

Sherman Hub News

A publication of the Sherman Hub Community Planning Team

MARCH - APRIL, 2016



BY PATTI ENCINAS
AND CRAIG MCNEILL



SISTER

CITIES

Flint, Michigan, population 99,763 is Hamilton's sister-city. In 2014, in an effort to curb costs, state-appointed officials decided that city water sourcing would be switched from Detroit to the nearby Flint River. This turned out to be very problematic. The water from Detroit was treated so as not to disturb the city's aging infrastructure; the water from the Flint River was not.

Because the water from the Flint River is so highly corrosive, it eroded the city's water pipes and lead began to leach into the water, causing residents of Flint to get sick. Lead in water can cause serious irreversible damage, especially to children. Now living in a state of emergency residents must rely on rations of bottled water until a solution can be found. The rations are often not enough to meet the daily needs of families, resulting in some people risking the use of boiled tap water in order to save the bottled stuff for their children.

When Sherman Hub resident Craig McNeill heard about this, he felt compelled to act. Craig organized a bottled water drive for Flint. He put a call out to the neighbourhood to help, and help they did. Craig offered to rent a truck and deliver much needed water to Flint. The response was overwhelming.

In a matter of days donations came pouring in from all over Hamilton and as far away as Toronto and Oshawa. On Friday, January 29, 2016, Craig set out

to Flint with \$1000 and a plan. He made prior arrangements with Mike's No Frills in Sarnia to buy 10, 200 bottles and 34 litres of Real Canadian brand water and spoke with US Customs and Border Protections to ensure he had proper permission to bring the Canadian product to the United States.

Water is heavy. Large skids with cases of water would have to be transported in two separate trips in the rented U-Haul truck. During the first trip, Craig delivered three full pallets

Craig organized a bottled water drive for Flint. He put a call out to the neighbourhood to help, and help they did.

to the Food Bank of Eastern Michigan. Trip number two found Craig at a local fire hall where he was met by members of the 125th Infantry Regiment out of Saginaw, Michigan who helped unload the other two pallets.

Throughout the entire trip Craig was often overwhelmed by the gratitude of American citizens he encountered. At the food bank, Craig even met a worker who as a child had participated in the CANUSA games and told of the bond he felt with Hamilton. Even the Border Patrol Officers expressed their thanks to their Canadian neighbours,

and seemed to get Craig through Customs much quicker than usual.

While unloading water by hand with the assistance of the 125th one of the men jokingly asked Craig to prove that he was indeed a Canadian to which Craig replied, "Hockey, maple syrup and zed." They got the joke.

As soon as Craig returned home his inbox alluded to the desire for "Hamilton Water to Flint, Phase 2" and so the process began again. Enough money was raised for a second trip, and now Craig is planning a third.

Anyone wishing to contribute to this ongoing relief effort is encouraged to contact Craig directly at crg.mcneill@gmail.com or info@shermanhub.ca. We'll be happy to help make arrangements for you.

There has been so much momentum behind this project, that us volunteers at the hub news just can't keep up. Right as we were sending the paper off to be printed, Craig made another trip to Flint - with even more water than the last time. Here's the email we received sharing the details of the latest expedition:

From: Patti Encinas
[mailto:pattieninas@gmail.com]
Sent: Wednesday, February 17, 2016 10:21 PM
To: Mel Walther <melwalther@gmail.com>
Subject: Flint!

Mel, I'm so sorry! I totally forgot to try to work on the article more. We're leaving for Flint tomorrow morning! Fluke Transport DONATED a flatbed truck & driver to haul down the **18** skids of water we've got! One of which was donated by Giorgio's No Frills (the one in Crown Point). That's where we're picking up the water this time. We're renting a minivan for me, Craig McNeill, Josh Breeze (my younger son), Mike Landry (United Steelworker) and David Derbyshire to travel down in. Our first stop will again be the Food Bank of Eastern Michigan where we'll drop 15 of the skids. From there we have a rented Uhaul to load the remaining 3 skids. We're going to take those 3 to specific neighbourhoods and deliver water door to door, bringing it to people's homes. We've heard that there are some neighbourhoods that don't have easy access to the food bank, so we're hoping to target those places. There will be a reporter from TheSpec travelling with us in the minivan who will document the trip. Then we come back home!

It all sounds very exciting! I hope it all plays out well. I've been in contact with a couple of people who belong to a community group called Flint Neighbourhoods United. It sounds like their version of our planning team. I'm hoping we can somehow connect up with them while we're there. Wouldn't it be cool if we could bridge some sort of neighbourhood partnership in our sister city in the States!

I have to give credit where due. Craig planned this whole thing out himself. He's done an amazing job.

I'll connect with you when we get back. Hope you're getting unburied from all the paper work!

Patti Encinas
Sherman Hub



A Quick Look at Payday Lending

BY HAMILTON ROUNDTABLE FOR POVERTY REDUCTION

While over all debt levels show a downward trend in Canada, average payday loan debt has risen about 60% over the past years.

What is a Payday loan?

A payday loan in Ontario is also known as a small emergency loan with quick approvals. Lenders may negotiate funds amounting to no more than \$1500 at a time. There are currently no restrictions on a borrower going to a competitor to get a second loan. Terms can be no longer than 2 months at a maximum of \$21 on every \$100 borrowed.

Fees vs Annual Interest:

At first glance \$21 on every \$100 borrowed may seem like a 21% interest rate, but it is not. With most financial products you are given an annual rate of interest. For example, a traditional unsecured loan may be set at 18%. Yet when you annualize a pay day loan of \$300 taken for 14 days, the maximum cost of borrowing results in an almost 550% annual interest rate. Comparatively speaking, payday loans are excessively expensive.

Who Uses Payday Loans?

Working poor are the main users of payday loans. According to research the Momentum Community Economic Development Society in Calgary, the vast majority of loans are taken to cover ordinary every day expenses; only 28%

are used for unexpected emergencies. While Stan Keyes, President of the Canadian Payday Loan Association says lenders use sophisticated means to determine credit worthiness of borrowers, a Toronto Star reporter found an unemployed Humber College student who was loaned \$250 for groceries based on her receiving child-tax benefit at the end of the month.

Momentum found payday lenders target low income neighbourhoods; recent mapping confirms this trend in Toronto. These areas are where traditional banks have removed their presence. Payday lenders have expanded services accordingly, offering cheque cashing, bill payment and pre-paid VISA debit cards at a higher rate of service fees than banks.

The Future of Payday Loan Operations

Credit Canada, a financial counseling charity has found that while over all debt levels show a downward trend in Canada, average payday loan debt has risen about 60% over the past years. In 2010, average debt load was \$420; in 2014, it increased to \$692.

Municipal Options in Dealing with Predatory Lenders

To combat this trend the Calgary's City Council has endorsed Calgary Poverty Reduction Initiative's Enough for All report calling on reform of the payday lending business and the importance of understanding the options that municipalities have at their disposal. Momentum, in an earlier report entitled The Real Cost of Payday Lending proposed the following options for dealing with predatory lending businesses:

- Amending land use bylaws to limit payday lending businesses within a certain distance of each other,
- Amending the business licensing bylaw to increase business licensing fees for payday lenders,
- Convene banking institutions to collaborate and offer appropriate banking products for the working poor.

When I was taking my history degree at Wilfrid Laurier University in Waterloo in the 1970's, it was sweeping topics like 'The Scientific Revolution,' 'The Enlightenment,' and 'Rise of Industrial Capitalism' that I studied and thought were important.

However, in that same decade, with the recognition that history is often created from the bottom up, 'micro-history' became recognized as valuable. Micro-history is the intensive investigation of a narrow well-defined single event, community, or institution within a community. Micro-history is really just a fancy term for local or community history. One of the pillars of my historical training was the employment of primary sources. All of the extrapolating and theorizing, as well as use of secondary source material (what other people said) was useless, and a fast track to a failing grade without good primary source material. These primary sources might include everything from newspapers and company prospectuses to gravestone markers and unpublished family genealogies.

In Germany, where reputed historians like Carlo Ginzburg took the initiative, micro-history is called Alltagsgeschichte or the study of 'everyday life.' This historical anthropology is considered part of the wider Marxian project of studying history from below.

Here in Hamilton, McMaster

MICRO

HISTORY

BY JOACHIM BROUWER

professors Charles Johnston and John Weaver have written exhaustive accounts of our city's past and the institutions within it from this 'populist' perspective. Despite the recent formal academic interest, micro-history is still left mostly to amateur enthusiasts, many of whom are academic retirees. These individuals, and I count myself among them, have a desire to document their family, neighbourhood or, faith community before it dies out, is bulldozed over, or folded into something else. Noted local historian Bill Manson, who was awarded the City of Hamilton's Lifetime Heritage award in 2016 worked for the Hamilton-Wentworth Board of Education. Murray Aikman, former president of the Mountain Heritage Society and direct descendant of John Aikman, who may be the earliest settler in Sherman, was a long time teacher at the now closed Robert Land School on Wentworth St. Then there is the towering figure of Melvin Bailey, who it was said hitchhiked to Knox College in Toronto every day to become a minister in the Presbyterian faith.

Church histories, in-house company anniversary retrospectives, and municipal council minutes are other primary sources for the study of 'micro-history.' Sometimes, local history projects are initiated by a single grainy black and white photo that deeply resonates with the viewer, piquing their curiosity about who the people and buildings in the photograph may be. A name inscribed on the entablature above a 1920's era walkup apartment building (in the 19th century, steam locomotives were given names too!) has probably inspired a tenant or two to try to figure out the significance of that name.

Local history is the preserve of local advocacy and advisory groups such as Hamilton Municipal Heritage Committee. In fact, the word Heritage seems to appear more and more as we study the past in microscopic detail and not in broad sweeping brush strokes.

In the last issue of the Sherman Hub News, an article by Daniel Moore of the Sherman Heritage Action Team indicated the difference between heritage and history. Heritage is the

inherited sum total of a community's culture, traditions, and built-up legacy (i.e. architecture). Heritage is 'living history.'

The opposite of Heritage might be something like George Hegel's 'world historical person,' Karl Marx's 'materialistic dialectic,' or Lenin's 'dictatorship of the proletariat.' These concepts have captivated starry-eyed cloistered scholars over the last two hundred years and filled university library bookshelves with scores of musty unread volumes, but, in my opinion, have not left a single extant tradition, building, or institution.

Heritage is as important to creating and sustaining a community with accessible and affordable transit, healthy housing, safe streets, and diverse exciting entertainment options.

When I am alone, I study and document local history. Poring over photocopies of old black and white photos and figuring out what street this is and what company occupied this corner, it is the role of time detective and sleuth I assume. It is something akin to solving a cross word puzzle. It is certainly an engaging hobby.

But, when I come to out to community events particularly as they relate to the neighbourhood hubs, it is 'Heritage' that I want to promote and integrate into that neighbourhood's vision, mission, and values.

JANE'S WALKS

Let's Walk About It, Hamilton!

BY ELIZABETH SEIDL AND CASSANDRA ROACH

Jane's Walk honours the legacy of urbanist Jane Jacobs by inviting people to explore their neighbourhoods and meet their neighbours through free, guided walking tours. Jane's Walks are held on the first weekend of May each year. Since its inception in 2006, Jane's Walk has grown from one city to 75 cities in 15 countries worldwide.

Hamilton has been celebrating the Jane's Walk festival since 2013. Walk Leaders have taken us all over the city and beyond exploring our beauty, our challenges, and imagining our future. We have had thousands of Jane's Walkers in Hamilton over the years that have walked (and pedalled!) all over Hamilton.

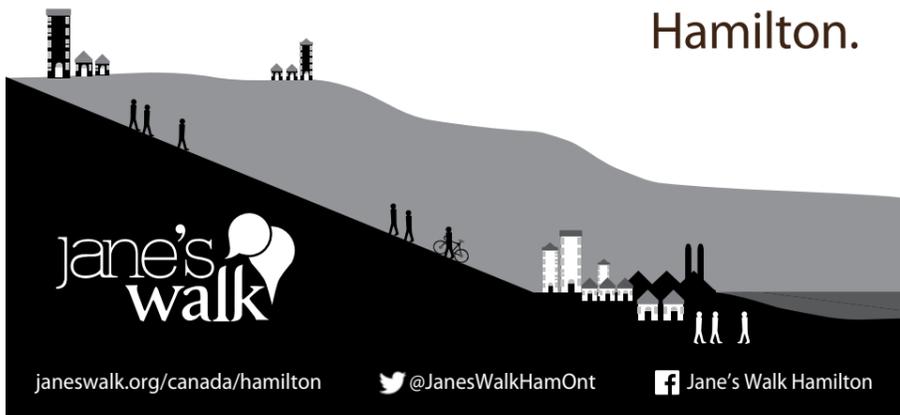
Jane's Walk is called a "walking conversation" where we walk and talk about the neighbourhood. All Walkers are encouraged to join the conversation and voice their ideas and questions. This engagement is an important aspect of the event and the legacy of Jane Jacobs as it brings neighbours together through shared experiences and new

knowledge. It is a celebration of our common space.

Jane's Walk Hamilton is looking for great Walk Leaders and Walk Assistants who can provide interesting facts and knowledge about a neighbourhood, street, or area in Hamilton as well as keep the "walking conversation" alive. We are looking for creative and diverse walks. Please join us!

This year's Jane's Walks in Hamilton will be on May 7th and 8th. If you would like to be a Walk Leader, Walk Assistant, or to join the organizing committee, please contact city organizers Cassandra Roach or Elizabeth Seidl at (289) 690-8252 (or text 905-599-6830) or email janeswalkhamilton@gmail.com. We will support your walk and help to promote it. Find us on Facebook at [@JanesWalkHamOnt](https://www.facebook.com/JanesWalkHamOnt) and on Twitter [@JanesWalkHamOnt](https://twitter.com/JanesWalkHamOnt). Look for Jane's Walks in your neighbourhood the first weekend in May by visiting www.janeswalk.org/canada/hamilton

May 7 + 8, 2016
Let's Walk About It,
Hamilton.



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

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

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Hamilton Community Foundation



The Sherman Community Planning Team is a resident-led group from the community who bring together neighbours, businesses, churches, government, education, and other agencies to work together towards our mission of creating a great place for us to live, work, learn and raise a family.

We meet monthly to coordinate the many projects and events going on and to work towards the realization of our Neighbourhood Action Plan. If you are interested in getting involved, please contact us. The more people who get involved, the more likely things will get done. For more information about the Planning Team, visit our website, email someone on the team. We can't do it without you.

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Want to Jump into Action With the Sherman Hub?

Action Teams are a great way to meet amazing people and work together in the community around a range of themes that interest you. These teams are truly what makes our neighborhood great, so if you want to get involved with the hub reach out to any of the team leaders listed below.

THE SHERMAN HUB ACTION ITEM TEAMS

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THE WORK OF SHARING LABOUR HISTORY

Reflecting on two years of programs for youth at the Workers Arts & Heritage Centre

BY TARA BURSEY

Labour history is not something we are taught in elementary school or even secondary school, but it should be.

With record-breaking levels of youth unemployment and underemployment, the rise of globalized labour, and the steady decline of full-time work offering a living wage, there is a great need for young people to discover the strong legacy of working people in this city, and this country. It is long overdue that children and youth begin to talk about the work of people who build our infrastructure, teach and care for us, cook and clean up after us, harvest our raw materials, and provoke wonder through words and images so that they can value (and insist that their work be valued) in the future.

This has been a large part of the work of the Workers Arts & Heritage Centre for the past year and a half. Through a grant from the Ontario Trillium Foundation, WAHC has developed a slate of programs for children and youth that have helped them gain confidence and build a vocabulary around labour and work, from the role of unions in society and the contributions of immigrants from around the globe in shaping our industries and neighbourhoods in Hamilton, to youth rights in the workplace and the ways that art can be a catalyst for social and personal change.

At the heart of these programs are WAHC's five all-new, curriculum-connected school visits program for elementary and secondary students. One of these programs, called *Hamilton: The Worker's City* critically unpacks shifts in where and how we work locally, from the work of artisans, textile and marine manufacturers around the turn of the 20th century, to those working in health care, steel, art, education and in small business today. Another program geared towards secondary students, Unions 101, demystifies the role of unions in advocating for safe working conditions, benefits, and stable work. Students learn about collective agreements through a hands-on activity where they write three core values into their "Student Union Collective Agreement," and make pin-back buttons emblazoned with slogans and graphic logos that reflect these values.

The last two years of day and week long camps for kids at the Centre have used themes related to history and present day lives of workers as the basis of accessible programs for children of all socio-economic backgrounds and abilities. Camp activities have drawn diverse inspiration from the sports teams of Westinghouse and Stelco workers, labour songs and publications,

and parade costumes and banners as jumping off points for explorations of the culture of recreation, performance and the visual and oral traditions of working people.

WAHC's Youth Council, a group of six youth in their late teens and early twenties, are currently planning a month-long event series that will include workshops, round tables and a concert around the theme of solidarity with workers from around the world. As part of the Youth Council, they have gained paid opportunities to design



public programs at the centre, lead exhibition tours, and produce writing that supplements our exhibitions and events.

Not all youth we meet at WAHC are ready leaders, at least not right away. As Coordinator of these programs, one of the most exciting breakthroughs I can think of over the last year and a half was meeting a young woman as part of a group taking part in a Unions 101 session at the Centre who was initially combative and resistant. At one point,

our group conversation turned to representations of working people and working class families on film and television. I confided that my favourite show growing up was *Roseanne*, because the family in it was the only one on TV that reminded me of my own, and suggested that working class stories are decades later still scarce and not valued as much as tales of the bright, beautiful and moneyed. This seemed to resonate with her, because she later made a pin in our workshop that said "Hello, Working Class People!" as if to say hello, we're here, we want to be heard, and we want to hear you.

Worker's stories have long been

marginal ones, positioned outside a sanctioned history rife with stories that glorify contributions of an elite class and erase the daily lives and labours of ordinary working folks. It is through WAHC's programs for youth that we strive to share the past with them, so that they are equipped to challenge the future.

Tara Bursey is Coordinator of Exhibitions and Programs for Adults, Children and Youth at the Workers Arts & Heritage Centre. She is also an artist and independent curator, and lives on Holton Avenue South in the Sherman Hub.

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EDUCATION MATTERS

Surveys Are Not Enough

BY LARRY PATTISON

56. This is the number of responses to the Hamilton-Wentworth District School Board's survey on the future of elementary programming in Hamilton's public school system. Staff included.

The school board has a budget of almost \$600M. There are nearly 50,000 students in our classrooms. Yet, our planning is currently being shaped by 56 survey responses.

Looking back to 2012, when our board was reaching out to the community to consult on its secondary program strategy, there were 307 responses to the online survey; 63 of these were letters. Then, 1,416 students submitted responses via blogs. That's 9% of our board's 15,000 secondary students who were engaged in the process of the development of their programming. Not great, but not a bad place to start.

Don't get me wrong on surveys. I don't particularly like them. Though

they gather information and input, they are limited by the questions asked and getting responses is always challenging. I know the real issue is engagement of our community on matters related to education, and my goal is to better engage you in the work of the board.

Previously, I shared concerns about the elimination of the K-5/middle school model of schools. This concern was included in those 56 responses, but when we look at the data, the majority of responders (88%) supported the transition to a mostly K-8 model.

In my conversations with parents and community members, I have heard you say you want to see alternative secondary school options. You've expressed wanting to keep Delta and Sir John A. in our system, King George to be designated as a historical building, and that our schools need more Educational Assistants. You don't like parking on our school playgrounds. You

want walkable schools, and for recess not to be a reward for good behavior but rather a mandatory part of our students' day. You want playground revitalization, expedited facilities improvements, safe routes to school. You want to ensure that your voice is heard, respected, trusted, and acted on appropriately. You want more awareness for various issues, and most of all, you want to know that everyone within our school facilities, from staff to student, feels valued, cared for, and engaged in a positive and rewarding fashion.

I am listening and I am representing your voices at the board table. I wish that being an elected School Board official was full time. Instead, trustees hold day jobs or maintain our businesses. Some of us have young children or teenagers. We are single parents, have children with special needs at home, or new babies. We have faced some of life's most difficult

challenges. Even at the top of the education food chain, we have struggled with our own sense of purpose, worth and belonging. Even so, I am surrounded by very passionate and dedicated colleagues who are all here for the betterment of public education.

You still have a say on the Elementary Program Strategy—let your voice be heard. It is one thing to elect change, but the biggest vote the community can cast is continual engagement. For real change, we still need community champions like you.

RIP Mr. (Jay) Keddy and my neighbor, Kate Andrus.

Larry Pattison is a father, Ward 3 resident and HWDSB Trustee. He can be reached at lpattiso@hwdsb.on.ca.

COMMUNITY LAW

SUNNY DAYS

BY BOB WOOD

"Sunny Days." That is how new Prime Minister Justin Trudeau kicked off the start of his mandate as the 23rd Prime Minister of Canada.

Many are waiting to see how this new "sunny" orientation plays itself out on the policy front.

One hint may be found in the mandate letters Trudeau sent to all his Cabinet Ministers. These mandate letters set out goals and specific objectives for each Minister. We have looked at five of these letters and offer some unsolicited advice.

The Minister of Sport and Persons with Disabilities has been asked to lead an engagement process to develop a Canadians with Disabilities Act.

We'd like to see that this act incorporate international human rights standards. There has been progress for people with disabilities in the area of accessibility and accommodation in employment and services. However, true equality can only be achieved by recognizing the economic barriers that disproportionately impact those with disabilities.

The Minister of Infrastructure and Communities has been directed to work with the Minister of Families, Children and Social Development to create a housing strategy. This will "re-establish the federal government's role in supporting affordable housing."

Most developed countries have

a housing strategy or plan. A plan should include measurable goals and timetables. Ongoing consultation and collaboration with affected communities, complaints procedures, and transparent accountability mechanisms should also be part of the plan.

The Minister of Employment, Workforce Development and Labour has been asked to improve the Employment Insurance (EI) system. It needs to be "better aligned with the realities of today's labour market and serves workers and employers."

As readers know, over the last 20 years the federal government has made access to benefits increasingly difficult. Of all cities, Hamilton has been hardest hit by these policy changes. There has been a huge decline in the number of unemployed accessing benefits. Forty percent did in 1997. By 2014 that percentage had dropped to 21.6%.

Eligibility requirements for benefits should be changed to accommodate the kind of work that exists today, specifically, part time and minimum wage positions. We believe that eligibility should be established at a standard rate of 360 hours worked across Canada. This change would make the program more accessible for part time workers.

The Minister of Families, Children

and Social Development has been asked to lead the development of a Canadian Poverty Reduction Strategy. This strategy should line up and support existing provincial and municipal poverty reduction strategies.

Conditions should be added to the Canada Health and Social Transfer that social assistance will be provided by provinces at a level that allows individuals and families to have an adequate standard of living.

Provincial poverty reduction strategies are emphasizing getting people with disabilities back to

work. However, the nature of many people's disabilities means that they aren't able to work. A poverty strategy needs to take this into account and work to integrate all within our society.

You can find all thirty Mandate Letters at <http://pm.gc.ca/eng/ministerial-mandate-letters>

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic/ Clinique juridique communautaire de Hamilton.

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

It's about making our entire lives better.



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ABCD

ASSET BASED BUSINESS ENGAGEMENT IN WARD 3?

BY DAVID DERBYSHIRE

Have you ever been in exactly the right place at precisely the right time when the opportunity to be part of something transformational not only for yourself, but also for those who become part of the process has presented itself? I had that opportunity 14 years ago in the summer of 2002 when I was invited by Carolyn Milne, then the President and CEO of the Hamilton Community Foundation. The task was to assist in the implementation of a project designed to build relationships and engage residents of neighbourhoods within the City of Hamilton that had traditionally been identified by their challenges using an Asset Based Community Development approach. Starting not with the glass half empty (a deficit approach), but a glass



ABCD has gone from a novel way of attempting to engage folks to a tried and true preferred way of building the capacity of neighbours to find their voice



half full, focusing on what that half full portion contained. Helping neighbours identify what they liked about their neighbourhoods and themselves and leveraging those assets to address the issues within their neighbourhood that they would like to see changed. Building relationships based on shared values that would become the cornerstones of our preferred ways of working together.

So from very humble beginnings in the Beasley, Lansdale and McQuesten neighbourhoods, we began the process of building relationships with neighbours, getting to know them as valued contributing members of their community and developing plans to address the challenges they faced in their daily lives. The program began to grow and expanded to include South Sherman, Crown Point, Riverdale and Jamesville; eventually being embraced by

the City and expanded to include Davis Creek, Stinson, Keith and Rolston. Lansdale and South Sherman evolving to become Gibson/Lansdale (GALA) and Sherman. ABCD has gone from a novel way of attempting to engage folks to a tried and true preferred way of building the capacity of neighbours to find their voice, express their choice and access that which is most important to them. Fast forward those 14 years and we now have strong, inclusive and caring teams of engaged neighbours working together to make their neighbourhoods better places to live. With the Hamilton Community Foundation's goal not only realized, but exceeded, perhaps it was time for me to rest.

But wait, just as I was preparing to settle into a long winter's nap (retirement), Councillor Matthew Green approached me with yet another invitation. Would it be possible to build Asset Based relationships with the businesses of Ward 3 and would I be interested in assisting him with this process? And so, it is with that invitation that we are embarking on what for me is a logical extension of the ABCD approach- to build relationships and hopefully engage our business partners here in Ward 3, and connect their assets to those of our neighbourhood.

So what will this look like and what are the outcomes we will be striving to achieve? Quite simply, our only predetermined outcome is we want to build a relationship with our business partners. Let's begin with just some basic info such as who, what, where and when? Let's establish the values we share in our preferred way of working together. Anything more than this we cannot say, we will co-construct our objectives as we establish the trust of our new partners.

We have assembled a team of volunteers (Hailey, Foumi, Christine, Christian, Zac and any of you out there interesting in lending your time and

talents to this) who will be braving the cold to inventory existing businesses and begin the relationship building process through asset based conversations with the business owners/operators.

So we will begin with WHO and WHERE?

Over the next several weeks we will be building a listing of the businesses that are visible as we walk the many streets of Ward 3. We will begin on Barton to develop a directory of visible businesses. We will continue on the East/West arteries of Cannon, Wilson, Burlington, Main and finally King. We will also be including the North/South routes- we recognize not all businesses are on the main streets and some may be not as visible and so we will be inviting you or those businesses to contact us to ensure we are as inclusive as we need to be.

Prior to launching the Growing Roots program at the Foundation, we resisted a press release extolling the virtues of our program because we hadn't done anything yet. With this project, we will be building on the success of that which has come before us, but again, we are not making any bold predictions. It appears logical that what we are doing should help build stronger relationships between our neighbours, local business and our local Councillor. Thank you to Councillor Green for his confidence in ABCD and in our ability to shepherd this process. With your permission, we will be providing updates and further invitations for you to participate in this project as it evolves over the next few months. Watch for our team coming to a street near you real soon, and let's see if this is again the right thing at the right time for Ward 3.

David Derbyshire is a Community Developer with Councillor Matthew Green's Office. He can be contacted by email at David.Derbyshire@hamilton.ca

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



HEALTH IN THE HUB

TOP 10 UNHEALTHY HABITS

BY DR JUSTIN GALLANT, ND

1. Having a diet full of carbs and sugar rather than protein and fat
2. Putting your job before your health
3. Not eating anything between breakfast and dinner
4. Consuming diet pop or using sweeteners in your water
5. Drinking too much caffeine and not enough water
6. Basing your diet around wheat and dairy
7. Eating on the go
8. Bottling up your emotions
9. Leaving too much time between meals
10. Ignoring symptoms and viewing them as "normal" instead of dealing with them

These seem to be the most common unhealthy habits in my practice. If you feel like you need help dealing with any of these issues, don't hesitate to contact me

*Dr Justin Gallant ND
Naturopathic Doctor
59 Dunsmuir Road
289-808-9076
www.DRJGND.com*

URBAN GARDENER

Spring Optimism Strikes Again

BY CANDY VENNING

Are you noticing feelings of optimism, feelings of renewal, outdoor appreciation, and an uncontrollable urge to head to the nearest garden center, seed swap or perennial exchange? Good news! You're showing signs of spring anticipation!

In fact, as I write this article on February 1st, my very first little cheerful 'Winter Aconite' flower has pushed its perky little face up through the cold soggy ground. It told me to get ready for the upcoming talks and classes, to share the garden love, and some of my 17 years of experience as a professional (we shouldn't count the time when I was 12 and killed my mother's prized Jackmanii Clematis).

There are certain problems that come up over and over again. So, in the spirit of spring and for those of you who won't make it to the April 9th workshop, here are a few of the top tips I hope you'll find useful.

No Privacy : Please don't plant cedars, they'll likely die and definitely take up a lot of room while taking away prime growing space. Instead, a good sized umbrella or a pergola covered in flowering climbers will give you a lovely shady destination & make you happier than cedars, promise!

Useless Space : I have not yet found a space that was too dark, too weird, too small or too big to be useful in some way... yet. I have, however, found folks who lack the know-how or inspiration or willpower. A designer,

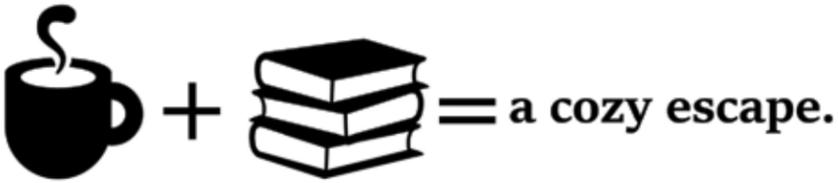
or some time on Pinterest, can be helpful. So can great friends or a bit of money to help make it happen. Get started, take it in steps, have fun and remember: gardens are very forgiving.

What to Grow where: This is where so many people get derailed; don't worry about it too much. Should you have a full sun south-facing garden, then there are many bright and showy creatures that will dance to your sunny tune. Shade gardens are a little trickier, but really a lovely place to be in the heat of summer. Be enthusiastic, use the plants you think are beautiful, make mistakes, ask questions and keep trying!

Growing Vegetables : Working a little higher than ground level is easier on the back; look online to find out about building a "raised bed". Start small with perhaps one 2'x 6' box and add more as needed, so it isn't an overwhelming task. Consider a do-it-yourself "dripline irrigation system"; it works wonders, especially if you take any kind of holiday in summer.

There are so many more things to share: permaculture, permeable paving, pollinators, and even things that don't start with the letter P. If you can't make it to the class on April 9th, send me an email with your design dilemma: candyvenning@yahoo.ca. Perhaps I can be the catalyst to get you to 'dig in'.

Please note that we will hold our 6th annual Ward 3 Perennial exchange on Sunday May 15th. Check the Sherman Hub News events page or the Sherman Hub Facebook page for updates.



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NURSE'S CORNER

Thyroid Issues

BY JAYOTI EDINGTON

Recently, I've been dealing with an ongoing level of sickness which I have basically chalked up to being nothing more than an aggravating virus that refuses to leave. After a couple of months, my constant symptoms wore me down to where it finally hit the wall on New Year's Eve and I decided that this was far more than a virus. I began wondering if what I was experiencing was a thyroid issue. Even as a nurse, I didn't realize how easy it was to overlook the impact our thyroid has on our entire body. The Thyroid Foundation of Canada lists about 200 million people worldwide as suffering from some form of thyroid disease. For the most part, thyroid disease is treatable, but, unchecked, can lead to serious complications throughout the body. Thyroid diseases are found in 0.8%-5%

of the Canadian population and are 4-7 times more common in women. The thyroid gland is a small butterfly-shaped gland that sits at the base of the neck. It only weighs approximately 20 grams. It is, however, the master gland of your metabolism. It releases the hormones thyroxine (T4) and triiodothyronine (T3), which increase the amount of oxygen your body uses and stimulates your cells to produce new proteins. By controlling the release of these hormones, the thyroid determines the metabolic rate of most of your body's organs. The thyroid gland is regulated by thyroid-stimulating hormones (TSH) made by the pituitary gland in the brain. Normally, when thyroid hormone levels in the body are high, they will "switch off" the production of TSH, which in turn stops the thyroid from making more T4 and T3. Undiagnosed thyroid problems can

dramatically increase your risk of obesity, heart disease, depression, anxiety, hair loss, sexual dysfunction, infertility and a host of other symptoms and health problems. There are many types of thyroid diseases, however the main conditions present in most thyroid illnesses are hypothyroidism (under-active) and hyperthyroidism (over-active). There are numerous potential symptoms to both Hypothyroidism and Hyperthyroidism. Not all people will experience all of the symptoms. Do some research and check with your doctor as symptoms vary based on how long your thyroid gland has been producing too much T3 and T4. Initial investigations of thyroid diseases may consist of blood work and possible ultrasound. Ultrasonography is not always able to separate benign from malignant nodules with complete certainty. In suspicious cases, a tissue

sample is often obtained by biopsy for microscopic examination. Thyroid nodules are common but should always be investigated as there is a 5% chance of cancer. The four types of thyroid cancer (papillary, follicular, anaplastic, medullary) are generally treated through medication, but there are cases where surgery or radioiodine therapy could be needed. The good news is that thyroid cancers are generally treatable and the survival rate is extremely high. If you think you have symptoms of a thyroid-based disease, do not prolong the diagnosis. Take the time to talk to your physician.

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

COMMUNICATIONS, RELATIONSHIPS, ENGAGEMENT

CASTLE - A RETROSPECTIVE

BY SUSAN NEUDORF AND REBECCA DOLL

The CASTLE project has been aiming to help connect our neighbourhood to health information, resources, and opportunities since 2011, in order to improve the wellbeing of individuals and of the community as a whole. Most recently we have been doing this by helping to build relationships between you and your neighbours using the Healthy Opportunity Bags, a monthly gift that combines information and fun stuff, hopefully in equal measure.

The premise of the project is that our relationships are the number one influencer on our health, including eating habits, physical activity habits, and lifestyle. Studies predict that for the first time in human history, parents are expected to outlive their children, mainly due to the chronic diseases that result from unhealthy eating, inactivity, and lifestyle habits. A powerful thing that we can do to help reverse this trend, is to get to know our neighbours. Not just what car they drive, but where they come from and who they love, and what challenges are they facing; know them enough so that our healthy habits will rub off on them, and vice versa. Know them enough that we might notice when they are gone. Know them enough to connect them to opportunities for a healthier life.

As Community Health Brokers, we have had the privilege of meeting many new people, and of helping some of you to get to know your neighbours better. The work itself was broad and diverse:

helping people to find a doctor, sending them info to help quit smoking, attending information sessions at City Hall, promoting healthcare through events like the Hub BBQ, writing journals and logs to identify qualitative objectives and successes, developing content for promotional material in local newsletters, chatting about health needs over a cup of coffee.

The big wins for the CASTLE

The premise of the project is that our relationships are the number one influencer on our health

project have included connecting people to cancer screening; even now, more people die from cancer in our community than in surrounding areas, mainly because fewer of us are getting tested in time to do anything about it. By connecting our community to the Screen for Life Coach and other opportunities, CASTLE has connected approximately 103 neighbours to cancer screening - that we know of.

Originally funded by the Province of Ontario, CASTLE was funded for the last two years by the Hamilton Community Foundation with endorsements from Crown Point and Sherman Hubs. The CASTLE team played a strong role in building

relationships between community partners in order to better improve the services to our neighbourhoods such as bringing the Barton Library and the Y-on-Wheels together, having city recreation staff come to Prince of Wales School, and helping the Community Food Advisors run a cooking class at the Perkins Centre.

While the main focus of the project has been on building relationships for

Through our Healthy Opportunity Bags we are sharing a Community Calendar that highlights some of our neighbourhood assets, community partners, and resident-led projects. Hopefully, we'll continue to add to the calendar year after year to capture all the wonderfulness of the community-building that is happening here.

Now that the CASTLE project is deeply embedded as part of our landscape, the project is transitioning to a sustainable phase with direct links to the City's Public Health department that has been supporting it up until now. We are happy to announce that Faye Parascandalo, who is a Public Health Nurse and one of the developers of the CASTLE project, will be attending hub meetings going forward. Faye has been involved with the CASTLE project since its beginning, and is excited to be continuing to build relationships with all of us.

health outcomes, we have been tracking some numbers. We have had hundreds of meaningful conversations with neighbours, relating to all health topics. Here are some of our stats from 2015:

- 148 conversations around people's desire to quit smoking
- 82 people asked us how to find a new family doctor
- 49 conversations about how to get dental services
- 719 people sought information about physical activity
- 80 pieces of locally made toast consumed by Rebecca and Susan while strategizing!

BUSINESS IN THE HUB

A Neighbourhood that Works

BY LAURENCE SMINK

Small businesses play a number of important roles in our community. Not least is that independently owned stores, restaurants, and services create a lot of jobs. In Canada, small businesses employ 69.7% of the private workforce*.

Many of those jobs are here in our neighbourhoods; the coffee shop down the street, the auto mechanic, the fitness studio, the art gallery, the insurance broker, the florist, the baker. Small Canadian entrepreneurs created an average of 100,000 jobs per year between 2002 and 2012*.

I'm talking about local jobs that employees can walk or bike to, which helps keep traffic from clogging the streets. Every job in our neighbourhood means one less car driving to some other employment center in the GTA. On top of that, there's the added health benefits of physical activity for those lucky folks who get to work in the neighborhood they live in. Spending 20 minutes walking to work versus 45 minutes crawling down the QEW is a pretty easy choice for many people.

Looking around our neighbourhoods, it's easy to see how challenging it can be for businesses. Personally, I always try to see the empty storefronts along King or Barton as opportunities. Those empty places are where new ideas are going to take root and grow. Those boarded-up stores will someday bring people back to the streets; they're going to create tremendous value for us residents by providing unique goods and services that we currently have to leave our neighborhoods to get. And, they're going to create the jobs this area badly needs.

Hamilton, and this community, have disproportionately high numbers of people who are struggling to get by. Part of the larger solution to improving that is through education and building in-demand skills, and by creating opportunities to put those skills to use. Entrepreneurs can be a part of that. They create the economic opportunities which create new demand for workers. They can provide valuable knowledge, skills and experience to their employees. But the conditions need to be right.

Small businesses are fragile as they start out. Building a business is a difficult challenge. Finding money to get off the ground can be very hard. Hiring and training the right employees to help a business succeed can be difficult. Lack of knowledge and access to resources are barriers. Regulations and red tape cause huge roadblocks that cost time and money. In fact, 32% of micro-enterprises—those who employ 1-4 people—will fail within the first 2 years*.

I was recently working on a business plan for a pet-care start-up. I checked

the City of Hamilton website to see if there was licensing or permits required for that type of operation. Sure enough, it would cost over \$500, and take a whole bunch of time getting zoning verification and parking approval.

How much parking does a dog daycare really require? And what dire outcome would happen if there wasn't enough? Why is zoning verification needed? None of this was explained on the City website. These regulations are in the books though, and business owners are required to comply, even if the regulations don't always make sense, or are outdated, or aren't applicable to a specific situation.

Then, I went to the City of Burlington's website to see the regulations for that type of operation there. I couldn't find any. No permit or license, no extra cost, no lost time, no delays in getting the business going. No red tape at all that I could see. On top of that, the list of businesses that Burlington requires to have licenses is significantly shorter than Hamilton's. In a sentence: Burlington makes it easier to start a business there.

Obviously, I love Hamilton. I'm invested here. I love the community, the people, the neighborhoods, and I actively try to help make it a great place to live, work and raise a family. But I'm genuinely concerned about our homemade barriers to success and prosperity, not least of which is the stifling amount of nonsensical red-tape at City Hall, along with the inflexible and fundamentally flawed 'complaint-driven' bylaw enforcement (seriously, don't get me started on that topic).

As members of a community, we should be leading conversations about creating economic opportunities, about how to make it easier and better to do business here, in ways that benefit the community. We're fortunate to now have a hard-working and responsive representative at City Hall, but it's really up to us who live here, and who want to build businesses here, to take the lead. We need to figure out what makes sense for us and for our community, and to help bring those changes about. There's a bright future here, and as a community we can all help shape it.

*Source: http://www.ic.gc.ca/eic/site/O61.nsf/eng/h_02800.html

Laurence Smink is a graphic designer and marketing communications consultant. He lives in the Sherman Hub and wishes there were more jobs here. Contact him at laurence@smink.ca



YOU ARE NOT WHAT YOU EAT

BY JENNIFER BOLUS

We've all heard the saying, "you are what you eat". In many ways, we are what we eat via our food, our thoughts, and our emotions, but physically it is more accurate to say you are what you can do with what you eat. In other words, you are what you can digest and absorb and what the food guide or a food guru tells you is good for you may not be so. If your digestive tract is not functioning optimally, it is likely your body is not receiving what it needs to thrive.

So how do you know if your digestive system has gone rogue? First, start making a practice of tuning in. Your body is always speaking and now is a great time to start listening deeply!

Issues with digestion speak through symptoms and disease in a myriad of ways. Here are a few signs your digestion may need some TLC:

You're not pooping every day. Yes every day, anywhere from one to three times. Note- you can be a stellar pooper and still have a gut that needs attention.

You're pooping, but it's either too hard to go or too easy; a.k.a. constipation or diarrhea.

Gas seems to be leaving frequently as burping or flatulence, and often the latter could clear a room.

You're dealing with itchy skin, acne, breakouts, psoriasis, or eczema without any long-term relief from topical treatments.

You're bloated often, or look six months pregnant by the end of a day.

You've got a gut feeling you're reacting to a specific food.

You've swollen joints, puffy skin, aches and pains that you've attributed to 'getting older', but after reading this you're starting to wonder.

You're dealing with fatigue, irritability, brain fog and headaches or migraines too often for your liking.

You can't seem to lose that last ten pounds, or any pounds for that matter.

As you head into your busy life and daily routine, I urge you to slow down and pay attention to your body's messages. How is your body trying to get your attention? Gently

notice. Journal or mentally note your experiences and patterns. This practice of inquiry and bringing awareness to the body can seem foreign and take time, especially if you tend to be 'in your head' for the majority of your waking hours. With time, you and your body will be best buds and work in complete harmony. Just start listening.

Stay tuned for Jennifer's follow up article on what you can do with the messages you're noticing in our next issue.

Jennifer Bolus is lifelong Hamiltonian, friendly Crown Point neighbor, and Integrative Registered Dietitian. info@jenniferbolus.com

WARD 3 REPORT

BY MATTHEW GREEN, WARD 3 COUNCILLOR

We've had a number of deaths lately, all of them tragic, some of them preventable.

With the passing of Kate Andrus, the movement to Trash the Garbage Plant has lost one of its most ardent voices. Kate was a force who backed up her words with facts; enough facts to shed light on dodgy proposals like the Port Fuels garbage plant project. While we've had some wins, it is incumbent upon all of us to pick up the torch and continue her efforts to prevent a garbage plant being built in our Ward.

Jay Keddy passed away in a needless accident while cycling home from Prince of Wales School where he taught. We know from research that when a car meets a body at 30km/hr there is a 5 per cent fatality rate. At 50km/hr the rate goes up to 55 per cent, and at 60km/hr, 90 per cent of people hit by a vehicle will die.

Even though many of our streets are designed as high-speed thoroughfares,

we need to remember the danger that large, fast, one way streets can pose and not meet the temptation to go faster. I am committed to working with neighbours and staff to calm traffic, particularly around parks and schools.

Recently, I passed a motion to improve safety for all road users. The Vision Zero movement, started in Sweden in 1997 with the idea that people's lives and health must be put first, and we cannot put other benefits like efficiency, cost, or traffic flow ahead of the safety of all road users.

I passed the Vision Zero motion in Hamilton. The motion directs staff to assess our current collision data, review options and prepare implementation plans and funding strategies. Background on Vision Zero and details of the motion can be found at matthewgreen.ca.

Drilling down further on the safety file, we moved a motion to

reaffirm support for the province to reintroduce the Safer Communities and Neighbourhoods legislation (SCAN). The bill is a provincial act proposed in 2008 to pass legislation that would support residents and police in taking action relating to entrenched illegal activity in the community, such as violence, drug houses and gang bunkers. SCAN gives the municipalities the tools we need to respond.

I've spoken to numerous neighbours who know where the drug houses are, they know where the illegal activity is. SCAN will give the City the ability to support residents to make our communities safer. We are hopeful that the time is right for the province to take the next step.

On February 22nd, we hosted our predatory loans conference at the Stadium and heard from those who have lived experience of the economic violence inflicted by predatory lenders on our most vulnerable neighbours. We also heard presentations from staff and community leaders about the impact predatory lending has on residents in our community.

Last year I moved a motion requesting a study of the feasibility of requiring businesses to post their rates,

show comparative and annualized rates, study the feasibility of licensing, provide information on debt counselling and map locations of predatory lenders. The staff report on my motion came back to committee on Jan. 16, 2016.

Building upon these tools for safety, Ward 3 has seen more construction permits in the beginning of this year, than all of last year combined. A recent Huffpost article referenced "the Gage Park neighbourhood" as one of the Top Ten places to live in Canada. We are glad to welcome new people, new business and new efforts that enrich our community.

As Chair of the Rental Housing Sub Committee and Vice Chair of City Housing Hamilton, I am working with residents and community partners to provide more affordable, dignified housing options for residents.

If we socialize, we can organize, and when we're organized we can mobilize. If our City is going to be by the people for the people, then we each need to stand up and be counted as one of the people, and I thank all of you for your efforts. I have the privilege of being part of so many of these projects, but they wouldn't happen without you.



Matthew Green,
Ward 3 Councillor

WORKING TOGETHER - HDLC

Why Celebrate May Day

BY ANTHONY MARCO

On Sunday May 1st, from 1-5pm, the Hamilton and District Labour Council will be co-hosting a May Day event with the Worker's Arts and Heritage Centre (WAHC) at 51 Stuart Street in Hamilton. This event is open to the public and we invite families to come down to the WAHC to help celebrate a day that has become misunderstood over the past 150 years.

At its national convention in Chicago, Illinois, held in 1884, the Federation of Organized Trades and Labour Unions proclaimed that "eight hours shall constitute a legal day's labour from and after May 1, 1886" instead of the 10 to 16 hour days people were forced to work. On May 1, more than 300,000 workers in 13,000 businesses across the United States walked off their jobs in the first May Day celebration in history.

More and more Chicago workers continued to walk off their jobs until the numbers swelled to nearly 100,000, yet peace prevailed. It was not until two days later, May 3, 1886, that violence broke out at the McCormick Reaper Works between police and strikers. At least two strikers were killed and an unknown number were wounded.

A public meeting was called in Haymarket Square to discuss the police

brutality. As the speeches wound down, a bomb was thrown into the police ranks, and the police fired indiscriminately into the crowd. The exact number of civilians killed or wounded was never determined, but an estimated seven or eight civilians died, and up to forty were wounded. One officer died immediately and another seven died in the following weeks.

Aside from the bomb thrower, who was never identified, it was the police who perpetrated the violence.

Eight labour activists and anarchists were arrested and convicted of murder, though only three were even present at Haymarket. The jury in their trial was comprised of business leaders. The entire world watched as these eight organizers were convicted for their political and social beliefs. Four were hung as part of their sentence, a fifth committed suicide the night before.

Over a century later, May Day is an International Workers' Day. Ironically, May Day is an official holiday in 66 countries and unofficially celebrated in many more, but rarely is it recognized in the United States where it began or in Canada.

People were shot so we could have the 8-hour day; homes with families in them were burned to the ground so we could

The Haymarket Affair - 1886



have Saturday as part of the weekend; 8-year old victims of industrial accidents who marched in the streets protesting working conditions and child labour were beaten down by the police and company thugs. The sacrifices of so many people cannot be forgotten or we'll end up fighting for those same gains all over again.

This is why we celebrate May Day.

Adapted from "The Brief Origins of May Day" by Eric Chase - 1993 (http://www.iww.org/history/library/misc/origins_of_mayday)

www.hamiltonlabour.ca,
[@hamiltonlabour](https://www.facebook.com/hamiltonlabour)

BOOTS TO THE GROUND

An Open Letter to Those Angry with a Statue

A BY JOSEPH MLECZKO

I've had a chance now to see homeless Jesus statue at St. Patrick's Church. It's a lovely statue. It's a great thought piece that begs the onlooker to reconsider in their own mind who the homeless and precariously housed are. It asks you to look at how you feel about those people and how they got to their current situation. It's art and it has purpose. It also has a price tag, as all art does. A hefty one. One that has stricken the ire of several Hamiltonians.

One of the major criticisms here is about how the money could have been better spent given directly to people in need. I believe that this line of thinking shows a misunderstanding about how charity works. We can't simply throw money at poverty. It doesn't fix it. It doesn't change minds. It only offers a temporary fix. While that is beneficial, the amount that this statue cost is literally a drop in the bucket compared to what is actually spent on

care initiatives. The amount is actually less than poverty level wages in a year. When we ask why we don't just throw that money at the problem we're saying we have no clue how much is already spent, and that we think more will help.

Some people have also criticized the City for funding the statue. It is important to note that it is actually a private donor installation.

Poverty is not simply a job away. As we have seen, homelessness will not be fixed by throwing cash at it. The best thing you can do is stop seeing someone on the streets as homeless and start seeing them as a person. Start looking at what causes them to be where they are and how your mindset affects your opinion of them.

THE RECREATION REPORT

BY JESSE WILLIAMSON

The City of Hamilton Recreation Division is happy to serve the community at Jimmy Thompson Pool and Norman Pinky Lewis Recreation Centre. We offer great registered programming for residents of the Sherman community, designed to improve skills, stay active, and have a great time. Our programs are at these neighborhood locations:

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

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

FREE PROGRAMMING

The City of Hamilton is pleased to offer the following FREE programming to residents of the Sherman community

Program	Location	Date	Time
Open Computers (All Ages)	Norman Pinky Lewis	Monday - Friday	5:15 - 7:30 p.m.
Public Swim (All Ages)	Norman Pinky Lewis	Monday and Friday	3:00 - 4:00 p.m.
Public Swim (All Ages)	Jimmy Thompson Pool	Monday and Saturday	M: 7:30 - 8:30 p.m. S: 1:00 - 3:00 p.m.
Teen Basketball (Ages 13-17)	Norman Pinky Lewis	Monday, Wednesday, Thursday	M: 8:45 - 9:30 p.m. W: 8:45 - 9:30 p.m. T: 8:15 - 9:30 p.m.
Knitting Club (All Ages)	Norman Pinky Lewis	Tuesday	9:00 a.m. - 12:00 p.m.
Sports Mix: Open Gym (All Ages)	Norman Pinky Lewis	Tuesday	6:15 - 7:45 p.m.
Family Swim	Jimmy Thompson Pool	Wednesday	6:30 - 7:30 p.m.
Youth Basketball (Ages 6-12)	Norman Pinky Lewis	Wednesday and Thursday	W: 6:15 - 7:00 p.m. T: 7:00 - 8:00 p.m.
Child Soccer (Ages 6-8)	Norman Pinky Lewis	Saturday	1:30 - 3:00 p.m.
Youth Soccer (Age 9-12)	Norman Pinky Lewis	Saturday	3:15 - 4:45 p.m.

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

REGISTERED PROGRAMMING

The City of Hamilton Recreation Division is very excited to offer great 10 week registered programs for the community at all recreation centers city wide. We have programming for the whole family including swimming lessons, dance classes, cooking classes, and sports programs.

For a full listing of programs available at your center visit www.hamilton.ca/rec or come by a center and speak to one of our helpful staff to find the right program for you and your family.

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.

For families with dependents under the age of 18

- Free family pass to the recreation centre of your choice.
- Fee assistance on City recreation programs to a maximum of \$150 value per child during a 12 month period.
- 50% fee assistance for City affiliated sports programs to a maximum of \$100 annually per child (i.e. hockey, baseball, basketball, soccer, lacrosse, football and figure skating).

For adults and seniors without dependents

- 75% off a yearly Participation Pass or 50% off a yearly Waterfit Pass.

Who can apply?

To qualify you must meet the following:

- You live in the City of Hamilton (must provide a photocopy of a document with your home address such as a property tax bill, utility bill, driver's license etc., dated within the last 60 days).

AND one of the following:

- The entire family is receiving assistance from Ontario Works or the Ontario Disability Support Program (must provide a photocopy of your monthly Drug Benefit Card).

OR

- Single adults who are receiving assistance from Ontario Works or the Ontario Disability Support Program (must provide a photocopy of your monthly Drug Benefit Card).

OR

- Your family income falls below the Low-Income Cut-Off (LICO) for your family size (must provide a photocopy of last year's Notice of Assessment from the Canada Revenue Agency).

For more information on our Recreation Fee Assistance Program, please contact the Recreation Fee Assistance Office at rfap@hamilton.ca or 905-546-2424 ext. 4569

MOM TALK: PRENATAL & PARENTING WELLNESS

PRENATAL NUTRITION

Drawing attention to prenatal nutrition; why it's crucial and what you need to know

BY LYNDASAY HARDY

Prenatal nutrition is absolutely important to the health and well-being of the mother-to-be and growing baby. Food eaten by the pregnant person is broken down and absorbed into the bloodstream, and then passed to the fetus through the placenta and umbilical cord. The very start of a healthy body is the gestational period inside the womb. Eating well during pregnancy can make a lifetime of difference for both mother and baby.

There are basics that are quite commonly known: no shellfish, sushi or soft cheese, try not to eat too many sugary foods or drinks, do drink plenty water and eat lots of greens. There are plenty of misconceptions

about nutrition during pregnancy and lots of misinformation. Unlike a pregnant woman's primary prenatal health providers like an Obstetrician or Midwife, a Registered Dietitian (RD) is often overlooked. Yet for the health and well-being of the mother and baby, RDs are essential.

According to Jacquie Reeds, MSc, RD, they are "the go-to source for nutrition information as the College of Dietitians of Ontario ensures that RDs provide only accurate information."

"RDs can help in complex health situations where someone has multiple food allergies or health concerns, or can help with eating on a strict budget or even meal planning and basic

nutrition education. Everyone has different needs with regard to nutrition and it is the role of the RD to help address these needs."

Jacquie Reeds is a local resident and mother of three- a five year old, three year old, and a four-week old. She has a Masters of Science and is a Registered Dietician.

We did a 'Question & Answer' with Reeds to get some very important details about nutrition during pregnancy and its effect during pregnancy and afterward for mother's and baby's bodies (i.e. continued growth and sustenance for breastfeeding).

Q & A with a Registered Dietician

Q: How is pregnancy affected by nutrition?

A: More and more research is published each year which points to prenatal (pregnancy) nutrition as being one of the most critical factors influencing childhood and adult health. Certainly, we have understood for quite some time that certain nutrients are required to promote healthy fetal growth (ie. Adequate folic acid intake pre-conception and in the first 12 weeks of pregnancy has been shown to reduce the risk of neural tube defects). It seems that the mother's body makes fetal growth and development a priority in that the required nutrients are offered up to the developing fetus first; however if nutrition is not sufficient, the fetus will also suffer. One of the most well known examples of this is a low overall nutritional intake, which can result in low birth weight. All in all, the better the nutrition of the mother, the better the outcome for both infant and mother.

Q: In what ways does the pregnancy benefit from proper nutrition?

A: Proper nutrition in pregnancy has been linked with a number of benefits, including better overall health for the infant and mother. More specifically, proper prenatal nutrition promotes optimal brain and bone development, better birth weights (which predict better overall health outcomes for baby), and a better prenatal experience for the mother.

Q: In what ways could it suffer? What foods/nutrients are most important and from what sources?

A: There are a number of very important nutrients in pregnancy:

Calcium - sources include milk, cheese, yogurt, fortified soy/rice/cashew/ almond (and other alternative) milks/ beverages, tofu, almonds, broccoli... Calcium is important for bone development in the fetus, and as many have heard, the mother's calcium status can suffer at the expense of ensuring adequate calcium delivery to the fetus (we have all heard about women with many children suffering from poor dental health, which could be a result of both low calcium and dental care).

Vitamin D - fortified milks (cow/rice/ almond/soy/cashew/etc), salmon ... While Health Canada recommends the same amount of vitamin D for adults whether they are pregnant or not, it is important for calcium

absorption and balance and thus bone development. Most prenatal vitamins provide 400 IU of vitamin D; however, I recommend pregnant women also take an additional 1000 IU vitamin D3 supplement each day.

Folic Acid - fresh fruits and vegetables, especially oranges and leafy greens. Folic acid has even been added to Canadian grain products such as breads, cereals and pasta. Women of childbearing age are encouraged to take a folic acid supplement (1 mg) every day to help promote proper neural tube development in the event that they become pregnant. In some cases, a physician will recommend a higher dose, such as 5 mg daily.



MUSICAL JOURNEY

Family Rhythm

BY DARIN MARTIN

It was Saturday morning and I woke to a strange sound in my house: it was the rare sound of silence. I didn't get my morning wake up call from my youngest daughter, I didn't have my teenager come in my room in a panic and say, "I don't have any clean clothes", I didn't even get a school form shoved in my face that needed to be handed in at school that day. It was quiet. There was nowhere that I needed to be at that exact moment. I simply put on some coffee and some folk music and took a shower with not even a single knock on the bathroom door.

You see, that weekend, my three daughters all went away for a retreat from Friday to Sunday and we had the house, the computer and our time to ourselves. It was wonderful. There are so many cool things to do in Hamilton and we actually had time to do them: go out for breakfast, go hear live music, tour Dundurn Castle, skate at Bayfront or just walk down our beautiful streets, get a coffee from Vintage, and enjoy our neighbourhood.

As glorious as all of this sounds, we ended up doing what I think most parents do when they have some time without their kids: run errands. We did a few

things that we needed to do, I washed the kids' clothes at the sweet laundromat on Cumberland near Gage, and it dawned on me: I missed our kids. I walked around our apartment cleaning up after them, and missed hearing one of them singing in their bedroom or in the bathroom. I missed hearing the cup song for the millionth time. I even missed filling out the silly

Our family, like every family I would think, has a rhythm to it. We have a certain flow that works for us.

long forms from their school.

Our family, like every family I would think, has a rhythm to it. We have a certain flow that works for us. We listen to music constantly, we sing songs when other music isn't on, we laugh a whole bunch and we love to ride our bikes together. We love the fact that big beautiful Gage Park is less than a 3 minute walk from our house, we think it's cool that we actually

know our city councillor, we love bumping into friends at the grocery store, and we love seeing our friend, Pete, riding his deliveries around Hamilton for THAAT CoOp.

I guess you could say that we have found our family rhythm and it works for us. It allows us to grow in and through our community, and it probably looks different for others. Ours is filled with sound and rarely quiet. It moves and it is steady. It is hopeful, and dreams big dreams for our family and for the city of Hamilton.

I would encourage you today, as you read through the rest of this paper, to listen for your rhythm. What can you hear right now? What helps you find peace in the middle of a busy day? What hope do you have for your family and for your city?

Vitamin B12 - milk and alternatives and related products (eg. Cheeses, yogurts, etc.), meat, fish, poultry, fortified soy products, eggs. While vitamin B12 does not usually receive a lot of attention in prenatal nutrition articles, I mention it because high intakes of folic acid can hide B12 deficiency. It is also worth mentioning because it is important for nerve health and development and because B12 is found in protein-rich foods and protein is important for growth and development. Routine prenatal blood work does not include a check on vitamin B12 status, but I always recommend checking serum vitamin B12 status, and if levels are less than 300 pmol/L, I recommend a supplement.

Iron - meat, fish, poultry, fortified breakfast cereals and soy products, legumes, pumpkin seeds, ... Iron is important in pregnancy because it is a key ingredient in red blood cells which are being mass produced to provide an adequate blood supply for both mother and baby. Brain development is also aided by adequate maternal iron intake. This is why most prenatal supplements contain approximately 27 mg of iron. Serum ferritin is supposed to be checked in all pregnant women to ensure adequacy and determine if there is a need for additional iron supplementation.

Omega-3 Fatty Acids (specifically EPA & DHA) - Salmon, mackerel, rainbow trout, walnuts, ... EPA and DHA are required for brain development; however, these important nutrients are not always discussed with pregnant women. In general, eating fish two to three times a week will provide enough EPA & DHA. Some

prenatal supplements provide EPA and DHA. If someone is looking for a separate supplement, choose one with 1000 mg of combined EPA and DHA. For those looking for information on the safety of a variety of fish in pregnancy, search online for: A Guide To Eating Fish For Women, Children and Families.

Q: In what way is nutrition important for the breastfeeding mom after the baby is born?

A: Nutrition in the breastfeeding mother is nearly as important as prenatal nutrition.

All of the nutrients important in pregnancy are also important for lactation, though some of the rationale differs. For example, while iron continues to be important, it is not directly for the infant's sake. There is not much iron in breast milk; however, it is important for the postpartum mother to replenish her iron stores for overall health, but also for energy.

Vitamin D can pass into breast milk, but to meet the infant's needs, the mother would need to take more than the recommended supplemental dose (which cannot be widely recommended). Rather, it is better to supplement the infant directly with a dropper-style liquid vitamin D supplement.

Without focusing on the details of each nutrient, nursing mothers will want to drink plenty of fluids, include calcium-rich foods throughout the day, and include protein-rich foods (meat/fish/poultry/nuts/seeds/legumes/tofu/eggs/etc.).

Q: What are some common

misconceptions you've noticed when it comes to prenatal nutrition and eating?

A: One of the most common misconceptions with regard to prenatal nutrition is the notion that a pregnant woman is "eating for two." Obviously there is a grain of truth in this; however, that second person is really quite small, and thus overall calorie needs do not increase by more than approximately 300 calories per day in a singleton pregnancy. Realistically for those whom have adequate access to food, they will do fine if they eat regularly throughout the day and eat health-promoting real foods (ie. Avoid processed, boxed foods) according to hunger and contentment (satiety).

Interestingly, the general consensus is that a breastfeeding mother has greater calorie needs than a pregnant woman. Again, eating based on individual hunger and satiety is advised.

Q: What are the best resources online and in the community to find out more about prenatal nutrition?

A: Registered Dietitians (RDs) are the go-to source for nutrition information as the College of Dietitians of Ontario ensures that RDs provide only accurate information. Hamilton residents whose family physicians are members of the Hamilton Family Health Team (or the Stone Church or McMaster Family Health Teams) have OHIP-covered access to RD consultation through their family doctors' offices. There are also RDs available to North End residents at North Hamilton Community Health Centre.

At any time, people can visit eatrightontario.ca to access nutrition

information provided by Ontario RDs. Eat Right Ontario also provides free email or phone consultation with Ontario RDs.

Hamilton Public Health Services is another trustworthy source of nutrition information, as they too employ RDs.

For reliable information about the safety of food, beverages and medication in pregnancy and while breastfeeding, access Mother Risk - a website and hotline developed by Sick Kids in Toronto.

There are other people and professionals in the community whom may be knowledgeable about nutrition; however, be critical and careful if they are not trained and current RDs.

Q: How can someone determine if a resource is accurate?

A: Registered Dietitians are required to share only evidence-based information. Outside of seeking out RD counsel, people should use their own critical thinking skills to determine whether or not they should trust nutrition information. If someone is unsure, one can contact EatRight Ontario online or by phone (1-877-510-5102) to double-check.

Lyndsay Hardy is a Birth & Postpartum Doula, Childbirth Educator and Yoga Instructor.

HANGSTARS

Ginger

BY TREASA LEVASSEUR

Here at Hangstars HQ, we are always on the lookout for new and exciting people to interview for the paper, and for this installment of the Sherman Hub News, we have a vivacious, smart and hilarious neighbourhood kid we'd love to introduce you to! She's pretty much the opposite of shy, and she has a heart of gold which she's willing to share a piece of with just about everyone.



Name: Ginger

Age: 6 and three quarters

Grade: 1

Do you have any pets?

Mine died. It's a cat named binoo. It's buried in my backyard. I'm getting a new kitten this april.

What is your favorite subject in school?

Well, doing math. It's my favourite thing. It's fun. On thursday, we barely did any work, and it was boring.

What do you least like about school?

Not doing any math.

What do you want to be when you grow up?

A teacher or a scientist or a clown.

What would you teach?

Grade 1.

What kind of science would you do?

Growing organs, from people that died.

What kind of clown would you be?

The kind that juggles balls and rides on a bicycle with one wheel - at the same time.

What book are you reading currently?

Captain underpants and the

sensational saga of sir stinks-a-lot. It's a really funny one.

How did you learn to read?

I practised for years, since i was in kindergarten.

What would you say to someone just learning how to read?

Hmmm... i know how to read. I could teach you.

What is your favourite thing to do in our neighbourhood?

Playing club penguin. It's a game on my mom's computer.

Any advice for people who are coming from other places to live in hamilton?

Welcome to hamilton! If you want you can be my friend, and some time have a playdate.

Do you know a cool kid in the sherman hub who would be a good candidate for this column? Nominate them to be interviewees in our next issue's hang column by emailing shermanhubnews@gmail.Com! If you have any suggestions for questions you would like us to ask our hangstars, send those along too! Until next time, hang tough and stay cool folks.

Treasa levasseur is a musician, artist-educator, community-builder, and proud shermanite.

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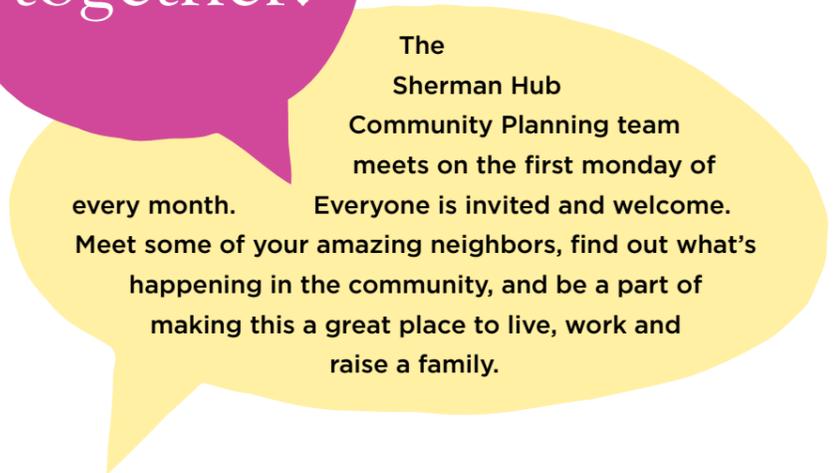


All proceeds will be directed to AIDS programs in southern Africa through MCC.org

Saturday March 5th
9am - 12pm

at HARRRP: 705 Main St. E.

admission by donation



The Sherman Hub Community Planning team meets on the first monday of every month. Everyone is invited and welcome. Meet some of your amazing neighbors, find out what's happening in the community, and be a part of making this a great place to live, work and raise a family.

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CYCLING

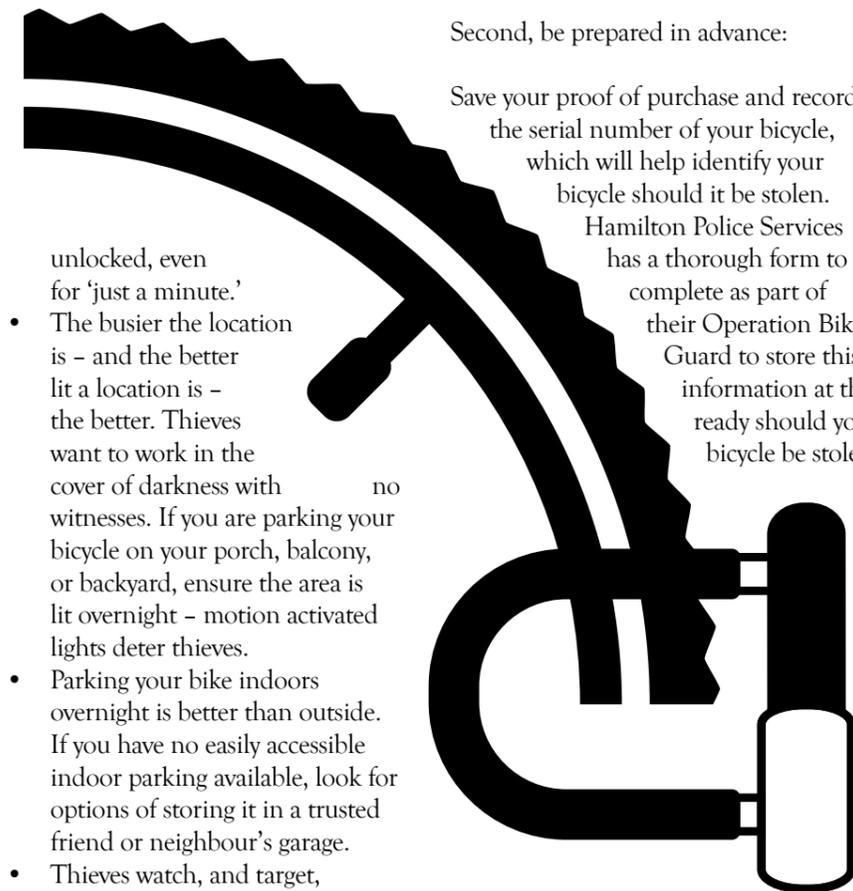
BIKE THEFT

BY HEIDI VANDERKWAAK

Occasionally while scrolling through Facebook I'll see a friend or neighbour post a photo of their bicycle along with a sorrowful cry for help to reclaim their mode of transport that had been stolen. Commenters rant against bike thieves, commiserate by telling stories of their own bike being burgled (and discouragingly - usually not recovered), and give advice about where to look and how to report the burglary. It breaks my heart to see the beauty of the bicycle - an efficient and effective form of transportation - being a hot item for thieves, most often a theft of convenience to make a quick buck at the scrapers or for parts. A few follow up questions to the theft victim often reveal a number of precautionary steps that could have been taken to reduce theft opportunities or at the very least make recovery more likely:

First: the Lock and the Location:

- The easiest pickings for a thief are cheap locks. A good quality lock - usually a hardened steel U-lock - is a worthwhile investment as cable locks can be defeated quickly and easily. Also, buying a quality lock usually means you can register your bike through the manufacturer for additional insurance benefits.
- A lock is only as strong as what it is attached to. Secure the frame of your bike to solid immovable objects that are securely bolted down. Using two methods of locking your bike can help. Don't lock to the links of a chain link fence or a wooden railing.
- Never, ever leave your bicycle



- unlocked, even for 'just a minute.'
- The busier the location is - and the better lit a location is - the better. Thieves want to work in the cover of darkness with no witnesses. If you are parking your bicycle on your porch, balcony, or backyard, ensure the area is lit overnight - motion activated lights deter thieves.
- Parking your bike indoors overnight is better than outside. If you have no easily accessible indoor parking available, look for options of storing it in a trusted friend or neighbour's garage.
- Thieves watch, and target, expensive looking bicycles. If you own an expensive bike, consider riding a cheap bike around town that is less attractive to thieves or make your bicycle less expensive looking - wrap tape or used tube around the frame or add a piece of duct tape here and there.
- If you find the tire of your locked bicycle has been punctured, move your bike or take it with you - a thief is possibly coming back at a time where they can be less conspicuous to cut the lock.

Second, be prepared in advance:

Save your proof of purchase and record the serial number of your bicycle, which will help identify your bicycle should it be stolen. Hamilton Police Services has a thorough form to complete as part of their Operation Bike Guard to store this information at the ready should your bicycle be stolen.

Without the serial number recovering a stolen bicycle is often impossible. (https://hamiltonpolice.on.ca/sites/default/files/bike_guard_form.pdf)

And finally, if indeed your bike has been stolen:

- Report it to the police - the bicycle report will enable the Police to identify your bike should it be recovered and also the report provides statistical information. Check back often - the police hold unclaimed

bicycles for 30 days.

- Look frequently on Kijiji or at nearby pawnshops for your bike or its parts.
- Tell your neighbours and post pictures on social media.
- Bicycles are covered by your property or renter's insurance. You can make a claim but insurance is usually intended for large losses with deductibles higher than the value of the bike. If you have a valuable, high-end bike, consider getting it scheduled on your policy.

Also, please do not support the market for stolen bicycles, even if you find a 'really good deal' on Kijiji. Only buy a second-hand bicycle from someone you trust. If you are not sure whether a bicycle has been stolen, ask questions or call the police. Many bicycles sold on Kijiji or other second-hand sources have been stolen.

Over 200,000 bikes are stolen in Canada each year - thousands in Hamilton - with only half of bikes stolen reported to police, and only 13% of recovered bikes being returned to their rightful owners. While following the advice above will reduce the chances that your bike will be stolen and increase the possibility of recovery, bike thieves will always find another victim. What are your ideas for working together as a community to prevent petty theft in our neighbourhood? Start the conversation on the Sherman Hub Facebook page or I'd love to hear your ideas at heidi@pedalpoweredfamily.com.

Love Your Verve And Find Your Zing

BY ALEXIS RAKOVAC

Love your life and find your get up and go! Have you taken the time to stop and think about what you really love about your life and what makes you get up and seize the day? Furthermore have you taken the time to share those thoughts with your children and reflect on how they view those same questions? Even if they are unable to respond it's okay! You put out the thought which triggers their curiosity and it sparks an important dialogue which can help them to understand a lot about themselves in the areas of emotion, feeling, communication, making a choice, changing their mindset and transition. Our children watch us so attentively believe it or not! How we

wake up in the morning, how we leave the house, how we interact with our spouses, how we talk on the phone, how we drive, how we discipline and how we handle situations. Our children are developing skills in order to survive, to cope, to communicate, to interact and to express themselves. In every moment, children are courageously developing life skills for independence and making choices for themselves with confidence. Through the world of imaginary integrated play and music we can venture into the unique situations with our children and help them to identify their strengths, cope with their challenges, recognize potential and see that it is okay to step outside their

comfort zone and just go for it!

I want so very much to empower all of our children to dare to dream and BELIEVE...

Do everything with love!

Love, Lexi

Alexis Rakovac is a Children's Educator and Entertainer who lives in the Sherman Hub

LIVING PAIN FREE

Hunchback of Upper Back Pain

BY THOMAS EAGLES

In my practice, I see a number of people with upper back tension and pain. With the technology of today's world, most of us spend a large amount of our days either working at computers or looking at our cellphones. This constant forward posture places a lot of tension on the upper back joints and muscles, which can eventually lead to upper back discomfort and/or a kyphotic posture (hunched over).

With this constant forward posture, it is important to remember to stretch out our muscles regularly, even as often as every 45 minutes. This does not mean that we all need to do a full stretch routine; Even a quick break from a forward posture to do one stretch makes a significant difference

over time.

It is also important to ensure that you are using the best posture at your workstation. A general rule known as, "The Rule of Ninety" is used to help with this. Generally, it is recommended to keep the legs, arms and knees at ninety degrees. As with all rules, a bit of flexibility with this is always used as staying at exactly 90 degrees for these joints can be tiresome and uncomfortable, so opening up these angles a bit is okay. In fact, reclined sitting can be ideal at around 110 to 120 degrees.

These ideal positions help to decrease the strain on the body, however other factors can contribute to a forward posture. Common

contributors include stress, breathing restrictions (such as asthma), and heart conditions among many others. These contributing factors force our bodies to use muscles and connective tissues differently, which end up pulling on our joints eventually leading to a more forward posture.

Another factor that is often forgotten is the after effects of a long winter. Once spring arrives, we all try to forget the winter and enjoy the beautiful sun. Factors such as shovelling, wearing heavy winter clothing, and slips and falls (even minor ones) can all add to these tensions and need to be addressed. Again, I go back to the importance of stretching and exercise, such as for core muscles, which

can help decrease and prevent back issues.

Ensuring that you have proper nutrition throughout the day also makes an enormous difference in our comfort and function. Without proper nutrition, our muscles and bones are not able to function as well leading to breakdown of our bodies into decompensated postures.

As always if there are ever any questions to pains or discomforts, please remember to seek a health professional for help.

Thomas Eagles is a Kinesiologist, and Osteopathic Manual Practitioner

SPOKES

WHAT MAKES A GOOD NEIGHBOUR?

BY PATTY CLYDESDALE

As Lead Spoke in the Sherman Hub, I often get asked what a Spoke does. Simply put, a Spoke is a neighbour who lives on a street in the Sherman Hub, and who engages and connects other neighbours on their street. The idea is that once we connect neighbours with one another, a sense of community and belonging is developed and nurtured in the Sherman Hub from a very grassroots level. When neighbours get to know each other, they support each other, look out for one another, and are just plain ole good neighbours to each other.

But what does being a good neighbour mean? For the answer to this question, I put my feelers out and I received opinions as diverse as our fine neighbourhood. You should by no means feel that you're not a good neighbour if you don't exhibit all of these qualities. If you identify with any one or more of these qualities, you just may be a good neighbour!

A good neighbour:

- is there when your neighbours need you and gives space when required
- isn't nosey
- respects other neighbours and the neighbourhood itself
- keeps their property clean and well maintained
- has pride in their neighbourhood
- doesn't litter
- picks up after their pooch and properly disposes of their dog's feces (ie: not in others' hedges, but in a waste bin), ensuring pets are cared for, loved and obedient - basically, a responsible pet owner.
- doesn't use profane language out in the neighbourhood and around children
- is well mannered, and teaches their children to be
- watches out for their neighbours and the neighbourhood
- volunteers in the neighbourhood, is a member of their planning team
- shops local
- enrolls in and supports neighbourhood schools
- is sensitive to noise levels and their impact on other neighbours
- keeps recreational cannabis usage within the confines of their home
- smiles and says, "Good Morning", "Hello", "Nice day" to everyone they pass on the street
- Puts away neighbour's recycling boxes
- Ties up their recycling to ensure it is not strewn about the street
- shovels/clears snow for neighbours
- prepares meals for neighbours who are ill, disabled, or elderly
- checks in on elderly neighbours from time to time, yet respects their independence
- acknowledges, accepts, loves and cares for neighbours who are differently abled
- welcomes new neighbours when they move in
- informs neighbours when something is happening in their neighbourhood
- rallies and organizes neighbours when there's an issue on the street or in the neighbourhood
- supports other neighbours' initiatives, fundraisers, and interests
- is engaged and connected, has their ears to the ground and participates
- is a Spoke (Okay, I just made that up - but really... seriously... be a Spoke!)

To summarize the sentiments contributed above, I think being a good neighbour means loving your neighbour and neighbourhood, being respectful, accepting, and inclusive. It means caring for our neighbours, our children, and our neighbourhood. It also means participating in neighbourhood activities and lending your skills and assets to your neighbourhood.

What does being a good neighbour mean to you? Contact the Sherman Spokes and let us know at the email below.

Shameless plug: free registration is on now for the Sherman Hub Neighbourhood Yard Sale Day coming up on June 4th, 2016.

Patty Clydesdale is Lead Spoke for the Sherman Spokes, is an active member of the Sherman Hub Planning Team and thinks she might be a good neighbour. She can be reached at shermanspokes@shermanhub.ca.

POETRY

BY TANYA B

#1
Spiritual Settlements
Little Africa
On the Mountain a village
Footsteps now ghost town

#2
A People's history
Paths of the North Star
Echoes of the Six Nations
Harriet Tubman

#3
Canadian African History Month
Partiality
As vulnerability
needs equality

#4
Ms. Canadian Suffragettes /
(Suffer-ettes)
New Diversity
Repelled for their convictions
Rebellion voices

VOICE OF YOUTH

Facing Your Fears

BY LYNN WATKINS

Can anyone be afraid? Yes. Can anyone learn to overcome their fears? Yes.

There is no doubt in my mind that everyone's number one fear is losing their loved ones.

No one really knows about my fears.

I'm not sure if this is really a fear but here it is.

I am afraid to move forward with my life and look into the future, because I don't know where I will end up or what is waiting for me on the other side. It could be good but it could also be bad. I couldn't move forward because I have had many problems that I didn't want anyone knowing about or facing with me. I thought I could face them alone, but some things you just can't face by yourself.

I blamed a few people for how bad my past was, but I never blamed myself. As I see it now, parts were my fault because I never spoke up loud enough to be heard by anyone.

On January 18, 2016, I couldn't sleep. I was cold, and scared of the job I had to go to the next morning. I was so nervous, because it was my first feature film job since 2002. I was offered a background role in a new movie. I looked up the actors and found out who was in the movie. I was scared of embarrassing myself and making a mistake. Mom said, "you will be fine". I told her, "I know I can do it. I'm just scared".

After the filming of the first scene, things didn't seem so bad. Then, everything changed. I had written a letter of appreciation to the director

of the film but never gave it to him. I didn't realize at the time of writing it that it would be a waste of time. After we wrapped, the letter was still in my binder and I took it home.

I was inspired to write a new novel, and the director is in it. This is how the idea came to mind, as the director wasn't really nice to anyone at all. I decided to tell two of my fellow background actors about the story and they liked the idea.

You may be asking yourself, what does this movie and the director have to do with facing our fears?

Well, let's just say I was scared of something that had to do with the movie, but I didn't realize at the time that it wasn't the movie I was afraid of, it was facing the director. I was afraid of being booted from his film because of how bad he was treating everyone. My uncle warned me about bullies in the film industry, and I didn't listen.

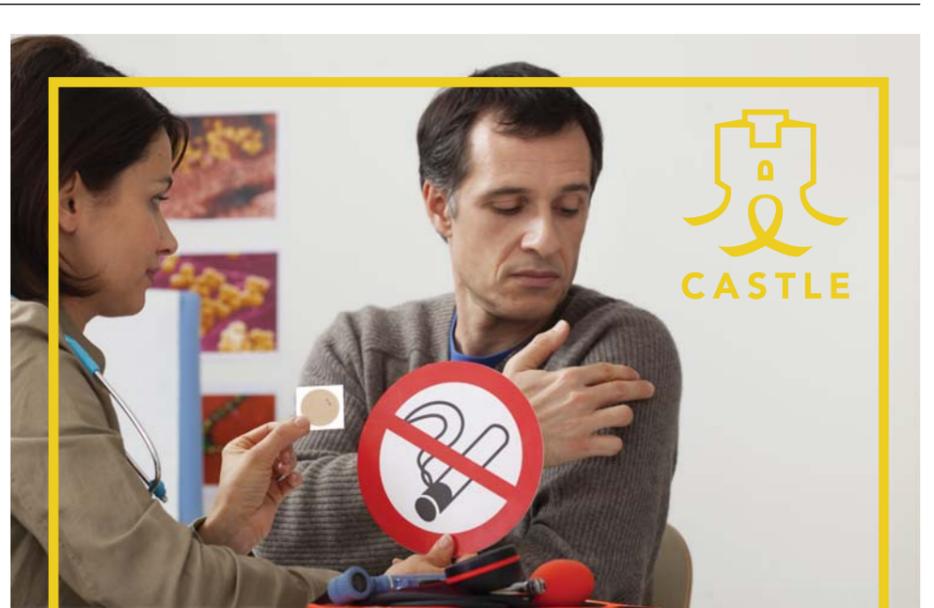
I faced my fear of not embarrassing myself and not getting booted from the movie. I was afraid of getting laughed at and being told I wasn't good enough for the film and I was afraid of being judged on who I am and what I looked like.

But I got over that fear and I didn't embarrass myself or get booted from the movie.

I wanted to speak up and say something to the director but I knew that if I had of said what was on my mind he would have booted me out.

I faced my fear of the movie director then why can't I face my other fears?

What is your fear? Maybe we can face it together.



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HARRRP

Stories from the HARRRP

BY DEB STRINGER

This past week, I visited HARRRP several times. I dropped in on Wednesday morning's Mindfulness and Meditation group and shared a great conversation and a relaxing meditation with Delores, who first started coming to HARRRP for pottery, and now regularly attends Hamilton Art Society Art class with Roy. She travels from Stoney Creek and often brings a friend to attend groups as well. "It's amazing that this is here", she said to me, "and discovering Roy was like gold. Now sometimes half my watercolour class is here to learn from him". Delores mentions that she noticed my martial arts class next door to her oil painting class and promises to come watch us show off some night soon. She has also tried Tai Chi and enjoys the chance to learn about new activities in a friendly

atmosphere. After saying goodbye to my new friend, I visited with Bill in the office to find out more about the groups going on at HARRRP.

"Stanley lives in the neighbourhood and coordinates an American sign language (ASL) social group. It's a chance for people to get together and socialize, and it's a chance for new ASL interpreters to practise their skills". I mention how many different groups seem to be going on all at the same time, and Bill chuckles about the many challenges of scheduling groups with competing needs.

The wonderful thing about our community centre is how groups that need quiet share space peacefully with groups that are by nature noisy, and how somehow, we all find a space where we can get along. Bill tells me

about his experiences hosting the recent PetSmart-funded SPCA low-cost spay and neuter clinics registration at HARRRP, and how neighbours met and organized a system to keep things fair.

HARRRP has the ability to change its space to accommodate the groups that meet there. A portable lawn bowling set transforms the space while gymnastics mats are laid with care to support the breakfalls of the martial arts students.

This past weekend, I had the chance to see the theatre show the unique intersections of HARRRP as a concert showcasing local voice students opened with an Aikido martial arts demonstration. Before the show, the athletes were warming up to the intriguing sounds of many

voice students performing their vocal exercises. Some brave individuals even participated in both events, running backstage between sets to change from martial arts gi to performance dress in time to sing. I was able to convince a young performer to take some excellent photos of the Aikido club. "I want to start doing Aikido too next year", Sophie said.

HARRRP offers a space where you can drop into any class, meet new people, and try new things. If you have a skill or hobby to offer, it's a place where you can show off your talents and share your knowledge with other community members. As Delores said, "it's worth the drive to the Sherman Hood".

What are you aiming for?

BY JUSTIN D'OLIMPIO

Zig Ziglar once said, "If you aim at nothing, you will hit it every time." And each of us knows from our own experience that he is right. The general flow of human life tends to be toward ease and comfort. One day flows into the next, and many of us never quite get around to turning our good intentions into reality.

Those 'good intentions,' while no doubt admirable, tend to remain unrealized mainly because they are too vague. Vague ideas are impossible to focus on and aim for; they are moving targets.

Do you have moving targets in your life? Perhaps you want to eat a more healthy diet or lose the winter weight that has crept up on you. Maybe you just want to establish a regular workout routine and stick with it this time.

The keys to your success are two-fold: Steady the target and create momentum.

How to stop a moving target

Imagine a target shooter trying to hit a small bull's eye on a distant target. He begins to aim, but then the target suddenly moves to the right, and before he can position himself to aim again, the target darts to the left. Will he ever hit that target? Not likely.

Without setting specific goals, your good intentions are exactly like that moving target. You would like to lose some weight, feel a little better, make a change in your diet-but without clearly defined goals and methods, you can't focus and make it happen.

The way to steady the target so you can finally hit the bull's eye is to define your goals and write them down:

- How much weight do you want to lose?
- What kind of changes do you want to make in your diet?
- How many days per week do you want to exercise?
- Which article of clothing do you wish would fit your body again?
- How much weight would you like to lift while training?

Once you know where you want to end up, you are much more likely to get there. But you have to start moving toward your goals. That is where momentum comes in.

Create momentum to reach your goals

Sometimes, the hardest part of reaching a goal is just getting started. That first day of doing things differently or the first experience of bypassing an unhealthy treat in favor of a food that will give you more energy can be daunting. It isn't easy and it certainly isn't fun.

So how do you get that momentum? How do you start moving? Accountability is the answer.

Having someone else involved in your efforts can be the most important factor in your success.

It is hard to change lifelong habits on your own. You need radical motivation that comes from involving others in your efforts. Setting deadlines, making commitments and entering contests all provide an external motivation that will carry you through even the toughest temptations.

And once you get started, you will find that the momentum principle kicks in and it becomes easier and easier to keep going.

A Sign of Times Past GAGE PARK

BY CAROLYN MCCANN

Since 1979, the City of Hamilton has prepared and erected plaques that designate city buildings of historical significance. Local citizen volunteers, serving on the Hamilton Historical Board and the Joint Plaquing Committee have been responsible for the selection, research and erection of these plaques. This article shares their work.

The GAGE PARK historical plaque is located in Gage Park, just west of the Children's Museum

The East Hamilton branch of the Gage family is descended from William Gage (1744-1820) and his wife Susannah (nee Jones) of Stoney Creek. William was the uncle of James Gage of Battlefield House and Susannah, the sister of Barton Township surveyor, Augustus Jones. Originally the Gage family owned all the land from the Niagara Escarpment to Burlington Bay

Thomas McQuesten encouraged City Council to purchase 64 acres from Robert Russell Gage as a means of beautifying the eastern entrance to the city. In 1927, Robert's only child, Eugenia donated \$20,000 to construct a fountain and wading canal designed by renowned architect, John Lyle, in memory of her parents. The Parks Board had H. Dunnington-Grubb



Photo: Rick Cordeiro / Public Domain

design the formal gardens. Since 1919 the park has been home to the Parks Board Greenhouses where the Chrysanthemum Show began in 1921. The Rosedale Tennis Club and Roselawn Lawn Bowling Club were established here in 1926. More recent major undertakings commenced with the annual "It's Your Festival" in 1970, the "Festival of Friends in 1976, and the Children's Museum in 1978.

Pictures/Source: file sheet, #8 on former City of Hamilton Historical Board Plaques List (March 2006); picture of plaque at location near cairn and anchor

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

between Gage and Kenilworth Avenues. In 1865, Robert (Gage) Waddell established the Hamilton Riding and Driving Park on this site. The Queen's Plate Race was run here in 1866 and again in 1874. It closed in 1883 when the Hamilton Jockey Club opened on Barton Street. Gage Park came into being in 1918 when Alderman

Photo: Rick Cordeiro / Public Domain

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

VIBRANT LIVING

BLOOM WHERE YOU ARE PLANTED

How to Accept Change in Life

BY DEB STRINGER

Life is full of situations that can bring many changes. In fact, there is an expression: the only thing constant in life is change. So true.

Not being able to accept new and unfamiliar circumstances can affect us in a very negative way and are often at the root of depression, unforgiveness, anger, revenge, and so on.

It is very important to examine changes in our lives and deal with them in appropriate ways. There is a prayer that many of us are familiar with, entitled "The Serenity Prayer".

It reads, "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

There is a lot of wisdom in those few words.

First of all, if a situation arises that causes you discomfort, ask yourself if it needs to change and if you can indeed change the situation. This might involve a change in lifestyle, setting boundaries with an abusive person, upgrading your education, changing your diet to become healthier, and so on. There are many things in life that we do have control of.

However, if something is simply not within our scope of influence, it is crucial to accept it. That is not to say that certain things are okay, such as having a robber steal your money. Rather, it is acknowledging that the world is filled with turmoil and some things are just out of our control. This might include such things as your company closing in order to move out

of town, a serious medical diagnosis, or the death of a loved one. Being able to accept change (sometimes after a period of time) will bring you peace.

Sometimes, change can be a blessing in disguise. A job loss could lead to a better job or a new, more enjoyable career. We need to keep our minds open to new possibilities.

When you cannot change your circumstances, it is important to learn to adapt and live with your new situation. This might involve a number of things depending upon your needs.

For example, someone suffering from a stroke may need to make temporary or perhaps permanent adjustments. Your new financial situation may need to be reviewed and adjustments in spending might be in order. Caring for an elderly parent may require a variety of sacrifices. Thankfully, in many

cases, there are community agencies to assist and oftentimes they can help to considerably relieve overwhelming burdens.

Wallowing in the past and the what-ifs and ruminating over past events will not change anything, but will only succeed in making an already difficult situation more painful. Be positive. Look for new opportunities and new beginnings. Learning to accept, adapt, and make the best of things will be an immense benefit.

Janet Robinson is a Retired Mental Health Counsellor/Workshop Designer/Facilitator

BE POSITIVE!

L'ARCHE

Creative Hands Studio Store Front Opening Soon!

BY PAIGE MCISAAC

Here at L'Arche Hamilton we are always busy with new projects and community events. We are so appreciative when we have the ability to invest in our outward appearance so that our buildings add to the beauty of the neighbourhood. Recently, we were able to replace a decaying front porch on one of our homes on Fairholt with a beautiful new one which people will be able to enjoy in the summer. We also want to thank the neighbours and volunteers who helped us begin the planting at our garden at the corner of Fairholt and Dunsmure. We are all looking forward to Spring to see if the squirrels have left our bulbs to bloom!

As you may know, our Day Program and Creative Hands Art Studio provides people with intellectual disabilities a way to express their creative side, where they make candles, pottery, paper goods, paintings, and jewellery. Our program also includes recreational activities and opportunities for Core Members (individuals in our community with disabilities) to learn fundamental life skills. We have been fortunate over the years to be a part of many art shows, festivals, and fairs where we have sold our art in the Hamilton community, but we are looking to expand our opportunities.

We are making a few physical changes to our Creative Hands Art Studio at 664 Main Street East, to create a "Store Front" area where we will be able to showcase our art and give Core Members who wish an opportunity to gain new skills in the area of retailing. We are looking forward to launching this store front sometime in March. The store front will be open to welcome customers a few hours on weekdays and the proceeds of all sales will be invested back into the

Art Studio program. Welcoming people into our studio, sharing in our love of creativity, and sharing about L'Arche is something that excites us. The store front will also give you, our neighbours, a chance to meet and get to know members of your community, so do watch for our Grand Opening!

In the meantime, you will have the chance to view and purchase some of our handmade art at our L'Arche Creative Hands Coffee House Fundraiser on March 4th at 541 Eatery and Exchange, at 541 Barton Street East from 7:30 pm-9:30 pm where all donations from cover charges, coffee, and art sales will go back to our Creative Hands Art Studio.

If you have other ways we might be able to get involved and build connections within the Sherman Hub community and beyond, please contact Paige at (905) 312-0162 X 224 or paige@larchehamilton.org. Remember to keep an eye out for the Grand Opening of our store front or check out our website at larchehamilton.org. We look forward to seeing you there!

About L'Arche Hamilton: Our Main Office and Day Program are located at 664 Main Street East and we have five homes where people live in the Sherman Hub Neighbourhood. We are a community where people with and without intellectual disabilities share life together whether it be in work, recreation, daily life, or life in the community.

David C., a core member that creates artwork says the Creative Hands Art Studio "is very good" and enjoys doing art of "any kind, like doing candles."

Another Day

BY BRITTANY FRIESEN

"Main at Nash" the voice drones out BING a girl gets up little boy in tow. His happy grin. I come slowly to a stop. Little legs make a sudden dash, through the doors, big legs run after, Disappearing from my sight.

"Main at James" the voice drones out BING two girls get up. They wait in silence, both a phone in hand. I come slowly to a stop. The first walks off, the other waits, "Thank you sir" she calls out before, Disappearing from my sight.

"Main at John" the voice drones out BING a man gets up in one hand a worn black briefcase. I come slowly to a stop. He glances quickly at his watch. "Thank you sir" he calls out before, Disappearing from my sight.

"Main at King" the voice drones out BING a man gets up. His cane in hand with shaky legs. I come slowly to a stop. He's reached the doors, I open them. "Thank you sir" he calls out before, Disappearing from my sight.

**"Main at Parkdale"
"Main at Kenilworth"**

**"Main at Queen"
"Main at Dundurn"**

**"Main at Rose"
"Main at Oak"**

WHAT'S GOING ON IN THE HUB

Sherman Hub Community Planning Team Meetings

- Monday January 4, 7-9 pm at Tim Horton's Field
 - Monday February 1, 7-9 pm at Tim Horton's Field
- Use the west entrance (off Melrose Ave)

The Hamilton/Burlington SPCA Junior Humane Program

Do you know a young animal lover? Junior Humane is a great way for children to start learning about the SPCA and animal care in a fun and educational setting. We now have three different exciting sessions for each age group, allowing children to get more in depth knowledge of all the animals we help at the SPCA. We have animal interaction, guest speakers, guest animals, crafts, movies, and games – what a great way to learn! Our focus is always on teaching respect and compassion for all living things. Children learn practical pet knowledge and owner responsibility.

Session details:

- Ages 7-9:
Meet Wednesday nights from 6:00-7:15pm
Winter 2016: January 20 – February 24
Spring 2016: April 13 – May 18

- Ages 10-12: Meet Thursday nights from 6:00-7:15pm
Winter 2016: January 21 – February 25
Spring 2016: April 13 – May 19

For more information visit our website at <http://www.hbspca.com/educate/youth-programs> or call 905-574-7722 ext 326

Grand Opening Event on Ottawa Street North! The Maternity House w/ Mama Be Yoga

- Tuesday January 12, 7-9pm
Location: 168 Ottawa Street North (at Cannon Street)
Tel: 416.317.6094
Mama Be Yoga (offering prenatal & postpartum yoga, childbirth classes and doula services) is hosting a night with The Maternity House for Mamas and Mamas-to-be to come together and enjoy a night of socializing and snacks. There will be locally-made food, refreshments and a special gift at the door! RSVP hello@mamabeyoga.com

PA Days at Workers Arts & Heritage Centre: Monumental Mash-Up with Marie-Camille Lalonde

- Friday January 29, 9 am-4 pm
Through photography, drawing, collage, sculpture (and a bit of acting), kids will build a monumental statue that will honour the heroes in their own communities.
Ages 6-12.
Cost: \$20 - includes a wholesome lunch and snacks throughout the day
For more information or to register, visit our website: <http://www.wahc-museum.ca> or contact tara@wahc-museum.ca

Yesterday, Today and Tomorrow: Guided Historical tour of the Cotton Factory

- Saturday January 30, 2-4pm
270 Sherman Ave N
The Sherman Hub Heritage Committee invites everyone to come see what was, is and will be at this huge complex of buildings! Refreshments will be supplied by Goodlife Deli and Vintage Coffee

WINTERFEST with The Friends of Gage Park

- Saturday February 6, 12-3pm
Location: Gage Park - next to the Greenhouse
Low cost family fun! Friends of Gage Park welcome you to join them for wagon rides, BBQ and a visit to the Greenhouse!

PA Days at Workers Arts & Heritage Centre: Masks, Improv and Movement with Jody Boston

- Friday February 26, 9am-4pm
Drawing from WAHC's collection of masks and parade props, performance artist educator Jody Boston will lead improvisation and movement exercises that encourage kids to foster their creative instincts. Through exploration of character development and story building we will bring masks to life.
Ages 6-12.
Cost: \$20 - includes a wholesome lunch and snacks throughout the day
For more information or to register, visit our website: <http://www.wahc-museum.ca> or contact tara@wahc-museum.ca

All about Support in Pregnancy & Doula Care: Free Information Night

- Tuesday, February 16, 7-9pm
Location: The Maternity House w/ Mama Be Yoga. 168 Ottawa Street North (at Cannon Street)
Interested in learning more about what a doula is and how they can support you during pregnancy? Come out to our free information evening and learn more from professional doulas in your community.
Attend solo or with your partner by pre-registering with Mama Be Yoga at hello@mamabeyoga.com

Hamilton Sings! Community Choir Seeks Your Voice!

- We are a vibrant, non-audition choir singing songs of the world.
Winter / Spring session starts on
- Saturday, January 16
Rehearsals are at HARRRRP, 705 Main St. East (at the corner of St. Clair Ave)
Time: 10am to 12 noon
After 2 open sessions, registration will close after the January 23 rehearsal
Contact: info@hamiltonsings.ca - or 905 544 1302 - or www.hamiltonsings.ca
JOIN US!!

Germania Club Events for January - February

- Jan. 8: Friday Night Dance, 8:00 pm until midnight, in the Banquet Hall.
If fitness is one of your New Year's resolutions, then come and dance the night away to the music of DJ Stan Vandermolten. Admission: \$10.
- Jan. 22: Friday Night Dance, 8:00 pm until midnight in the Banquet Hall.
Enjoy an evening of dance with DJ Stan Vandermolten. Admission: \$10.
- Jan. 24: 12 pm-2pm: Sunday lunch in the Germania Club restaurant (Avocado salad, marinated pot roast, red cabbage, Spaetzle). \$15.95+tax, Children 5-12 years half price. At 2:30 pm: Film afternoon in the Banquet Hall. The feature film is, "Madam Bäurin". Coffee and cake are available.
- Feb. 10: Join us in the Germania Club for our Ash Wednesday supper. The annual get-together is a long-standing Germania Club tradition. On the menu: marinated herring with sour cream and parsley potatoes. Cost: \$8.00; Fried fish

dinner \$10.00. Children between 5-12 years half price.

- Feb. 12: Valentine's Friday Night Dance, 8:00 pm until midnight, in the Banquet Hall. If romance is on your mind, treat that special someone in your life to an evening of dance with DJ Stan Vandermolten. Admission: \$10.
- Feb. 26: Friday Night Dance, 8:00 pm until midnight, in the Banquet Hall. Are you suffering from Cabin fever, this time of year? Come out and chase away the winter blahs, with the dance music of DJ Stan Vandermolten. Admission: \$10.
- Feb. 28, 12 pm -2 pm: Sunday lunch in the Germania Club restaurant (German meat balls in a caper sauce, potatoes, and green beans). \$15.95 + tax. Children between 5-12 years are 1/2 price. At 2:30 pm: Film afternoon in the Banquet Hall: "Feature film to be announced". Coffee and cake available.
Location: Germania Club, Hamilton, 863 King St. East. One block west of Sherman – Plenty of free parking.
For more information: 905 549-0513 or www.germaniaclub.ca

Hamilton Community Land Trust Visioning Workshop

- Thursday January 21, 6-8:30pm
A light dinner will be provided
Participants will:
 - Learn about Hamilton CLT and hear an update on what we've accomplished so far
 - Discover what community land trusts have accomplished in cities like Hamilton
 - Give input on the Land Trust's priorities for the next five years
 - Help create a vision for inclusive change in Hamilton

Tell us what you think should be built or preserved on community-owned land
Work with others to develop your ideas into realistic opportunities

The workshops are being held in five locations in the lower city where the Land Trust will focus efforts in the first five years. Spaces are limited.

To register, e-mail allison@hamiltonclt.org with your top workshop choice, and any special accommodations that you require.