

Sherman Hub News

A publication of the Sherman Hub Community Planning Team

SEPTEMBER - OCTOBER, 2017

It's raining again as I write today (if you really want to, you could wait for a rainy day to read this). The kind of soaking downpour that makes silence feel loud, like that moment when you drive under a bridge and all of a sudden the pounding on the roof of the car and on the inside of your brain stops for the brief moment that it takes the return of the noise for you to realize it was silent.

It seems this summer has been stormier than the last few that I remember. It's quite possible that my opinion is biased by the events of my own life, and I'm not often one to go looking for statistics on these kinds of things. I prefer to believe that my mood reflects the weather, and vice versa.

I would like nothing more than to be sitting across from you on the porch, drinking tea, watching the pounding rain together, having this conversation face to face. Listening as you tell your story. But there is space between you and me.

We spend so much time defining our independence. Building our walls. Living our separate lives. Cultivating our online existence. A friend, Zoe Fitch, wrote a song that says, "You'll find us reaching into screens that echo back our discontent."

Sometimes I worry for my young niece, growing up in such a digital age, and for the kids that can use a smartphone before they can speak. What are we losing in our ability to communicate face to face, eye to eye? Even as I write this I stare at a screen, wondering whose hands it will eventually land in.

We need each other, desperately, I think. Writing is one way I reach through the disconnect. My parents' generation doesn't fully understand why I share so openly on social media about my struggle with mental illness, but I'm trying to share something, to somehow connect. To be something other than an island. I need you. Society tells me admitting this is weakness. Vulnerability is seen as something to overcome.

I choose to believe otherwise. Only through relationship with you do I find that I am human. (Ubuntu philosophy)

Still, community is not easy. Community is process, not outcome. I need you, as you are. Not as I wish you to be. As Thomas Merton wrote, "The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them."

I need you with all your flaws and weaknesses and your gifts and beauty. I accept you as you are, where you are. I welcome your gifts and your vulnerability. And I invite you into mine.

Ashley has been sharing her story of mental illness through her blog and various community presentations since 2013.

THROUGH THE DISCONNECT

BY ASHLEY SKOROBOHACZ

DO YOU SEE ME?

Recently, my 14-year-old and I participated in a sing-along performance of the movie *Annie*. We had a great time singing along with the catchy tunes and feeling the emotion of *Annie* trying to escape from Rooster in the final scenes. It was not the first time either of us had seen it; in fact, as a child, I loved that movie. I must have watched it a hundred times. My sister even participated in a stage production that I also watched eagerly. It wasn't until the remake came out a few years ago that I really stopped to think about the story.

The idea of "orphans" isn't something we tend to think about too much in the year 2017, at least not in

"amazing" people can do. We make it unattainable to us "normal folks", thus taking ourselves off the hook.

The other response we get a lot is, "isn't it hard?" This can be a tough one to respond to because the honest answer is "yes." This work is the hardest thing that I've ever done. It's hard in the ways that people think it will be. It's hard when you pour all you have into a child and they move on. It's bittersweet to watch your children fall in love with new people as they transition to adoption. It's gut wrenching when a judge makes a decision you don't agree with. More than that, however, it's hard in ways people don't necessarily think about. It's hard to commit yourself to working alongside a birth

family that has its own ups and downs. It's hard to balance the appointments and developmental needs of kids who often have high needs. It can also be hard to work within this bigger system that, honestly, was never meant to be the way a child was raised. It's

BY TRACY UPHAM

OPENING OUR EYES AND HOMES TO CHILDREN IN NEED

North America. There are, however, many children within our own city that need a safe, stable home environment in which to live and learn to love. These children are called foster kids, and most of us don't tend to give them much thought. They are not orphans, and many of them have ongoing positive relationships with their families, but for whatever reason, are currently unable to live with those families. They need a home. In fact, in Hamilton right now, there are hundreds of children in foster care and there is a critical shortage of available spots for kids of all ages. There just isn't enough space for the kids that are coming in.

We became a foster family four years ago. We currently have two children in our care and are working on opening up another bed to meet the current need. When people find out that we are foster parents, they generally have one of two responses. The first is to tell us how amazing we are and that they could never do that. While this response does occasionally stroke the ego, it worries me that people think there is something different about me that makes me more able to do this work. Foster parents are normal people. We are not better parents. We are not better people. We have chosen to open our homes and our lives to other people's kids who need a home. We may parent differently, or be more educated about certain topics, but that's generally a consequence of getting involved in "the system," not something we had before we started. I worry that if we do not challenge the assumption that the average person cannot do this work, we set foster care up as something that only

hard to stay connected to old friends who don't understand the behaviours of your kids or think you're letting them off too easy because you don't just tell them to stop crying and do what they're supposed to. There is definitely a cost to fostering. If people are going to last in this lifestyle they need to realize that.

I'd love it, though, if we would also look at the cost to the kids, and to society, if there were no foster parents willing to open their homes. Yes, we should ask the question "can we do this?" but we need to also ask the question "what will happen to these kids if no one does?" and let that answer also inform our decisions.

The cost of fostering is not the only thing to consider, for there are many joys in this life. It is such a joy to watch a family work hard to be reunited and be able to celebrate a child's return to their home. It's a joy to watch children move into adoptive families and continue to get to be a part of their extended family. It's a joy to see kids master new skills, develop new habits and begin to feel comfortable again. Fostering has reminded us that there is always something to laugh about, always hope to be found. Within fostering, our own family unit has been strengthened. We've learned new skills, developed new routines and habits. When I weigh the cost with the joy, the cost is inconsequential.

If you are interested in learning more about how to become a foster family, visit Homesforkids.com or call Rachel at 905-546-KIDS.

SHERMAN HUB COMMUNITY GROUP

Neighbourhood Action Strategy Turns Six!

WHAT'S NEXT?

BY BILJANA VASILEVSKA

The Neighbourhood Action Strategy (NAS) is almost six years old! The NAS began in 2011 as a partnership of the City of Hamilton, the Hamilton Community Foundation and the Hamilton Best Start Network to support resident initiatives in 11 communities across Hamilton. The Sherman Hub (formerly the South Sherman Hub) is one of the groups working with the NAS, active in the Blakely, St Clair, Gibson, and Stipely neighbourhoods. The NAS provides staff support, including a Community Developer assigned to each neighbourhood, to help define goals for each community and support resident-led projects and events. Some of these projects lead to long-term improvement in all of our lives, such as making our streets safer, and our parks and alleys more beautiful and functional. Other events bring neighbours together for fun, family-friendly events, such as WinterFest and community-wide yard sales.

Whether it's a child, relationship, job, or city-wide project, anything that is six years old has grown and changed in ways that were not first imagined. It's now time to reflect on the goals that we set for ourselves in the original Neighbourhood Action Plan, and to think about how we want our work to continue in the future. As the Sherman Hub goes through changes (for example, first changing our name from South Sherman Hub Planning Team to the Sherman Hub Planning Team, and most recently to Sherman Hub Community Group), we are also part of larger changes to the Neighbourhood Action Strategy.

What will those changes look like? What would you like to see happening differently? During the September meeting, we'll have two guests speaking to the changes ahead for the NAS. Part of the August meeting was dedicated to getting input on questions we would like these guests to answer. If you are reading this paper before Wednesday September 6th, please join us at this important meeting to provide input on the future of the NAS!

Here is a summary of recent decisions and activities from the Community Group:

June
Refined Terms of Reference.

Discussed most popular fun meeting ideas from May meeting & making them happen.

July
Discussion on use of Facebook and social media more generally to engage with residents.

Decision to not to hold an election for an Interim Support Team at this date because of short notice & lower turnout over the summer, and instead have a group that volunteers to act as the Interim Support Team until December, when regular elections will be held for a 2-year term.

August
Focus group conducted by the Neighbourhood Action Evaluation research group from the University of Toronto.

Get input on questions to ask September guests about the future of the NAS.

September
Meeting is Wednesday, September 6 (due to Labour Day holiday Monday).

Presentation by Suzanne Brown from the City of Hamilton, and Sarah Glen from the Hamilton Community Foundation, on the future of the Neighbourhood Action Strategy.

October
Meeting is Monday October 2
Regular meeting + autumn-themed events. Main agenda items to be determined.

Visit us on Facebook at www.facebook.com/TheShermanHub. Submit your ideas, share your thoughts and opinions, or volunteer for a project or event. Let's make our community better together!



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 from Wentworth to Gage, between the Escarpment and 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



We usually fill this space with information about the Sherman Hub Community Group, including contact information for members of the Support Team. However, the group is working through some changes right now, and is in the process of refining some elements of their operations.

During the transition period, if you have any questions about the Sherman Hub Community Group and want to get in touch, please feel free to contact the Sherman Hub's Community Developer, Matt Thompson: mthompson@sprc.hamilton.on.ca



BY LARISSA FENN

Pier 15 is located at the centre of the port lands along Burlington St., bounded by Hillyard Street to the west, and by Stelco’s property to the east. Historically, this area saw a succession of industrial uses spanning more than a century, including the farm equipment manufacturer International Harvester. Between 1987 and 1999, the former Hamilton Harbour Commissioners (HHC) undertook a series of property acquisitions, creating a single 150-acre site known today as Pier 15.

INDUSTRIES ON PIER 15 TODAY

Pier 15 is currently home to a mix of uses, including manufacturing companies such as Fiber-Lam, which makes fiberglass structures like waterslides, and Metl-Span, which manufactures exterior panels for building construction. It is home to logistics and warehousing operations, such as Fluke Transportation’s warehouse, which handles packaged food and consumer goods, and the Hamilton Container Terminal for

storage and redeployment of shipping containers. Pier 15 is also the location of the Hamilton Port Authority (HPA) boat storage and maintenance shop, built in 2016. And HPA makes space available at Pier 15 on an in-kind basis for local non-profit organizations, including City Kidz, Mission to Seafarers, and pre-deployment storage for SoBi bicycles.

RANDLE REEF

In the harbour just to the north of Pier 15, is Randle Reef. Contamination at Randle Reef is a legacy of past industrial processes dating back to the 1800s. After the site was identified as a priority for harbour restoration in the late 1980s, community and government partners including HPA, came together to plan and fund the Randle Reef sediment remediation project. The project involves constructing a 6.2 hectare engineered containment facility (ECF) on top of the most contaminated sediment, then dredging and placing the remaining contaminated sediment into the ECF. Cleaning up Randle Reef is one of the most important

steps remaining to remediate Hamilton Harbour and remove it from the list of Great Lakes Areas of Concern.

SHERMAN INLET

Pier 15 is also the location of an area known as Sherman Inlet, one of the only remaining intact areas of original shoreline on the central-east waterfront. In 2017-2018, HPA will be undertaking a project to restore an area of previously-filled shoreline; the Inlet will then be preserved permanently as a natural space. The space will remain within the Port’s secure perimeter; however, the protection of this green corridor from Burlington Street to the waterfront will contribute to local air quality and provide undisturbed habitat for plants and animals, including birds, turtles and fish.

THE FUTURE OF PIER 15

Pier 15 is an important employment area in north Hamilton, but it has challenges as well: development parcels, rail lines, and internal roadways are not configured efficiently; and obsolete

warehouse buildings are not well-suited for modern manufacturing or logistics uses. Over the next few years, HPA will be working to improve this space, to create a grouping of better-organized and higher-value development parcels. This investment will help attract new businesses and new jobs to the area, and better integrate Pier 15 with the Port’s multimodal network.

OTHER COMMUNITY INITIATIVES

HPA is working on a couple of initiatives to improve the connection of Pier 15 with the surrounding neighbourhood. Our first pollinator garden will be planted this fall, with the support of Hamilton’s Pollinator Paradise Project. We are also designing a lookout platform that will be located in a publicly-accessible space overlooking the harbour, allowing for a clear view of the ongoing work at Randle Reef, and the many different activities that take place on Hamilton’s working waterfront.

Larissa Fenn is the Director of Public Affairs for the Hamilton Port Authority.

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HWCD SB WARD 3

AN INVESTMENT IN KNOWLEDGE

And Physical Literacy

BY ANTHONY PERRI

After a two-month summer hiatus, students have returned to school full of hope and optimism for new and good things to come.

Many of those good things are happening right here in Wards 3 & 4, where plans are underway to install a new artificial turf sports field at Cathedral High School. The announcement was made by trustees last June after a review of existing field conditions at Cathedral which



supported the need for a new, modern playing field. Cathedral is the latest of the Hamilton-Wentworth Catholic District School Board's seven secondary schools to receive a synthetic turf field in the past six years, with St. Mary Catholic Secondary School to follow in the coming months. The two upgrades stem from the board's commitment to maintain and enhance facilities for secondary students. The field transformation will not only provide an improved and "level" playing field for Cathedral's sports teams, but will also address the growing demand for sport-specific physical education activities and community youth sports programs in the lower city. As with the Board's other artificial turf installations, the field will be managed by an independent contractor to ensure the physical and financial upkeep. As well as being low maintenance and more durable, the new surface will also extend the life of the playing season as our teams head into the playoffs. A new rubberized running track will surround the field to create a full outdoor sports complex. This investment will go a long way to supporting Cathedral's long tradition of academic and co-curricular excellence.

Another exciting development has been the announcement of a 3-year \$550,000 Ontario Trillium Foundation grant awarded in April to the Hamilton-Wentworth Catholic District School Board and its community partners to "Make Hamilton Move." The "Grow"

grant is one of the OTF's priority goals to foster active communities through high-quality programming and infrastructure to support physical activity. The Make Hamilton Move grant will not only ensure that children in Hamilton-Wentworth Catholic schools get moving, but will provide over 2,000 staff and volunteers with the training and skills to keep the momentum once the grant has ended. The project is a collaboration of the

HWCD SB, SportHamilton, Canadian Sport for Life, City of Hamilton Recreation, and City of Hamilton Public Health to provide physical literacy programs for children aged 3-10. Physical literacy is more than being physically active; according to Physical and Health Education Canada, it is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the *whole person* (PHE Canada, 2010). The grant will build on programs already in place in our schools to teach children fundamental movement skills. The Catholic school board has been apportioned \$170,000 of the grant for education, training, assessment and development of teacher capacity in this area. The project will roll out in 49 elementary schools over the next few months.

Just as physical activity supports the academic achievement of our students, so too is parent engagement critical to our students' success. As we begin a new school year, I invite parents to get involved in their child's education. As Benjamin Franklin once said, "An investment in knowledge pays the best dividends."

Best wishes for a happy and productive school year.

Anthony Perri is the Hamilton-Wentworth Catholic District School Board Trustee for Ward 3 & 4

L'ARCHE

The 2nd Annual Ability Walk and Roll

BRINGING AWARENESS AND INCLUSION TO OUR CITY

BY PAIGE MCISAAC

L'Arche's mission is to make the gifts of people with intellectual disabilities more widely known. We are always looking for opportunities to promote social inclusion and reveal the gifts of those with disabilities. On August 26th, we celebrated the gifts of people with disabilities in the 2nd Annual *Ability Walk and Roll*.

At Hamilton City Hall, we welcomed over 200 people from our city to discover their abilities. First, we welcomed Sam Forbes, the dancing barista, who appeared on the Ellen Degeneres show. Sam is a man with autism who was told he would never be employable, and now he is bringing so much joy to his customers at Starbucks through his dancing, enthusiasm, and spirit. An amazing example of the gifts that people with disabilities DO bring to our world when given the opportunity.

Afterwards, we spread our message in the downtown core as we walked and rolled down Main, James, King and Bay Street. To be a part of this Walk and Roll was amazing, and it inspired many others in our city to see the abilities in everyone. Afterwards, we had a celebration at City Hall and saw the *Community Living Drum*

Corps play, Paul Hogeterp perform, and many others display their talents. The Ability Walk and Roll showcased many of the groups in our city who work together to encourage and celebrate the gifts of people with disabilities, whether it is through art, music, dance, sports — the possibilities are endless.

We finished off the day with a full belly, and look forward to seeing how we can use the collected inspiration to continue promoting social inclusion in Hamilton. We thank Councillor Green, and all of our sponsors for their support. For more information on this event or other upcoming events, please contact the L'Arche Hamilton office at (905) 312-0162 or at paige@larchehamilton.org.



Paige McIsaac is a Community Relations Coordinator for L'Arche Hamilton.



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HAMILTON COMMUNITY LEGAL CLINIC

Improvements Coming for Ontario Workplaces

BY BOB WOOD

Bill 148, the *Fair Workplaces, Better Jobs Act*, passed first reading in the Ontario Legislature on June 1st. Community consultation took place over the summer.

Much of what you may have heard about this Bill involves amendments to the *Employment Standards Act* to embed a \$15 minimum wage by 2019 - a change that the Hamilton Community Legal Clinic supports. However, there are many other aspects of the legislation that are important to workers, particularly those involved in precarious work. These workers face complex challenges resulting from the lack of decent, secure work and associated protections. This can have impacts that extend into other legal, familial, and financial concerns outside of work.

As part of our mandate to do law reform work, we have taken an active interest and spoken out on this legislation.

In some instances, we support the general direction of the proposed legislation, but would like it to go further. More specifically we support:

- New scheduling rules that expand employees' rights subject only to overriding provisions in an employer's collective agreement. However, we believe that employers should be required to provide employees with at least two weeks' notice of their work schedules. Employers with unionized employees should also be required to comply with the new minimum scheduling

standards.

- Paid Emergency Leave (PEL) but further recommend that Bill 148 be amended to provide for seven paid PEL days; the proposal for two days PEL clearly falls short.

These and other improvements would provide more substantive protections and rights for workers. They would also represent a stronger commitment to supporting workers' dignity and security.

Areas for Change

There are four additional areas where we'd like to see changes:

- Let's remove sub-minimum wages for students and liquor servers. If Bill 148 passes, Ontario would be the only province with a subminimum wage for students.
- Amend the ESA definition of employee to include dependent contractor as defined in the *Labour Relations Act*. Currently, some dependent contractors have ESA protection while others don't. The lack of clear recognition that dependent contractors are employees under the ESA and afforded ESA protection as a result is a key factor in misclassification of employees by

employers.

- Support the concept of equal pay for equal work. The workforce has changed and the language in the ESA must reflect this.
- The scope of what is considered comparable work must be expanded so that employers can't evade compliance.
- Any loopholes that employers use to avoid compliance must be closed.
- Employers must be required to proactively provide employees with pay structures and pay scales so that employees, temporary employees and temporary help agency workers can access the information needed to enforce their rights.
- With the increase in the minimum wage, thousands of injured workers who have been "deemed" by the Workers Safety and Insurance Board (WSIB) will have their benefits reduced. The government must immediately provide direction to the WSIB so that no injured worker will have their benefits reduced when the minimum wage increases.

Bob Wood is a Community Worker at Hamilton Community Legal Clinic. Find out more about this new proposed legislation at www.hamiltonjustice.com.

OSTEOPATHY

HOW TO HANDLE A HEADACHE

BY THOMAS EAGLES

This summer has had an unusual amount of weather systems move through, drastically changing the pressures in the air. As a result I have seen an increase in the number of patients with headaches. So I thought I would make this month's contribution to the Sherman Hub News about

headaches, and what we can do to help treat them.

A headache can develop for a variety of reasons. This includes fluid, chemical, or hormonal imbalances; improper blood flow; extremes in temperature (e.g., fever); musculoskeletal imbalance; pressures

on the brain (e.g., swelling); and infections or other disease.

Common methods of treatment can include rest, fluid intake, ice, caffeine (in the right situation as it alters blood flow) and certain medications. In some cases medical intervention from a licensed health care professional is required.

There are a number of ways in which we can alleviate the primary symptoms of headaches. As noted above, rest, fluid intake and eating well can make a big difference in our body's ability to deal with imbalances. Food intake also plays an important role. Certain foods can cause inflammation in the body (such as glutens) as well as alter the quality of the nutrients supplying the brain. Malnourished individuals start to use ketones for energy, which do not allow for optimal brain function.

Exercise also makes a large difference in dealing with headaches. It helps the body increase the immune response, improves blood flow and temperature control. Increasing our strength allows us to better deal with everyday physical stresses and improves our endurance

and energy levels, taking strain off of our brain, and helping to reduce headache frequency and intensity.

Meditation has also been shown to help alleviate headaches significantly. Although research is ongoing in the area, meditation has been shown to help reduce stress and balance the nervous systems, reducing the strain on the brain as well as improving blood flow not only to the brain, but also the entire body.

Manual therapy can also be useful for helping to deal with headaches. Hands-on treatment can help with decreasing tensions in the upper back, dura and around the brain itself, helping to improve blood flow, lymph, and cerebrospinal fluid to and from the cranium. These treatments can also help the body properly maintain hormonal function, which can greatly affect the body's ability to deal with headaches.

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

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HARRRP

Songs from the HARRRP

HARRRP'S GARDEN PARTY

BY BILL PARKES

All Sherman Hub residents are warmly invited to HARRRP's fourth annual Garden Party fundraiser on Friday, September 15th, to be held at Christ's Church Cathedral and the gardens at Bishop's Gate, 252 James Street North. A wonderful evening of good food, exquisite wine, and fine entertainment will be provided in celebration of the summer's end, and all for the benefit of HARRRP's work in the Sherman community.

HARRRP operates St. Peter's HARRRP Community Centre at 705 Main Street East at St. Clair. The former St. Peter's Anglican Church has been converted into a community space for the neighbourhood where those with gifts are encouraged to share with those who want to learn, without any financial barriers. As an example, HARRRP offers pottery, ceramics, and arts programs for members of the community, led by trained artisans and volunteers, at no cost to participants.

Christ's Church Cathedral, one of Hamilton's most beautiful churches, will be transformed for the evening to host all of HARRRP's guests as they gather to catch up with each other after the summer holidays. The pews will be moved aside to create a large, beautiful hall, surrounded by the history and beauty of this venerable church space. And hopefully the weather outside will cooperate as guests spill out of the church to enjoy the beautiful gardens of Bishop's Gate on the happening James Street North.

This will be the fourth annual HARRRP Garden Party, and if the last three are any indication, the evening will be a great deal of fun. In other years, trays of hors d'oeuvres have been served along with fine wines from

Kacaba Winery in Vineland. This year, the food selection will be more substantial with four food stations serving four different, delicious entrées. Plus, each entrée will be paired with a distinctive wine selection for sampling with the food.

Live entertainment will be provided to enhance the ambience of the evening. A local Hamilton artist will perform a wide assortment of songs and instrumentals for the enjoyment of all. As well, there will be lots of fun with wine raffles, beer raffles, and door prizes galore.

But the best news of all is that all the money raised goes to support HARRRP programs and services in the Sherman community. Families, seniors, newcomers, and children alike all benefit in some way from HARRRP, and the only way HARRRP can continue to provide invaluable experiences is with the money raised through fundraisers like these.

More than 21,000 people passed through the doors of St. Peter's HARRRP in 2016, and it looks like even more will be taking advantage of their services in 2017. So please come out and join your neighbours for a fun evening for a great cause. Tickets cost \$50 (with a \$25 tax receipt) and are available at St. Peter's HARRRP, or call 905-544-0050. Hope to see you there!

Bill Parkes is the Executive Director of the Hamilton Association for Residential and Recreational Development Programs (HARRRP)

HAMILTON DISTRICT LABOUR COUNCIL

KEEP TRANSIT PUBLIC

BY ANTHONY MARCO

Over the next few months, if you have been a follower of the Hamilton LRT struggle, you are going to hear about continuing fights for the future of public transit in our city.

When the Hamilton and District Labour Council endorsed the LRT project, our decision was not only based on a need for better public transit in this city; that was a foregone conclusion. Instead, in consultation with the unions potentially responsible for building, maintaining and operating the new line, we asserted that the jobs be local and respect the union collective agreements already in place with the City of Hamilton.

One of the ways to ensure the project goes forward with good-paying, local jobs is to be part of the Request for Proposal process that Metrolinx is putting out to potential developers. To this extent, the Hamilton and District Labour Council has been actively participating in helping to create a Community Benefits Network (CBN) with respect to not only LRT, but to all future development in our city. The CBN model allows concerned citizens to have a collective impact on how projects will ultimately benefit members of the community beyond the upfront benefits of the build itself. The key element of this process, however, is ensuring that public transit remains owned by the public.

The benefit of a publicly-owned transit system is simple: the system remains accountable to the people of the city of Hamilton. A privately-owned transit system is only responsible to shareholders and has a fiduciary responsibility to increase profits over everything else. The billion dollars being spent in our city is supposed

to be an investment in Hamilton, not the bank statement of a privately-owned corporation that could be headquartered in Spain, like the owners of Highway 407. A public transit system ensures that the needs of the city and riders take precedence over profits. That does not mean effective management of assets is overlooked - it means success is measured by the service provided to everyone, not the amount of profit made by a few.

There have been numerous justified criticisms lobbed at the HSR for continued mismanagement of the current state of public transit in the city. That said, with the organization's flaws, there are far better ways to guide the HSR than simply giving up on it. One way is with a citizen-led Transit Commission. A Transit Commission could provide a much-needed voice into representing riders in Hamilton without having to filter messages through City Council first. Such a group could bring real-time, real-life experience to the ears of the HSR and hold them accountable for their decisions.

Now is not the time to give up on public transit in our city. Instead, it's a time to have more direct public input on the decisions that get made. The LRT is giving us this opportunity.

You can find a petition to help Keep Transit Public at: www.keeptransitpublic.ca.

The Hamilton and District Labour Council can be found online: www.hamiltonlabour.ca, [facebook.com/hamiltonlabour](https://www.facebook.com/hamiltonlabour), and on Twitter @hamiltonlabour.

Anthony Marco is the President of the Hamilton and District Labour Council.

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



Celebrate Canadian Stories at the Telling Tales Festival

BY JOANNA WILLIAMS



Discover stories about family, friendship, adventure, and Canadian history at this year's Telling Tales Festival. Plus, find out what inspires authors to write, learn drawing tips from illustrators, and listen to musical tales.

Join us this fall for amazing presentations for the whole family – kids, teens, families, book lovers and even reluctant readers. This year's festival features over 30 award-winning Canadian authors, illustrators, storytellers, and musicians who promise to entertain and delight families.

Many of the talented Telling Tales presenters are located right here in Hamilton. Enjoy improv theatre games with the Creative Theatre Company, spoken word poetry with the Hamilton Youth Poets, sing-along songs with educator Robert Blunsdon, musical fun with children's entertainer Ben Bowen, puppet shows by the Hamilton Public Library Puppeteers, interactive children's art demonstrations with illustrator Derek Douglas, dance along with music by Jude Johnson, hear funny stories with author Joanne Levy, and enjoy a special reading and activity from author Nicola Winstanley as she launches her latest book, *A Bedtime Yarn*.

To celebrate our nation's milestone birthday, we have a special Canada Stage that will feature Canadian presenters and their Canada-themed books. Elizabeth MacLeod will look at highlights from Canada's fascinating history in her book, *Canada Year by Year*, while Paul Covello will take guests on a journey across the country as he launches his new picture book *Canada 123*.

Ted Staunton will stretch children's imagination with characters in his new book, *Harry and Clare's Amazing Staycation*. Andrew Larsen delights children with his tales and is launching his latest book *Goodnight, Hockey Fans*. Melanie Florence writes about Aboriginal themes and characters, and is launching a new picture book at the Festival titled *Stolen Words*. Storytellers Itah Sadu and Jean Assamoah will share their diverse stories that celebrate multiculturalism.

For tweens and teens, author Erin Bow will talk about her hit books, *The Scorpion Rules* and *The Swan Riders*. Kevin Sylvester transports tweens to a

planet filled with action, adventure, and warfare in his MINRs series. And we are thrilled to welcome Emma Donoghue, well known for her international bestselling book, *Room*. During this year's Festival, she will be presenting her first children's book, *The Lottery Plus One*.

The 9th Annual Telling Tales Festival takes place on Sunday, September 17th from 10 a.m. to 4 p.m. at Westfield Heritage Village in Rockton, Ontario. Admission is FREE. There is free parking at the Rockton Fairgrounds and our free shuttle service will bring you right to the festival. Please note: there is no parking at Westfield during the festival. Visitors are welcome to bring their children in strollers and are reminded to bring lawn chairs, blankets, and umbrellas to join in the fun – rain or shine! For more information visit the Telling Tales website at www.tellingtales.org.

Joanna Williams is the Public Relations Manager at Telling Tales.

Jude Johnson is Hamilton's Special Music Ambassador. At the Telling Tales Festival kids of all ages enjoy singing and dancing along to Jude's songs.

Don't miss presentations from many local Telling Tales presenters! From left to right: Derek Douglas, Melanie Fishbane, Joanne Levy, Kevin Sylvester, Ben Bowen, Nicola Winstanley and Lisa Dalrymple.



GETTING TO KNOW THE COMMUNITY, ONE PAPER AT A TIME



BY GREG READER

If you were out and about on a hot Friday afternoon early in July, you may very well have seen this energetic group weaving their way from house to house dropping off copies of the Sherman Hub News. Luis is from Mexico, and Gladys and Jesus are from Colombia, as are Andrea and Luis with their children, Luisito and Maria. They all arrived very recently in Hamilton and are staying at Micah House, a local facility which provides transitional housing and assistance to refugee claimants.

Now, if I had to flee my home and seek refuge somewhere else, I'm not sure one of

the first things I would do is volunteer to deliver a community newspaper. But these folks jumped at the chance! It seems that getting involved in the community, even in a small way, is something they really treasure. And they love the idea of a community newspaper like the Sherman Hub News! In fact, as soon as they finished their delivery area, they asked: "Can we each take a copy home?"

Here's hoping their enthusiasm will reinvigorate my own, especially for the good things about life here that I too often take for granted.

We would love to have your help! To learn more about joining the Sherman Hub News delivery team, please email shermanhubnews.delivery@gmail.com



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GRAND OPENING!
Friday, September 29

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Local Real Estate

BY STEVE DEVISSER

Selling a house is much more than just a sign on the lawn. There is a lot that goes on prior to a house being listed for sale.

Make a Plan

This is the first and most important thing to do when selling your house. If you plan on hiring a Realtor, it's a good idea to bring them on board early in the process.

Consider what you will be doing to prepare the house for sale, who you will need to bring on board to accomplish it and when you want it all done. Let's look at a few of the more common things we do when preparing to sell.

Apply Fresh Paint

We paint a house before selling it to provide the buyer with a home that is ready to move into and therefore raise the value of our house. Great idea! Your realtor, someone your realtor knows, or people at the paint shop can help you choose great colors that will help showcase your house well. The choice of colour matters. The colors you choose need to be attractive to a wide range of people and should not simply be chosen because they are your favorites. Apply two coats of paint - I see so many newly renovated homes with a single coat of paint. One coat leaves the shadow of the previous colour or primer visible. A single coat of paint is incomplete. The second coat should go on before any new flooring is installed.

Make the Most of Renovations

If part of your preparation includes a renovation that opens a wall, be sure to consider all the things that can be done while that wall is open. Could new wiring to that room or the room above it be easily run while the wall is open? How about new plumbing? If you close

up a wall and leave something that needs to be replaced or repaired inside the new wall you will have a catch 22; you want the buyer to pay for the work you did but the buyer has to undo some or all of the work you did to get at the required repair or improvement. Complete as much work as you can while walls are open.

Get Great Photos

Plan to take the photos when all the work you are doing is completed. Photos communicate a lot of information to the prospective buyer; layout, size, colors, existing appliances, sellers' care for the house, landscaping as well as the general condition of the house and property.

The goal of the photos is to display what you have to offer. Display your house in its best light but don't mislead people. Too often the experience buyers and I have at viewings is disappointment because the pictures did not accurately portray what the house offers. The rooms are smaller in person than the pictures lead us to believe or the photos were digitally enhanced and aren't an accurate reflection of the house. A negative experience is not in your best interest when you are trying to get someone to buy your house. When the photos accurately display what the buyer will see in person the buyer is more likely to have a positive experience because it's what they expected. I believe that we are all inclined to be drawn to things we have good experiences with including viewings and that a good experience at a viewing is the best way to lead a buyer to consider buying your house.

The sale of your house is important and a little planning goes a long way. Talk soon, Steve.

Steve Devisser is a Sherman Hub resident and a Real Estate Sales Person at City Brokerage.

VIBRANT LIVING

PUT YOUR MONEY WHERE YOUR MOUTH IS

Making Our World a Better Place by Spending Money Responsibly

BY JANET ROBINSON

Most of us have at least a little extra money left over after all our needs have been met, so rather than spending it on useless things that will provide only temporary enjoyment, why not invest in something lasting, something that will benefit all of us in a big way? There are a number of fabulous organizations that do just that.

Become a child sponsor. In Canada, we have such an abundance but in other countries, people (yes, children) are literally living in the streets, are forced into the sex trades, forced labour, etc. Your monthly contribution goes to their community and the children benefit by receiving education, nutrition and health care. Many of these same agencies also provide disaster relief to those who have lost everything, as in the case of devastating earthquakes and other natural disasters. There are many agencies to choose from, so do your research.

The Royal Botanical Gardens (RBG) is a beautiful gem in our community. There are several beautiful parks and gardens to enjoy any day, where you can get close to nature. There are educational programs, music nights, and all sorts of activities. The benefits to one's mental and physical health are enormous. Viewing nature takes your mind from the cares of the world, and walking, hiking or even strolling is good exercise. And what better way to introduce your child to the world around them? Children are drawn like magnets to animals, and are thrilled when a chipmunk or chickadee takes

food from their hand. It is a wonderful experience for all.

Consider buying local, and support our farmers and family-owned businesses. It helps the "little guys," and some bakeries will donate their surplus to food banks. Check them out. Animal shelters are always in need of donations such as pet food, litter, blankets - and money. They help so many animals that are in dire need and the no-kill shelters will keep the animals until the right homes are found. They are indeed a very worthwhile cause.

Often you will find various organizations listed in your community newspapers. Call them up and ask them what they do and how you can help. There are also wonderful periodicals, journals and information websites that do great investigative work to bring awareness and send strong messages on all manner of topics.

These are only a few examples. There are so many more and your memberships and donations go a long way toward assisting others and helping our communities thrive. That's good for all of us. Finally, it is just as important to boycott businesses that exploit, are unethical, and contribute to the ills of this world. Supporting businesses that contribute positively to our community - and the rest of the world - is putting your money in the right place.

Janet Robinson is a retired mental health counsellor and workshop designer/facilitator.

POETRY

POETRY

BY TANYA BAILEY

Seasonal
Reestablished found
A return to harvest sigh
Cracked then broken sharp

Our Public transit system
Random discounted
Groups herded like cattle lost
The working week chains

MUSICAL JOURNEY

Life on the Road

BY DARIN MARTIN

Over the summer my family and I had the opportunity to travel and I played a bunch of concerts spanning from the Sarnia area to the Atlantic Ocean.

I started writing this article sitting by the fire at our campsite near Pugwash, Nova Scotia, where I watched the sun setting over the Atlantic Ocean. Way off in the distance I could see PEI and the Confederation Bridge, but as I was thinking about the people who would be reading this article, I started thinking of our home in Hamilton.

For the past few weeks we have been living out of our vehicle and sleeping in a tent every night. Each time we stop somewhere, everyone in the family has a role to fill before we can go exploring and start to relax. There is a place in the vehicle or the roof carrier for everything we have on the trip. Putting stuff in its spot is a system that took a few tries to perfect, but it works for us every time.

I do the bulk of the driving on our road trips, not because I feel I need to be the one in control, but because I love driving and Sarah is an amazing navigator, spotting the coolest things along the way. So we're both happy with our roles.

I love the simplicity of life on the

road. Things don't get too complicated, you usually know which direction you are heading, and there is almost always some sort of reward at the end of the day. As is often the case on this trip, it is the amazing people we are going to see or the cool places where I get to play music.

Our regular family rhythm could look a little more like this - where the goal is to spend quality time, travelling together and trying to make a positive impact in someone else's life along the way.

While I love the journey and the new people and places, my heart is also connected to my home in Hamilton. We are so thankful for the little messages that we get from neighbours at home telling us about things happening there - like a new ice cream shop opening on Main street right near us! There are times that we connect to home as well: writing postcards in coffee shops or chatting with the people that are so far away. And, of course, as comfy as sleeping in a tent can be, we are certainly looking forward to our own beds and showers that don't require quarters to operate.

I guess life on the road feels a little better because of the fact that at the end of the journey, we get to come home.

WARD THREE UPDATE

BY COUNCILLOR MATTHEW GREEN

Summer is a great time to be outside. I'm so happy to be able to see so many of you in our local parks. With flowers blooming, and lots of sunshine, I wanted to take this opportunity to share some of the exciting projects at Gage Park. Some of the plans are already under way, others are in the planning stages, but I'm excited to share some of the work that we're accomplishing together for our community.



Gage Park from Robert Gage. I'm looking forward to celebrating this milestone with our neighbours. We're going to be setting up a Gage Park 100th anniversary meeting and I'm asking any interested community groups to please send me an email at Matthew.Green@Hamilton.ca so we can keep you in the

loop on next steps.

Other big news is that Festival of Friends returned to Gage Park this year. I want to thank all the staff, volunteers, performers, and the Festival of Friends board of directors who worked hard to put on a terrific event and bring it back for so many of our neighbours to enjoy. While it was an exciting weekend, it was also a busy weekend. From parking pressures to increased traffic, I want to thank all the neighbours for their patience and for representing our community so well.

Earlier this spring, we unveiled our Youth Advisory Huddle (YAH!) mural in front of the Gage Park Pump Track. It was a fantastic time, with music, food, and community. This mural was a project by and for youth with local artist Leon Robinson A.K.A. Eklipz. With this mural, as well as my visits to local schools over the past year, I am continually amazed and inspired by what our youth are accomplishing.

Matthew Green is the Ward 3 Councillor for the City of Hamilton.

In Gage Park, you'll notice a fenced off area with construction work. I'm proud that we are revitalizing our Gage Park Greenhouse. This \$4.2 million project will create a premier facility in the heart of the park. I'd also like to thank the Patrick J. McNally Foundation for their generous gift of \$350,000 to help with this project.

The new greenhouse will include more community space, and a state-of-the-art experience for visitors. The greenhouse also serves to grow many of the flowers that you see planted throughout the city. From the days of the Beautiful City movement, I'm happy that Ward 3, our community, is able to play such an important role in making Hamilton a beautiful place to work, live, and play.

Next year is Gage Park's 100th anniversary. We pulled the official records from City Hall archives and in 1918 Hamilton City Council passed a motion to purchase what would be

HEALTH IN THE HUB

Time to Test Your Vitamin D?

BY JUSTIN GALLANT

Back in 2010, OHIP stopped covering the cost of vitamin D testing, and made a public recommendation to doctors to just assume that everyone in Canada is vitamin D deficient. They assume we're all deficient because our summer is only like 2 weeks long, and most of us are working during prime sun exposure hours. OHIP will cover vitamin D testing if you have kidney disease, osteoporosis, or any malabsorption syndrome (Crohn's, Celiac, etc...), but

for everyone else it costs about \$40 to test through blood.

The reference range for vitamin D is 75-250, but when I send my patients for testing, I've found that most are below 40! The lowest I've seen in my clinic was a 15. Few people know when they have low levels because it's not being tested anymore!

We have vitamin D receptors in our bones, our amygdala (mood centre of the brain), on every white blood cell, and just about every tissue in our body. It's important to satisfy these receptors

in order to help prevent osteoporosis, depression, seasonal affective disorder (S.A.D), and poor immunity. In addition, there is research to suggest that a vitamin D deficiency may significantly increase the risk of certain types of cancer.

From the time you read this until April or May of next year, most people won't be able to get enough sun to create all of the vitamin D they need. Now is a good time to starting thinking about replenishing and maintaining those vitamin D stores - to prevent

S.A.D and hopefully strengthen your immune system against all the colds and flus passed around while we're cooped up in the winter.

If you're curious about your vitamin D levels, ask your family doctor or healthcare provider about testing.

Justin Gallant is a naturopathic doctor practicing in the Sherman Hub Neighbourhoods.

CREATING THE CAPSULE WARDROBE

BY MICAYLA VRANIC

I'd like to take a few minutes to talk about the joys of a well-chosen wardrobe. I'm not a clothing freak, I've never liked shopping, and I dread the mall (food and groceries, on the other hand, I could do that all day long!).

Over the last four years or so, I've become very aware of my own style. I like simple, clean, straight lines, and I like to feel like myself in my clothes. I like clothing that is comfortable, flattering, and classic. Around the same time I started realizing what my style was, and that I did have a preference. I also found and fell in love with a little vintage/used clothing store downtown called NEWOLDS. Finally, a place where I could shop and enjoy the entire process. I've never left the store without something I truly loved. Quirky, maybe. Completely me, always.

My favorite little vintage shop has since closed down, but I got some of my favorite pieces there. Shoes, a coat I know I'll keep forever, some amazing dresses, sunglasses, and skirts. Looking at all of the items together, I realized there was a theme. These are really high quality clothes, most of them made in Canada, as nearby as Toronto! A lot of them are more than 30 years old, some pieces even from the 1930s, but they're in beautiful condition. This got me thinking about the value of what I buy and about choosing to shop mindfully. I also got to thinking about the rich stories we could (and should) have behind our clothes.

I recently re-discovered the idea of a capsule wardrobe while listening to a TED Talk by Jennifer L. Scott. For the past year, I've been slowly paring down my wardrobe, but after that TED Talk, I really kicked it into high gear. The process of doing this has been SO freeing. It feels so good to know that I love each item in my closet, to avoid the endless piles of not-quite-right outfits every morning.

I am not quite done with my fall wardrobe, but I have pared things down to 3 pairs of pants, 7 tops, 6 skirts, 5 dresses, & 2 blazers. My bedroom is still slightly torn apart, but man, this process feels amazing. I feel LIGHTER, and every single thing I own right now feels good to me. I can breathe easy in these clothes, and I can live freely in these clothes.

Some people may think that giving so much thought to clothes is vain and fluffy, and in the past, I would have agreed. However, the benefits of this

capsule wardrobe idea are actually very substantial. For one, a capsule wardrobe ensures quality over quantity. I'm not buying into the fast-fashion world, and I am not adding to landfills each year. I am still no fan of the mall, and when people ask why, I get to give a very solid reason!

My goal for my wardrobe is to make it timeless, classic, and easy, so I can take the focus off of how I look every morning, and get ready efficiently and effortlessly. I can get on with my life, while still enjoying this thing we all must do every single day of our lives! Basically, it clears up all that mental space usually devoted to fretting about

whether the dress makes my butt look funny.

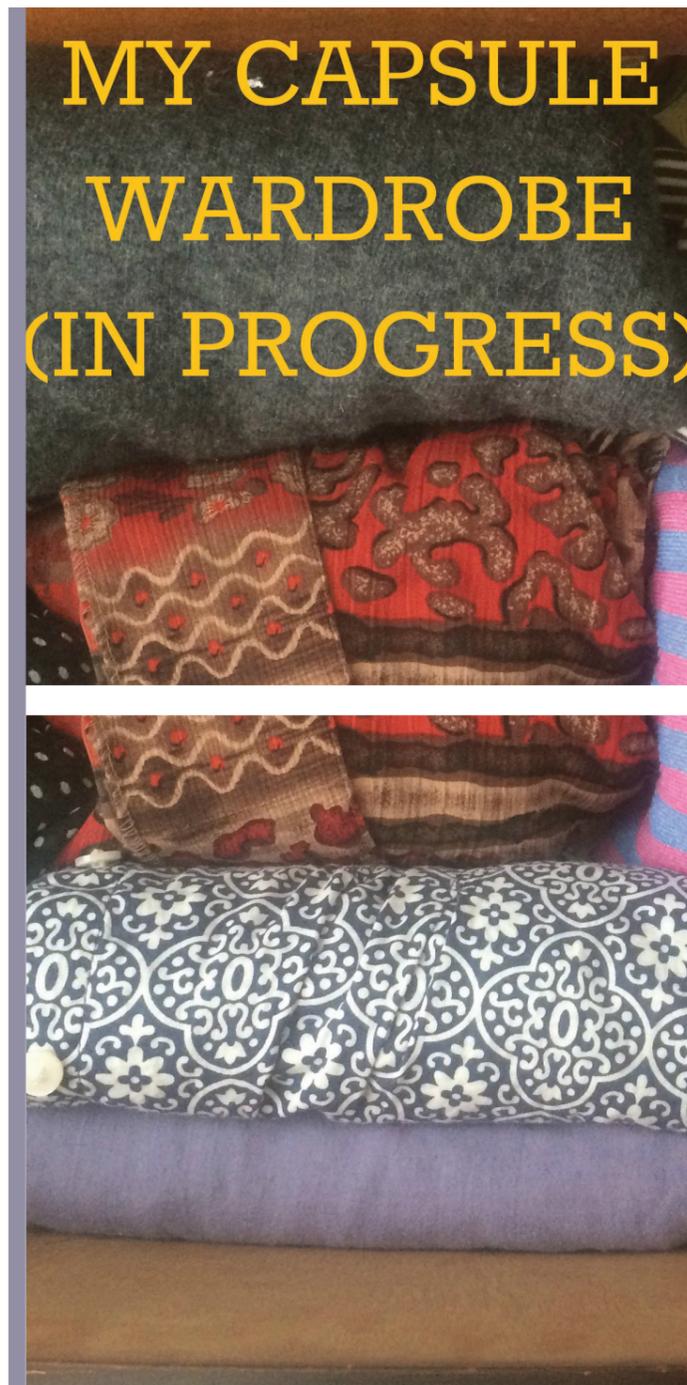
I work from home (or various coffee shops), so sometimes getting out of the PJ's is a low priority for me. Taking the time to look presentable really does affect my mindset, and improves my productivity. It adds a nice rhythm to my morning routine, and allows me to feel ready to get outside midday, go on a nice walk, or grab a bite out with a friend without feeling like a slob. I respect myself enough to allow my outsides to match my insides.

I am not wasting my money on clothing that I don't need, or very likely already have hidden beneath things

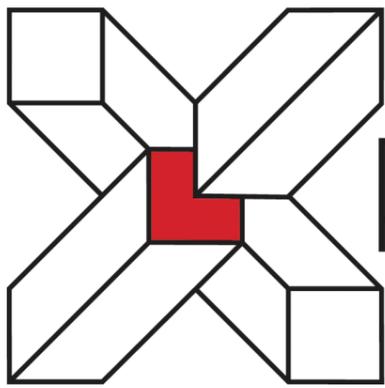
in old drawers and behind bins. I do not shop unless I need to, and I do not buy unless I LOVE it. My money is precious, I spend time and effort to earn it. The last thing I want to do is spend it uselessly.

I strive every day to live a life that's INSPIRED. This is one thing that helps me live that way. Have you ever tried a capsule wardrobe? Do you feel trapped under too many clothes, or do you love a large, rambunctious wardrobe? Let me know!

Micky records her thoughts weekly over at zucchiniiontheceiling.com, and has a commitment to handcrafted living.



NEIGHBOURHOOD ACTION STRATEGY



XPERIENCE ANNEX

BY RIKKI FIRTH & SHYLO ELMAYAN

WHO WE ARE

The Xperience Annex is a Neighbourhood Action Strategy project funded through the Local Poverty Reduction Fund. The Annex supports youth ages 18-29 to achieve their goals utilizing a Youth Navigator, Youth Engagers and 60+ partners City-wide.

We believe in peer support and youth advocacy, which is why our Youth Engagers are youth themselves! Youth Engagers go out into the community to share information about the Annex with other young people and direct them to our office when they need help.

WHAT WE DO

We connect young people to the services and supports they need to reach their goals. Whether they need help with employment, education, housing, financial assistance, mental health services or beyond, we're here to help!

WHERE WE ARE

The Xperience Annex office is located on 4th Floor of the Hamilton Public Library (Central), right beside Mohawk City School (55 York Blvd)

A YOUTH ENGAGER IN YOUR COMMUNITY?

If you think your neighbourhood could benefit from having a Youth Engager in your community, or if you have any questions about the Xperience Annex, please email xperienceannex@hamilton.ca



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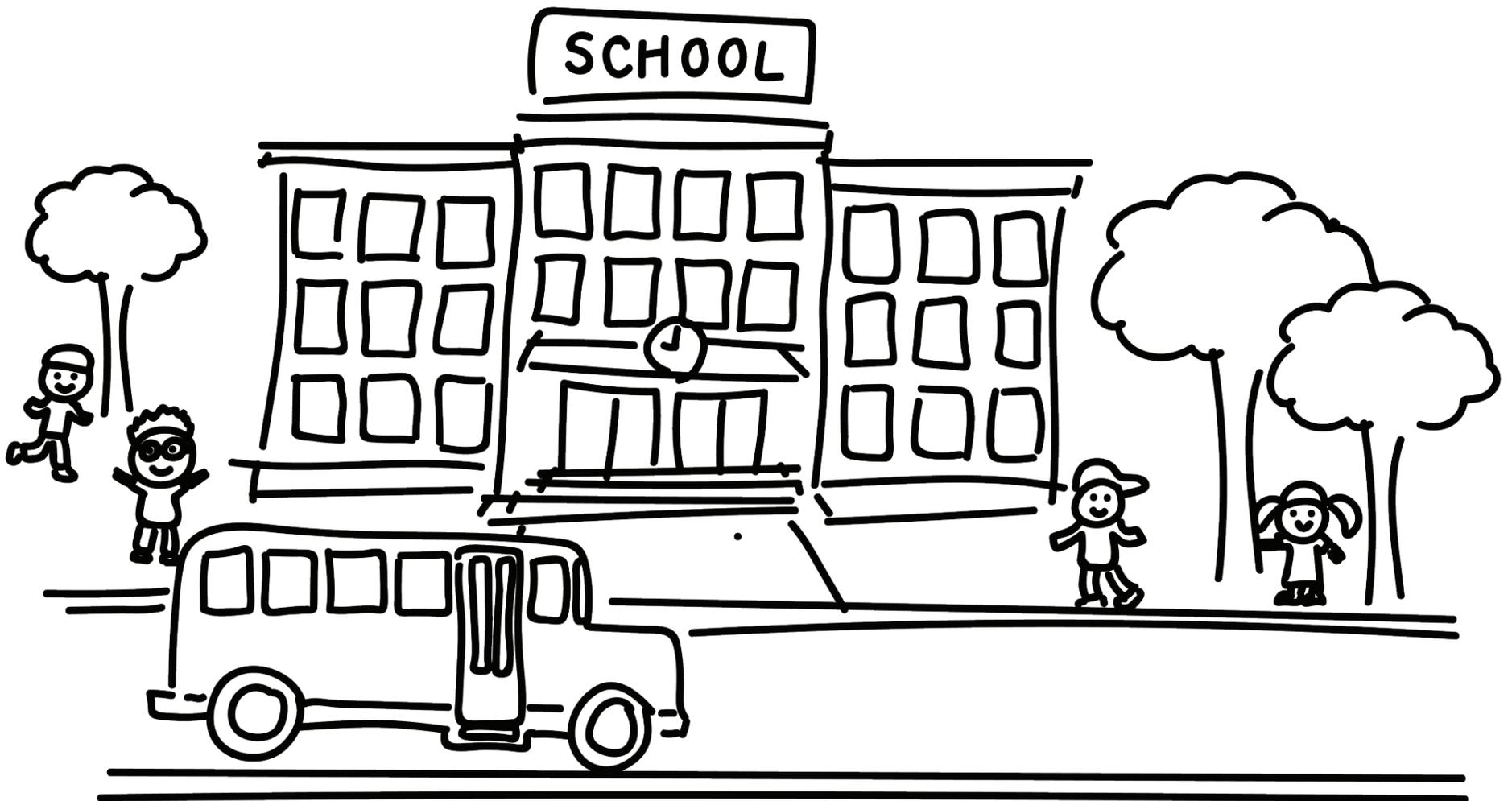


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BACK TO SCHOOL TIME

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SEARCH WORDS!

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Back-To-School Words For those Under 30	Back-To-School Words For Those Over 30
backpack	bookbag
tablet	computer room
smartboard	blackboard
group work station	desk
stylus	pencil
standardized test	arts education
search engine	card catalogue
thumbdrive	duotang
internet	library
nutrition break	snack
social and physical development	recess
screen	paper
led projector	overhead projector
fidget spinner	pogs
youtube	video cassette tape
cloud	floppy disk
alternative assessment	report card
ebook	textbook
email	parent-teacher interview
smartphone	graphing calculator

RECREATION REPORT

RECREATION REPORT

Fall registered programming begins on Monday, October 2. Registration opens on Friday, August 25!

Central Memorial

AFTER SCHOOL OPEN GYM

6-12 yrs - FREE

Mondays and Wednesdays, 4:30 - 5:15pm

Tuesdays and Thursdays, 3:15 - 5:00pm

FUN NIGHT DROP-IN

TUESDAYS, 5:30 - 7:30pm, 6-12 yrs - FREE

Come join us for games, crafts, and active gym play at our centre.

FRIDAY NIGHT TEEN GYM AND LOUNGE

13-17yrs, 7:30 - 9:30 PM - FREE

PUMPKIN CARVING WORKSHOP

Thursday October 26 2017, 5:30 - 7:30pm – 6-12 yrs.

Come on out and carve your own pumpkin right in time for Halloween!

Pumpkins, stencils and all equipment provided.

Age: 6-12 yrs.

Cost: \$7.14

Code: 184584

Powell Park Club House

MOVIE NIGHT - FRIDAY SEPTEMBER 22 AND OCTOBER 20, 2017 - FREE

Come and watch a movie on the big screen! There will be FREE

POPCORN for your movie enjoyment. Raffle tickets will be given out to win the movie at the end of the night!

Children 10 and under MUST be accompanied by a parent/guardian 18+.

Doors open at 5:30pm, movie starts at 6pm.

CHILLZONE - FREE

Come visit our youth-dedicated space! Wednesdays, starting October 4, from 6 - 8:30pm. Games, crafts, Nintendo Wii, and hang out space for youth ages 10-17yrs.

Norman Pinky Lewis

NEW AFTER SCHOOL PROGRAM - CHECK OUT OUR NEW PROGRAM FOR FALL!

The program runs Monday to Friday from 2:15 - 5:00pm and is *FREE!*

For ages 6-12 yrs, participants will do fun activities including sports, crafts, challenges, games, board games and swimming (Mondays and Fridays).

A healthy snack is provided each day. Come join your friends and make some new ones as well! Please visit NPL to pick up a registration form.

PUMPKIN CARVING WORKSHOP

Monday October 30, 2017 from 6-8pm

Come on out and carve your own pumpkin in time for Halloween!

Pumpkins, stencils and all equipment provided.

Cost: \$7.14

Code: 184605

Tim Hortons Field

FREE PROGRAMS

Come on out to Tim Hortons Field and check out some of the amazing and FREE programs that are offered in our indoor space, such as cardio dance, cardio dance family (all ages), art expression (6-12 yrs), exploring sports (3-5 yrs), sports blast (6-12 yrs), 30 minute fitness classes, and so much more. Just enter through the premium entrance, FREE parking. Contact 905-546-2424 ext. 7136 for more details or check out the schedule at: <https://www.hamilton.ca/parks-recreation/drop-in-recreation-programs/tim-hortons-field>

HARRRP

HOW TO HAVE THE BEST SCHOOL YEAR

BY JUSTIN D'OLIMPIO

Whether you are a student or the parent of a student, you likely have one thing on your mind as the new school year begins: academic performance. From kindergarteners to graduate level college/university students, concentration and learning are critical and directly related to how successful the year is and how bright the future looks, career-wise.

You may be wondering what academic performance has to do with fitness. The answer is: everything. The research is conclusive that physical exercise directly impacts how well a student does academically. Consistent, daily exercise results in significantly improved concentration, learning, and

test scores.

In his book, *Spark, The Revolutionary New Science of Exercise and the Brain*, Harvard psychiatrist Dr. John Ratey cites studies that document dramatic increases in the academic performance of students when they begin adding exercise to their daily schedule. City Park Collegiate school in Saskatoon, SK is an inner city school in which many students have both behavioral and academic challenges. After bringing treadmills in and letting the students use them, behavioral and academic problems improved. Students were able to sit still longer, concentrate better, and in just four months, the students began improving academically. Grade

level increases were in the 27%-36% range. All it took was 20 minutes of exercise each morning.

What is it about exercise that causes such significant changes? Scientists are still trying to understand it, but it appears as though exercise helps to lay down new pathways in the brain, which aids learning. Neurogenesis also seems to be stimulated by exercise. Neurogenesis is the process by which the brain grows new brain cells. These new brain cells help build the new pathways along which learning can take place.

City Park isn't the only school that has seen improvements in students' academic and behavioral performance

with exercise. At Naperville Central High School west of Chicago, similar results have been seen, with students dramatically improving in reading, math, and science. If you are a student, a parent of a student, or even a teacher, exercise should be a top priority. To neglect it is to sabotage potential and open the door for behavioral problems.

There are many ways to get a good workout in. Resist the urge to neglect exercise in order to spend more time with the books. Your study time will be much more productive if you feed your brain with exercise!

Justin D'Olimpio is the owner/coach of Just Train Fitness.

HAPPENINGS

Sherman Hub Community Group Meeting

Wednesday, September 6 &
Monday, October 2
7pm-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 community!
Childcare provided.

facebook.com/TheShermanHub/

Creative Age Seniors Program (CASPHamilton)

Every Thursday, 10:30am-3pm

St. Anthony's Parish Hall
830 Barton Street East

CASPHamilton is a day program for independent-
living seniors who would welcome the opportunity
to socialize with peers, establish new friendships,
participate in group activities, and have fun! Our
welcoming and warm atmosphere provides lunch,
coffee/tea, snacks, crafts, entertainment, guest
speakers and more! \$13.50/day. All denominations
and cultures are welcome!!

(Italian translation is available).

For more information, call Paula 905-869-7391 or
Maria 905-745-7791 or casphamilton@outlook.com

Germania Club -

863 King St. East
905-549-0513

September

Fridays 5pm-7pm: Germania Club restaurant dinner.
Sept 10, 2:30pm: Movie afternoon.
Sept 16, 8am-1pm: Germania Choirs Garage Sale.
Sept 23, 3pm-midnight: Hamilton Steel City Okto-
berfest.

October

Oct 14, 5pm-6:30pm: Germania Choir Weinfest.
Oct 8: Thanksgiving Lunch

Hamilton Public Library -

571 Barton St East
www.hpl.ca

September

Sept 2: LEGO Mania.
Sept 6: Teen Hub Zone.
Sept 9: Teddy Bear Sleepover.
Sept 11: Navigating Housing in Hamilton.
Sept 12: Sit to be Fit.
Sept 16: LEGO Mania.
Sept 19: Wiggle & Shake Story Time.
Sept 21: Crayon Art.
Sept 25: Proper Nutrition For Children with ADHD.
Sept 27: PS4 Gaming.
Sept 30: Under the Influence of Dub.

October

Oct 3: Sit to be Fit.
Oct 4: How To Be An Ally to Survivors.
Oct 7: LEGO Mania.
Oct 11: PS4 Gaming.
Oct 17: Wiggle and Shake Storytime.
Oct 19: Busy Bees.
Oct 25: Halloween Party.
Oct 30: Navigating Housing in Hamilton.
Oct 31: Halloween Storytime

Telling Tales Festival

Sunday September 17 2017, 10am-4pm

Westfield Heritage Village, 1049 Kirkwall Road.
Rockton, Ontario.

Telling Tales is a yearlong reading campaign ded-
icated to promoting literacy and inspiring a love
of reading. Courtesy busing is available on a first
come-first served basis thanks to ArcelorMittal
Dofasco and First Student Canada. Visit tellingtales.org
for a complete list of presenters, contests and
Community Bus Stops.

info@tellingtales.org

Beautiful Alleys Fall Cleanup

Saturday, September 30, 2017, 9am - 1pm

Join the enthusiastic team of friends and neigh-
bours working together to create safe and beautiful
green spaces for all ages to enjoy. Sign up for the

Beautiful Alleys Fall Cleanup on September 30. Pro-
vided FREE: garbage and recycle bags, protective
gloves, safety training, and an after party with pizza
at Powell Park! Make new friends, get some fresh air,
and join in a neighbourhood project organized com-
pletely by volunteers and supported by community
sponsors.

hamiltonalleys@gmail.com | [www.facebook.com/
beautifulalleys](http://www.facebook.com/beautifulalleys)

Hamilton Sings! Community Choir

Saturday, September 16 / 17 (Autumn Session
starts), 9.45am - 12pm

HARRRP, 705 Main St. E, Hamilton.

All welcome - no audition! Find fun, laughter, and
joy through singing!

hamiltonsings.ca | info@hamiltonsings.ca |
905 544 1302



NEIGHBOURHOOD
ALLEY
CLEANUP

SATURDAY
SEPT 30
2017 | 9 AM - 1 PM
Lunch at Powell Park 1:00 pm



Beautiful Alleys

Volunteers needed for the
award-winning Beautiful Alleys
neighbourhood cleanup.
Everyone welcome!

Meet your neighbours, make new
friends, and enjoy free food and
refreshments! Trash bags, recycle
bags, and protective gloves are
provided.

Join in to beautify our community
and make our hidden pathways
safe and pleasant for everyone.

Beautiful Alleys
 @hamiltonalleys

» To register, email hamiltonalleys@gmail.com