

Sherman Hub News

A publication of the Sherman Hub Community Planning Team

JANUARY - FEBRUARY 2017

BY KAELYN KOEPKE

My family and I had the opportunity this year to acquaint ourselves with a newcomer family from Syria: a mom, dad, and seven children. They are a family of government-assisted refugees who arrived in Canada this past January and

thought, “sure, why not”. Within a week of submitting the application online, we had been selected and had filmed what was actually a commercial for Tim Hortons. The commercial, which you may now have seen aired on TV, intended to capture the story of our friendship and the

gesture of a Canadian holiday surprise for our newcomer friends. They transformed the outside of their home into a magical winter wonderland with real snow, a fire pit, Muskoka chairs, beautiful lighting, a folk band, and hot chocolate for the family to enjoy with us and friends and neighbours. It was a truly beautiful memory, and the family was so surprised, they thought they were dreaming.

The experience felt significant for a number of reasons. Prior to the conflict, this family, like many others, had a beautiful home in Syria where they loved to host guests. Since fleeing, they have been

surviving and living resiliently in challenging circumstances. Albeit for a commercial, this gesture transformed their rental home into a beautiful, spectacular space where they could entertain their friends and neighbours. I imagine it is a Canadian version of how beautiful their home must have been in the ancient city they are from. Everyone we met working on this project was beaming with excitement and joy. We feel privileged to have this friendship with this family, and it was an honour to celebrate with them in Canada, in the company of amazing neighbours. Thank you, and we’re proud to be Ward 3.

Kaelyn is a registered midwife working in Burlington and lives with her husband and two children near Tim Hortons field.

A HOLIDAY SURPRISE FOR OUR NEW NEIGHBOURS

HOW A TV COMMERCIAL CAME TO BE FILMED IN OUR NEIGHBOURHOOD!

moved right around the corner from us.

We wanted to meet them to let them know there was someone nearby should they need anything, but unexpectedly, this family extended their hospitality to us. They are truly warm and generous people, and they managed to express this even at a time when they had not yet obtained furnishings for their home, or on days where they felt overwhelmed by culture shock or a deep sense of homesickness. Our visits felt very natural, surprisingly, despite long silences with the language barrier, and evolved to a very meaningful friendship for our family. It has taught me so much about the importance of knowing our neighbours and how friendship may be found in unexpected places.

Recently, I was referred by a friend in the neighbourhood to a recruitment ad for a documentary-style film shoot looking for Canadians who have newcomer neighbours and

Icon by Arthur Shlain courtesy of The Noun Project



SHERMAN HUB COMMUNITY PLANNING TEAM MEETINGS
JAN. 9TH & FEB. 6TH

7-9 pm at Tim Horton's Field, Premium Entrance
Come join us in making our community a great place to live, work and raise a family.

L'ARCHE

L'Arche Creative Hands Studio Exhibition at the Dundas Museum and Archives

BY PAIGE MCISAAC

We've been keeping quite busy here in the L'Arche Hamilton Community and have continued to enjoy building connections in our neighbourhood. Thank you to those who have reached out and connected with us over the last few months. As the holidays come to a close, we want to invite you to see what we're up to with our next endeavour, the L'Arche Creative Hands Exhibition at the Dundas Museum and Archives.

Our L'Arche Community is quite creative both in the L'Arche Creative Hands Studio and more personally. The L'Arche Creative Hands Studio is a place where core members can explore their creative side in making candles, pottery, felt decorations, mosaics, beadwork and paintings, while showing and selling the pieces in our store, and also in the neighbourhood. Through these endeavours, we are making known the gifts of people with intellectual disabilities. Ross is one individual who loves doing art in the Studio, and also during his personal time. Ross has been creating art for

many years with his focus on drawing. He attends and volunteers in various art classes and programs, and has had his work displayed in various venues throughout Hamilton. I remember one



of the first pieces of art that I received from Ross was when we were visiting my home for the first time last year. It was something we were excited about for a long time. He created this great poster for me, showing what he expected to experience which was true- it was a beautiful farm scene of cows, pigs and other farm animals. We enjoyed our time 'in farm country' spending time outside and eating some delicious snacks. I kept that piece of art as a memory and treasure of the time we shared together.

It was through Ross, that we discovered the opportunity to showcase L'Arche Creative Hands Studio art at the Dundas Museum and Archives. On Park Street W. in Dundas, there lives a beautiful museum called the Dundas Museum and Archives which

offers displays of collections, exhibits and events, and hosts educational groups. We were involved recently in the Dundas Museum and Archives' 'Community Curator' which exhibits local artists on a rotating basis. Starting January 18th, we will be showcasing The L'Arche Creative Hands Studio Exhibition in the Education Centre Gallery until February 27th. The exhibit will showcase paintings and drawings from a wide range of core member artists, mediums, and perspectives. We would love to invite you to visit the exhibit and to our Exhibition Reception on January 21st at the Museum at 130pm-330pm at 139 Park St. W in Dundas. Come meet the artists, see the works of art and browse a museum rich in local history for free! We hope to see you there!

Paige McIsaac is Community Relations Coordinator at L'Arche Hamilton Community

WORKING TOGETHER - HDLC

RETIREMENT SECURITY AT RISK

BY ANTHONY MARCO

Workers and retirees in Hamilton have been raising the red flag about defined-benefit and target-benefit pension plans for years. A defined-benefit pension lets a worker know exactly what their pension will be worth upon retirement. They will know how much inflation protection they have and if their payments are going to fluctuate. Basically, no matter what happens to a pension plan's investments, under a defined benefit plan, a retiree can be relatively assured of their income after a long career.

Imagine deciding to retire thinking your income would be a certain amount for the rest of your life and then being petrified week to week whenever the stock market fluctuated, the dollar dipped or the prime rate was adjusted. Retirees shouldn't have to worry if they can afford food, rent and hydro every month.

Across Hamilton, and all of Canada, unions are organizing against Bill

C-27, a new piece of federal legislation that enables Crown corporations and federal private-sector employers to back out of defined-benefit pension commitments.

"This bill was announced without consultation or advance notice, though it directly contradicts election promises to stabilize and improve retirement security," said Canadian Labour Congress (CLC) President Hassan Yussuff, who wrote a letter to Finance Minister Bill Morneau outlining the CLC's opposition to the bill.

Currently, defined-benefit (DB) pensions provide stability and security to employees because employers are legally obliged to fund employees' earned benefits. Already earned benefits are legally protected. Bill C-27 removes employers' legal requirements to fund plan benefits, which means that benefits could be reduced going forward or even retroactively. Even people already retired could find their

existing benefits affected, after paying in their entire working lives.

The bill would also invite employers to establish inferior, less-secure target-benefit (TB) plans, and persuade individual members to give up their DB benefits in exchange for the new plan.

"Bill C-27 invites employers and other plan sponsors to abandon their pension promises to employees and retirees, downloading virtually all plan risks brought on by market volatility from employers to workers and retirees," Yussuff wrote to Morneau. "This is an unconscionable betrayal of the legal rights and protections of plan members."

In 2014 Stephen Harper's Conservatives launched public consultations on a similar framework, but after overwhelmingly negative feedback from unions, retirees and other stakeholders, they scuttled the idea.

"This is very dangerous legislation

that was even rejected by Harper's Conservatives, and I'm urging the current government to abandon it now," said Yussuff.

Yussuff noted the sole jurisdiction where employers are allowed to back out of promises to pay already-earned DB pensions is New Brunswick. Since 2012, when New Brunswick's Conservative government introduced their legislation, New Brunswick has seen class action lawsuits, constitutional challenges, and plummeting defined-benefit planned membership.

If you are concerned about your pension being affected by Bill C-27, you should contact your Member of Parliament and let them know.

You can find Hamilton and District Labour Council at www.hamiltonlabour.com, [facebook.com/hamiltonlabour](https://www.facebook.com/hamiltonlabour), and on Twitter @hamiltonlabour.

SHERMAN HUB NEWS WINS HAMILTON INDEPENDENT MEDIA AWARD

At an awards gala held November 3rd at the downtown library, The Sherman Hub News walked away with the “Best Independent Media Outlet” award. It was a tough field of competitors that included Raise the Hammer, VIEW Magazine and Urbanicity. Through the awards the Hamilton Independent Media Awards seeks to promote critical independent journalism in the City of Hamilton and abroad.

It’s a great honour for the paper and real treat for the hardworking team that makes it happen six times a year. A recent discussion among the paper’s production team half-jokingly quipped that it’s a miracle the paper gets out at all most months, never mind win an award for doing it.

The Sherman Hub News is produced entirely by volunteers and is self-funded through the advertising you

see in its’ pages. Roughly 50 volunteers contribute to each issue, from writing to production to the delivery team. Hundreds of person-hours go into the planning, writing, editing, design and distribution of a single issue. In a year, perhaps a hundred people will contribute to the paper in some way. There’s a feature story on pages 10-11 that goes into the process in detail.

The production team consists of a smaller group, listed on the right. They work to ensure the paper reflects the values of the Sherman Hub Community Planning Team. Their dedication and commitment to producing a high quality resource for the community is unwavering.

Along with the recognition of the paper’s amazing accomplishment, the award comes with a cash component, which the production team has decided to donate to a short story contest. The details are below.

HUB NEWS SHORT STORY CONTEST

Share your neighborhood story for a chance to win \$100

We know our community is filled with amazing stories, so we’re looking for your best fiction or fictionalized story that somehow reflects our community or neighborhoods.

Stories must be between 500 - 1000 words in length. Entries will be judged by a panel of members of the local literary community, along with the News production team.

Selected stories will be published in upcoming issues of the Sherman Hub News.

Email your submission to shneditor@shermanhub.ca

SUBMISSION DEADLINE IS APRIL 1ST, 2017



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



The Sherman Hub 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. We can't do it without you.

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ARE YOU OUR NEXT SNOW ANGEL? OR DO YOU KNOW ONE?



Hamilton residents are encouraged to volunteer to become Snow Angels for this upcoming winter season (November 2016 - March 2017).

Through the Snow Angels program, volunteers assist eligible seniors and residents with disabilities with snow removal. Volunteers are required to:

- Clear snow from the walkways around the home;
- Clear the windrow - a pile of snow left behind when snow plows clear the road;
- Attend the home when there is a minimum of a 3 cm snowfall;
- Clear the snow within 24 hours of a snowfall.

Becoming a Snow Angel is a great way for families and friends to spend time together and for high school students to obtain their community service hours. Volunteers must be 14 or older, reliable, and physically able to participate in snow removal.

For more information or to register to become a Snow Angel, call 905-523-1910 or email: NAS@hamilton.ca.

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WALKING IN WINTER

BY THOMAS EAGLES

With the winter months coming, I begin to think about patient mobility and factors that influence it.

I see many people not just in my clinic, but also walking down the street with complications in their gait (the way they walk). I often find myself wondering the reasons for their gait dysfunction and what could be done to help them. I often see people with leg injuries and foot dysfunctions where things such as an orthotic could help them, and I also see a lot of people with low back, pelvis and even simple mechanical issues that can be resolved without extensive intervention.

For example a person with flat feet would tend to internally rotate their knees. This could lead to improper balance and a sway in their walk leading to them being off balance and more at risk of falling. This internal rotation can also lead to more stress on the

knees and even low back (as they start to compensate), which again makes them more prone to falling and injury.

Another great example of this is piriformis syndrome.

Piriformis syndrome (VERY common) is a condition in which the piriformis muscle, located in the buttock region, spasms and causes buttock pain. These spasms also tend to cause their sacroiliac joint (in the pelvis) to lock up and therefore the individual tends to swing their leg to help with mobility. When this happens, their stability when walking decreases significantly and again makes them prone to slip and fall.

Correcting these mechanical issues can help

people improve their gait and not only reduce their chances of losing balance or even slipping in the cold weather, but also helps them to catch themselves before falling on the ground even if they do slip on the ice.

As such, I always try to encourage these individuals to take care of these minor issues before they become more serious problems, especially as the more treacherous weather begins. This helps not only prevent injuries before they happen, but also make us more comfortable overall.

Thomas Eagles is a Registered Kinesiologist, and Osteopathic Manual Practitioner at Freemotion Therapy.

MUSICAL JOURNEY

The Road That Leads You Home

BY DARIN MARTIN

For years now, I have been on a musical journey that has taken me as far east as the beautiful Atlantic ocean, and as far west as the chilly Pacific coast. In 2015, I had the opportunity to travel to Egypt and sing songs for the amazing people there. I've even traveled to the Dominican Republic to play music with a few good friends. I must admit, at times I have wondered what I'm doing. Why I don't I just settle down and find a regular job with a regular paycheck that lands in my bank account on a regular basis... but what would life be like if it didn't have some mystery and struggle?

My last concert in November, before switching to Christmas songs for December, gave me something new to strive for. My band and I had the opportunity to spend a weekend in the thriving metropolis of Kingsville, ON where we played at the Baptist Church. We played twice throughout

the weekend and it was so incredibly encouraging for me. This new tour, "Who Am I", has a whole lot of emotion and struggle in it, but by being so vulnerable, I have found that this set of songs and stories has already connected with people in a very deep and meaningful way.

By the time we left Kingsville and headed home, we felt like we had new members of our family. All the way home, we shared stories of the people that we had a chance to talk with, we laughed, we reflected silently, and then we saw a sign for Hamilton and knew that we were almost home.

I was so blown away by the whole weekend that, for the first time in my life, I have no doubt about what I am supposed to do. I get to write songs, record them, and

share stories that go with those songs with broken people like you and me. Every time I have an opportunity to do that, I get into an amazing conversation with someone who has connected in a deep and spiritual way with one of my songs, and it really blows my mind that this happens. Life is full of hurt and pain, and when someone has felt real loss or wanted to give up, and can have an honest conversation with someone else about that, it can be very healing.

I'm not sure where else this journey will take me over the next few years, but I'm excited that at the end of these little tours and trips, I get to come back to my home in Hamilton, drink locally roasted coffee at Vintage and work through more of this with my friends and family here in our great city.

POETRY

BY TANYA B

1 **Redefining Born Free**
A people's platform
Invisible life and death
Toxic social war

2 **Holidays life greetings**
Change and reflection
Christmas is ... Hanukkah is ...
Kwanzaa is ... hopeful

3 **Futurism rituals**
New propaganda
Furtile futurism cropped
Over abundance

BY STACEY MCPHAIL

City School by Mohawk is an initiative based on community input and consultation that seeks to break down barriers to postsecondary education and employment. We believe strongly that education is the key to un-locked potential, and we strive to empower Hamiltonians with the skills and confidence to reach their academic

selected based on what residents tell us they want to learn.

And don't worry if you don't have the time to dedicate to a course. Even though we try to accommodate as many people as possible by offering courses during the day, evening, and weekends, we understand that not everyone wants to or is ready to take a full course.

credits have been earned by residents from across the city.

Needless to say, 2016 was a whirlwind year – and 2017 will be too!

We've got two credit courses starting at each of our two locations this February, and even more speakers, workshops, and after school programs for youth bringing college-related

partnered with other groups and organizations to bring you collaborative community events and training like Change Camp and the Community Skill Building Network, designed to empower residents with the skills needed to make the changes they want to see in their neighbourhoods. We also get Mohawk students involved

in community initiatives to offer them experiential learning opportunities that benefit the city and support existing activities.

We love hearing from our neighbours across Hamilton about ways Mohawk can continue to support you and

invite your input. Tell us what courses we can offer or topics you want to learn about, tell us how we can support your community initiatives and where you would like to see the Mobile Classroom!

You can find us in the community at Central Library, Barton Library, 541 Eatery & Exchange and at neighbourhood meetings, call us at 905-575-2489, email us at cityschool@mohawkcollege.ca, find us online at www.mohawkcollege.ca/cityschool, like us on Facebook, or connect on Twitter @mocityschool.

CITY SCHOOL IS BRINGING MOHAWK COLLEGE TO THE COMMUNITY

and employment goals.

So how do we do this? Who is City School for?

City School is for anyone who isn't in high school, college, or university who is starting to think about their future. Don't worry about high school completion or transcripts, and don't worry about fees; everything City School does is free. The credit courses are taught by Mohawk College instructors and are full courses exactly like they would be delivered at the campus, except they're free, they're in the community, and they're specially

That's why we also offer workshops and speakers to give people the chance to try short-term tastes of college related programming.

City School first opened its doors at the Eva Rothwell Centre at 460 Wentworth Street North in October of 2015. Since then, we've partnered with the Hamilton Public Library to deliver programming at the Central Library, and are building a mobile classroom that will be able to reach even more Hamilton neighbourhoods in fall 2017. Eight courses have been delivered in the community so far and almost 60 college

learning experiences to the community. We're also busy planning our next phase with the Mobile Classroom, including taking recommendations for courses and locations.

City School is from the College's strategy for Community Access and Engagement and represents the College's commitment to bringing Mohawk to more neighbourhoods in Hamilton. The goal is not only to improve access to postsecondary education, but also to support neighbourhoods in their action plans and community development. We've

FILLER ROBOT: DAVE WILLEKES



LOOKING TO...

EARN CREDITS FOR COLLEGE COURSES?

BUILD SKILLS TO BE JOB READY?

City School can help you get started on a plan to attend college.

Free programs include:

- College credit courses
- College prep workshops
- Guest speaker events
- Youth programs
- Job related workshops
- Community events

Did you know?

As part of Community Access and Engagement at Mohawk College, City School partners with community groups and organizations to offer events and training sessions to bring positive changes to your neighbourhood.

Contact us to learn more.

905-575-2489 | cityschool@mohawkcollege.ca
mohawkcollege.ca/cityschool | [cityschoolbymohawk](https://www.facebook.com/cityschoolbymohawk)
 @mocityschool

City School
by mohawk

URBAN GARDENER

BY CANDY VENNING



Before you answer that – why is a landscape designer who’s been creating gardens for 18 years asking her dear reader such a silly thing at all?

Ask me what makes a garden and a big cartoon bubble appears above my head filled with beautiful images of past, present, and the imaginary. Ask anyone else, and it may elicit sweet summer memories of romping through wildflower meadows or gloomy despair based on experiences of being forced into child labour, pulling weeds, in an endless lawn.

Simply saying ‘a garden’, in no way narrows down the definition, it’s one of

the broadest names for a space that can be so many, many, things. For example; last issue I wrote about Winter Birding around Hamilton. If you’ve ever been to Cherry Hill Gate/trail at The Royal Botanical Gardens, I hope you’ll have experienced the joy of standing in the woods while feeding a black capped Chickadee or a White Breasted Nuthatch; however, would you consider the trails and boardwalks a garden? Perhaps you could say – well, the clue is in the name – it’s called the Royal Botanical Gardens, silly! Compare with The Gage Park Greenhouse, which definitely has a beautiful garden, but it’s inside and artificial in the sense that it’s entirely built by human hands – still a garden. Although both are public spaces with plants, the similarities end there.

Growing vegetables in raised beds on top of asphalt, as they do behind 541 Barton, is a garden. A greenwall like the one inside the Main Entry for the

Hamilton Central Library off York Blvd is a garden.

Any beloved balcony or windowsill filled with houseplants can be a garden. The Art Gallery of Hamilton sculpture garden (yes, clue in the name again) is a garden, even if it had no plants. In fact, it might be easier to ask what doesn’t or can’t go in a garden (Ahem, maybe we’ll save that for another article). Alright, I hear you saying we could go on and on about this – stop beating about the hypothetical bush!

What about your garden? Is it a nirvana for the senses with daily harvests of organic veg and cut flowers, is it a poo filled doggy dig zone, perhaps it’s a plethora of exotic and invasive weeds, a work in progress? Fill in the blank. Most likely it’s a mix of some of these things – it’s certainly full of potential to be all of these things. And that may be the best answer. A garden is a place we hold in our mind, a place with tremendous potential. While each person, based on influences throughout their lives, will have a different

perception of it, a garden should also be a place that you are drawn to spend time in.

This month I really encourage you to contemplate the garden, what it could be, and what it means to you. I’d love to know what you’d like to see more of in your home and/or neighbourhood.

Candy Venning, is a Landscape Designer with Venni Gardens, a resident, and community contributor

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LOCAL REAL ESTATE GOES INTERNATIONAL

It's Never Just a Sale

BY STEVE DEVISSER

As I write, I am preparing for a once in a lifetime trip to Cameroon, Africa. This Christmas I will be visiting Cameroon with a group of friends who currently live in Hamilton and are originally from Cameroon.

My sister Christine worked as a linguist in Cameroon for 10 years. She spent time in the city of Bamenda; Bamakumbit, a village 2 hours east of Bamenda was her home. She got to know a lot of people and some, it turned out, lived here in Hamilton.

In 2012 my sister introduced me to Napoleon (Naps), Rose and Cynthia.

Naps and Rose wanted to buy their first house here in Hamilton, so Christine suggested we meet. In January of that year we began looking for a home for Naps and his family. With patience, we found just the right place and by the end of November they were moved in, and ready for their first Christmas in their new home here in the Sherman Hub.

November 2016 marks four years for Naps and Rose's move into their home. Our friendship has grown. Through them, I have also become great friends with many other Cameroonians living here in Hamilton. 10 of these Hamilton friends are going home for Christmas to see their families and they very generously invited me. We are now fine tuning our preparations. In fact I just received my entry visa!

Naps, Rose and Cynthia will travel first to Nigeria to see Rose's family and then to Limbe, Cameroon to see his family. Donald and I will fly together. Our destination city is Buea. Donald's wife and son will join us there. Jaydan (Donald's Brother) will meet us in Buea or Bamenda. I believe Valerie, Sophia and Edwin will meet us in Bamenda for the HUGE party celebrating Jaydan and Donald's parents' 60th wedding anniversary!

Food is central to all of the gatherings and is a much discussed topic when we talk about our pending trip; "Steve, you will love it!". They know I am a food adventurer. I will try anything once :). The spices used in Cameroonian foods here in Hamilton are imported from Cameroon and not like anything I've tasted before. Most dishes are great, but 3 stand out as absolutely delicious! One is made by Jaydan. He makes an awesome Achu, a soup served with meat (often cow foot) in a moat made from mashed Yuca. The Yuca moat sticks to your plate and keeps the soup in. With your index finger, you scrape a small ball of the mashed Yuca from the outside edge of the "bowl", dip it into the soup and..... Mmmm! Scrape, roll, repeat until the moat, or the soup is gone!

Speaking of food they are all really looking forward to the fresh Atlantic fish in Limbe. The 10 of us are planning to gather together from our respective billets and families in Naps' home town, Limbe. The hope is to see the 10 Hamiltonians as well as their friends and families all enjoying an ocean side dinner together. If you check out Limbe on youtube, you will catch a glimpse of what we are looking forward to.

I look forward to learning more about the culture and heritage that these friends left to build their lives here in Hamilton. In the next issue, I look forward to sharing with you some cultural and real estate observations. Sometimes, it's a whole lot more than a sale.

Talk soon,
Steve.

Steve Devisser is a Sherman Hub resident and a Realtor.



Organized Labour isn't just about making our working lives better.

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MATTHEW GREEN

CITY COUNCIL | WARD 3

Working together for our community!

I am confident that as we continue to move Ward 3 together 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



AN APPEAL FOR SAFE SPACES

BY JOEY MLECZKO

Have you ever felt unsafe? Maybe it's the feeling you get when you're walking alone late at night and you approach a group of people you don't know. Or when you're in a parking lot and there's ominous footsteps in the distance, but you can't tell where they're coming from. That feeling of uncertainty about who it could be, what they intend to do, and how you will react when they reveal themselves is all too real - it's in the pit of your stomach, it's in your heart and, most importantly, in your mind for hours after.

Now imagine that your fear is not just related to your surroundings in a particular moment, but instead, tied to your very identity, or position in society.

Perhaps you have been attacked because of your skin colour, maybe it was overt physical violence, or a more subtle form - like a sideways glance or mumble under a stranger's breath on the bus. Maybe you are a woman, never sure if the person talking with you will hurt you in some way because they see you not as a person, but as an object they can dominate. The manifestation of this may not always be physical, it may be the way a person talks over you, or dismisses you and your ideas. Or maybe you're homosexual, and you've been attacked by strangers or even family. You know the places not to go, and when to speak or not speak, lest you're met with hate.

There's been a lot of talk about space lately, and a lot of people who have never had to experience the aforementioned uncertainties or attacks, yet appear to have a hard-lined stance on how best to create and manage the spaces needed to address these issues.

The idea of a safe space, whether in real or digital worlds, is not to coddle someone. It's simply about offering a place where people who are systemically

marginalized can exist without having to question whether or not others will make them feel less valued or less human. A place where efforts are made to not perpetuate those systemic and often difficult-to-see inequities in society, and where people can be without the threat of attack on their very existence, or being challenged and forced to defend their realities.

What many people take as simply issues to have opinions about - things like same-sex marriage or issues of race - are linked to the very experiences of a person who lives these every day. Those not affected by them have the luxury of seeing them as issues or opinions and not as integral aspects of daily lived experience.

I cannot, for the life of me, figure out why some people take issue with that. I can't see how anyone would hear a request for a safe space by an individual or group that is disproportionately disadvantaged by the broad structures in society, and willingly ignore their plea for what they need. There have been instances of people mocking safe spaces and using the concept to call people weak or even worse, to denigrate them.

It's not hard to be a person who others feel safe around. It starts by listening to the stories of those who have reasons to feel unsafe. It starts with deciding that your ego and your desire to be primary in all situations can take a back seat to the people who experience these threats daily, without the privilege to control when, where, and how, they engage with these issues. It just comes down to asking yourself what matters more? Being a person people trust and want to be around or the alternative?

Joey Mleczo is a hub resident, McMaster alumni, and his beard is gorgeous.

SONGS FROM THE HARRRP

Contra Dance Now at HARRRP

BY TARA BOLKER

There's a new weekly program at St Peter's HARRRP! Put on your soft-soled shoes and join dancers of all levels at the Hamilton Contra dance, Friday evenings from 7pm to 9pm.

What is contra dancing? Well, the best answer is "try it and see for yourself!" One of my favourite quotes is "a contra dance is an amusement park ride we make for ourselves."

Contra dancing, or New England contra dancing, is related to other traditional dance styles like square dancing, Scottish country dancing, ceildh dancing, and English dancing - all done with a partner in a larger set, where you move together through the figures of the dance, "do-si-do, swing your neighbor, circle left, right hand star..."

Do you need to know what you're doing? Not at all! One of the truly wonderful things about contra dancing is that you learn as you go. Dancers of all ages and all levels are always welcome to the Friday dance at HARRRP, so you can start any time and get swept up into the dance. Of course it is more challenging for some new dancers than for others, but it is a fun and social way to learn something new in a very welcoming atmosphere.

It's a group effort, with a caller first teaching the steps and then calling them along with the music until the dance can flow on its own. Experienced dancers help lead the way with a smile, a gesture, or a gentle hand to guide new dancers into the next figure. When

it all falls apart - and it will fall apart - everyone smiles a little brighter and laughs a little louder while the music plays on and the dance starts again. It is just a dance, after all!

What kind of music is played for contra dancing? Spirit of B Minor is the house band, playing their own special blend of energetic celtic, Quebecois, and old-time tunes for the Friday dances. The duo is Ruth Hutchison on fiddle and Gwen Harper on piano, occasionally with a third on guitar, flute or harmonica. The music really drives the dancing; the rhythm carries the dancers along step by step, and the parts of each tune match up with the figures in the dances to hold it all together.

To get a first-hand look at contra dance, come to the Community Day of Dance on Sunday, January 8, 2-4pm, St Peter's HARRRP, 705 Main St E. It will be an afternoon of traditional dancing: morris dancing, English dancing, contra dancing, all with live music. Join us for dance demonstrations and audience participation, followed by light refreshments and meeting the dancers. Pay-what-you-can with all proceeds supporting HARRRP.

Contra dancing is a great way to get some exercise, learn something new, dance off stress, and enjoy an activity with your neighbors. Contra dancing at HARRRP is a great place for the community to grow.

Need A Winter Boost?

BY JENNIFER BOLUS

The holiday bustle is over for many of us and our least favourite season, flu season, has a few more months to spare. If your holidays were filled with late nights, rich or sugary foods, and higher stress levels than usual, your immune system could use a reboot. Here are some natural ways to boost your immune system this winter.

Sleep - Deep, restful sleep is one of the best ways to metabolize the stress hormones we produce each day. Ideally we'd be sleeping with the natural light cycles and none of us would be sleep deprived. Set up your sleep schedule to allow for at least 7-9 hours of sleep. For optimal rest, aim to be in bed by 10 pm (I wanted to say 9 pm but who are we kidding, right?).

Rest and Restore - Reduce stress and

turn on the relaxation response in your body DAILY. This allows your nervous system to recalibrate and move out of the adrenaline and cortisol producing fight or flight hormones from a busy day. Induce the Relaxation Response easily by practicing 15-20 minutes one to two times per day of my number one 'prescription' to clients: using the Guided Seated Mindfulness exercise or the Guided Body Scan available for free at www.mindfulnesshamilton.ca For a shorter version, check out the Stop Breath and Think App for an 8 minute mini version.

Vitamin D - A hormone involved in thousands of chemical processes in the body including keeping the immune system in optimal condition. Speak to your healthcare provider for

your optimal dose. For individualized dosing, blood testing may be needed.

Boost Your Bacteria - Take a probiotic supplement or boost your intake of fermented foods like sauerkraut or kim chi. You have TEN times as many microbes as you do cells in your body and it's estimated that 70-80% of your immune system lies in your gut. Probiotic in yogurts can be helpful but often do not have enough probiotics to make a significant difference- and are mixed with sugar.

Squash the Sugars - Both actual sugar and foods that convert into poor quality glucose like crackers, cereal or granola bars, cold cereals, breads, pastas. Sugar has been shown to cause an increase in inflammation, and decrease in immune function. For most

people it's hidden in the form of man made, factory foods. Be mindful of your grocery cart and aim to fill your belly with at least 80% real, whole, nutrient dense foods like nuts, seeds, fruit, veggies, lean proteins, legumes and small amounts of whole grains/starches (i.e. wild rice, quinoa, root vegetables). Refined starches and sugar laden foods also throw off the gut flora by encouraging the bad bacteria to get comfy and reproduce. If you're going to take probiotics, keep this in mind so you're not wasting your resources.

Wishing you and your family a healthy winter season!

Jennifer Bolus is lifelong Hamiltonian, friendly Crown Point resident, and Integrative Registered Dietitian.

A DAY IN THE LIFE OF THE SHERMAN HUB NEWS

IT TAKES A COMMUNITY, AND THEN SOME.

BY GREG READER - CHIEF PHILOSOPHY OFFICER

Email from Mel, our editor-in-chief (6 pm Saturday night): I think we should talk about a bunch of things re the next issue of the paper. Are you around?

My response (two hours later): Sorry! Just saw this. Sure, give me a call.

Email back from Mel: Okay – can I give you a call tomorrow? I may have a conference call starting in a few minutes... and I'm exhausted. And I have a headache.

My response: Sure! Any time after 3.

Sunday evening: Just spent 1 hour and 38 minutes on the phone with Mel. We chatted about how to help some of our contributors to sharpen their writing without losing their natural voice. Then we bounced around ideas for some potential new content, got up to speed on some of the things that are happening in the community, and did some planning for our upcoming celebration with all the people who work on the Sherman Hub News.

I continue to be blown away by how much creative energy and thoughtful care goes into producing this paper. The writers, editors, copy editors, layout and design people, delivery

volunteers, and the people working on ad sales and finances ... all told I think it's over 50 people who put in hours and hours, unpaid hours, every month to make this happen. And not just to make it happen, but to produce something of award-winning excellence. All so that our community can be in multi-directional, multi-perspective conversation with each other. Amazing.

So the next time the on-line deposit app isn't working and it takes me half an hour instead of two minutes to deposit an advertiser's cheque, or the next time I have to dig back through months of records to confirm a transaction, or the next time someone complains about the Sherman Hub News having dropped the ball in some way, I'm going to think back on the hour and 38 minutes I just spent on the phone with Mel and how energized I am now because of it. And I'm going to remind myself that every minute spent on this publication is absolutely worth it.



CREATING THE CONTENT
Contributors submit their stories one month before the issue is printed and delivered.

IT ALL STARTS WITH WRITING

BY TERRY MOTE - CONTRIBUTOR / PROOFREADER

I'm the new kid on the block I'd contributed a few times as a "reporter" for the Sherman Hub News, usually with stories of beautification and renewal. Recently, I joined the Production Team as a proofreader, helping to catch typos, spelling or grammar issues. "Sure", I said. I know my colon from my semicolon, and the difference between their and there (and they're). And thus began a new adventure.

Off I went to my first Production Team meeting, had a great breakfast with an outstanding group of people, and marveled at the knowledge and skill level, the dedication and commitment, and a constantly active process with firm deadlines and multiple details. All volunteers, they build a community newspaper every two months, starting with a blank page each time.

Some articles are submitted regularly, others unique, personal and sometimes poignant, still others informative or thought-provoking. Frequently, SHN will identify and solicit a story, depending on what's relevant at the time. I'd always wondered why the Catholic School Board didn't contribute a column,

since the Public School Board did - easy enough to make that contact. "Let's meet for lunch" produced an enthusiastic new columnist, and a fast friend.

Regularly, community members make contact with SHN to request information or advice, and by my second meeting, I was ready to "chase a story", following up on an inquiry from a new seniors group - that's all I knew - a seniors group. Imagine my surprise when I connected with the two coordinators - meetings are held at the same church where my father was choir director for decades. It turned into over two hours of rousing discussion in two different languages, another lunch invitation, and a plan to announce a new service to the neighbourhood and the community. These story "leads" happen all the time - keeping the community connected, and producing much more than stories in a newspaper - they build relationships with mutual respect and good intentions.

For myself after only two meetings, I have three new friends and a fabulous group of new colleagues. Looking forward to what happens next!



PRODUCTION TEAM MEETS
Soon after the paper is delivered there's a meeting to discuss ideas, challenges, improvements etc.

AND A BIT OF PLANNING

BY MEL WALTHER - EDITOR-IN-CHIEF

I can't believe I'm writing my contribution to this page only minutes before our print deadline... but then again, that's kind of how this work goes. I wonder how many people out there know how close we come to not making our print deadline on almost every issue. I'm cutting it particularly close on this one - maybe this will be the one we miss. Maybe not.

Conceptually, we run a two-month planning cycle for the newspaper. And it always starts with breakfast. Over coffee (and sometimes a hangover) I throw far too many ideas for articles and ridiculous projects out to the group. I love our team because I get to share these totally crazy thoughts and suggestions and they never (or rarely, and in those cases perhaps appropriately) make me feel like I'm totally crazy.

There are always far more ideas than resources. We're lucky if we manage to follow up on one or two big new ideas for the next

issue. There are about forty-seven thousand things that I'd like to do with the paper (better website, co-op printing press, collaboration with other neighbourhoods, newspaper stands, childrens paper and writing workshop, full apartment delivery, etc. etc.) that we'll probably never be able to do.

For each issue, I always try to plan things early and do as much work as I can in the month prior to production in order to make the process as smooth as possible. But the more I plan the newspaper, the more work I actually end up creating for myself and others, so the process of early planning usually just backfires.

So here i am as always, at the last minute, tying up loose ends and trying to get something printable. Building a newspaper is a lot of work.

Thank you to all of our contributors and volunteers. I only sometimes know what I'm doing - so I'm very glad that you're all here to run the show.

AND SOMETIMES A LITTLE COAXING

BY KATHY CALVERLEY - MANAGING EDITOR

The role of the Sherman Hub News Managing Editor is to make sure that the articles from our regular contributors are submitted on time which is usually a month before the issue is delivered. I have been the volunteer in this role since 2012 and have watched the number of regular contributors grow from less than 10 to almost 40.

Every two months I begin the managing editor process by sending out a friendly email reminder three weeks before the deadline, followed by another reminder two weeks before the deadline; which is followed by another email reminder

one week before the deadline. One or two contributors usually submit before the deadline, but most, as is human nature, submit on the day - sometimes close to midnight. If I have not received a submission one day after the deadline, then begins the beguiling, coaxing, enticing, flattering, persuading, sweet-talking, cajoling and finally begging for the submission.

Thankfully this role has been a joy to volunteer for as I go into my sixth year.



EDITING BEGINS
Once all the stories are received, editing can happen. This takes about a week. Only 3 weeks left!

MAKING SURE IT ALL MAKES SENSE (SORT OF)

BY PATTY CLYDESDALE - COPY EDITOR

It all starts with an email saying that the story spreadsheet is ready-copy-editing can begin. I usually see that email when I'm in the midst of a crisis or time crunch: someone's ice cream just fell on the floor, someone needs a Bandaid for an imaginary booboo (they've just got a thing for Band aids), or I'm on my way out to work/community meeting. At this point, I say to myself (while rubbing my hands together in glee) Fun! It's not going to be today, or maybe the next couple of days, but I'll get it done!

A few days later, I check in to see that my fellow copy editing volunteer has not only started, but is almost finished or done her articles! She, like me, really enjoys copy editing for the paper and looks forward to learning what stories she'll be copy editing. It really doesn't take a lot of time to copy-edit. I'm often copy editing after the kids are in bed, after my nightly walk and sometimes do it in two sittings. I find that copy editing is actually quite relaxing- it's become my quiet time, and I do so with a nice cuppa tea.

I look at the spreadsheet and usually go through the stories attached to my name from top to bottom, which always begins with regular contributors, and then ends with special edition content.

Some stories require very little copy editing, others require more. Some stories need clarification for a particular sentence, some have minor spelling or grammatical errors and some need to be edited for clarity. Sometimes, we need to reach out the contributor to ask for more information, a photo or an appropriate heading. Very rarely, some stories reveal content that may not be aligned with the Sherman Hub Community Planning Team's asset based community development (ABCD) model. This last one usually spawns a conversation with the Editor and production team, and one of us may reach out to the Contributor for a discussion on ABCD, and how the story can be written with this context in mind.

Copy editing is so rewarding, and I enjoy reading the various perspectives from our amazing community in the Sherman Hub. I make it a point to not read articles that are not assigned to me now, because the only downside to copy editing, is that when our beautiful (Maggie award winning!) newspaper comes out in print, I have already read at least a third to half the articles ;)

PAYING THE BILLS

BY STEVE DEVISSER - ADVERTISING SALES

All of the work of the Sherman Hub News is done by volunteers, but that doesn't mean there aren't costs. Advertisers pay to place their ads in the paper. This pays for the printing of the paper. Obviously the more pages, the more it costs, and color pages are more expensive than black and white. My job is to find advertisers and make sure that their ads make it into the paper each issue.



A LAST LOOK
With just a couple days to go until printing, keen eyes look for any typos or errors.

GETTING IT TO YOUR DOORSTEP

BY LESLEY COOKE
- DELIVERY COORDINATOR / COPY EDITOR

A constantly-evolving, colour-coded map of the 120+ city blocks between Wentworth and Gage, south of the CN tracks to the escarpment, combined with a rambling spreadsheet of contact info, notes, and reminders, to managing a wonderful team of over 40 distribution volunteers... such is the life of the Sherman Hub News delivery coordinator! With every issue comes a new challenge: as we all donate our valuable time, it is only natural that some of us will have other commitments that draw us away as the months pass. Aside from near-encyclopedic knowledge of the streets and landmarks in the neighbourhood, in my role as delivery coordinator I have developed a keen sense of organization to make sure our end goal is met for each and every issue: get the News out there! Now, to think of new and exciting ways to bring new folks into the mix...



DESIGN & LAYOUT
It takes about an hour and half to lay out each page of the paper. One week to go!

IT'S ALL PART OF A GRAND DESIGN

BY LAURENCE SMINK - DESIGN & LAYOUT / CONTRIBUTOR

Steve just sent me an email asking if we can fit 3 new ads into the paper this month. It's tight as it is, given that Mel planned the issue at 16 pages, rather than the 20 pages we ran in the previous issue. But the paper costs money to print, and the ads pay for that. The more ads we run, the bigger the paper can be, and the more full-color pages we can have. So I'll do what I can to fit these new ads into the layout.

I've been working on the design and layout of the paper for a over week already and we're scheduled to have it on the printing press in 4 days. When I'm done with it, it still needs to be proof-read for any mistakes or typos, those have to be corrected, then we need to create the final print file, and only then can we send it to the printer. And to be honest, I'm never really done with it.

I start with an empty Adobe InDesign template and over the course of a week or so, I import all the text,

images and graphics into the template until it starts to resemble a rough version of a newspaper. When all the content is imported, I start to format it all - that means making sure all the fonts are right, the type is the correct size, that all the headlines are the right style. Then I start to refine the design and layout, bringing in color, illustrations and interesting typography.

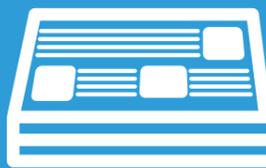
Each page in each issue is different from the issue before. Pages can have different numbers of columns of text, some are vertical, some are horizontal, some span across two pages. Some pages have room for images or illustrations, other don't. I have to find interesting ways to work those into the design. Sometimes a particular sentence in a story is really compelling, so I'll use it as a pull-quote - a big bold piece of text that's set apart from the rest of the story. There's are literally hundreds of ways to lay out a page and have it still look like it belongs in the paper.

So I keep moving things around,

adding images and graphics, tweaking colors, just generally exploring what reads the best, what helps communicate more effectively, what helps tell the story and what looks right, until I run out of time. It never really ends until I save the final file for print.



PRINTING
At last! Ink! Paper! Stacks and stacks of papers! 10,000 copies are printed for delivery.



DELIVERED TO YOUR DOOR
It's been a long two months but it's finally arrived. Hundreds of hours of work and a small army of volunteers helped get it to your door, so the many voices that reflect our community can be seen by all.

EDUCATION MATTERS

Un-finding My Voice

BY LARRY PATTISON

It took me a long time to find my vocal cords. There is great inner power in finding one's voice, but there are also dangers as well. My confidence, mental wellbeing, and overall spirit have drastically changed over the years, and for this I am grateful.



I have had the humbling honor of serving as your elected school board official for 2 years as of December 5th. For me, the thing that will matter most when I look back, hopefully some 50 years from now, is the part I played in raising my children and through those lessons, my contributions towards the betterment of our community. I don't need to be famous, rich, the loudest voice in the crowd or even always right. I just want to do my part. I want a better community for my family and friends,

and I believe outside all of our differences, that is what we all want.

I've seen some conflict lately that has upset me, mostly because I care for everyone in my community and see so many passionate people with the same end goals doing so much out of the goodness of their hearts. I'm regretful for engaging in a recent community discussion

and questioning others' leadership. It seems that finding your voice can easily take you down a path that doesn't represent the leader you want to be.

There is a difference between criticism and critique. Criticism aims to find fault or lay blame, and while critique is evaluative, analytical, and challenging at times, the purpose is positive, and the process is honest and kind. I don't believe we should be criticising our fellow community

members. And sometimes advice is best offered in private - and in person. Our focus must be on the kind of people we want to be, rather than what we want to see in others.

The only marker I have set for myself as a leader, is imagining my girls (or any child for that matter) watching or listening when engaging in any form of conversation. I've lost focus on this at various times in my life and it's time to stop making some of these same mistakes. I am sorry for those I have hurt. I have watched how politicians or celebrities are treated in the media and on social media, and it's always something that has sickened me, but even so, it is easy for us to be caught up in this ourselves, whether in a public forum or over a few suds with buds.

So, although sticking a piece of tape over my mouth isn't an ideal proposal for someone who is supposed to be carrying your voice through to Board and Committee tables, it was while

sitting among our city's new Indigenous Education Circle that this very personal need became evident. It's an important time for me to listen to others.

We can't know where we are going, unless we have a good understanding of where we've been. Through our family and community elders, and the lessons our country is learning about our indigenous roots, I believe we will all gain a much more humbling understanding of the work we need to do to continue to build the communities we wish to create for our youth.

Although I will be listening much more, it is my belief that through this exercise your voices will come through even stronger and with greater effect.

Megwich. Thank you.

Larry Pattison is the HWDSB Trustee for Ward 3, and father of two girls



PARTICIPANTS NEEDED FOR RESEARCH ON RENTERS IN HAMILTON

We are looking for volunteers to take part in a study of tenants who are moving between Hamilton neighbourhoods. We hope this work will contribute to understanding the mobility of residents in Hamilton. If you are renting in Hamilton and you have moved within the past 24 months, or anticipate moving in the next 12 months, we would like to speak with you.

If you respond to this advertisement, your participation will involve *one* interview. This interview will be 60 minutes in length.

You must be 18+ to participate.

In appreciation for your time, you will receive monetary remuneration.

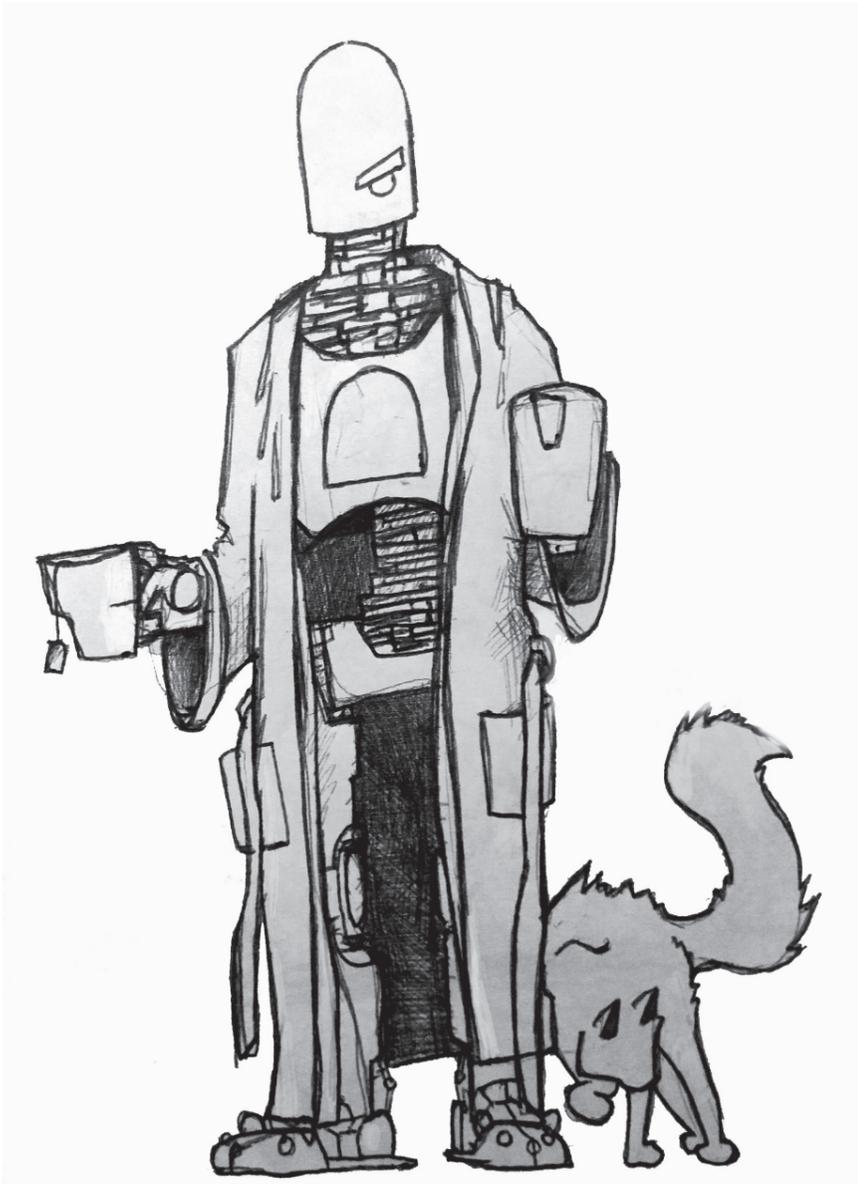
For more information, or to volunteer, please contact:

Kathleen Kinsella

Email: kinselkl@mcmaster.ca

Phone: (905)525-9140 ext.20440

This study has been reviewed, and received clearance, by the McMaster Research Ethics Board.



BREAKFAST WITH TAILBOT - DAVE WILLEKES



SYMPATHETIC STRINGS ATTACHED

BY SHIONA MACKENZIE

Born in India and today a proud resident of the Sherman Hub, sitar virtuoso Neeraj Prem has always been interested in experimenting with music of various kinds and in collaborating with musicians from around the world.

“Although my training is in classical Indian music, because it is all about improvisation, this background gives me a very clear understanding of, and ability to perform, multiple musical genres comfortably,” Neeraj says. “Wanting to incorporate Indian, jazz, and rock elements, and lend an international flair and texture to a band sound, the concept of ‘Sympathetic Strings’ has been on my mind for a very long time.”

Sympathetic Strings comprises five talented and dedicated musicians: Keon Crosswell on guitar, Steve Hilbert on bass, Franz Nangle on drums, Osbert (Ozzy) Lyall on tabla, and, of course, Neeraj on sitar and vocals.

While Neeraj was looking for the right musicians to form this new band, he kept busy performing concerts across Canada and beyond, hosting television and radio programmes, participating on the Board of Directors for Hamilton’s Immigrant Culture and Arts Association, and on the selection committee for the Ontario Arts

Council. He also founded Ragaffaire (an intercultural fusion ensemble) as well as the Raga Music School in Toronto. Neeraj’s debut album “Sounds of India” won the Dofasco Hamilton Music Award for special instrumentalist of the year and best cultural recording of the year in 2004. ‘A Black and White Christmas’, an album he made with west coast singer-songwriter and instrumentalist Bruce Harding, won the same award in 2012. You may have heard Neeraj play at the Art Gallery of Hamilton last spring, or at the Hamilton World Music Festival in Gage Park last summer. After performing in Burlington in the autumn, he felt the time had come to launch Sympathetic Strings.

Conveying a plaintive, yet persistent appeal for peace and kindness, ‘Lovely People’ is the first offering by the Sympathetic Strings to be found on YouTube. “We made two versions of the song,” says Neeraj. “The first is a political one, expressing a desire to achieve harmony between leaders and their people; the second is about harmony among human beings from all walks of life. The song is supposed to make you think about what we are doing today and how we can or should treat one another. It’s easy listening

without heavy orchestration, so it can reach more people and you can hum along.”

Neeraj tells me he can see Hamilton’s blossoming music scene getting even more robust, thanks to the loyal support and encouragement of the local community. As if to make his point, following their concert at St. Andrew’s United Church in December, Sympathetic Strings has a North American tour in the pipeline.

What big-name, homegrown talent does Neeraj admire? His favourite Canadian musician is Gordon Lightfoot: “I find his music has lot of substance.” Considering the passion, imagery, themes, and storytelling that permeate Neeraj’s music, this may not come as a surprise. A decade ago, another fan of Lightfoot was quoted in the Wall Street Journal: “All I know is that in the midst of the madness of this world it’s my therapy. The music touches my heartstrings.” Now, Neeraj Prem hopes the Sympathetic Strings will touch your heart.

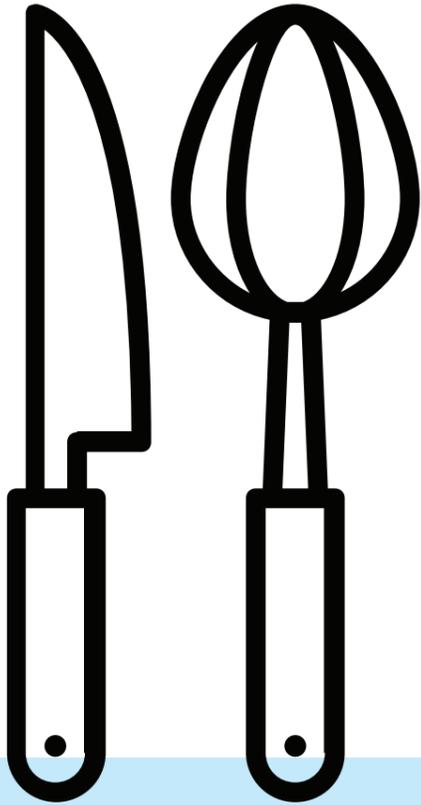
Shiona Mackenzie is a communications professional with 17 years of international experience and a lifelong love of the arts.



GOOD AND CHEAP COOKBOOK

Eat Well on a Budget

BY DANIELLE DINGLE



OK, so this is not news, but amazing recipes in a beautiful book that you can download for free is certainly worth mentioning. On June 4, 2014, Edmonton native Leanne Brown launched a Kickstarter campaign to raise funds for a free cookbook: 'Good and Cheap'. Brown developed the book as a project for her Master's degree in food studies at NYU. The

original intention of 'Good and Cheap' was to help low-income families to eat well on \$4 USD per day, and the Kickstarter allowed her to raise funds to print hard copies for donation to families who don't have access to a computer.

When conducting her research, Brown noted that "so many ideas for fixing the food system leave out the poor; it seemed like they didn't

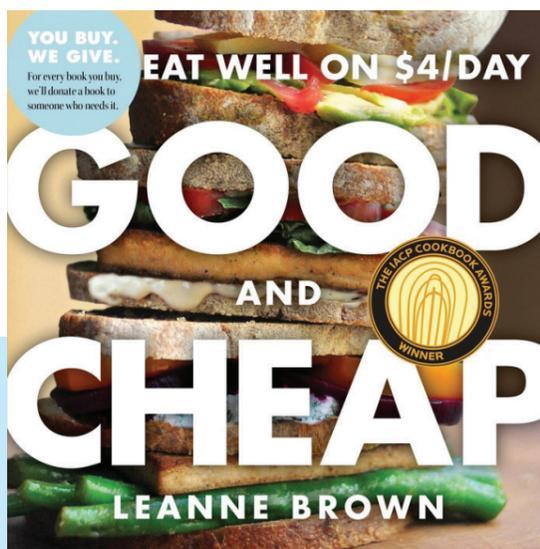
have a voice in the food movement. I wanted to create a resource that would promote the joy of cooking and show just how delicious and inspiring a cheap meal can be if you cook it yourself." Success! Not only does it bust the idea that being on

a tight budget means you can't eat delicious, healthy food, it's also a bit of a kitchen survival guide. It is filled with sensible suggestions about how to build a pantry of staple food items, while buying seasonally and locally to save some serious coin.

I am in love with this cookbook, not only for its great intentions, but for the truly outstanding recipes. I use the flour tortilla recipe (p.137) regularly and freeze a big batch. I have included the chana masala recipe below. It is another winner and will warm you up and fill your belly on the coldest of winter nights.

To download your free copy of 'Good and Cheap', simply go to <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

Danielle Dingle is the chef/owner of Green Apple Personal Chef Services



Chana Masala for Two

(from 'Good and Cheap' p.93)

Ingredients

- ½ tbsp ghee or ½ tbsp butter plus a splash of olive oil
- 1 tsp cumin seeds
- ½ cup onion, diced
- 1 tsp garlic, finely chopped
- 1 tsp ginger root, grated
- ½ jalapeño, finely diced
- 3 tsp coriander powder
- 1 tsp turmeric
- ¼ tsp cayenne powder
- ½ tsp garam masala powder
- 1 tsp smoked paprika
- ½ tsp salt
- 1 cup canned tomatoes, puréed
- 2½ cups cooked chickpeas, drained
- ½ cup water
- Garnish
- fresh cilantro
- yogurt

Cooking Instructions

Measure out all the spices except the cumin seeds and put them in a small bowl. Let the ghee (clarified butter) melt in a small saucepan over medium-low heat. (Ghee is the traditional Indian choice, but you can substitute butter and a splash of olive oil if you can't find ghee.) Once the ghee begins to sizzle, add the cumin seeds and stir for about 5 seconds. Add the onion and sauté for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeño and cook for 1 more minute. Add the spices and then the puréed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.

Once the tomato has reduced and the ghee starts to separate from the sauce, add the chickpeas and water. Mix, then bring it to a boil before reducing to a simmer. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce. Garnish with yogurt and cilantro. For a full meal, serve over rice or with roti.



Do you want to quit smoking cigarettes?

Attend one of Hamilton Public Health's monthly workshops for support and five weeks of free nicotine replacement therapy patches.

For more information about workshops and other campaigns or to register call the tobacco hotline **905-540-5566 ext. 1.**



**Becoming Smoke Free
A Quit Smoking Clinic
905-540-5566**



Hamilton
Public Health Services

THE MORE THINGS CHANGE, THE MORE THEY STAY THE SAME.

BY TONY PERRI - HAMILTON-WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD TRUSTEE, WARD 3 & 4

While the St. Ann of my school days bears little resemblance to the state-of-the-art building that today stands in its place, the spirit – the ethos – of the school remains unchanged. Although it has been many years since I was a student at St. Ann, and later, at St. Brigid and St. Patrick schools, the sense of community that was the hallmark of my elementary school education continues to be the guiding philosophy for countless students.

For the past three years I have been privileged to represent my former schools, along with Cathedral High School and Holy Name of Jesus, St. John the Baptist and St. Eugene Catholic Elementary Schools, as an elected Hamilton-Wentworth Catholic District School Board Trustee. With each school visit and with each board event, I am continually amazed by the degree of involvement, and the depth of commitment demonstrated by our students and staff.

As one small example, as part of its WE Scare Hunger Food Drive, St. John the Baptist Catholic Elementary School collected over 800 lbs. of food during the month of October for the Good Shepherd Centres. Other schools have raised funds through move-a-thons and walk-a-thons to support in-house projects as well as development projects abroad.

One big thrust of this school year is Physical Literacy with its focus on healthy and active living. Our Ward 3 and 4 schools have undertaken a number of activities, such as Monkeynastics, the Mannequin Challenge, and Start2Finish Reading & Running Clubs, to connect physical movement with learning and fun. Schools have also participated in a number of special sporting activities to commemorate the Vanier Cup, held in Hamilton on November 26th .

Another focus has been on STEM (Science, Technology, Engineering

and Mathematics) learning to ensure our students have the necessary skills to compete in an increasingly digital world. Earlier this year, St. Patrick and St. Ann held Science Family Nights to engage not only students, but moms and dads in the wonders of science. Many of our schools have also established coding clubs through the Industry Education Council-sponsored Hamilton Code Club. In these school-based clubs, industry and university mentors meet with students during lunch or after school to introduce them to the basics of code.

As part of a broader provincial framework for First Nations, Métis and Inuit (FNMI) students, in the past several years the Hamilton-Wentworth Catholic District School Board has identified a number of strategies aimed at improving the academic achievement of FNMI students. A NYA:WEH (Native Youth Advancement with Education Hamilton) program at

Cathedral High School continues to provide a culture-based support system for FNMI youth through nutrition programs, academic tutoring, student engagement and leadership opportunities, an awards program, as well as other activities. In November, our schools celebrated Treaties Recognition Week (Nov 6-12) to raise awareness about the importance of treaties in the shaping of our province. In the spirit of “Walking Forward Together,” the theme of a recent Faith Day, Cathedral High School held a Red Shirt Day on November 24th to honour the missing and murdered Aboriginal women of Canada.

Like Cathedral, our schools will have many opportunities to “walk forward together” in the coming weeks of Advent. To our students and staff who serve our board in important and exceptional ways, I offer my sincere and heartfelt thanks.

VINYL REVIEW

A Hamilton Punk Rock Review

BY TANYA BAILEY

The strength of community can be seen as honest, ambitious and temperamental.

Now package this art expression as a great piece of vinyl to a community you love... and that's powerful.

The band with this stance is called Steeltown Spoilers. The album is

called Riot Act. The players include The Hamilton Kid, Chris Crash, Mark Hammer and Scotty Vapid. This vinyl debut is a great soul shocker with awesome history lessons attached. Some personal favorites

include Stelco police, Chris Crash, and Defend Hamilton. It's time to rejuvenate your music library this winter - your ears will thank you.





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INSIDE THE ARTIST

Mental Health Awareness in Our Community.

BY KELLY WARNE

You are not alone, and we have the resources to prove it.

As he stands in his workshop at Hamilton's Cotton Factory building a lighting fixture out of antique pulleys, rusty chain and an old beam, Andy lists off a number of ways he keeps his head out of the black clouds that so frequently overshadow his every move. In November of 2016 at 5:30pm, on his way home from work, Andy hit and killed a drunk driver who ran a stop sign at a significant speed. From his back on the cold ground he looked at me and said "we are moving". What was only weeks, but sometimes felt like a lifetime later, we found ourselves on the doorstep of more than 30 homes in Hamilton's beautiful Sherman Hub. Moving to Hamilton has changed our lives in more ways than we have the ability to understand just yet, but each day we find ourselves here, we are grateful. Our city has more than everything we need, and it's right at our fingertips.

With Andy no longer able to complete the daily tasks of the job he had held for over 15 years, it came as what some have called a blessing in disguise. Not only does he struggle mentally daily as a result of the accident, he also struggles financially but he does it with pride and the help of his new community. Andy can be found every day at The Cotton Factory, drawing, reading, helping a new friend, creating, building or some days just sitting and listening to music. Anything to get through another day. Andy was diagnosed with PTSD. after the accident, and faces daily battles with overstimulation, anxiety, stress and depression. Thanks to the amazing owners and tenants at our neighbourhood's Cotton Factory, Andy is met daily with smiles, warm hellos, good conversations and dozens of passionate artists who fuel his creativity and more importantly, his recovery.



Avery Tanner of The Cotton Factory hosts a \$10.00 event every Tuesday evening at 7pm that is open to the public, called Life Drawings. Andy just recently found the courage to attend a session under Avery's supervision and was blown away by not only the support and encouragement he received by everyone in attendance, but by his own drawing skills and left the session that evening with more pride inside than he had felt in a very long time. It is people like local Avery Tanner who are opening doors in our neighbourhood that mean more to some people than they know. Andy was very happy to find out about the resources at the YMCA for residents in troubled financial situations, he has begun playing racquet ball on Wednesday nights to relieve stress and anxiety, and does not feel the pressure of a dwindling bank account when his game is over. Not only does our community house a vast number of very affordable to free workshops, creative spaces and groups, there are organizations like My Free Hamilton

who have the access and ability to connect people with free wellness resources.

If it weren't for the people of this community, the real people who are making a difference every day, and people like Andy who are standing up and saying "this is what happened to me, and these are the things I need in order to find myself again" then, we wouldn't be able to call ourselves a community at all. If you are in need of mental health resources in your area, a new creative outlet, or even a place to sit, have a coffee and speak to someone who is in the same position as you, follow our article to find out more about the people in your community, the daily struggles they face and the local resources they are using to take back control of their lives.

If you or someone you know suffers from PTSD, the PTSD Association of Canada is an amazing non-profit organization bringing the community together with awareness, understanding and compassion, as well as helps those suffering from PTSD, those at risk and those who work with traumatized individuals. The ATRC at St. Joseph's Healthcare Hamilton, offers weekly treatment sessions covered by OHIP, to learn effective strategies for dealing with PTSD. If you are in need of support, please contact:

My Free Hamilton at www.myfreehamilton.ca

The PTSD Association of Canada
www.ptsdassociation.com

ATRC at St. Joseph's Healthcare call 905-522-1155 Ext 33697

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David Christopherson, MP
Hamilton Centre

22 Tisdale Street South
905-526-0770
Hamilton@davidchristopherson.ca
davidchristopherson.ca

RECREATION REPORT

The City of Hamilton's Recreation Division is happy to serve the community at Jimmy Thompson Pool, Norman Pinky Lewis Recreation Centre and Tim Hortons Field. We offer great registered programming for residents of the Sherman community designed to improve skills, stay active, and have a great time. Programming is offered at the following locations:

Jimmy Thompson Pool
1099 King St E | (905) 546-4768

Norman Pinky Lewis Recreation Centre
192 Wentworth St. N | (905) 546-3122

Tim Hortons Field
64 Melrose Ave | 905-546-2424 ext. 7136

BY JESSE WILLIAMSON

SUMMER STUDENT RECRUITMENT

The Recreation Division has a variety of positions available to students in the summer months. Below you will find information on how to get a summer job in the Recreation Division:

GET THE EXPERIENCE YOU NEED

THIS COURSE GIVES YOU
• Recreation volunteer experience

LEADER IN TRAINING COURSE
AGES: 13 - 16 YEARS

Bennetto Community Centre
January 2 - 6, 2017
10 a.m. - 6 p.m.
Code: 178718

Winona Community Centre
January 2 - 6, 2017
8:30 a.m. - 4:30 p.m.
Code: 178730

THIS COURSE GIVES YOU
• Standard First-Aid with CPR-C
• Principles of Healthy Child Development (PHCD)
• Job readiness training

RECREATION LEADER CERTIFICATION COURSE
AGES: 14 - 21 YEARS

Ancaster Rotary Centre
December 3, 4, 11 & 12, 2016
8:30 a.m. - 4:30 p.m.
Code: 178717

Westmount Recreation Centre
January 3 - 6, 2017
8:30 a.m. - 4:30p.m.
Code: 175498

THIS COURSE GIVES YOU
• Standard First-Aid with CPR-C

STANDARD FIRST AID WITH CPR - C
AGES: 12+ YEARS

Sir Wilfrid Laurier Recreation Centre
December 3 & 4, 2016
9 a.m. - 5 p.m. Code: 167097

Central Memorial Recreation Centre
December 29 & 30, 2016
9 a.m. - 5 p.m. Code: 167142

Norman Pinky Lewis Recreation Centre
January 7 & 8, 2017
9 a.m. - 5 p.m. Code: 167105

For further details or to register, visit us online: hamilton.ca/leadership-training



HOW TO: GET A SUMMER JOB IN RECREATION

STEP 1
Get qualified

Training
Do you need volunteer experience, job readiness, first aid, or HIGH FIVE?
flip this card for available courses

STEP 2
Get informed

Attend one of our Information Sessions

Bennetto Community Centre
December 5, 2016
7 p.m.

Westmount Recreation Centre
January 5, 2017
7 p.m.

STEP 3
Resumé detail

Make sure your resumé states:

Standard First Aid with CPR-C

Bronze Medallion certification or higher (Wading Pool staff only)

Previous leadership or recreation experience (volunteer or paid)

STEP 4
Apply

Submit your application

Nov 28, 2016 through to Jan 27, 2017

Apply online
hamilton.ca/careers

JOBS AVAILABLE ➤ Supie, Camps, Inclusion, Wading Pool & Change Room

QUESTIONS? Contact us summerservices@hamilton.ca
905-546-2424 ext.3256
hamilton.ca/leadership-training



FREE PROGRAMMING RETURN TO TIM HORTONS FIELD

The City of Hamilton Recreation Division is proud to be providing two days of free programming at Tim Hortons Field. The staff team have put together a great schedule that combines physical activity with creative movements for all age groups. The programming utilizes both indoor spaces at Tim Horton's Field and participants are asked to enter at the Gate off of Melrose Avenue N.

MONDAY	WEDNESDAY
Art Expression (6-12 years) 5:00-5:45pm	Musical Theatre/Art Expression (6-12 years) 5:15-6:00pm
Exploring Movement (3-5 years) 5:30-6:00pm	Musical Theatre/Art Expression (13-17 years) 6:00-7:00pm
Hip Hop (6-8 years) 6:15-7:00pm	Cardio Dance (Families Welcome) (6-12 years) 6:00-6:45pm
Hip Hop (9-12 years) 7:00-8:00pm	Cardio Dance (16+ years) 7:00- 8:00pm
SportsBlast Goes to the Stadium (6-8 years) 6:15-7:00pm	SportsBlast Goes to the Stadium (6-12 years) 6:45-7:30pm
SportsBlast Goes to the Stadium (9-12 years) 7:00-8:00pm	SportsBlast Goes to the Stadium (13-17 years) 7:30-8:30pm
Yoga (16+ years) 7:15-8:15pm	30 Minute Core/30 Minute Power/30 Minute Stretch (16+ years) 8:00-8:30pm/8:30-9:00pm/9:00-9:30pm

Times are subject to change/cancellation. Please contact the centre directly for the most up to date programs

NEIGHBOURHOOD HOOPS RETURNS - Jan 21st

The Neighbourhood Hoops Program's mission is to provide youth 9-14 the opportunity to participate in basketball programming in their neighbourhood. 9 agencies have come together to provide this free 10 week basketball oriented program operating at Norman Pinky Lewis Recreation Centre on Saturday mornings. Gr. 4,5,6 students participate from 10:30 - 11:30 while Gr. 7,8,9 are from 12:30 - 1:30. Registration forms can be found on site at Norman Pinky Lewis Recreation Centre.

Neighbourhood Hoops is an official partner with Basketball Canada and utilizes the Steve Nash Youth Basketball Model. All participants receive:

- Free Trip to McMaster Marauders Game - Feb. 4th
- 3 on 3 tournament onsite at McMaster University
- Mentorship from McMaster Marauders Basketball Players
- A Basketball
- Official Steve Nash Youth Basketball Jersey
- A Drawstring Knapsack
- A Water Bottle
- A Steve Nash Poster

WARD THREE NEWS UPDATE

BY COUNCILLOR MATTHEW GREEN

It has been two years since I took office as City Councillor for Ward 3, so I want to share with you the highlights of what has been accomplished so far. Below is a list of policy initiatives in the form of motions to Council, as well as a list of financial investments in the community. Because our team is all about 'we', we are also creating a video shout-out of the fantastic community-led initiatives that have borne fruit in the last two years, such as Beautiful Alleys, Vision Zero, and the Tip the Scale – Dip the Tax initiative. Some of these have come from the shared vision of groups of residents, some of them have come about because of tragic events, and some from a need for systemic change. You can find the video online at matthewgreen.ca. Take a minute to congratulate yourselves and your neighbours, and to remind each other of all the great things that are and aren't in the video.

When I campaigned to be your City Councillor, I did so with a vision of helping to create a Ward 3 that is safe, vibrant, and full of opportunity for all. I went door to door on every street in the ward (twice) and spoke with and listened to many of you. I saw your strengths, heard your complaints, and empathized with the hopes in your hearts. We, the people, are the greatest assets of this community, and we are the engines of change. When I say we, I of course mean everyone.

We have had some calls and

comments to our office from people who believe that serving the Black community, or the Syrian community, or whatever community is in need of support, is outside of the purview of a City Councillor. I say it is exactly the purview of a City Councillor. For us to have a meaningful discussion about progress, about tackling poverty, about employment, about housing, about social innovations and our shining entrepreneurs, it has to be about everyone.

In as much as any of us are participating in our socio-economic system, we are each complicit in its flaws. There are many people in Ward 3 with experience in how the system is actively thwarting their efforts to be safe, to be part of a vibrant community, and to take advantage of opportunities. It is not something that can be argued against, it is their actual experience, often over and over again. There is an opportunity for the rest of the community to listen, and to learn, and to work together to help change the system. Many of us are already doing what we can to help. We need to do more.

As we are in so many things, Ward 3 and Hamilton are poised to be leaders in making our communities truly inclusive. Truly safe. Only then will our communities be truly vibrant with opportunities for all.

Listen to your neighbours. Listen with hope not fear. Listen with your hearts.

2015-2016 MOTIONS
SCAN - Safer Communities and Neighbourhoods
Inclusion Policy on Traditional First Nations Ceremonies
Gun Amnesty and Buyback Program for Unwanted Illegal Firearms
Opposition to Port Fuels & Materials Services Inc Energy-From-Waste Facility
Gage Park Tropical Greenhouse Capital Funding Allocation
Jimmy Thompson Pool and Bernie Morelli Centre
Lincoln Alexander Day Motion
Marketing and Scheduling of Tim Horton's Stadium Facilities
Motion Two-Way Wentworth St Conversion
Operation of Elevators in Multi-Storey Residential Buildings
Pay Day Loans Act
Feasibility of Inclusionary Zoning
The Right to a Healthy Environment – Blue Dot
Police Surplus Motion
Vision Zero – Comprehensive Plan to Improve Road Safety
Habitat III Conference, Quito, Ecuador
Hamilton Home Energy Retrofit Opportunity (Hamilton H.E.R.O Program)
Digital Inclusion Notice of Motion (Gage Park Wifi)
Initiative to Increase Affordable Housing and Reduce Poverty by Investing in People
A Bank for Everyone – Support Postal Banking

FINANCIAL ALLOCATIONS IN WARD 3

Investment	Amount	Details	Year
Birge Park Pool Renovation	\$2.5 million	Renovation of pools, change rooms, beach strip added.	
Bernie Morelli Rec Centre	\$25 million	Building new Bernie Morelli rec centre	
Pinky Lewis Renewal	\$1.5 million	Upgrade and renewal of parts of the facility.	
Pump Track	\$150,000	Building the Gage Park Pump Track in the park	2015
Gage Park Greenhouse	\$3.7 million ^{<sup>}	Upgrade and rebuild of the Gage Park Greenhouse.	Allocations in 2015, 2016. Building TBD.
Powell Park Facility Upgrade	\$30,000	Renewal of the Clubhouse at Powell Park to be used as a community space.	2015
Woodlands Park	\$65,000 ^{<sup>}	Makeover for Park including Literacy Pods and reclaiming alleyway space.	2016
Lifesaver Park	\$20,000	Extreme Park Makeover inc. solar panel charging station, and bike repair facility.	2015
Pinky Lewis Parkette	\$25,000 ^{<sup>}	Extreme Park Makeover	2015
Powell Park	\$45,000	Extreme Park Makeover	2015
Tragically Hip: A National Celebration	\$25,000	Livestream of Tragically Hip: A National Celebration Concert in Gage Park	2016
Traffic Calming Sherman Hub	\$253,000	Includes various investments in traffic calming in Ward 3.	2016/2017
Two Way Wentworth	~\$170,000	Conversion of Wentworth Street to a completely two way street.	
Full signal installation at Gage and Maplewood	~\$200,000	Converting a traffic signal at Gage and Maplewood from a partial pedestrian signal to a full three way light.	2016
Sidewalk Renewal	\$633,000	Additional money allocated for sidewalk repair in Ward 3. Normal budget is ~\$50,000 per year.	2015-2016
Public Art	\$250,000	Major Public Art Project for the Stadium	2016 Allocation, 2017 Completion
Housing	\$84,500	Money invested to repair vacant CHH units.	2015-2016
Roads Construction	\$100,000	Road Work on Wilson from Wentworth to Sherman	2016
Roads Construction	\$100,000	Bridge 330 Birch Ave, 75m s/o Burlington St E	2016
Roads Construction	\$100,000	Bridge 332 Birch Ave, 95 n/o Princess St	2016
Partial Two Way	\$330,000	Partial Two Way Conversion of Victoria Ave N from Barton to Burlington	2016
Roads	\$190,000	Complete reconstruction of Albemarle Gertrude to end	2015
Pedestrian Signal at East Ave and King	\$175,000		
Stormwater	\$230,000	Storm Outfall Repair at Pier 14	

VIBRANT LIVING

MIRROR, MIRROR WIBBOB WIBBOB'

Reflections over the Past Year

BY JANET ROBINSON

January is usually a time of reflection, a time to re-evaluate our lives and what path we are on. Our physical bodies may be a testament to what we've been doing wrong and that may motivate us to do better in the coming year. We may decide to exercise more, eat healthier, watch less TV, pay off debt, etc., and all these things are good, but we should also consider how we are interacting with our world on a larger scale.

We can begin with ourselves and the way we treat others. Are we respectful of people and their property? Do we offer to help those who are facing difficulty? This could range from offering to drive someone to a medical appointment, to anonymously sending a grocery gift card to a neighbour who just lost their job, to knitting blankets for newborns in neonatal care. Do we say "I'm sorry" when we've done wrong, or do we defend our behaviours and make excuses?

With so many who are struggling, whether because of poverty issues, bad health, natural disasters or other circumstances, there are many opportunities to help. Not everyone is in a position to assist financially, but there are other ways that may be even more productive.

Do we purchase items we really do not need rather than sharing our abundance with those who are literally starving to death and barely existing on our planet?

Do we research companies and charities to find out where their money goes and what causes they support? Do we educate ourselves concerning moral and ethical issues, international events, etc. so we have

a full understanding of the issues, and do we share that knowledge with others? Are we proactive? Do we boycott businesses that bring harm to individuals, and support those who bring good?

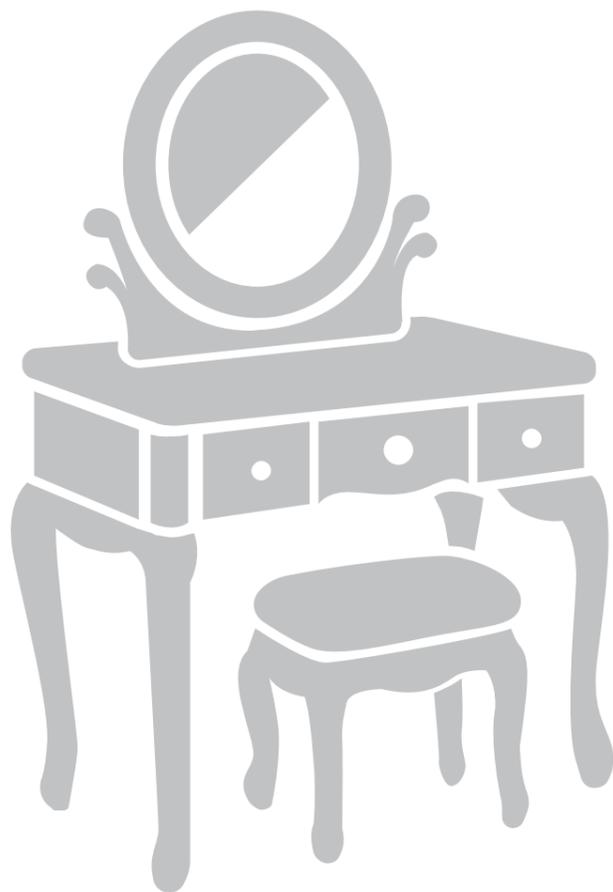
Are you working in a company where there is corruption? Maybe it's time to consider leaving and putting your skills to work where they will benefit others. Or maybe you feel that you have been called there for such a time as this because you have enough authority and influence that you can make some dramatic changes for the better.

Do we write to our government representatives and explain how social injustices are affecting people and suggest what they should be doing about it? (Remember, they are working for us.) Do we join groups that work for changes?

If you've never done volunteer work, I strongly encourage it. Think about what you are passionate about and find an organization to support. You may have a heart for the elderly, or animals (both wild and domesticated), or kids who need a mentor, and so on. The list is endless - as well as the need. The satisfaction and fulfillment you will feel afterward is a tremendous bonus.

Each of us has the ability to make this world a little better. It doesn't take a lot of money or time, just dedication to do good.

Janet Robinson is a retired Mental Health Counsellor and a Workshop Designer/Facilitator



YOU CAN'T OUT-TRAIN A BAD DIET

BY JUSTIN D'OLIMPIO

Many people have no idea how many calories they take in on an average day, often severely underestimating when asked to take a guess at it. They also overestimate the number of calories they burn. The truth is, 30 minutes of the best boot camp in town will not cancel out that burger and fries!

Let's look at the hard numbers. An average, moderately intensive workout will burn 300-400 calories in about an hour. That's an hour of hard work with plenty of sweat and hard breathing.

Now say on the way home from the gym, you decide to grab a couple of donuts. After all, you've earned it. In the 3 minutes it takes to put away two donuts, you've consumed 720 calories. All your hard work is wasted, plus you've provided your body with several hundred extra calories to store as fat.

Maybe you just want to have some pizza with friends. You consider the 600 calories you burned running on the treadmill for an hour today, so you eat 4 pieces of pizza. No problem, right? Wrong. You just downed

900-1,000 calories in about 10 minutes! Is it really worth it?

The only way to lose weight and get healthy is to eat a healthy diet AND exercise.

Your weight loss is driven by diet and maintained by exercise. The only way to get ahead in the calorie game is to eat fewer calories than you burn. Only then will you begin to see the fat melt away. Exercise builds muscle and can rev up your metabolism, but you won't lose weight if you continually eat more than you can metabolize.

Want to keep the pounds off? Exercise is crucial combined with nutrition.

Have you been trying to out exercise your diet? Try the following tips to start fresh and recreate your body:

PLAN

The only way you are going to get control of your diet is to plan ahead. Do not let yourself get hungry with

nothing healthy prepared to eat; your willpower will plummet and you will reach for a snack that will set you back. Keep food ready in your refrigerator that you can grab and heat quickly.

LIFT WEIGHTS

When you start losing weight, you must protect your muscle. If you begin to lose pounds without adding in weight lifting, you will likely lose up to 25% of your muscle mass. Also, after an intense weight lifting workout targeting at least 3 big muscles, your metabolism increases for up to 39 hours after you are finished. And repairing that muscle tissue after lifting requires energy. Energy=calories burned.

ACCOUNTABILITY

The single biggest determinant of your fitness success is whether or not you have an accountability partner. Find someone to trade food journals with and report on how you are doing with your will power.

You need both exercise and a healthy diet to be lean, strong and healthy. Don't neglect either one.

COMMUNITY EVENTS

Sherman Hub Community Planning Team Meeting

First Monday of the month, 7 -9pm
Tim Hortons Field, Premium Entrance, 2nd floor, Media Court Community Room.
64 Melrose Avenue North

Come out, meet your neighbours and learn about the initiatives going on in the hub! Childcare provided.

<http://www.shermanhub.ca/>

Ward Three Fun Fridays

Third Friday of every month, 8pm
Check the Sherman Hub Facebook page for time and location

Sherman Spokes Monthly Meeting

Last Thursday of every month. 7pm
Location To be Confirmed. Email ShermanSpokes@shermanhub.ca

Supporting each other in engaging and connecting neighbours with one another on our streets, to develop meaningful, supportive relationships, to build a sense of belonging and community for all in the Sherman Hub

ShermanSpokes@shermanhub.ca

Creating Age Seniors Program

(CASPHamilton)
Every Thursday starting Feb 2 2017, 1030am-3pm
St. Anthony's Parish Hall, 830 Barton Street East

CASPHamilton is a day program geared for independent- living seniors who would like to meet new people and participate in interactive activities, as well as those who live in isolation who would welcome the opportunity to socialize with peers, establish new friendships and have fun in the process. Our welcoming and warm atmosphere provides lunch, coffee/tea, snacks, crafts, entertainment, guest speakers and more! \$13.50/day. The program is open to all denominations and cultures!! (Italian translation is available).

Paula 905-869- 7391 or Maria 905-745-7791 or email casphamilton@outlook.com

Germania Club - January and February Events

Germania Club of Hamilton. 863 King Street East.
For any upcoming events in January and February 2017, please call the Germania Club at the number listed below
Banquet and meeting facilities for rent (up to 230 people).
Germania Club Office hours: Tue-Wed 11am-2pm, Thu 7pm-10pm, Fri-Sat 11am-2pm.
905 549-0513 or www.germaniaclub.ca

Hamilton Sings! Community Choir

Saturdays, starting Jan 14, 2017, 945am-12pm
HARRRP , 705 Main Street East

A non-audition choir singing songs from around the world. Join us for fun, fellowship, and, of course, singing.

hamiltonsings.ca or 905 544 1302

Families Raising Families

2nd and 4th Tuesday of the month, 12:30pm-2pm
Eva Rothwell Centre,
460 Wentworth Street North

Are you a grandparent, aunt, uncle or another family member raising a young relative? We have a group for you.

Writer's Q&A at the River Trading Company

with Jim Rudnick
Thursday Jan 28, 7pm
River Trading Company - 559 Barton East

The River Trading Company is hosting a Writer's Q&A with Jim Rudnick, the popular Hamilton author of the Rim Confederacy series. He will read from his latest book, and will take questions from the audience.

Later in the year, on a date to be set, Darrell Epp and Tanya Bailey, two local poets, will attend a Poet's Q&A at the store. Darrell has published several books, his most recent being "After Hours". Tanya has recently published her first book, "Vividly Diverse Haikus".

Community Day of Dance

Friday Jan 8, 2pm-4pm
HARRRP , 705 Main Street East

An afternoon of traditional dancing to see and do--morris dancing, English dancing, contra dancing, and more--with live music for all. Join us for a variety of dance demonstrations with some participation in between, followed by light refreshments and meet the dancers. A community event; admission is pay-what-you-can; all proceeds support HARRRP.

403dancing@gmail.com

Hamilton Friday Contradance

Most Fridays, 7pm-9pm
HARRRP , 705 Main Street East

Fun steps to live music and easy-to-follow instructions by a caller. All levels welcome. Come on your own or bring a friend.

Look for Hamilton Friday Contradance on Facebook or email 403dancing@gmail.com

Big Brothers Big Sisters Bowl for Kids Sake 2017

Thursday March 23, 6-8 PM and Saturday March 25, 11 AM -1 PM
Skyway Lanes, 235 Melvin Ave

Are you interested in supporting kids in Hamilton? BBBS is hosting our annual bowling event this March! Sponsor a lane, create a team or pledge a participant.

Events.BBBSHB@
BigBrothersBigSisters.ca or 905-525-3860 x0

Lucy Day Park - Drive the Winter Away Winterfest Event

Thu Feb 11, 2pm-5pm
Lucy Day Park, 33 Clinton Street

Join your neighbours in Lucy Day Park as the group drives the winter away. Enjoy hot drinks, s'mores, live music and games for the kids

John Huculiak - john@heretic.ca

Hamilton Winterfest

Feb 4 to 20, 2017, - City Wide

Discover that Hamilton is a city that doesn't hibernate in the wintertime! Celebrate with 10 fun-filled days from February 4 to 20, 2017. Don't miss the Kick-off Event - Saturday, February 4 at Hamilton's beautiful Waterfront - Pier 8, 47 Discovery Drive.

<http://tourismhamilton.com/festivals-events/winterfest-2016>

