

# SOUTH SHERMAN HUB NEWS

*A publication of the South Sherman Community Planning Team*

September ~ October, 2012



Ivor Wynn Stadium: a last look. Photo: Glenn Lowson



# EVENT LISTINGS

## It's Happening in the Hubs

We would like to promote your local events and programs so please share with us your November and December events by emailing [itshappeninginthehubs@gmail.com](mailto:itshappeninginthehubs@gmail.com).  
Deadline for Nov/Dec issue is October 1st.

**South Sherman Community Planning Team meeting.** Monday October 1st at 7 p.m. **St. Giles United Church.** For child-minding please contact Tara 905-818-4788.

**Harvest Fundraiser Brunch with Oliver's Garden Project.** Saturday Sept. 29th from 10 a.m.-2 p.m. **Gage Park.** Free. Includes kids meditation, moksha yoga, cooking demos, gardening workshop and a live musical performance by Kori Pop.

**Knitting Neighbours with Grace Campbell, 134 Gibson Ave.** All welcome. 7-9 p.m. on the following dates: Sept 20th, 28th, Oct 4th, 11th, 18th, 26th email [grace-campbell@hotmail.com](mailto:grace-campbell@hotmail.com)

**Community Dinner** the last Wednesday of each month, Sept. 26th, October 31st. 6 p.m., doors open at 5:30 p.m. **St. Giles United Church, 85 Holton Ave.** at Main. Knox Hall, downstairs. Enter at West side.

**St. Peter's HARRRP 705 Main St E and the corner of St. Clair Ave.** call 905-544-0050  
**Hatha Yoga.** Thursdays 7-8p.m. A class for all levels. Yogis Vytas and Melissa lead the class in this ancient exercise designed to connect you to your breathing, to stretch and relax. Namaste!

**Hamilton Art Society Art Class.** Tuesdays 6:30-8:30 p.m. Bring your imagination and you will be introduced to sketching, water colours, and acrylics by local artist Royston Maybery. Expand your creativity on the canvas!

**Women's Aerobics.** Tuesdays 5:45-6:45 p.m., Thursdays 6-7 p.m., and Saturdays 10:30-11:30 a.m. Led by Janice Morgan of Heart & Sole, enjoy a great workout combining Pilates, weight training, aerobics and yoga.

**Pottery Class.** Saturdays 2-3:30 p.m. Substitute clay and kiln for paint and canvas for an extraordinary sensory experience in the art of pottery. Led by instructor Keith Hamilton.

**Tai Chi.** Thursdays 10-11 a.m. Join Gerry as he leads Tai Chi for all levels. Derived from the martial arts, Tai Chi combines flow, movement and breathing to improve your balance and posture.

**Laughter Yoga.** Tuesdays 7:30-8:30 p.m. or Wednesdays 1:30-3:00 p.m. Laugh your way to better health through unconditional laughter. Join Joan as she leads the laughter to feeling really good. Try it, laughter is infectious!

**Internet Café.** Tuesday to Friday 3-8 p.m. Want to check out the internet? Or log in to your email. Come in to the HARRRP Internet Cafe and check your mailbox!

**Aikido Martial Arts.** Tuesdays and Thursdays 8-9 p.m. Take part in a Japanese martial art form. Whether you are looking for self-defense techniques, spiritual enlightenment, physical health or peace of mind, this is for you.

**Orff Music Instruction** for 3-5 year olds.

Saturdays 10-11 a.m. The goal of the Orff Music Program is to develop a child's musical literacy and creative potential. Activities involve singing, listening, and instrument playing.

**Sanford Neighbourhood site of Ontario Early Years Center 735 King Street East, Floor 1A,** phone 905-525-5855, hours Monday to Thursday 9 a.m. - 3:30 p.m. and Friday 9 a.m. - 12 p.m. closed on weekends. email [oeyc@kboysandgirlsclub.com](mailto:oeyc@kboysandgirlsclub.com)  
Deals with ages 0-6 years old.

**Make & Take Literacy Activities,** Hands on learning Thursdays from Sept 13th to 27th at 1:30 p.m. - 2:30 p.m.

**Incredible Years** To help reduce children's aggression and other behavior problems, increase social competence for home and school please call to register 905-546-3550 this is hosted by Health Connections at The Sanford Site on Thursdays starting Sept 27th-Dec.13 from 9:30 a.m. to 11:30 a.m.

**English Classes** For parents/Care givers, come on out and join our facilitator to improve your english skills with songs, games, stories and more and child minding is provided. Mondays from 9 a.m - 12 p.m.

**Welcome Baby** Please register through Health Connections 905-546-3550 Learn about healthy eating, a healthy pregnancy, feeding and caring for your baby. Enjoy a snack and talk to other mothers. Bus tickets and grocery gift certificates will be provided. Tuesdays 9:30 a.m. - 11:30 a.m.

### Check It Out Clinics

Do you have questions about your child's development and health? Community professionals are available at a variety of locations to meet with families and their children from newborn to 6 years of age to offer consultation, teaching and referral with respect to their child's development. Early child development identification sessions are free and no appointment is needed. Registration takes place at the start of the session. For more information, please call **Health Connections at 905-546-3550.** These clinics are available each month.

**Infant Massage** Tuesdays, Oct. 2-30th from 1:30 - 2:30 p.m. Designed to teach parents and caregivers of infants (pre-crawling) a warm, nurturing bonding experience through touch.

**Parenting Your Anxious Child** Wednesday Oct. 17th, 9:30 - 11 a.m., a helpful workshop for those raising an anxious child; learn strategies and useful tips.

**Barton Library 571 Barton Street East.** Open from 1 p.m. to 8 p.m. on Monday and Wednesday, 10 a.m. to 5 p.m. on Tuesday, Thursday, and Saturday. Closed on Sunday and Friday.

Info: 905-546-3450. Circulation/Renewals: 905-546-3425. Email: [askhpl@hpl.ca](mailto:askhpl@hpl.ca)

Book-a-Librarian: Contact Kathleen at 905-546-3450 to book an appointment.

**CANNON COFFEE CO.**

### LIVE AT THE CANNON!

We now have live music right here in our neighbourhood.

Focusing mainly on

local singer-songwriters, **Live at the Cannon** happens on the 1st and 3rd Fridays of each month from 8-10 p.m., with "visiting hours" from 6-8 p.m. Bring your friends, meet your neighbours, enjoy the music and support local artists.



1ST AND 3RD FRIDAYS AT 8PM: PWYC  
CANNON COFFEE CO.  
179 OTTAWA ST N AT CANNON

### Children's Programs

**Family Storytime** Tuesdays at 10:30 a.m. (aged birth-5)

**Wednesday Night Movies** September 5, 12, 19, 26 at 6:00 p.m. (family-friendly)

**Wii Gaming** Every Saturday at 2:00 p.m.

**Teen Programs** (aged 10-18)

**Guitar Club** Wednesdays at 4 p.m. Do you want to hang out with some awesome people and make some awesome music? Come in for some tips on chords and technique. Bring your guitar if you have one. Some guitars will be available if you don't.

### Adult Programs

**Barton Bibliophiles Book Club** Monday, September 10 and October 1 at 6:30 p.m. If you like great reads and good company, join the Barton Bibliophiles

**Knittin' Around** Monday, Sept. 17 and Oct. 22 at 6:00 p.m. Bring your knitting projects and share tips and techniques with other knitting enthusiasts.

**Romance Readers** Monday, Sept. 24 and Oct. 29 at 5:30 p.m. If you love romance as much as we do come to Barton's Romance Readers Book Club. We'll share favorite authors and try some new ones too.

**Project Safe Neighbourhood** every Tuesday from 2-3 p.m. Fire prevention staff will be at Barton Library. Learn how to keep your family and home safe from fires and how to educate your children about fire safety. Drop in with your questions or concerns.

**The Noble Health Bus** every Tuesday at 2 p.m. The Health Bus is a mobile clinic that brings health screening and awareness programs right to the corner of Milton Ave. The service is free to the public and everyone is welcome.

**Tech Table** Wednesday, Sept. 5th and 19th from 4-5 p.m. Do you have a new e-reader or tablet and aren't sure how to access our e-book library? Drop in to our Tech Table and let staff show you how it's done.

**Jimmy Thompson Pool** 1099 King St E, phone 905-546-4768

### General Admission Fees (Pool)

	Youth	Adult	Senior	Family
Daily	\$2.80	\$4.10	\$2.80	\$7.90
10 visits	\$18.90	\$30.90	\$18.90	\$63.75
Yearly Pass	\$37.75	\$92.	\$37.75	\$134.75

### Waterfit Admission Fees

	Youth	Adult	Senior
Daily	\$3.05	\$4.40	\$1.95
Monthly	\$12.50	\$18.90	\$6.40
25 visits	\$49.75	\$74.75	\$24.75
Yearly Pass	\$109.25	\$174.25	\$65.00

**Scott Park Arena 876 Cannon St E** phone 905-546-4919 email [recreation@hamilton.ca](mailto:recreation@hamilton.ca)

### Arena and Rink Admission Fees

Youth	Adult	Senior	Family	Parent & Tot
-------	-------	--------	--------	--------------

(Daily)  
\$2.80 \$4.10 \$2.80 \$7.90 \$3.15  
(Yearly Skate Pass: does not include Shinny)  
\$34.00 \$53.75 \$34.00 \$74.75

(Daily Shinny)  
---- \$6.40 ---- ---- ----

For both Fee Descriptions are: Youth = under 18 years old, Adult = 18 to 54 years old, Senior = 55+ years old, Family = 1 or 2 adults with dependent children, under 18 years of age, living at the same address.

And here is how to learn more about Recreation Fee Assistance Program: The Recreation Fee Assistance Program provides City of Hamilton residents living with a low income the opportunity to participate in organized sports and recreation programs. Call 905-546-3747 or visit Scott Park Arena or Jimmy Thompson pool and ask the staff, they are happy to help. Email [recreation@hamilton.ca](mailto:recreation@hamilton.ca).

**Norman Pinky Lewis Recreation Centre, 192 Wentworth St. North,** phone 905-546-3122, services area with:

**Public General Interest Schedule:** September 24 to December 23, 2012

**Basketball (13-17 years)**  
Monday Wednesday Thursday  
8:45-9:45 p.m. 8:30-9:30 p.m. 8-9:30 p.m.

**Basketball (18+ years)**  
Tuesday Saturday  
8-9:30 p.m. 8-10:30 p.m.

**Open Gym (All Ages)**  
Sunday: 12-3:45 p.m.

**Soccer**  
Sunday: 12-1 p.m.

Having an event of interest to South Sherman residents or happening in the South Sherman Hub? The *South Sherman Hub News* is delivered monthly to 12,000 residences and businesses from Wentworth to Gage, Escarpment to the Bay.

Submit your event listings to [itshappeninginthehubs@gmail.com](mailto:itshappeninginthehubs@gmail.com)  
Please include the following:

- Name of Event**
- Date/Time of Event**
- Name of Organization**
- Cost of Event**
- Location**
- Description of Event (50 words max)**
- Contact Info**

**LANGTON INC.**

Heating & Air Conditioning

At Langton Heating & Air Conditioning

We offer our clients the following products and services and more;

- Furnaces
- Air Conditioning
- Air Cleaners
- Humidifiers
- Heat Recovery Ventilators
- Gas Fireplaces
- Thermostats
- Chimneyliners
- Central Vacuum Systems
- Ductwork

Residential • Commercial • Institutional • Industrial

979 Main St. E., Hamilton On L8M 1N2  
Tel. 905 312 9644 Fax. 905 312 9633  
[langtonmechanical.com](http://langtonmechanical.com)

# Communication Relationships Engagement

By Rebecca Doll

It being close to Thanksgiving, I can't help but think of the many things in our neighbourhood that I am thankful for, and it all starts with the people, and our efforts to get to know each other. I have often thought that we are each on our own life journey and that what we what need in order to carry on with it are examples and opportunities.

As you may know, we've been making a video about community-building in the South Sherman Hub. We've tried to document the events and activities that have been taking place the last few months, as well as physical assets and interviews with the people involved. When asked, "What do you love most about our neighbourhood?" the overwhelming response was "the people." Because there's just something about the people in our neighbourhood that makes it a great place to live, to work and to raise a family.

I've heard it described as friendliness, as openness, as front-porch-culture. Some call it saying hello, some call it building relationships and some call it having neighbours you can count on. I believe that it is all of the above, that the very mix of people is what creates this special culture that we have, where we are all same-same but different.

We've talked a lot about diversity in this video project, and here in South Sherman it is plain to see that diversity includes not only ethnic and cultural differences, but a diversity of age, of ability, of education, of income...

## What do you love most about our neighbourhood?

In the news lately there is a lot of talk about "undesirables", and I reflect that those conversations don't get us anywhere, because truly, we are each of us someone else's idea of undesirable; we are too old for some, don't mow our lawns enough for others; too wealthy for some and not wealthy enough for others; too established for some and too new for others. I prefer to flip that on it's head and think that each of us is just the sort of example that someone else needs. If we can really embrace this idea that we are all assets to the community, that each of us is an example to someone, that each of us has skills that someone else would like to learn, talents, that the community could make use of, then we find our idea of community expands so that no one is undesirable.

Some wise person once said that the only thing we can change is ourselves. What this means to me is that as long as I am blaming someone else, I am giving away my power to do anything about it. Once I take ownership for my choices, my outlook, then I am empowering myself to make the changes that I believe are important, whether that means in my own personal life, my work, my community or country.

I look around at the many ways in

which people in our community have come together, have worked with businesses, government, agencies, churches etc. in order to make things happen and I believe it only happened because those folks took ownership, seized or created opportunities and worked towards shaping their own future.

Our community is replete with opportunities right now, through our Neighbourhood Action Plan, that can have powerfully transformative effects on the lives of our neighbours and the way we interact with each other.

My mind generally lives far in the future, and so when I look at the Neighbourhood Action Plan, I ask myself, "What would I like to be thankful for a couple of years from now?" And those projects are where I will put some energy.

This past summer I read Jane Jacob's book, *Dark Age Ahead*, in which she talks about three types of assets that communities need to thrive. I summarized her explanations into:

1. *Civic Amenities*; things that are big and expensive and need to be undertaken by municipal/regional government, such as community centres and roads. Perhaps our role on these projects is one of creating a vision and advocating for it.

2. *Services*; provided by organizations with appropriate skills and resources. On these projects, we will need to be identifying the needs, seeking out and working with service providers.

3. *Relationships with neighbours*; the kind of activities that we can do when we work together, like the *Hub News*, the BBQ and the Block Champions. These are the projects where we really roll up our sleeves and do it ourselves.

Then, for fun, (my kind of fun) I started plunking all the action items from our Neighbourhood Action Plan into those categories. (I invite you to do the same!) The magical thing about our action plan is that even the 'for us' items are resident-led, initiated by folks in the neighbourhood according to this collective vision that we are fleshing out and that is becoming more real with each passing day.

All in all, this exercise helped me to organize things into different ways of engaging, of sharing strengths and skills with each other, and helped me to realize that there really is something for everyone. But it all starts with people, with building relationships, with getting to know our neighbours. As we enter this exciting new stage of our community-building efforts, where we focus on growing/improving/expanding many of our institutional assets, civic amenities and social resources, I look forward to a day when we can take our connectedness for granted. On that day, the idea of undesirable will be obsolete and we will all understand that we are simply each at a different point on the journey. You might call it a Journey to Thanksgiving.

# Contributors and Acknowledgements

*South Sherman Hub News* is published bimonthly by South Sherman Community Planning Team: [www.southshermanhub.wordpress.com](http://www.southshermanhub.wordpress.com) [itshappeninginthehubs@gmail.com](mailto:itshappeninginthehubs@gmail.com) Delivered door-to-door from Wentworth to Gage, Escarpment to the Water

Editor in Chief: Rebecca Doll  
Publisher: Neal Hissa  
Managing Editor: Anna Davey  
Copy Editor: Charlie Langsford  
Assistant Copy Editor: Lynlee Spencer  
Finance Manager: Greg Reader  
Production Manager: Mary Bowness  
Production Assistant: Kathy Calverley  
Event Listings: Sarah Merritt  
Food Editor: Danielle Dingle  
Hamilton Helps Editor: Cindy Currie  
Health Editor: Lynlee Spencer  
Advertizing Manager: Steve DeVisser

## Contributors

Ayla & Jaya  
Anna Borstad  
Bernie Morelli  
Carolyn McCann  
Danielle Dingle  
Darin Martin  
David Derbyshire  
Glenn Lowson

Joanne Kasprzycki  
Julie Johnson  
Rebecca Doll  
Ryan Thomson and Cailen Roulston  
Sam Hogg  
Sharon Baker  
Steve Calverley  
Stacey Allen-Cillis

## Acknowledgements

Don Ruddle  
Nick Westoll  
Paul Johnson

## Contributions Welcome

If you would like to join the Hub News team, please contact us at: [itshappeninginthehubs@gmail.com](mailto:itshappeninginthehubs@gmail.com)

We would love to have your help.

If you would like to have copies of the *Hub News* dropped at your business contact:

[itshappeninginthehubs@gmail.com](mailto:itshappeninginthehubs@gmail.com)

# ASSET-BASED COMMUNITY DEVELOPMENT

By David Derbyshire

There was a skit by Steve Martin in which he tries to wish people a Merry Christmas. He tells them that the most important thing is Peace on Earth. But then he thinks of other things that are most important. And still others. It is a bit like those stacking Russian dolls that go one inside the other.

In our community the Big Russian Doll is the people. They are the greatest asset and the point of it all. But then, there is the next doll, which represents the relationships between the people.

Next there are the assets of the individuals; the strengths and skills that each one can share. The skills of the people who live here are a large well of untapped or unengaged resources. When they are shared, they strengthen the community. The context in which they live, the assets they share will frame and impact those relationships.

The next doll is the network of relationships that brings together not just people but businesses, churches, agencies, government, service providers. Each of these groups brings different assets with different capacities to share those assets and undertake projects to create community assets.

What has become apparent to me as we begin to expand our networks into interconnected neighbourhoods is that we need to go back to the first doll and remember that it is about people, and the relationships between people.

We need to remember the importance of "we" and that once we have these re-

lationships, we are in the community-building effort together; 'doing with' as opposed to 'doing for'. We are building capacity by sharing the work, sharing our skills, learning new skills; always reinforcing the 'with'.

It is as much about the journey as the destination and taking the time on the journey to recognize where you're going and how you're getting there. Building the process is part of life, not something that happens so that we can begin life.

This is one person's journey in attempting to be helpful. There is no template, just the wisdom that we pass on from one to another, like a never-ending set of nested dolls, the whole of which equals Peace on Earth.

And so with your kind permission over the next 8 issues I will ask you to accompany me as I pull apart this "Russian Doll" metaphor that I have created and explore how each of the pieces come together to compliment and complete the whole. I look forward to sharing my ideas and engaging you in helping make sense of our journey to make South Sherman a better place to live work and raise our families.

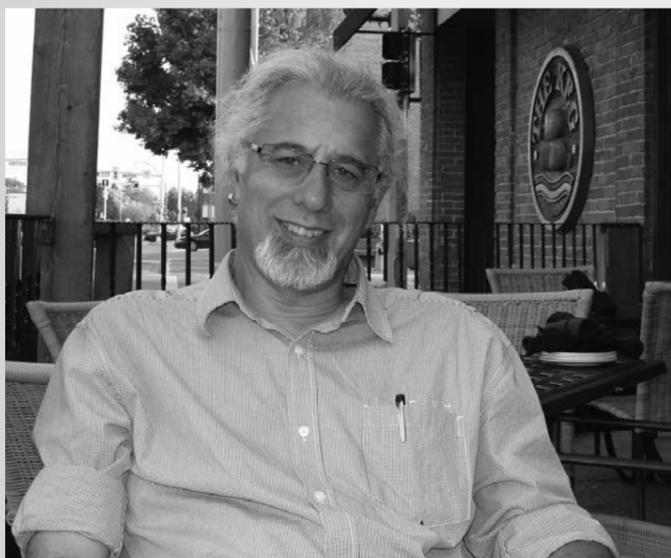
- 1) People
- 2) Relationships
- 3) Individual assets
- 4) Networks of relationships
- 5) Community Assets
- 6) Building Capacity
- 7) Importance of Process
- 8) Create our community together

# South Sherman Hub Action Plan: current items

Goal, Objective, Action	Planning Team Rep	Potential Primary Organization	Oct-2012	Dec-2012	Jan-2013	June-2013	July-2013	Dec-2013	Jan-2014	June-2014	July-2014	Dec-2014	Jan-2015	June-2015	July-2015	Dec-2015	Jan-2016	June-2016	July-2016	Dec-2016	2017
Goal 1: Create a community where everyone can feel safe																					
Objective 1: Provide viable opportunities for youth and expose them to positive alternatives																					
Action: Work with service provider partners to engage youth in developing a series of programs geared to the identified interests of youth in our neighbourhood (Timeframe: Short-term 3)	Cathi M, Sarah M, Duane D	HARRRP, B & G Club		X	X	X															
Action: Develop recreational facilities/programs for all ages (Timeframe: Long-term 1)	Cathi M, Mathew G, Duane D	Freestyle Fitness, B & G Club YMCA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Goal 1: Create a community where everyone can feel safe - continued																					
Objective #3 Enhance traffic safety																					
Action: Work with Police Services & By-Law enforcement to increase compliance with traffic laws (Timeframe: Medium-term 1)	Steve C	Hamilton Police Services Bylaw Enforcement		X	X	X	X	X	X	X											
Action: Advocate for reduced traffic speeds along key streets and the designation of school traffic zones (Timeframe: Medium-term 2)	Steve C	Hamilton Police Services Bylaw Enforcement	X	X	X	X	X	X	X												
Goal 2: Equal Access to Services Our Neighbours Need to Live a Healthy Life - continued																					
Objective 2: Create more social and recreational opportunities for our neighbours																					
Action: Engage additional neighbours from across the neighbourhood (Timeframe: Short-term 4)	Steve C	E Fry, HARRRP, John Howard Society	X	X	X																
Action: Support the continued production of the SS news as a way of engaging residents and businesses in the neighbourhood activities (Timeframe: Medium Term 2)	Steve D, Sarah M, Rebecca D	Pan Am Initiative, Local businesses	X	X	X	X	X	X	X												
Goal 2: Equal Access to Services Our Neighbours Need to Live a Healthy Life - continued																					
Objective 2: Create more social and recreational opportunities for our neighbours - continued																					
Action: Provide more opportunities for community building events such as community dinners, BBQ's and cultural celebrations (Timeframe: Long-term 2)	Duane D, Sarah M	Variety of partners at the table Downstairs Kitchen	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Goal 3: Create a clean, safe and comfortable environment for people to live, work and play in our neighbourhood																					
Objective 3: Improve neighbourhood appearance																					
Action: Organize clean ups of public and private spaces within the neighbourhood (Timeframe: Short-term 2)	Shauna L, Steve C, Sarah M	City of Hamilton		X	X	X															
Goal 4: Advocate for all neighbours to have access to safe, affordable and dignified housing.																					
Objective 1: Support property repairs and maintenance																					
Action: Provide education sessions addressing the bed bug and rodent problems in our neighbourhood (Timeframe: Short-term 1)	Shauna L	Good Shepherd	X	X	X																
Action: Support neighbours with the home repairs necessary for them to live safely (Timeframe: Medium-term 1)	Shauna L, Sarah M	Small Grants program Local businesses	X	X	X	X	X	X	X												

## St. Giles United Church

Join us in welcoming our new minister  
**Rev. Thom Davies**



For the last 12 years Thom has been the minister at Wesley Urban Ministries. One of his roles included being the Director of Wesley Centre. During this time Thom spent many hours with men and women who required the service of a 24-hour/7-days-a-week Drop Inn/Shelter.

We are excited to have Thom join us as we explore new ways of being faithful to Jesus Christ.

**Join us for worship Sundays at 10:30**

St. Giles congregation — worshipping at the corner of Holton and Main Streets for 104 years. We are a multigenerational group of people who love music, the sound of children in our midst, and listening for God's word.

## St. Giles United Church

always something worth hearing

Coffee to follow — Children's program provided  
For more information please contact:  
Lloyd Johnson at 905-549-3068  
85 Holton Street, Hamilton, ON

# Reaping Neighbourhood Benefits from the New Stadium

By Steve Calverley

Our neighbourhood will be the home of a brand-new stadium by 2015. This major development has the potential for some very significant spin-off benefits that can boost revitalization.

The processes involved and some background

Two processes are happening at the same time. The first will determine the physical structure of the stadium. This is being carried out in a competition between three private firms and the design proposals are confidential to protect the work of each firm as the process continues. However, another separate process has been initiated by the City to engage residents for the purpose of ensuring the maximum future benefits for the neighbourhood. This process includes the City's Pan Am Stadium Precinct Sub-Committee, a separate Working Group comprised of members representing a number of neighbourhood constituencies, and public Community Meetings.

Two Community Meetings have been held in the gymnasium at the Prince of Wales School on Melrose at Cannon. (April 26 and May 29) Both have been well attended with 75 to 100 people. The community meetings include facilitation by a group experienced in North American sports and multi-use complex planning, Rossetti.

The first community meeting collected ideas. These are a wish list of those things the residents would like to see happen and continue as a result of the new stadium. At the second meeting, the Rossetti group presented the wish list results. In small groups of six to eight, we ranked the importance of the ideas. Each group chose a spokesperson and the priorities were presented back to the large group

## What residents are saying at the Community Meetings

The ideas are extensive. A few examples: a wide variety of improved recreation facilities for youth, a seniors centre, improved business areas — along Barton and King Streets in particular, improved business opportunities for other existing local businesses, traffic flow changes, improved opportunities for local artists and musicians, more coffee shops, cafes and other meeting places. This neighbourhood has a wealth of great ideas.

## Other complimentary major developments

Recently, the Board of Trustees of the Hamilton-Wentworth District School Board approved plans for construction of a new high school to be built somewhere in our neighbourhood. The impact of a new high school partnering with the City to share recreation facilities would further enhance neighbourhood revitalization efforts and the synergies of these projects should be fully explored for the benefit of all parties.

## Why get involved? (Neighbourhood benefits are not automatic)

Last fall, McMaster School of Nursing student, Alex Pirvulescu wrote a sum-

mary research paper observing the different results that have come from major sporting event developments (Olympics, Pan Am Games, Commonwealth Games, etc.). The key finding is that neighbourhood benefits can be real but they are not automatic. To be realized, the neighbourhood needs to be engaged in the process. (Full paper at: )

So, to enjoy the future benefits we need to be involved in the process now — this is a great opportunity to work together to make the South Sherman neighbourhood a great place to live, work and raise a family.

Your neighbourhood needs you.



**We. Strengthen. Communities.**

**Solution #1: FreeFlow.**  
Open access to our semi-private fitness studio for workouts on your own schedule. Extended hours and affordable rates.

**Solution #2: Signature FreeStyle Group Training Classes.**  
Signature Boot Camp style group classes. Benefit from the inspiration and support of a group environment as well as guidance from our professional trainers.

**Solution #3: Free Me.**  
One-on-One coaching and fitness programming. Achieve your goals in Emotional Health and Physical Well Being - with our support.

**Call Us: (905) 516-4258 or Email Us: [freeme@freestylefitness.ca](mailto:freeme@freestylefitness.ca)**  
**Visit Us: 299 Ottawa Street North | Hamilton | Ontario**  
**Website: [www.freestylefitness.ca](http://www.freestylefitness.ca)**

**FreeStyle FITNESS**

**FREE TRIAL Sign Up Online**

**25% of our Net Profits are directly contributed to the communities we serve.**

**FreeStyle Fitness has an unprecedented mantra of community building. In addition to involvement and support in our community**

**www.youtube.com/FreeStyleFitnessTV**  
**www.facebook.com/FreeStyleFitnessHamilton**

# Taking Action Together

By David Derbyshire

The South Sherman Community Planning Team has been together for the past 4 years. We are a resident-led group of neighbours, service providers, places of worship, businesses and institutions that come together on a monthly basis to recognize and build on the assets of the South Sherman neighbourhood and use these assets to address the challenges that most affect us as neighbours. Over these four years we had utilized a number of strategies to identify the assets and wonder what our neighbourhood might look like if we were able to make the changes that we felt were most important. The asset mapping days were held in 2010 and 2012 with the Visioning Day taking place in the spring of 2011. In the winter of 2011 one of our planning team partners the McMaster School of Nursing also conducted a survey of over 300 homes in the neighbourhood to explore what our neighbours felt were the most important factors that affected their health. So here we sat with a lot of information gathered from a growingly engaged and informed community and we were looking for a way to parlay that information into actions. As our information-gathering process was reaching its completion we were invited by our long-time supporter, The Hamilton Community Foundation, to join with 9 other neighbourhoods and the newly created City of Hamilton Neighbourhood Development Office to work together and develop a 5-year Action Plan with our community. The timing couldn't have been better. We were sitting on a gold mine of knowledge about our neighbourhood, we had a community development process well under way that was focusing on the assets of our neighbourhood and now we were being offered assistance in using all of this to build a 5-year plan. The perfect storm of engaged residents, committed service providers and the technical support to

pull all of this together and construct a plan created and owned by the neighbours.

## Our Journey to "The Plan"

Our first task was to find a way of pulling all of the information we had gathered together and use it to inform our planning. With the assistance of a research assistant from the University of Toronto we were able to pull together a number of commonly identified issues from the Asset Mapping, School of Nursing survey and Visioning Days. This was brought back to the Planning Team for validation. April 2012

Once validated, a sub committee was struck to identify Goals, Objectives and Actions to address the issues identified and again review them with the South Planning Team. At this point the Hamilton Community Foundation issued an invitation for interested parties to work with local planning teams and submit community endorsed proposals for funding to address the prioritized needs of the local plans. May 2012

These Goal, Objectives and Actions were then brought to a community BBQ attended by over 250 neighbours who were invited to identify their priorities and to add additional items if what they saw did not reflect their perspective. May 2012

The time between the community BBQ where the priorities were identified and the June meeting did not allow enough time for the info to be fully compiled and so while preliminary results were available it wasn't until the July meeting that neighbours and service provider partners were invited to begin thinking about where they might be willing and able to contribute. July 2012

At the end of July a special meeting of neighbours and service providers was held to review the prioritized plan and all were invited to identify where they or their

agency might be willing to commit their assets to assist in the implementation of an Action that would be beginning in the next 18 months. July 2012.

The South Sherman Community Planning Team recognized the "Action Plan" as representative of the South Sherman neighbourhood and invited those interested in responding to an identified, prioritized action to submit a Letter of Interest to the Planning Team for endorsement to submit a proposal to the Hamilton Community Foundation's "Tackling Poverty Together" funding call. A sub committee of the SSCPT made up of the executive reviewed the "Letters of Interest" and after careful consideration invited those whose proposals met the Action Plan's identified priorities for the next 18 months were invited to submit a full proposal to HCF. Aug. 2012

A package of proposals on behalf of the South Sherman Community Planning Team was submitted to HCF. Sept. 2012

"The Action Plan" and some of the neighbours and service providers involved in its development and implementation will be in attendance at the City of Hamilton General Issues Committee meeting to display it and attempt to answer any questions people may have about it. If you're reading this in time, please join us: Sept. 24th 2012, 5:30pm City Council Chambers

On pages 6 and 7 you will see Action Items from the South Sherman Community Action Plan. There are a good many others that have been identified, but we cannot do everything at once, nor can we do it alone. Please take the time to look over the items and if you are passionate or curious about any of them, please call me and I will connect you with the appropriate teams. Let's build our future together. Today.

David.derbyshire@wesleyurbanministries 905-528-5640 x 260

# South Sherman Neighbourhood

**Action Timeframe: Short-term = up to 18 months; Medium-term = up to 3 years; Long-term = up to 5 years**

<p><b>GOAL ONE: CREATE A COMMUNITY WHERE EVERYONE CAN FEEL SAFE</b></p> <p><b>OBJECTIVE 1: Provide viable opportunities for youth and expose them to positive alternatives</b></p> <p><b>Action:</b> Work with service provider partners to engage youth in developing a series of programs geared to the identified interests of youth in our neighbourhood <i>(Timeframe: Short-term 3)</i></p> <p><b>Action:</b> Create neighbour directed community spaces including a recreation/community centre <i>(Timeframe: Short-term 17)</i></p> <p><b>Action:</b> Create and support programs that help youth succeed in school (elementary, secondary, and post secondary) <i>(Timeframe: Medium-term 3)</i></p> <p><b>Action:</b> Develop recreational facilities for all ages at Gage Park <i>(Timeframe: Long-term 1)</i></p> <p><b>Action:</b> Create additional recreation and drop in spaces <i>(Timeframe: Long-term 5)</i></p> <p><b>Action:</b> Advocate for new playground spaces and enhance existing ones. <i>(Timeframe: Long-term)</i></p> <p><b>Action:</b> Help neighbours organize and problem solve around issues that concern them <i>(Timeframe: Long-term)</i></p>	<p><b>GOAL TWO: EQUAL ACCESS TO SERVICES OUR NEIGHBOURS NEED TO LIVE A HEALTHY LIFE</b></p> <p><b>OBJECTIVE 1: Create more social and recreational opportunities for our neighbours</b></p> <p><b>Action:</b> Engage additional neighbours from across the neighbourhood <i>(Timeframe: Short-term 4)</i></p> <p><b>Action:</b> Identify and address barriers that may get in the way of neighbour participation in community events <i>(Timeframe: Short-term 5)</i></p> <p><b>Action:</b> Support the continued production of the SS news as a way of engaging residents and businesses in the neighbourhood activities <i>(Timeframe: Medium Term 2)</i></p> <p><b>Action:</b> Provide more opportunities for community building events such as community dinners, BBQ's and cultural celebrations <i>(Timeframe: Long-term 2)</i></p> <p><b>Action:</b> Help neighbours organize and problem solve around issues that concern them. <i>(Timeframe: Long-term)</i></p>
<p><b>OBJECTIVE 2: Increase resources to ensure safety</b></p> <p><b>Action:</b> Develop an alley safety program <i>(Timeframe: Short-term 18)</i></p> <p><b>Action:</b> Increase involvement of residents, service providers, business and faith community with making our neighbourhood a better place to live, work and raise our children <i>(Timeframe: Long-term 6)</i></p> <p><b>Action:</b> Build on emerging Block Champion/Block Parent model of engaging neighbours <i>(Timeframe: Long-term)</i></p> <p><b>Action:</b> Help neighbours organize and problem solve around issues that concern them <i>(Timeframe: Long-term)</i></p> <p><b>OBJECTIVE 3: Enhance traffic safety</b></p> <p><b>Action:</b> Work with Police Services &amp; By-Law enforcement to increase compliance with traffic laws <i>(Timeframe: Medium-term 1)</i></p> <p><b>Action:</b> Advocate for reduced traffic speeds along key streets and the designation of school traffic zones <i>(Timeframe: Medium-term 2)</i></p>	<p><b>GOAL THREE: CREATE A CLEAN, SAFE, AND COMFORTABLE ENVIRONMENT FOR PEOPLE TO LIVE, WORK AND PLAY IN YOUR NEIGHBOURHOOD</b></p> <p><b>OBJECTIVE 1: Improve neighbourhood appearance</b></p> <p><b>Action:</b> Organize clean ups of public and private spaces within the neighbourhood <i>(Timeframe: Short-term 2)</i></p> <p><b>Action:</b> Identify opportunities for mural and public art opportunities throughout the neighbourhood. <i>(Timeframe: Short-term 6)</i></p> <p><b>Action:</b> Conduct an independent air quality assessment in the near future and on a regular schedule. <i>(Timeframe: Short-term 7)</i></p> <p><b>Action:</b> Partner with City, Environment Hamilton and Green Venture to address identified air quality concerns <i>(Timeframe: Short-term 8)</i></p> <p><b>Action:</b> Gain a better understanding of why the Minimum Air Quality limits were raised for our neighbourhood <i>(Timeframe: Short-term 9)</i></p> <p><b>Action:</b> Promote a "Spirit of Respect" for ourselves, our neighbours and our neighbourhood <i>(Timeframe: Long-term 4)</i></p> <p><b>Action:</b> Help neighbours organize and problem solve around issues that concern them <i>(Timeframe: Long-term)</i></p>

# Neighbourhood Action Plan

## GOAL FOUR: ADVOCATE FOR ALL NEIGHBOURS TO HAVE ACCESS TO SAFE, AFFORDABLE AND DIGNIFIED HOUSING

### OBJECTIVE 1: Support proper repairs and maintenance

**Action:** Provide education sessions addressing the bed bug and rodent problems in our neighbourhood  
(Timeframe: Short-term 1)

**Action:** Support neighbours with the home repairs necessary for them to live safely  
(Timeframe: Medium-term 1)

**Action:** Create a network of community gardens (veggie or flower) throughout the community.  
(Timeframe: Long-term 3)

**Action:** Support residents and property owners, tenants with yard maintenance including sheds and fences  
(Timeframe: Long-term 7)

**Action:** Help neighbours organize and problem solve around issues that concern them  
(Timeframe: Long-term )

## GOAL FIVE: A COMMUNITY THAT SUPPORTS A LIVABLE WAGE THAT ALLOWS ALL TO LIVE A HEALTHY LIFE

### OBJECTIVE 1: Increase access to living wage employment opportunities

**Action:** Identify and address the barriers that exist for neighbours finding and maintaining employment  
(Timeframe: Short-term 15)

**Action:** Market the neighbourhoods vacant and underused properties for redevelopment  
(Timeframe: Medium-term 5)

**Action:** Engage employment agencies to assist neighbours with identifying their employment skills and match them to existing employment opportunities  
(Timeframe: Medium-term 7)

**Action:** Promote the attraction and retention of small and medium sized businesses to the neighbourhood  
(Timeframe: Long-term)

**Action:** Help neighbours organize and problem solve around issues that concern them  
(Timeframe: Long-term)

### OBJECTIVE 2: Promote post secondary, continuing ed, and training for youth and adults within the neighbourhood

**Action:** Explore partnership with Pathways to Education to help neighbourhood kids succeed in school.  
(Timeframe: Short-term )

**Action:** Engage resources to teach life skills, budgeting, computers, resume writing and how to start a small business  
(Timeframe: Short-term)

**Action:** Help neighbours organize and problem solve  
(Timeframe: Long-term)

### OBJECTIVE 3: Enhance home support and income generating opportunities

**Action:** Partner with agencies/ and public and private partnerships that will facilitate neighbour capacity building to provide long term sustained leadership  
(Timeframe: Short-term 16)

**Action:** Explore ways to build on individual assets and convert them to marketable skills / Micro businesses  
(Timeframe: Short-term)

**Action:** Help neighbours organize and problem solve  
(Timeframe: Long-term)

## GOAL SIX: BUILD A STRONG COMMUNITY THAT IS ENGAGED, CARING AND INCLUSIVE

### OBJECTIVE 1: Strengthen and broaden relationships among neighbours across all lines

**Action:** Host, plan, and support community events that give the community the chance to come together and build on their assets  
(Timeframe: Short-term 10)

**Action:** Social events similar to “Community Kitchen”, community BBQ’s and informal social gatherings  
(Timeframe: Short-term 11)

**Action:** Encourage neighbour participation in Small Projects  
(Timeframe: Short-term 12)

**Action:** Develop a “Welcome Wagon” for newcomers to the neighbourhood  
(Timeframe: Long-term 8)

**Action:** Expand “Block Champion” engagement  
(Timeframe: Long-term)

**Action:** Help neighbours organize and problem solve  
(Timeframe: Long-term)

### OBJECTIVE 2: Promote better communication across South Sherman neighbourhood

**Action:** Continue to develop “Block Champion” model of neighbour engagement  
(Timeframe: Long-term)

### OBJECTIVE 3: Engage more neighbours in meaningful roles within the community

**Action:** Utilize community events to recruit and engage neighbours to help build a strong connected community.  
(Timeframe: Short-term 13)

**Action:** Promote and support small “co-op” groups coming together to share resources  
(Timeframe: Short-term 14)

**Action:** Help neighbours organize and problem solve  
(Timeframe: Long-term)

# Oliver's Garden

By Stacey Allen-Cillis

We are not only growing vegetables, we are growing adults. Oliver's Garden Project is a children's based initiative, growing organic vegetables in your yard, eating and sharing the excess. Sales of any vegetables go to local youth charities.

Oliver's Garden Project was started because at the time our six year old son wanted to help kids that may not have what they need... food or clothes. Oliver and I were driving and he spotted two young boys digging through some curbside recycling bins. He asked me why they would be doing that. I said, perhaps they need to return bottles for cash in order to get what they need. His reply was, 'no kids should be hungry, we are good people and I want to sell our veggies and give the money to kids in our community'. We were already growing vegetables in our backyard with the intent to sell and use the money for a family trip. Oliver convinced us otherwise! With the help of five year-old sister Piper, Oliver's Garden Project was born.

The family trip is still postponed. We created our own handmade veggie stand

and started selling on our front lawn, tomatoes, peppers and basil and 100% of vegetable sales were going to local youth charities. Piper acted as 'veggie stand PR' and brought in the passers by...Oliver was answering questions and in charge of the donation jar. I blogged about this experience and Tweeted and Facebooked... it snowballed. We have had the wonderful support of our neighbours, family and friends. We were privileged to sell our wares at the Ottawa Street Market. The Hamilton Community Garden Network (HCGN) got in touch with us, and before we knew it we were entered into the Gardens For Good contest through Nature's Path Organic Foods. Clare Wagner of HCGN and I met and devised a proposal to submit, all based on a voting system. The results were for one Canadian project and two American to each win a \$20,000 grant. WE WON!



**OLIVER'S GARDEN PROJECT**

Piper and big brother Oliver at the vegetable stand (left) and in the garden (right)... which threatens to be bigger than he is.



Top voted idea for Canada!

Now with HCGN and Clare's help we are going to continue our project throughout our neighbourhood. We now have five families that have had their yard transformed into an urban organic vegetable garden. In turn, what they don't eat themselves they share with family, friends or neighbours. We have a Harvest Fundraiser at the end of the season to sell any of the vegetables and give the

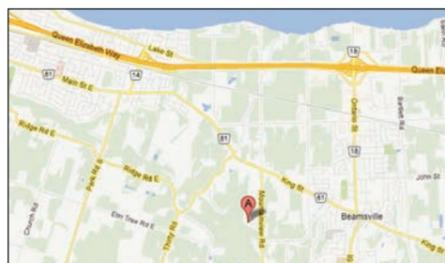
proceeds to local youth charities. We will tool sharing, seedlings, workshops, consultations and garden supplies available to the five families. The public is welcome to utilize the workshops and tool sharing. Teaching our children the importance of growing our own food, enjoying it and sharing it is an experience that will last them a lifetime. We all need to get back to basics, feel the pride of producing our own food and keeping it local.

## Restaurant Review

### Angels at the Gate

By Chef Danielle Dingle

Less than a 20 minute drive from Hamilton, the Niagara escarpment is dotted with small but exceptional wineries. Being small and off the beaten path, they are often overlooked in the shadow of the slickly marketed wineries of Niagara-on-the-Lake. Geographically located in what is known as the Beamsville Bench, a narrow strip of land between Lake Ontario and slopes of the Niagara Escarpment, this area produces some of the best



Angel's Gate Winery: Location: 4260 Mountainview Road Beamsville, ON L0R 1B2

an unpleasant place to pass a summer afternoon sipping wine and sampling from their chef's tapas-inspired menu. When touring the facility, you are very likely to get to talk to the owner/winemaker whose fascination for wine is infectious. This feels like a rare opportunity and almost unheard of in a large winery. AJ McLaughlin, part-owner and wine producer extraordinaire, was kind enough to show us around and answer our myriad of questions; mostly about the Beamsville Bench and its celestial ambrosia: icewine.

The Beamsville Bench has unique geography in which an ideal climate, created by its proximity to the lake and escarpment, and optimal lime-rich soil conditions, culminate to produce the heavenly wines that the area is coming to be known for. That's not to say that it comes easily. Niagara, compared to the sunny climates of Australia and Spain, is an extreme place to grow grapes for wine-making and as a result, "requires a lot of attention in the vineyard a lot of skill in the cellar" says AJ.

These extreme weather conditions of are a big part of what makes such a magical, world-renowned icewine. A lot of things have to be in perfect alignment for icewine to come to fruition at all. The grapes have to be frozen on the vine to a temperature of at least minus 8 Celsius. They are harvested and pressed all at once, in the dead of night, to insure that

they remain frozen. My editor and I had romanticized ideas about picking grapes in the middle of the night. What fun. AJ assures us that no indeed, it is not. He did it once and feels no romantic compunction to repeat the experience. It is cold, miserable and tiring. The grapes must also meet a sugar concentration requirement before it can even be considered for icewine. All of that can only happen, provided those poor grapes survive the perils of rot and animals while languishing on the vine, awaiting Mother Nature's whim of sending a cracking cold evening their way. Because of the mild winter, it's been a particularly grueling icewine year for Angels Gate. Their entire harvest only resulted in one tonne of ice wine grapes, the equivalent of 3-4 bathtubs-full of juice. In light of that, \$32 a bottle seems a bargain.

Timing is everything and this day, at least, we had it in abundance. The winery's chef was in the midst of experimenting with food pairings for the upcoming Niagara Icewine Festival. We sampled icewines with the unlikely pairing of a blue cheese pizza. The result? Outstanding. For those who don't enjoy the sweetness of icewine, try it with some blue cheese and you will be converted.

We finished the tour in the cellars. The juxtaposition of upstairs and downstairs is comical. The front of the house is all serenity and airy elegance. The cellar is as dark as the upstairs is light. Industrial looking stainless steel tanks line the walls and as inelegant and industrial as it seems, this is where the magic happens. It felt a bit like peering behind the curtain at the secret inner workings of wine-making. Philip Dowell, the man behind the curtain is a transplanted Australian and Angels Gate's outstanding winemaker.



When we come upon Mr. Dowell he is employing the most unlikely of wine-making tools, the snow shovel. He was barrowing great sloppy mounds of spent grape skins to their final resting place near a forklift. The activity was so at odds with what one imagines wine making to be, it made us smile as well as realize that wine making is dashed hard work and it's not always pretty. Despite the drudgery of it all, the results are remarkable. Angels Gate's wines are so devilishly good that Mr. Dowell must use a hint of black magic to bring it all about.

Our Favourite Wines:

- 2008 Cabernet Franc Icewine
- 2008 Select Late Harvest Riesling
- 2007 St. John Vineyard Riesling

**Location:** Angel's Gate Winery, 4260 Mountainview Road Beamsville, ON L0R 1B2

**Web:** [www.angelsgatewinery.com](http://www.angelsgatewinery.com)

**Patio opens:** Weekend of June 9, 2012 for Graze the Bench Event

**Graze the Bench:** June 9-10, 2012 - Sample excellent food and wine from 7 boutique wineries of the Beamsville Bench: [www.grazethebench.com](http://www.grazethebench.com)

Danielle Dingle is Chef/Owner of Green Apple Personal Chef Services



wines in Canada. It is here that Angels Gate Winery stands out among the vines and on a somewhat balmy January day we pulled up to the heavenly gates.

The winery's beautiful mission style building overlooks six of the estate's 185 acres worth of vineyards. Perched halfway up the Niagara Escarpment, it affords stunning views of the lake and fields lined with ordered rows of vines. The atmosphere is all at once pastoral and elegant. The veranda would not be

# the MIDDLE ages

By Sharon Baker

Middle age is the perfect time for trying new things. This can include more sophisticated things such as traveling somewhere exotic, learning to cook Indian cuisine, becoming a Buddhist — or um, getting one's nose pierced. However, it's also the perfect time for having fun and living out childhood fantasies.

The latter was recently the case for me. My friend Anne, who works in management for an organization in Hamilton (which shall remain nameless, lest she lose her job) let me do something that I have dreamed of for years.

I have no idea how this started, but ever since I can recall I have been obsessed with — ahem — construction equipment, farm machinery and demolition. I'd be more excited about owning a Bobcat than I would be about a Ferrari. Okay, that may not be completely true, but close.

Anyway, back to Sharon's excellent adventure. My good friend recently made it possible for me to drive a forklift around one of the warehouses owned by her organization. I can't recall the last time I had that much fun. According to Anne, I was grinning from ear to ear.

It was more difficult than I had expected and yes I crashed into a couple of things, but after a few attempts I actually started to get the hang of driving it. She even hinted that she may let me drive it again sometime. Are you reading this Anne??

I couldn't wait to tell my daughters about the forklift. They predictably replied with "You're so weird, mum."

The forklift experience got me to thinking about other adventures that I'd like to try. So, I've decided that I'm going to do at least one new thing every few months.

Stay tuned for my next excellent midlife adventure . . .

# Hamilton's First Settlers

By Carolyn McCann

The Neutral Attawandaron Indians were the original residents of the area we now call Hamilton. This tribe were neutral victims of the wars between the northern Hurons and southern Iroquois tribes. By the time the first European explorer, Robert de la Salle, visited here in 1669, there were few resident natives left. This area then became known as The Head of the Lake.

There are two claimants to the title of "The First Settler at the Head of the Lake." They both arrived sometime around 1791 and both of their tombstones state their claim to be the first man here. No one knows for certain which one arrived first. The next two arrivals were brother-in-laws, Charles Depew and George Stuart. All men except Beasley settled in today's Ward 3.

Richard Beasley built a trading post and cabin on the land now known as Dundurn Castle. In fact, some of his home is incorporated into the basement of the castle.

Robert Land was granted all the land from the bay to the escarpment between Victoria and Sherman Aves. His first cabin was probably in the vicinity of Land Street. A Historical Plaque telling his story can be viewed at Leeming and Barton Streets, the site a his later, larger dwelling.

The Depew and Stuart land claims adjoined Robert Land's. Depew's home was erected on an inlet located at the foot of Sherman Ave. N. and Stuart's claim was further east. All four men brought their families to the area thus becoming the first non-native settlers in the area. When Hamilton was incorporated as a town in 1846, this area, known Ward 3, was one of its original four wards.

Carolyn McCann is a member of the Hamilton Historical Board

# Musical Journey

By Darin Martin

I grew up in a single parent home in Hamilton and had all of the freedom that a kid could ask for.

Music was ingrained in me from a young age when I used to watch my dad and my uncle sing in their southern gospel quartet all over Ontario.

I knew that Southern gospel wasn't for me but my passion for writing songs and singing them for people has been getting stronger over the past 10 years.

14 months ago I had a full-time career at The Meeting House and owned a nice big home on Carrick Ave, but something was missing in my life. From time to time I would dust off my guitar and get out to play some of my songs at the Freeway Coffee House or the Heart of the Hammer, but it wasn't scratching the itch that I had. In fact, that itch was beginning to turn into a pretty bad rash.

Simultaneously, my wife had a passion and an opportunity to go back to school to finish her Bachelor of Education. So in July of 2011, we sold our beautiful home on Carrick Ave, got rid of almost everything that we had, and moved our family to Mississauga for a year.

While Sarah was in school, I poured all of my energy into being home with my 3 daughters and finally found the space to give music a fighting chance.

In August of 2011 I recorded an acoustic EP called "Every Time You Smile".

Over the past 11 months I have been playing house concerts, coffee houses, restaurants, churches, weddings and pubs, as well as a two week tour to the East Coast. I feel so blessed to be able to do what I love and this year I am hoping to travel more.

In May, my family and I moved back to Hamilton to a nice apartment on Balsam Ave South. We love our city and are here to stay. I want to live a simple life and use my music to help others. My songs come from my heart. My inspiration comes from my wife and my three daughters, my city and my faith.

Being a full-time musician in Hamilton is hard. It is like climbing the Wentworth stairs. Just when you feel like you have accomplished something, you realize you have a long way to go. Then you look around and see younger, faster, more driven people around you who seem to want to beat you to the top. Although it is hard, I want to keep playing music. I am definitely on a journey and I love the idea of my community joining me on this journey.

bread. There was no French stick at my house, nope it was "crusty bread."

As I've grown older I've given up those fried breakfasts for the most part. They're now reserved for Christmas and Easter morning, along with the occasional "English Fry Up" with friends. But homemade soup has never gone out of style in my family. There's just nothing like a hot bowl of soup, cooked with love on a brisk autumn day.

# WHAT'S IN A NAME?

By Carolyn McCann

**Sherman Avenue** takes its name from Clifton Sherman (1872–1955) and Frank Sherman (1887–1967), the founders of Dominion Foundries and Steel (Dofasco).

Originally known as Shearman Avenue it may have been named for an early land assessor in this area. Changing the name to recognize the Sherman brothers was fitting as this avenue was the busy north-south road for workers heading to their jobs along industrial Burlington Street.

Both **Gibson Avenue** and Gibson neighbourhood are named for Sir John Morison Gibson (1842–1929), an influential lawyer, businessman and politician, who demonstrated his love of his city through numerous contributions.

---

*The Gibson Act of 1893 brought into effect the protection of children from cruelty and changed Ontario law.*

---

John Gibson and four fellow businessmen became known as "the 5 Johns" when they were instrumental in bringing electric power to Hamilton. Hamilton was now "The Electric City." Their business endeavours were prototypes for Ontario Hydro and Hamilton Street Railway and for industries such as Westinghouse and the Steel Company.

Gibson's many community involvements included service on the School Board and establishment of a public library, art gallery and the Red Cross. His most influential contribution came as a politician with the passing of the Gibson Act of 1893. This act for the prevention of cruelty to and better protection of children changed Ontario law. It strengthened the powers of Children's Aid Societies, promoted foster homes to care for homeless children and made it illegal to abuse or neglect children.

**Sanford Avenue** was named for William Eli Sanford (1838–1899). He started Hamilton's first clothing factory using the newly invented treadle sewing machines and made inexpensive ready-made men's clothing for his stores throughout Canada. This became the largest clothing manufactory in the British Empire producing all kinds of clothing including uniforms for the Canadian militia.

Sanford used his immense wealth for his family and to improve the lives of others. He established many philanthropic initiatives across Canada. After building his spacious 56 room mansion (Wesanford Place), Sanford focused on the less fortunate people in Hamilton. The many employees of his factories and stores lived in much smaller homes similar to those built on Sanford Avenue.

Sanford wanted to help orphans and immigrant children. Among many other initiatives, he built and financed Elsinore, a hospital on Burlington Beach, for sick and destitute children. He was named to the Canadian Senate in 1887. William Eli Sanford was recognized as one of Hamilton's outstanding citizens in 2012.

# The Bakers Comfort Food

By Sharon Baker

When I was a kid my mom did most of the cooking at our house. However, there were two things that you could count on my dad for; weekend breakfasts and homemade soup.

Every Saturday and Sunday morning I'd wake up to the smell of something being fried up in the kitchen. I grew up in a British household so there were no pancakes, waffles or frittatas on our table. Weekend breakfast was always fried potatoes, bacon, sausage or ham, and eggs that were fried in the grease left over from the meat. Oh, and let's not forget the toast (white bread of course) slathered with butter. A veritable heart attack on a plate, but boy oh boy was it good.

My mom tried to make up for the weekend grease-fest by forcing us to eat

porridge on weekday mornings, along with that orange liquid vitamin she would shove down our throats — yuck!

Then came the soup. My dad would usually start it on Saturday morning after he had finished frying up breakfast. The soup always contained some kind of dried beans along with stock that he made from boiling up whatever bones my mom had saved for him. This was usually either a chicken carcass or a ham bone. After that, whatever my dad could find in the fridge went into the soup. The recipe was different every time.

That soup would sit in a huge pot on the stove all day long. The aroma that filled the house screamed comfort food! The family would sit around the large kitchen table and eat bowlfuls of that soup, which was always served with



# News From Ward 3

By Bernie Morelli

I am pleased to write another column for the *South Sherman Hub News* as there are a few important items I would like to bring to your attention:

- My office, Municipal Law Enforcement and all major agencies continue to aggressively pursue **illegal multiple unit properties**, property standards and safety issues in the Ward as a top priority. Do not hesitate to call our office or Municipal Law Enforcement (Phone: 905-546-2782 or email: [mle@hamilton.ca](mailto:mle@hamilton.ca)) if you have any concerns.

- Public consultation has begun on the **Pan Am Stadium Precinct area**. The City of Hamilton held two public meetings in April and May of this year to gather feedback on what residents would like to see in the surrounding neighbourhood. Approximately 200 people attended both meetings combined. We welcome your feedback and comments. The City is committed to assuring that City staff and the project planners are

well aware of major neighbourhood and City wide needs, opinions and inputs as we move into, and through the development process. You need to know that a major goal is to allow for full community participation of residents from both the local neighbourhood and the City at large. If you would like to be added to the mailing list, you can email [stadium-precinct@hamilton.ca](mailto:stadium-precinct@hamilton.ca) or call 905-546-2424, Ext. 5598. As well, please do not hesitate to contact my office should you have any questions or concerns about the project.

- Consistent with the commitment to revitalize Gage Park, **Sunday night band concerts** returned this year. Based on a successful pilot project, the "Gage Grooves" concert series was expanded to a full program of free concerts this past Summer. There were a total of six concerts at the Gage Park Bandshell that ranged from Big Band to Blues to Soul music.

- I am pleased to report that

several **capital investments** were made to City of Hamilton assets throughout 2011 in Ward 3, some of which include:

- Gage Park Greenhouse Reconstruction
- Beginning of full restoration of the Gage Park Fountain
- Reconstruction of Wellington St., from Barton to Burlington Rd.: resurfacing/minor sidewalk reconstruction of Fife St., Gibson Ave. (South of Cannon), Holton Ave. N., Fairleigh Ave. N., Stirton St., Arthur Ave. N., Hazel Ave., Greenaway Ave., Madison Ave., Adams St., Huntley St., Harvey St., Huron St., Fullerton Ave., Milton Ave., Westinghouse Ave.

As we move into 2012/2013, several projects are scheduled to move ahead (some of which have already started) in the Ward:

- Building of the Tweedsmuir/JC Beemer Park clubhouse
- Design and Redevelopment of the Birge Outdoor Pool
- Resurfacing of King St. between

- Sherman and Wentworth Resurfacing of Gage Ave. between Lawrence and Main
- Reconstruction of Victoria Ave. between Barton and Burlington
- Ottawa Street BIA Streetscape Improvements
- Additional improvements to the Birch Avenue Dog Park
- Continuation of the implementation of the Gage Park Master Plan (completion of the fountain and surrounding area, lighting, etc.)
- Road resurfacing/minor sidewalk reconstruction of Earl St., Kinrade Ave., Chestnut Ave., Gibson Ave. and Princess Ave.

In conclusion, I would like to salute the Executive and membership of the South Sherman Community Planning Team. Your dedication and commitment is greatly appreciated! Please do not hesitate to contact me or my office at any time by phone (905-546-2702) or e-mail ([bmorelli@hamilton.ca](mailto:bmorelli@hamilton.ca)) if we can be of assistance to you or if you require any information on City programs and projects.

## savingHamilton

matched savings program

save. learn. grow.

### WHAT is a matched savings program?

**A matched savings program helps you save money by rewarding your savings efforts by adding to the money you have saved. When you join saving Hamilton, your goal will be to save between \$10 and \$40 per month. Welcome Inn Community Centre will provide a matching amount to help you build savings faster.**

**You will save money for 6 months (in your own bank account), and when you are done, you can "cash out" of the program and receive your "match dollars" to use however you like.**

### Am I ELIGIBLE?

**savingHAMILTON is for lower income households who live in Hamilton's lower city. Applicants who live between Queen Street North and Wentworth Street North, from King Street to the Bay will be given priority, but people outside this area are welcome to apply. OW and ODSP recipients are eligible. Call or email for specific eligibility requirements.**

**Contact Kerry at Welcome Inn Community Centre for more information.  
Space is limited**

**905-525-5824 / [kerry@welcomeinn.ca](mailto:kerry@welcomeinn.ca)**

# King George School Over the Years

By Ryan Thompson and Cailen Roulston, Grade 6 students



Patience, kindness

George school had no until 74 years after it was built.

King George has been through many changes as well. For example, King George was closed in 1941 and turned into a military hospital. It re-opened in 1948 as a boys-only school. This meant no girls were allowed back in until 1963 when the Board of Education made the decision to make it an elementary school once again.

The kids at King George have described their school years at

Over time King George Elementary School has had some exciting history. We celebrated our one hundred year anniversary on May 26. Unfortunately King George school closed June.

King George School has been very successful during the past years thanks to our parent council, student council, the wonderful staff, the amazing students, and the magnificent volunteers. King George has been so grateful to have the Lion's Club, Brian Melo, CNIB, and our very own mayor visit and support our school. Also our fundraisers put together by our parent council and student council help raise money for school supplies and trips.

This year the students and staff of King George have found out some remarkable history leading up to now. In 1913 King George School was the LARGEST school in Hamilton after only being open for 1 and a half years. There were over twelve hundred students! Also a fact that some people don't know is that King

King George with words like amazing, great, awesome, spectacular, and fun: play days, crazy hair day, and even BACKWARDS day! The students at King George will miss all the fun we had these past years. Also we will miss the people who volunteer every day to make breakfast at the Breakfast Club, and the volunteers who fill our snack bags with nutritious snacks every day and the wonderful helpers who help our students to become better readers.

The staff, parents, volunteers, and of course the amazing students at King George hope that the year end celebration and the year alone will be as magnificent as all the years that have passed. The people at King George are glad to celebrate King George being open for 100 years! We are also disappointed that after 100 amazing years the school is closing its doors. But we also feel lucky to have been a part of the 100 years that its doors been opened.



Exuberance



Comaraderie

## Hats Off to Entrepreneurs

By Julie Johnson

Have a passion for hats? Then, Hats Wear It's At is your kind of boutique! Upon entering this bright spacious store, your eye is drawn to beautiful chandeliers and impressive dark wood display cabinetry. The space is a visual delight, with skylights and lots of full length mirrors, reflecting natural daylight within the store. Just as inviting, is owner/operator Suzanne Hampel.

Suzanne is passionate about her hand-selected merchandise. Talking with her, I was immediately impressed with her knowledge and insight about coming trends and nearly every aspect of hats. "My background was in customer service in the automotive manufacturing industry. I decided I was ready for a change and following my own passion for hats, knew I should open a hat store".

And she did just that. Hats Wear It's At, opened in December and is a welcome addition to the Ottawa Street shopping district.

The store has a stunning selection of high quality hats in just about every style possible. One such line, Lizzy by Design, is locally designed and manufactured by Ancaster's own Liz Harbosin. Suzanne carries some of the top hat brands such as Biltmore and



Lilliput Hats. "Hats have become the must-have fashion accessory. Since the royal wedding, hats like the one Kate Middleton made popular, the fascinator, are on the top of every bridal party want list". Suzanne can custom-order hats for the entire wedding party, including mother of the bride and top hats for the groomsmen.

Gentlemen will enjoy a huge selection of premium, sophisticated hats and caps. "Again, the entertainment industry has popularized hats for men. Stars like Justin Timberlake, Johnny Depp and Canada's own Justin Bieber, are often decked-out with great hats. Some of my female clients are buying men's hats for themselves. The look can be very dramatic and sexy". For the traditional male or someone with a nostalgic flair, the Frank Sinatra collection is superb sophistication. Both the Carlos Santana and Indiana Jones hats, boast some classic designs all of their own.

Suzanne can professionally size and fit you for a hat and also offers a hat cleaning service. You too can visit Hamilton's premiere hatter at: 185 Ottawa Street North. Hours of operation are: Mon. to Fri. 9:00am to 5:30pm and Sat. 9:30 to 5:00pm. Closed Sun. To view her current collection online view: [www.hatswearitsat.com](http://www.hatswearitsat.com)

**David Christopherson, MP**  
Hamilton Centre



22 Tisdale Street South | Tel: 905-526-0770  
Hamilton ON L8N 2V9 | [hamilton@davidchristopherson.ca](mailto:hamilton@davidchristopherson.ca)  
[www.davidchristopherson.ca](http://www.davidchristopherson.ca)



**BERNIE MORELLI**  
COUNCILLOR, WARD 3



HAMILTON CITY HALL  
SECOND FLOOR, 71 MAIN STREET WEST  
HAMILTON, ONTARIO, CANADA L8P 4Y5  
TELEPHONE: 905-546-2702 • 905-546-2730  
FAX: 905-546-2535 • E-mail: [bmorelli@hamilton.ca](mailto:bmorelli@hamilton.ca)  
WEBSITE: [www.berniesmorelli.ca](http://www.berniesmorelli.ca)

**Steve Devisser**  
Sales Representative



BUS: 905.574.4600  
CELL: 905.537.HELP (4357)  
FAX: 905.574.4345  
E-MAIL: [stevedevisser@royallepage.ca](mailto:stevedevisser@royallepage.ca)

**ROYAL LEPAGE**  
State Realty Brokerage  
INDEPENDENTLY OWNED AND OPERATED



# Katimavik Hamilton

By Sam Hogg

I am from Vancouver B.C. and I am a Katima-victim. In case you do not know what a Katima-victim is it is the term applied to a person who:

- has never found yogurt in a yogurt container
- has stuck the word *Katima* in front of everything, i.e. Katima-van, Katima-house, Katima-oven fire
- who has understood that dinner is ready with the sound of the smoke alarm going off

Incidentally, these last two are only partly related. However, I am not here to go into details of the Katima-experience; I am here to explain what Hamilton has meant to five years of Katima-Victims.

It only makes sense to start from the beginning — the beginning of Katimavik. It began in 1977, when the first 1,000 volunteers worked in 80 different communities across Canada. The idea was that Katimavik would have two main benefits; to spur a sense of civic engagement in these youth by showing them the potential of volunteer work and to help local non profit organizations succeed. It's a symbiotic relationship — we provide the people power, and we are given the chance to prosper under the guidance of the work partners. Through this relationship the goals of Katimavik, its volunteers and the host communities are all met.

Katimavik and Hamilton both understand the need for creating social change. Hamilton is a city with many social issues, however there are many organizations in the city that are not content to stand back and say "Someone else will do it." Take for example the Good Sheppard. They saw a problem — that many people in Hamilton did not have enough to eat. They found a solution — opening a food bank. And from that point they continued to grow. Katimavik's goal of creating engaged citizens works in the same way. Find a problem, find a solution, and then continue to grow. We have seen in these last few months working with these organizations that it is possible to be engaged citizens — because everyone we have met has made it seem so easy. That is why five years of Katimavik volunteers

have prospered in this city — because the people we are aspiring to become already live and work in Hamilton.

Now that Katimavik has been cancelled, we can look towards Hamilton as an example of how to find a new identity. When the steel industry began cutting jobs, thousands of people were left without work. This left Hamilton with an empty void because so much of its identity was connected with the steel industry. Now things are changing, and jobs are being created in diverse fields. Studios, restaurants and university campuses are all opening — filling the space left behind, helping to give Hamilton a new identity. It is the citizens of Hamilton who are doing this work. People led by their desire to make it better. After being cut, Katimavik is left with a similar feeling that Hamilton once felt. As alumni, we need to look at the good example of the people of Hamilton, in order to fill the space that is left by Katimavik's absence. Even without the green t-shirts we can still continue to give our time to improve our communities, continue to look for what we know is wrong and continue to find the right solutions. Because these last three months have created a group of citizens who can imagine a better life and who will work towards it.

Our experience in Hamilton has given us the tools to be engaged citizens. Hamilton taught us how to care for our communities — and the value of independently creating social change. Most importantly, Hamilton taught us that Katimavik will live on through its alumni, as they continue to independently work towards its values. For five years Katimavik has found success in this city, and that was no accident. Thank you to every work partner, host family, supporter, and everyone else who made this program successful and who has welcomed us into their community with open arms. The program may be over, but remember it is the work of its members that make an organization strong and even though the organization Katimavik is gone, the work will continue. So for now we must say goodnight, but this is not a goodbye.

# Hamilton Civic League

By Larry Pomerance

The Hamilton Civic League is accepting applications to join our Board of Directors. We are specifically seeking representatives of neighbourhood associations and community organizations from every Ward.

## Our organizational goals include:

Increasing voter turnout.

Heightening residents' understanding and expectations of local government.

Promoting accountability, transparency, and accessibility at City Hall.

Raising community involvement in our local democracy.

Building a true league of community stakeholders to ensure our voices are heard at City Hall.

Our motto is "Transforming democracy inaction to democracy in action."

We believe there is great value in networking community organizations so that we can share and learn from one another to help build a more inclusive, safe, equitable, sustainable and prosperous community for all.

## Our projects include:

**Civics 101:** A starting point for residents to begin to learn about local government.

**CityCam:** Listen to and watch City Council, comment on the proceedings and vote on issues while Council votes.

**Let's Call City Hall:** Encourages residents to communicate directly with City Hall on issues of municipal significance.

**Values & Priorities Surveys:** Summarizes Hamiltonian's responses and compares results to Council's decisions.

**Let's Follow Our Money:** Reviews of City budgets and spending.

**Online Petitions:** Should fluoride be removed from our drinking water? Should City Hall abandon the Aerotropolis?

## Recent issues include:

**Hamilton Waterfront Trust:** Questions arise concerning financial statements and Council's lack of review.

**Public Sector Pensions:** Are pensions plans sustainable?

**Ward Boundary Realignment:** Is it required and what would it look like?

**Aerotropolis:** Will Hamilton's 500 million dollar economic development plan succeed or burden all taxpayers?

**Direct Democracy:** Some neighbourhood associations/councils will have a say in how money is spent within their wards.

**Sludge Incinerator:** Who supports Hamilton burning Toronto's sewage?

**Garbage Contract:** While many municipalities adopt biweekly collection, Hamilton will spend \$10 million more for weekly collection.

There is a role for community organizations from every ward to shape the future of our community. We have a greater opportunity to succeed where our goals align and when our voices come together. Please maximize your organization's potential to affect positive change by circulating this invitation to join our Board of Directors. Applicants should email resumes and cover letters to [HamiltonCivicLeague@gmail.com](mailto:HamiltonCivicLeague@gmail.com) no later than October 1st. All applications received will be acknowledged.

Our next working group meeting is scheduled for Tuesday October 2nd from 7 to 9 p.m. at Volunteer Hamilton, 276 King St. East. Everyone is welcome. To learn more about the Hamilton Civic League, please visit [www.HamiltonCivicLeague.org](http://www.HamiltonCivicLeague.org). Join online to stay connected and to follow the work of the Hamilton Civic League.

## COMMUNITY KITCHEN & CASTLE QUESTIONS

The CASTLE Project is proudly sponsoring this month's Downstairs Kitchen community dinner on September 26, 2012 at St. Giles Church. Doors open at 5:30 pm. Dinner will be served at 6:00 pm with a question session following at 7:00 pm.

What is the CASTLE Project?

The CASTLE project is working in your neighbourhood to find ways to help people to get tested for early signs of cancer in the colon, breast and cervix. Doing cancer tests can help save your life and your neighbour's too.

What is the Community Question Session about?

We need your help to know how we can best support people in your neighbourhood to go for cancer tests. We also want to know why you or members of your family may not want to go for tests. Your thoughts and opinions are very important to us. We need to make cancer testing easy for everyone. We need your ideas.

Please join us for a short focus group after the dinner to assist us in coming up with great activities for this new project in your neighbourhood.

St Giles Church, 85 Holton Street South at Main

Doors open at 5:30

For information on the dinner: 905-549-3068 or 905-545-1145 [dskitchen6@gmail.com](mailto:dskitchen6@gmail.com)

To register for the community focus group: 905-564-3540 or  
e-mail: [CASTLE@hamilton.ca](mailto:CASTLE@hamilton.ca)