. It will take input from residents, business owners, and local organizations, as well as community leadership at all levels in order to make that happen.

As we make our New Year's resolutions, we can think about how we want to move our community into the future. As mentioned above, I am the owner of a small fitness business, and am very familiar with the pitfalls of setting goals as New Year's resolutions without a solid plan to overcome past barriers. We all have visions of what we want for this community, and I suggest that our collective resolution be to try and work together as neighbours (even when it seems difficult), towards achieving determining and achieving these visions. •

*Happy New Year
Matthew Green
Ward 3 Hamilton City Councillor*

SPREADING THE WORD

BY LAURENCE SMINK

Over the last few issues of the Hub News I have covered quite a bit of ground with this column. This time I want to talk about ways for small businesses with smaller budgets to spread the good word about the things they do.

One of the biggest hurdles for small businesses is the huge cost of advertising. Most just starting out don't have the kind of money needed to get ads in newspapers, radio or TV. It's a catch 22. They can't reach new customers without spending lots of money on advertising and they can't make the money to pay for advertising without reaching new customers.

Fortunately there are other ways. Instead of paying for advertising space, you can create your own. That's called 'owned media'— your website, your blog,

email lists, Facebook page, special events, or anything where you build your own audience in a space that you control.

Another way to reach new customers is by getting other media to help share your story, because it's interesting enough that they want to share it with their audience. That's called 'earned media' and it consists of getting mentioned on the news or in magazines, doing interviews, or being quoted as an expert. (Or, say, writing a series of articles for your community newspaper.) It's not as direct as advertising because it's not focused on sales, but it gets your name out there and helps build credibility.

As a real-world example, I'm working to transition my part-time consultancy into a full-time endeavor, and using a combination of earned and owned media really helps me connect with the community and potential customers. I share some of my skills and

knowledge about branding, design and marketing, resulting in mutual benefits.

Earning media and creating your own media don't come with the high costs of paid advertising, but they do require time and effort. Of course, for small business owners, time is often as scarce as money, but if you come up with a plan and make it part of your workday, it is easy enough to look after. It requires a commitment, but these things get results in time. Be persistent and keep the longer term goals in mind.

For all this to work, you have to be interesting enough that people will notice. This is called "content marketing" and it means sharing interesting and engaging things with the world to help build awareness of your business. Those things can be text, like articles or blog posts, a conversation in a Facebook group, a tweet, or a video on YouTube.

If you're a restaurant owner, tweet

out your daily specials, with pictures, and start to have conversations with other Twitter users in your neighborhood. Listen as much as you talk, if not more.

If you're a gluten-free bakery owner, connect with local celiacs and share some of your resources with them. Post delicious pictures of your cupcakes for people to drool over.

If you're an auto mechanic, tell people when it's a good time to put on the winter tires, or how often to change their oil. These are valuable things, and as a business owner you should be an expert. Share some of that expertise and you will be appreciated for it. •

Laurence Smink is a marketing, branding, and communications consultant in the Sherman Hub. Local businesses and organizations that need support with graphic design, advertising, and marketing strategy can contact Laurence at Smink Creative: laurence@smink.ca or 289 680-3885.

EDUCATION MATTERS

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

First, I would like to thank Ward 3 residents for appointing me as your voice at the table on matters regarding your child's education, and our neighborhood hubs. I look forward to getting together with various community groups over the coming months to have a broader discussion on education matters.

Besides catching up on sleep and long overlooked chores, I took the opportunity of a little downtime in November to meet up with some of my new colleagues as well as former members of the Board to discuss the past, present, and the future of education in Hamilton.

Our first boundary review meeting was held in early December and by now you should have received notice of the upcoming public meeting schedule for this review. Memorial (City) is part of this process.

At the joint PIC

(Parent Involvement Committee) and SEAC (Special Education Advisory Committee), a presentation was made by OCT (The Ontario College of Teachers). They are touring the Province giving presentations to parent committees and I would highly recommend attending one of these sessions if the opportunity arises. You can also learn more at OCT.ca.

We've had an opportunity to meet and chat with members of the OSSTF (Ontario Secondary Schools Teachers' Federation) to discuss education

from the union angle, and next week we will begin touring our schools, meeting staff, and learning about the successes and hurdles our schools are facing.

One week less a few hours into our term of office, the announcement came through of our new interim Director of

Education, Wayne Joudrie, who has deep ties to Hamilton and our Board. During our first orientation session on December 8th, Wayne introduced himself and joined our discussion. I believe he will be a great asset to us over the coming months.

In the new year, we will begin our search for a permanent director as well as begin work on our new strategic direction. Our first meeting is January 19th at 6pm which will be a joint Board and Standing Committee meeting.

Emails, phone calls, school and community visit requests have more than made up for the post-election silence in November. Please feel free to contact me with any and all concerns, thoughts, and ideas you have for matters involving education in Ward 3 and our City as a whole.

These are your children, your schools, and this is your community. It is extremely important that our communities stay connected and deeply involved in these processes.

The only way we can make the right decisions for our communities, is to ensure that that ideas and solutions have strong community input.

I have started a Facebook Group called Ward 3 Education that can be found at Facebook.com/groups/Ward3Ed, where I will share news, events, and our processes with the community. I have also acquired the URL Ward3Ed.com. My vision is for this to be a central portal for Ward 3 education matters. Ideally, you will design and run it. Any Ward 3 residents interested in being a part of the Ward 3 Education web team, please send your emails to webteam@ward3ed.com.

There is a lot for us to do in the early months of this new Board of Trustees, but I know I for one am looking forward to the changes and challenges that lie ahead. I am getting a strong sense of the same from my new colleagues.

I hope everyone had a joyous and relaxing holiday. Happy 2015! •



Ward 3 School Board Trustee, Larry Pattison

Does Burning Garbage Clean the Air?

BY JARAH WEST

If the proposed "garbage to fuel" gasification plant goes forward, it will have a major impact on our neighbourhoods and the city as a whole. Some believe it will be a positive impact, others, a negative one. But most of us are only vaguely aware of the project and its implications. In this article, Jarah West shares her perspective.

In case you don't know - and it's scary how many of us don't - Port Fuels wants to open Ontario's first full-scale garbage gasification and plasma arc plant in Hamilton. You haven't heard much about it because they don't really need to tell us much about it.

They did have to go through the motions on Nov.13 when they held the second of two required "public consultation" sessions that left observers perplexed. We had many questions. Why can't the public see any of the information from the environmental studies the company is undertaking? How can there be zero impact on air quality when the plant plans to welcome 130 trucks full of waste every day? And are we content to truck garbage into a community that already has high emissions?

Port Fuels would have you believe that burning 170,000 tonnes of garbage a year - from inside and outside of our community - is a great benefit to our city. In their world, burning plastics and dubious materials brings no risk to our air quality. And the trucks that will bring waste into our city will not emit any carbon dioxide - or at least, nothing worth noting in the study results presented at the public information session.

This, despite a report from the Global Anti-Incinerator Alliance (GAA) that says otherwise. They have raised the inconvenient truth that plasma gasification emits comparable levels of toxic emissions to conventional mass burn incinerators.

According to tests on their procedures, the GAA found the toxic gases that these companies claim are destroyed in the process, are never really destroyed. Are we prepared to welcome more emissions to our region, in the form of particulate matter, heavy metals, dioxins and carbon monoxide? Do we want to relegate 17 acres of land on our waterfront to a place to welcome Ontario's waste so a company can profit while airborne pollutants soar? NO!

And that doesn't even address the real goal here: that we need to reduce the waste we are creating, not just find ways to bury or burn it more efficiently. You have to look for more progressive voices to hear about this real solution.

Mel Walther of the Sherman Hub and Lynda Lukasik from Environment Hamilton have done a wonderful job of summarizing next steps. Here's how to get involved:

► Comments and questions to Port Fuels Material Services Inc can be submitted on the project website pfmsi.com or to:

Robert M. Clark
Chief Operating Officer
RADM, U.S. Navy (Ret.)
Port Fuels & Materials Services Inc
1 Main Street East, 3rd Floor
Hamilton, ON L8N 1E7
(905) 521-8475
rmclark@lgefund.com

Blair Shoniker, MA, MCIP, RPP
Senior Environmental Planner
Conestoga-Rovers & Associates
1195 Stellar Drive, Unit 1
Newmarket, ON L3Y 7B8
(905) 830-5656
bshoniker@CRAworld.com

► Provide Comments during the Mandatory 60-Day Review Period.

When the Environmental Screening Report (ESR) is complete, the draft ESR will be made available for public review for a period of 60 days. Anyone with significant environmental concerns may submit an elevation request to the Minister of the Environment, asking that the project be bumped up from an environmental screening and subject to an Individual Environmental Assessment.

An elevation request must be:

- Submitted to the Director, Environmental Approvals Branch (address provided below)
- Sent to the proponent

- Sent within the minimum 60-day review period after the Notice of Completion of an Environmental Screening Report has been issued.

► Anyone with questions or concerns about the Environmental Assessment process or Environmental Approvals in general should contact the Ministry of the Environment and Climate Change:
Ministry of the Environment and Climate Change
Floor 11
77 Wellesley St W
Toronto, ON M7A 2T5
Fax: (416) 314-8452

Environmental Approvals Branch
Ministry of the Environment and Climate Change
Floor 12A
2 St. Clair Ave W
Toronto, ON M4V 1L5
1 (800) 461-6290 or (416) 314-8001
EAASIBGEN@ontario.ca

► **Environment Hamilton** is also happy to provide help to those interested in understanding the process, or to help facilitate connections to other individuals who may be able to offer help and insight. contactus@environmenthamilton.org or (905) 549-0900.

► Others you may want to contact:

- **Ward 3 City Councillor**
Matthew Green, www.hamilton.ca/YourElectedOfficials/WardCouncillors/
- **The Hamilton Port Authority**, www.hamiltonport.ca/ContactUs.aspx

► **Learn more:** Incinerators in Disguise, <http://goo.gl/z5FC1g> •

H.A.N.G.

Hub's Awesome Next Generation: Yuletide Wishes

BY TREASA LEVASSEUR

The shortest days of the year have fallen upon us, and this season gives many people pause to consider the year that has passed, and the new one just beginning. We here at HANGSTARS headquarters thought it would be fun to find out what kinds of Yuletide wishes and New Years Resolutions were being made here in the neighbourhood, so on a snowy Friday, we dropped by Adelaide Hoodless school to speak with the kids in Ms Moreau's Grade 2 class.

But lo! And behold! When we arrived at the school, the students in that classroom were nowhere to be found - instead, a room full of holiday elves were waiting for us! They had taken a break from their busy holiday preparations and traded places with the students, who were off enjoying a sleigh ride and hot chocolate somewhere much snowier than the Sherman Hub.

The elves took a few minutes out of their afternoon to share their hopes, wishes, and resolutions with us, and we think you are going to love reading them! Happy holidays to all, and may your own promises and dreams bring you a happy, healthy, and community-filled 2015!

"I'm thinking for people that have no homes, I'm going to let them stay in my house for a few weeks" -Lucy Dee

"I wish that some people who have lots of books should read a book every night to get smarter." -Sparkles

"I going to help stop world hunger by donating food because some people don't have much food." -Santa Junior

"I want to get more books and read them." -Blue

"I want more video games in the world because people really like playing them." -Rick

"My idea is to read more books to get smart." -Sleepy

"I want more toys for Christmas because I only have some books." -Blue

"I would like more football and exercise in the world because we do need a lot of health." -Pet

"I would like the poor to have Internet, money and food because they don't have a lot of stuff." -Lollipop Princess

"I would like peace because it wouldn't hurt your ears as much and headaches wouldn't exist." -Elfe

"I wish that I can play video games all day in my house." -Buzz

"I wish for no more littering, so nobody will get sick from the garbage." -Alfa

"I want to do more math because if I don't, I might fail school." -Smiley

"My resolution is if I be the bestest, good boy in the world, what could happen is, I would be the bestest person ever by being good." -Elf

"I'm going to start giving more to Hamilton Food Share because people who go there don't have much food." -Sparkling Christy

"My idea is to help the world stop the war so nobody would be fighting." -Christmas Tree

"I would like the world to have peace because then we could be more peaceful." -Pickle Juice

"I want to work on my reading because it will improve better." -Christmas Cookie Crumb

"I am going to be a good sharer because it makes people feel good." -Chipee

"My idea is to be a good listener because people like it when I listen to them." -Elfie

"I am going to shovel people's walks because if their car needs to get out and they can't, then I can help them get out." -Buddy

"I want to say something kind and nice to everyone I meet every day, and do something nice every day." -Ms Moreau •



Do you know a cool kid in the Sherman Hub who would be a good candidate for this column? Maybe an athlete, an artist, a good neighbour, or an awesome person in general? Nominate them to be interviewed in our next issue's HANG column by emailing shermanhubnews@gmail.com.

Of course we will need parental consent, and a picture to publish alongside the column. If you have any suggestions for questions you would like us to ask our HANGstars, send those along too! Until next time, HANG tough and stay cool folks.



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MATTHEW GREEN

CITY COUNCIL | WARD 3

Happy New Year Neighbours!

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

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

email: Matthew.Green@hamilton.ca office: (905) 546-2702 cell: (905) 973-2674

IN THE HUB

• JANUARY 10

Tyler's Warmth Launch

Originally from Niagara, and relocated to Hamilton in 2014, Tyler's Warmth was founded in memory of 18 year old Tyler King, who was killed by a train in Grimsby Ontario. Tyler's Warmth brings coats to those who need it most. Tyler had a tradition of using his Christmas money to buy hats, mitts, coats and boots, because as he would tell his mum, "Mom, no one should be cold during the winter time". Join us for our first annual coat giveaway on Saturday, January 10th as we give away winter warmth. All of the work is carried out through the generosity of the family, friends, kids and community members, community leaders and people who have been inspired by Tyler King. For location and times, please visit www.tylerswarmth.com or Tyler's Warmth on Facebook.

Norman "Pinky" Lewis Rec Centre

• JANUARY 16 - MARCH 13

Baking Basics (Ages 9-12)

Participants will enjoy creating wonderful treats each week. Proper cleaning and safety techniques, along with hygiene skills, will be taught and stressed. Each child will receive a class cookbook at the end of the program. Cost is \$24.49 - \$36.22.

Exploring the Kitchen (Ages 3-5)

Through simple and safe recipes, children will learn the basics of putting ingredients together to make something fast, fun and healthy! This course is for families who want to make a kitchen creation together. Parents are asked to attend class with their children. Cost is \$17.77 - \$29.50.

• JANUARY 12 - MARCH 23

Exploring the World Around You (Ages 3-5)

Introduce your little one to the joys of the world around them, through age appropriate science experiments, exploration of nature and other cultures. Cost is \$17.77 - \$29.50

• JANUARY 17 - MARCH 14

Fun with Science

Explore the wonders of science while having fun with friends. Everyday household items will be used in hands-on activities, in a safe and inviting environment

Child (Ages 6-8): \$13.94 - \$25.64

Youth (Ages 9-12): \$18.54 - \$30.27

• JANUARY 14 - MARCH 11

Healthy Cooking

A great program to teach your kids kitchen safety, as well as healthy meals and snack preparations. Children will learn to identify and select healthy foods, understand how to prepare foods using good sanitary practices, be safe in the kitchen and lots more. Recipe reading and measuring will be introduced. Each child will receive a class cookbook at the end of the program.

Child (Ages 6-8): \$24.49 - \$36.22

Youth (Ages 9-12): \$24.49 - \$36.22

WHAT'S UP AROUND THE HUB?

• JANUARY 12 - MARCH 23

Pilates 1 (Ages 16+)

Learn the basics of Pilates: core workouts, breathing and strengthening. Pilates is the perfect workout. Better posture, a more graceful carriage and stronger abdominal muscles are just a few benefits. Pilates technique stretches as it strengthens. You will feel refreshed and energized after each workout! Please bring your own yoga mat. Cost is \$45.12 - \$56.85.

Pilates 2 (Ages 16+)

Build on your knowledge and skill of Pilates by learning more advanced moves and incorporating basic Pilates equipment to enhance your workout. Pilates technique stretches as it strengthens and focuses on your core stability. You will feel refreshed and energized after each workout. Please bring your own yoga mat. Cost is \$45.12 - \$56.85.

• JANUARY 13 - MARCH 10

Yoga 1 (Hatha) (Ages 16+)

Learn the basics of Yoga. Participants should take this course if they are new to yoga or enjoy balance and pose yoga classes. This program is designed to enhance circulation, improve flexibility and calm your nervous system through exercise and efficient breathing techniques. Focus on flexibility, meditation, breathing and your inner soul. You will learn the moves and gain the skills and experience required for the intermediate yoga class. Please bring your own yoga mat. Cost is \$45.12 - \$56.85.

Yoga 2 (Vinyasa) (Ages 16+)

Improve posture, balance, strength and flexibility while relieving stress and focusing on body alignment and breath control. This session builds on the foundations taught in Yoga 1. This class will include breath-synchronized movement, with a performance of a series of poses called Sun Salutations. It is recommended that all participants have some knowledge of yoga in order to get the full benefits of this class. Please bring your own yoga mat. Cost is \$45.12 - \$56.85.

• JANUARY 5, FEBRUARY 2

Sherman Hub Planning Team Meeting

St. Giles Church, 85 Holton Avenue South (at Main)
7:00 - 9:00 pm

• FEBRUARY 4

City Real Estate Brokerage hosts Panel from the City of Hamilton

HARRRP Centre, 705 Main St E,
7:00 - 9:00 pm

Information night at the HARRRP centre. This is an opportunity for local residents and business owners to hear from City of Hamilton representatives. The format will be a panel discussion addressing topics such as incentive programs,

economic development, zoning and by law enforcement. Send topic related questions to adrienne@citybrokerage.ca or steve@citybrokerage.ca.

• FEBRUARY 7TH

Winterfest at Gage Park

Hosted by the Friends of Gage Park.
Gage Park Greenhouse - 12:00 pm - 3:00 pm

Wagon rides food. Low cost family fun.

OUTSIDE THE HUB

• JANUARY 10 - JANUARY 11

46th Annual Hamilton - Halton Spring Bridal Wedding Show

Hamilton Convention Centre
Show Hours: 11 am - 5 pm Daily
Fashion Shows: 1 pm and 3:30 pm Daily
Tickets: \$12 sold at the door or buy online \$10

• JANUARY 17 - APRIL 12

Royal Botanical Gardens Frogs: A Chorus of Colour

Be amazed by the colorful world of frogs, the most visually stunning, vocally pleasing, and adaptively remarkable life forms on earth. If you've never thought of frogs as beautiful, this exhibition will change your mind! Habitats, complete with rock ledges, live plants, and waterfalls, showcase living frogs from around the world. Stunning backlit graphic panels with colorful images of frogs cover the walls. Sturdy interactive components invite visitors to activate recorded frog calls, view videos of frogs in action, spin a zoetrope, and test frog knowledge on subjects from basic to bizarre.

• JANUARY 18

Family Showshoeing (Winter Hike)

Discover the magic of winter by snowshoeing through the woods and wind open spaces of the Arboretum. Snowshoes are supplies. 2 pm to 4 pm
Fee: \$12 (Family rate \$30)

• FEBRUARY 7 - 16

Winterfest 2015

Now in its 37th year, Winterfest is a celebration of the city of Hamilton and the beauty of the season. This community driven, City-facilitated annual celebration encourages Hamilton residents to get out, connect with others and explore their communities. Ten days of programming presented by galleries, museums, neighbourhood associations, recreation centres, and small businesses celebrating winter and togetherness. For information on specific events, please visit www.hamiltonwinterfest.ca

Hamilton SPCA

• JANUARY 21 (ages 7-9), JANUARY 22 (ages 10-12)

Junior Humane Program

Kids age 7-12 years get an introduction to pet care through fun, hands-on time with small animals, and crafts, journals, games and contests. Guest speakers bring their unique expertise and often their animals. The curriculum is customized for two age groups and builds a solid base of knowledge for animal lovers. All sessions are held at the HBSPCA at 245 Darnall Road, Hamilton. Cost is \$80.00.

Workers Art & Heritage Centre

51 Stuart Street, Hamilton L8L 1B5

• FRIDAY, JANUARY 23, 2015

January PA Day: Poster Art

9 am - 4 pm
\$20; Fully subsidized spots are available; Pre-registration is required
Come spend a full day learning and making art that explores themes found in the art and artifacts inside our museum. Ages 6-12. For more information or to register, visit our website: www.wahc-museum.ca or contact tara@wahc-museum.ca.

• FRIDAY, FEBRUARY 13, 2015

February PA Day: Community Flags

9 am - 4 pm
\$20; Fully subsidized spots are available; Pre-registration is required
Come spend a full day learning and making art that explores themes found in the art and artifacts inside our museum. Ages 6-12. For more information or to register, visit our website: www.wahc-museum.ca or contact tara@wahc-museum.ca.

• SATURDAY FEBRUARY 14 TO SUNDAY FEBRUARY 15, 2014

Hamilton Heart and Soul Festival (featuring La Nuit de Coeur Cabaret)

Saturday 11 am - Sunday 5 pm
The Cotton Factory, 270 Sherman Street North, Hamilton, 3rd floor
All Ages, Cost: Marketplace Free - All Welcome. Workshops/lectures \$5.00 each. Day pass \$20.00 (all workshops/lectures). Cabaret only \$20.00.
Heart & Soul Hamilton is a two day event of lectures, workshops and a market focusing on the heart and soul of sustainability. Saturday night will feature an action packed and exciting La Nuit de Coeur Cabaret featuring Hamilton Aerial Group and an array of talented musicians and performers. By connecting with the heart and soul, each and every one of us, together, will make Hamilton a healthier place to live. For tickets, or to learn about becoming an exhibitor in the market place, email annettepaiement@270sherman.ca

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