

# Sherman Hub News

A publication of the Sherman Hub Community Planning Team

JULY - AUGUST, 2017

SONGS FROM THE HARRRP

## MAKING WAVES AT HARRRP

BY DEB STRINGER

**“A community is like a ship; everyone ought to be prepared to take the helm.”**

**- Henrik Ibsen**

This year marked a wonderful anniversary at HARRRP. Five fantastic volunteers received the Ontario Volunteer Service Award for five years of service.

By giving their time, skills, caring, and often equipment, these people made it possible for countless residents to enjoy such recreational activities as pottery, laughter yoga, martial arts or classical oil painting.

But that isn't all they do. Their involvement never stops at teaching a class, doing the books, or managing the centre. HARRRP volunteers bake cookies, attend events, sweep floors, and become role models and mentors.

I became a participant at HARRRP

four and a half years ago. I was new to Hamilton, and frankly, not impressed. I came from a small town where community was everything, and I felt alone, isolated, and confused by this very big, busy city.

HARRRP changed everything for me. It was so easy to get involved, once I got over my shyness and walked in the door. There were many classes offered and they were easy to attend. I tried different things and met all kinds of new friends. Everyone was so friendly and quick to welcome me into this special community of neighbours.

But most importantly, HARRRP changed who I am. I've become more physically fit than I have been in my entire life. When I started I could barely do three sit-ups. I can do hundreds now. I couldn't do a push-up, but now I will drop and 'give you ten' anytime. I went from a size 20 to a size 8 - and I'm getting smaller and stronger every week. I went from feeling alone and isolated to feeling like it's hard to fit all my social activities into a regular week. I know most of my neighbours. My relationship with my family has improved. I have so much confidence and am no longer nervous about trying new things. I even joined the choir for a few terms and conquered my fear of singing in public!

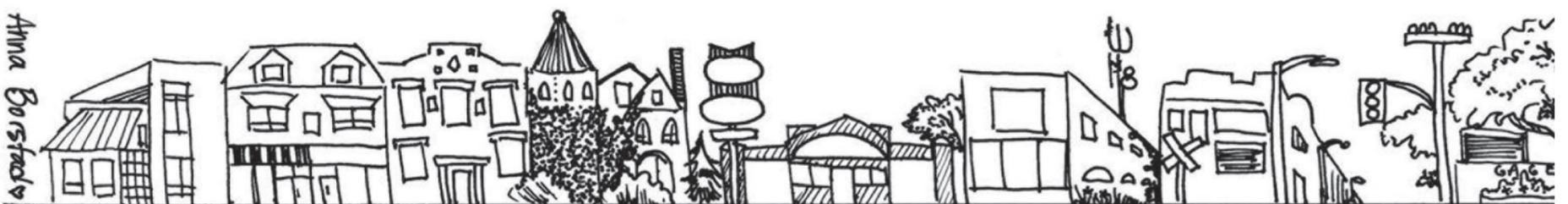
I think HARRRP is so successful because they get out of the way and give people the space to develop the programs, activities, and events that THEY want to see in their community. By letting the community 'take the helm', we end up with diverse, ever-changing programs that directly impact the neighbourhood. We all build capacity by increasing our skills, networks, and connections.

I bet you have a special skill or interest you would like to offer. Maybe you know just the way to provide a welcoming community to newcomers to Canada - or have an idea for an activity for seniors or youth in the neighbourhood. HARRRP gives you that chance, and now is the time to connect. You can always reach the great people there through their website at [www.harrp.ca](http://www.harrp.ca), Facebook, Twitter, phone or just drop by and say hello at 705 Main St E. Be prepared for everything to change!



Phoenix Aikido at HARRRP

Photo by: Haughland Photography



# LOCAL REAL ESTATE

BY STEVE DEVISSER

Hi neighbour! I hope your summer is going well, and that you are checking off some items from your bucket list.

Speaking of bucket lists... at 16 years old, with a newly issued driver's license, my father's assistance, and my saved money, I bought my first vehicle: a motorcycle. It was a metallic purple Yamaha RD 350. I had it for about 6 months, then someone stole it. Not cool. At 18, I bought a black Suzuki GS550, owned it for 1 year, then sold it. Since then, I have bussed, cycled, roller bladed, and driven, but never returned to the motorized two-wheeler. The love of motorcycles never left me, it just wasn't a priority. This past fall, a friend of mine was selling a Harley Davidson 883 that needed a little work. The price was right, soooo... I ticked that item off my bucket list. It's a cool-looking, lightweight Harley Davidson that's great for starting up again. After 28 years, I'm "back in the saddle" and looking forward to some great summer weather and some casual drives to local places yet unseen.

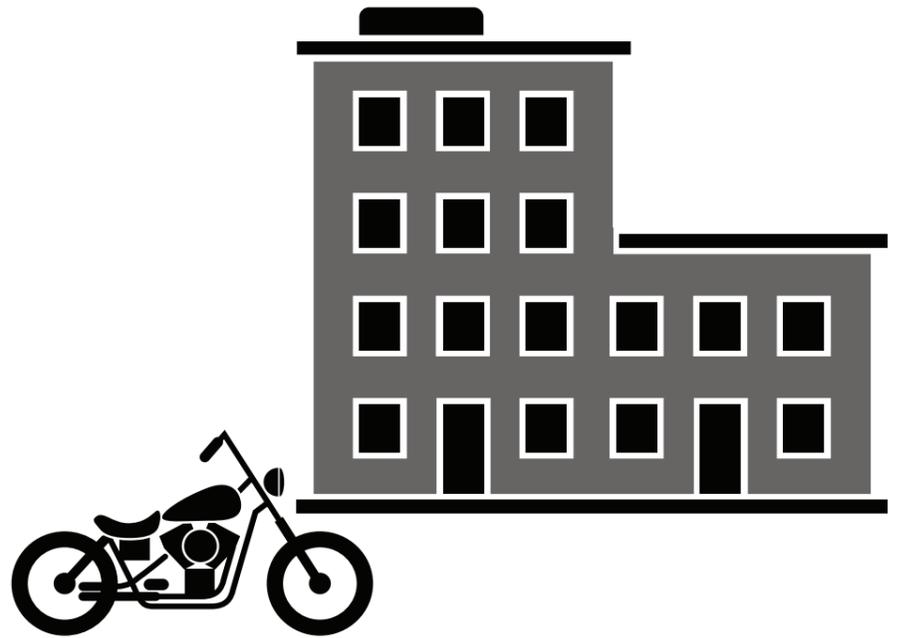
Now, back to business. Last issue, we looked at sales trends in our area. This issue, let's look at home rentals. Renting can be a great experience for both tenant, and landlord, however, many do not know the rights and responsibilities as set by the Residential Tenancies Act.

Do you know:

- on or before the start date of a tenancy, a landlord is required to provide the tenant with a brochure

called "Information for New Tenants"? It is two pages of general information on the law, rules, rights and responsibilities of both parties.

- the last month's rent collected is not a damage deposit, and it must be applied to the tenant's last month of rental?
- a tenant is responsible for repairing any damage caused by them or their guests whether on purpose or by accident?
- an N4 is a "Notice to End Tenancy for Non-Payment of Rent" that can be issued by a landlord. If rent is not paid in full by the end of the day that it is due, the landlord may issue an N4 on the following day.
- a tenant can file a T5 "Landlord Gave Notice of Termination in Bad Faith" form with the Landlord & Tenant Board. A landlord may legitimately issue a notice to end tenancy because the landlord, a purchaser or a family member requires the unit. However, if the tenant later



finds out that the landlord was being untruthful, the tenant can work with the Board to determine next steps.

Both landlords and tenants have rights and responsibilities. Look for yours at the Social Justice Tribunals Ontario website: [www.sjto.gov.on.ca/lrb/](http://www.sjto.gov.on.ca/lrb/) See you next issue, Steve

Steve Devisser is a Sherman Hub resident and Realtor

## WORKING TOGETHER - HDLC

# A Step Forward for Workers

BY ANTHONY MARCO

The Hamilton and District Labour Council and the Ontario Federation of Labour congratulates the Ontario government on the steps it has taken toward updating Ontario's outdated labour and employment laws, and on their plan to increase minimum wage across the province.

The Labour movement in Ontario is advocating for further changes to the Employment Standards Act and Labour Relations Act to make sure every job in Ontario is a decent job, and that it is easier for workers to join and keep a union.

Employment and labour laws are 20 years behind the times, and this is a much-needed update. While some of these announcements go further than the Special Advisors' recommendations, there are improvements that can still be made through legislation.

To make it fair, legislation should immediately include:

- Guaranteeing the Charter Right of all Ontarians to bargain collectively with their employer by implementing card-based certification in every sector and for all workplaces to reduce barriers for employees who want to organize.
- Extending access to collective bargaining for all Ontario workers by introducing broad-based bargaining models that include other sectors of the economy.

- Providing options for neutral telephone or online voting when union members need to vote.
- Extending the Labour Relations Act to cover all workers with no limitations. All workers deserve protections under the Labour Relations Act and the Employment Standards Act.
- Removing all exemptions to the minimum wage.
- Mandating parity for all workers with respect to wages, benefits, and working conditions – regardless of whether they are full-time or part-time workers.
- Protecting the right to concerted activity so that workers can form groups to pursue collective action.
- Extending and increasing access to just cause protection for all workers, unionized and non-unionized workers alike.
- Extending successor rights to protect employees against losing their jobs and their union when a worksite changes hands, not only to the building services, but also to all other contract service industries.

- Prohibiting replacement workers to make sure the law does not undercut workers who are fighting for decent work.
- Extending Personal Emergency Leave to all workers and ensuring that it is not combined with any other leave.
- Providing ten paid job-protected days of leave for survivors of domestic and sexual violence.
- Providing seven paid sick days for all workers separate from Personal Emergency Leave.

Where the Hamilton and District Labour Council represents 50,000 workers across Hamilton, the OFL represents 54 unions and one million workers in Ontario.

The Fight for \$15 & Fairness is a campaign supported by community, labour, student and faith groups across Ontario, calling for sweeping reform to employment and labour laws. For more information, visit [15andfairness.org](http://15andfairness.org) or follow @fairwagesnow.

You can reach out to the Hamilton and District Labour Council at [www.hamiltonlabour.ca](http://www.hamiltonlabour.ca), [facebook.com/hamiltonlabour](https://facebook.com/hamiltonlabour) or @hamiltonlabour on Twitter.

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



To Kathy Calverley,

# THANK YOU, FAREWELL, ALL THE BEST, AND COME BACK ANYTIME!

BY GREG READER & THE REST OF THE SHN TEAM

The Newspaper Production Team is sad to report that our long-time Managing Editor will be leaving the team after this edition.

Kathy Calverley has played a vital role with the Sherman Hub News since our very first issue in September 2011. Back then we called her a "Production Assistant," but since January 2013 she has been our Managing Editor par excellence.

As you can well imagine, getting a bunch of volunteer contributors to submit their articles on time every other month is not a task for the faint of heart! But Kathy, with a brilliant combination of gentleness and toughness, somehow manages to collect and organize all the submissions for every issue, kicking off each production cycle on time (or even ahead of schedule). Because Kathy is so super-organized and reliably keeps the whole content side of things stable and smooth - the rest of us never have to worry about it. Kathy is a pillar of stability, in what might otherwise be a totally chaotic operation. (Well, maybe not totally chaotic, there are a few others on the production team who run a tight ship).

Thank you Kathy for the many years of dedicated work, and for sharing your time and talents to make the Sherman Hub News such a vibrant expression of this community's diversity and vitality.

We are certain that the Sherman community will miss all that you bring to the newspaper, but more than that, we will miss you. We're glad that (at least for now) you won't be too far away, and we look forward to trying to convince you to come and play with us again.

## Thank You, Farewell, and All the Best

*A note to all of our regular (and future contributors). Lesley Cooke (our current Delivery Manager) will be taking over the role of Managing Editor. The production team will do our best to ensure a smooth transition for all. Keep your eyes open for a message from Lesley very soon!*




# Sherman Hub News

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

To place an ad in the Sherman Hub News, please send an email to [shermanhubnews.advertising@gmail.com](mailto:shermanhubnews.advertising@gmail.com).

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

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### Acknowledgements

Hamilton Community Foundation



We usually fill this space with information about the Sherman Hub Community Planning Team and contact information for members of the Support Team. However, the PT is working through some changes right now, and is in the process of refining some elements of their operations. Fortunately, there is a whole article on page 9, that explains what is going on, and how you can get involved.

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

# LAWN BOWLING

**It's curling without the ice and a hipster's dream come true.**

BY PATTY CLYDESDALE

The past is steeped in tradition, yet the current members of the RoseLawn Lawn Bowling Club are looking toward the future of the game. Members are acutely aware that they need to attract young people to sustain the game and ensure the future of the Club at Gage Park. Lawn bowling is played around the world, by folks as young as 8 and as young as you feel, yet in North America, it can't seem to shake its "senior" image.

In search of young, diverse players, this past May the Club took part in Doors Open Hamilton and held an open house a week later. Members recognize the challenges; Ken Cowling, in charge of membership during the winter months, says there's a real stigma attached to lawn bowling. "We're known as an old person's game".

Club member Marie Villeneuve was kind enough to take this amateur journalist on a tour of the Club's quaint, traditional clubhouse. First stop, the fully equipped kitchen: it's almost original, with the exception of a temperamental dishwasher. It's very well maintained, clean as a whistle, and has a cupboard for the fancy dishes they use for Club social events. "We don't just plop the food out here", Marie exclaims proudly.

Next stop is the enclosed second floor veranda, where buffets are served, overlooking the immaculate greens. Then, off to the formal dining room. Everywhere, there is memorabilia,

from the current collection of trophies to archival photos of every Club President since its inception in 1925. Along the stairs leading back down, Marie proudly points to all the archival photos that line the stairwell and laments, "The problem with these pictures is that they depict all old people".

It's easy to see how the clubhouse could be viewed as old, however, Michael and Esther Lockhart attending the open house say that the game isn't. The Lockharts curl in the winter months, and are at the open house to check out the Club. When asked why they came, they said they go by the clubhouse all the time as they live in the neighbourhood. They love the social aspect of the game, and say it's similar to curling, but with sunshine and good weather. They also love the fact that it's "as competitive as you want it to be".

The membership fees aren't bad either. Hector Clydesdale, greenskeeper and all around good guy (I'm biased, of course) says you can't beat the price. While curling is about \$500 per season, lawn bowling is about \$150 or less. Now, that's a fee young people can handle!

When asked what the Club could do

to attract new members, the Lockharts have plenty of ideas. There needs to be games held later in the evening. Mr. Clydesdale says currently, the green's exterior lighting needs new lamping. If the club were to implement night games, this could be groundbreaking for the club, and could go a long way toward boosting membership.

The Lockharts say there needs to be socialising after the game, like with curling, where you can relax and have a few bevies. There could also be a special deal for those who wish to



Michael and Esther Lockhart

volunteer hours, to reduce their membership fees. This would encourage more people to volunteer their time.

Curling has seen a surge in new young members and it's not a stretch to get those members over to the RoseLawn Club. There's lots of interest by young people in anything vintage, or nostalgic. The clubhouse and the game of bowls are just the thing all the young hipsters are into, they just don't know it yet!

But where are these young nostalgic people and how can the club connect with them where they are? They're attending Art Crawl on James North every 2<sup>nd</sup> Friday night of each month, they're volunteering at resident-led community events, they're having coffee in local roasting cafes, taking in the music scene and craft brews, they're going to ballet classes, and studying for their masters in life...

The future is real, and could look a little something like this:

Dozens of 20-40 year olds pile onto the greens for a rousing 8pm game on Tuesday, Wednesday or Thursday night under the lights. After the game, the players, brimming with laughter and cheeky banter, make their way back to the clubhouse, to a bar with a selection of local craft beers on tap, and wine from Niagara. Acoustic live, local music is playing upstairs, pulling members in, making them loathe to leave, and everyone waxes poetic about how it used to be "an old person's" game.



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# The 2017 North American Indigenous Games

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The Toronto 2017 North American Indigenous Games (July 16 to 23, 2017) - Call for Volunteers!  
From July 16 to 23, 2017, the City of Toronto will be the proud Host City to the 2017 North American Indigenous Games – expected to be the largest sporting and cultural gathering of Indigenous people, welcoming more than 5,000 athletes from across North America.

Get Involved – Join the Movement!

It will take more than 2,000 volunteers to deliver a successful 2017 NAIG, and to ensure that all of the athletes, participants, and spectators, have an enjoyable and memorable experience.

The North American Indigenous Games are looking for volunteers in a wide range of areas from sports specialists, to protocol, to medical volunteers, IT specialists and photographers, to name a few. Volunteers will work together and be stationed at various venues across the Greater Toronto Area (GTA), Hamilton Region and Six Nations of the Grand River.

Support TRC Call to Action 88 and be part of #Team88.

Interested in volunteering? Please go to this link to register to volunteer at <http://naig2017.to/en/get-involved/volunteers/>.

Have questions about volunteering? Find out more in the FAQs on their site: <http://naig2017.to/en/get-involved/volunteers/faqs/>.

Find out more about the North American Indigenous Games at <http://naig2017.to> Past, Present, Future. #AllOne



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# Ward 3 Update

BY COUNCILLOR MATTHEW GREEN



Spring in our neighbourhood is a beautiful time. The sun shines, the tulips bloom in Gage Park, and our parks become alive with the bustle of neighbourhood children and youth enjoying our outdoors.

You may have seen some of the hustle around the Gage Park Greenhouse. I'm proud and honoured that our beloved Gage Park Greenhouse will undergo a historic renovation. Most recently, I want to thank the generous donation from the Patrick J. McNally Charitable Foundation of \$350,000. The result, with our City funds, and an added \$1.5 million from our community area rating is that the greenhouse will undergo a \$4.2 million renovation.

With the greenhouse renovation, we're putting the community first. The new space will include community and education areas, ponds for fish, and lots to see and learn. Residents deserve a state of the art greenhouse.

While spring brings warmer temperatures, this year we've had a large amount of rain. Now that the sun is shining, we're seeing a larger than normal volume of bylaw calls for long weeds and grasses. Spring is a busy season for by-law, from public dumping to yard debris, our good staff are doing their best to meet the high call volumes we're experiencing, and I want to thank residents and neighbours for their patience during this busy time.

We're also proud to be offering our Ward 3 Community Benefits Grant. This grant is available for organizations or residents in Ward 3 who are looking to make our community an even better

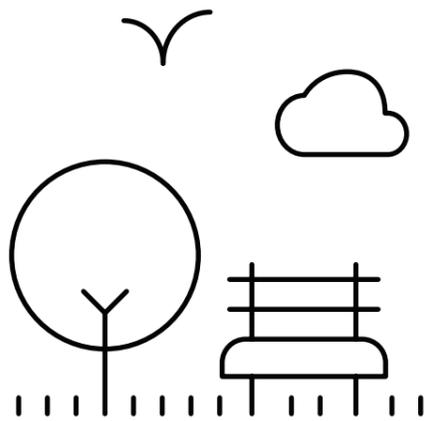
place to work, live, and play. This grant is a way to put money directly into our community to benefit resident-led projects. We've already approved some great projects. From pollinator gardens, to murals; from fitness programming to projects for seniors, I'm excited to support the great work in our community.

On Saturday May 27th, billions of Muslims across the world embarked on the holy month of Ramadan. Ramadan is the ninth month of the Islamic calendar, and is a month in which Muslims abstain from food and drink from sunrise to sunset. For Muslims, it's a time to purify the soul, refocus attention on God and practice self-discipline. To all my Muslim brothers and sisters fasting this month, I'd like to wish you a heartfelt Ramadan Kareem.

This time of the year school will be finishing and youth in our community will be spending more time outside playing. I'd like to remind all neighbours to make sure that we drive carefully and safely. I hear the need for slower traffic and safer streets from neighbours throughout the Ward.

I want to remind everyone that we are the traffic and to please drive responsibly especially around parks and in residential neighbourhoods. We have free lawn signs reminding drivers to slow down available at City Hall for pick up. For more information or to obtain a grant application or to obtain a lawn sign please visit our office at City Hall or call our call us at 905-546-2702."

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



# ENJOY THE SUN SAFELY



BY MARY LYNN BALARDO

Now that the weather is sunny and warmer, we tend to spend more time outdoors. June is a great time to review sun safety for our children, and ourselves.

Too much sun can damage our skin, cause premature aging, skin cancer, sunburns, and eye damage, including cataracts. In fact, ultraviolet radiation (UVR) is the number one environmental cause of cancer.

Over half of Ontario children spend at least two hours in the sun every day, often when UV rays are the strongest.

Since children's bodies are growing and changing very quickly, they are more sensitive to environmental stressors, including UVR. Children's eyes have large pupils and clear lenses, which allow a lot of sunlight to enter. UV rays can harm our eyes any time of the day, all year long, even when it's cloudy outside. The damaging effects of UVR exposure will add up over our life time, so it's important to be safe in the sun from a young age and try to prevent damage to our skin and eyes.

## Five simple things we need to know, and do:

- 1. Time of Day: Limit time in the sun when the UV index is 3 or higher. This is usually between 11am and 3pm. The daily UV Index for Hamilton can be found at: <https://www.theweathernetwork.com/ca/forecasts/uv/ontario/hamilton>**
- 2. Shade: Seek shade; man made (umbrellas or tents) or natural (tree canopy or shade structures), when possible. Keep babies under 1 year of age out of direct sunlight.**
- 3. Cover Up: Cover as much skin as possible with tightly woven fabric or UV-protective clothing. Wear a wide brimmed hat or a baseball cap with flaps that cover your neck, and ears.**
- 4. Sunscreen: Use sunscreen of SPF (sun protection factor) 30 or higher. Choose sunscreen that is labelled broad spectrum and water resistant. Re-apply after swimming, sweating, or towelling off. Sunscreen is safe for babies over 6 months of age. Keep it away from the mouth and eye areas. Use lip balm with SPF 30.**
- 5. Sunglasses: Wear wrap-around, or close fitting, sunglasses with UV 400 or 100% UV protection. Babies and children should wear unbreakable sunglasses.**

**If we keep these simple tips in mind, we can safely enjoy the sun any time of year! For more information please visit: <https://www.hamilton.ca/public-health/health-topics/sun-safety>**

*Mary Lynn Balardo is a Public Health Nurse with the City of Hamilton*

*Source: <https://www.cancercare.on.ca/cms/one.aspx?objectId=361353&contextId=1377>*

*Adapted from: Ontario Sun Safety Working group Fact Sheets*

# In Loving Memory of Mrs. Keirans

BY LYNN WATKINS

She always knew how to make people smile. She was very kind, loving and caring. She always listened to people, even when she was busy. She was very supportive when it came to helping her students, her colleagues, her family, friends and other people. She guided us in the right direction.

I loved her classes, especially sewing, because I am creative and she believed in me. At first, I didn't know how to sew. I was so scared that I would mess up, damage one of the machines, or

hurt myself while sewing, but she always made sure her students were safe.

She always knew how to turn a bad situation into a good one. She never questioned your mistakes, and never held grudges against anyone. Always smiled, even if she was having a rough day. Her smile was beautiful. She had lots of patience when she was teaching her students, with math, careers, or with sewing.

She would teach you until you

got it right, or learned to love it. She would never give up on you, and would encourage you to keep going. You would get better, some things just take time.

I thank you for being a great inspiration to us at school. You will never be forgotten, and I miss you, Mrs. Keirans. May your memory live on and be cherished, and I am forever grateful to have had you as my teacher.

COMMUNITY LAW

# Housing Legislation and Advocacy

BY BOB WOOD

## Rental Fairness Act

After years of pressure from tenants and tenant advocates, the Ontario Government has finally taken important steps to protect the rights of tenants. These actions could go a long way in tackling the affordable housing crisis in our province.

The Rental Fairness Act (Bill 124), passed unanimously in May, addresses issues that are vital to ensuring tenants' right to safe, adequate and affordable housing.

There are many good things in this proposed legislation. Here are a few of them:

- The 1991 exemption will end. That is the exemption that applied to properties occupied by tenants living in rental units that were first occupied for residential purposes after 1991. These tenants will no longer be forced out by the landlord's unlimited right to raise the rent at the end of each lease term.
- A new standard lease form will be introduced. That means tenants will be protected from leases with illegal and misleading clauses.
- Rules for evictions will be tightened up in the area of "landlord's own use." These new rules are intended to discourage false claims of landlord's own use. The

changes should end the punishment of good tenants who are often victims of no fault evictions and displacement from their communities.

- Above Guideline Rent Increases (AGIs) will be limited. This should keep housing affordable for more tenants, since tenants will pay in the following year for any increases in utility costs. These costs are included in the Consumer Price Index and that is what the annual guideline will be based on.

## The Protecting Vulnerable Persons in Supportive Living Accommodation Act

Another piece of legislation is Bill 135. As we write, this bill initiated by Welland MPP Cindy Forster passed second reading. The private members bill is designed to protect vulnerable adults and seniors in Supportive Living Accommodations (SLAs).

The Act would put in place licensing rules for privately operated SLAs. Also, increased protections will be afforded to prevent mistreatment of vulnerable high-risk adults and seniors living in this type of housing. If passed, safeguards in Forster's bill would require housing providers to be provincially licensed in order to collect ODSP cheques and other types of support payments on a resident's behalf.

Hamilton is apparently one of only three cities that have already passed by-laws to set standards of care. Recently, many Ontario municipalities have passed motions to call on the province to create provincially enforced standards. Alberta has such legislation.

In spite of the by-laws, many Hamilton Residential Care Facilities (RCFs) need improvement. An advocacy group, has worked since 1995 to educate tenants about their rights and responsibilities. The Coalition of Residential Care Facilities Tenants has also fought for an increased Personal Needs Allowance (PNA). The PNA is supposed to provide individuals with cash or in kind items to meet their personal needs. New research by McMaster's Ashleigh Patterson concludes that the PNA is inadequate.

The Coalition is re-forming and looking for new members. Specifically, the group is looking for current and former tenants from residential care facilities to join the Coalition.

Find out more by contacting Bob at 905-527-4572, extension 36 or by e-mail at [r\\_wood@lao.on.ca](mailto:r_wood@lao.on.ca)

*Bob Wood is a Community Worker at the Hamilton Community Legal Clinic.*

# TOWARDS LIGHT

BY ASHLEY SKOROBOHACZ

Do what you can to take the smallest step towards light.

This is my new goal in difficult moments. Having borderline personality disorder, a mental illness that is still largely misunderstood and unknown in the public eye, means my day to day experience involves monitoring my vulnerability to intense emotions and using coping skills to avoid spiraling into despair. Despair is a familiar place for me. At times its embrace even feels like an old friend.

Sometimes it seems that my emotional memory is much stronger than my logical memory. The pain of past struggle feels fresh and new, when in fact I know it is just old scars. The pain pins me down, holds me hostage, and demands to be felt. And instinctively I resist.

Sometimes the smallest step towards the light is

accepting the darkness. Letting it in, letting it whisper, rage, swirl, and silence. Letting it crawl along your skin.

My own struggle against suicidal ideation is rooted in escaping emotional pain. The darkness flourishes in thoughts of endlessness, of inability to endure the darkness. The darkness tries to panic me, and as I try to flee, it solidifies its hold.

Everything I know (so far) about living with borderline personality disorder and depression is in these words by the poet, Rainer Maria Rilke, "Let everything happen to you: beauty and terror. Just keep going. No feeling is final."

I will let the darkness come if it must, as I hold within me the hope for light. When we ache in the absence of light, the ache in itself is a spark. My desire for light in the face of darkness is in fact a source of light. It shows me there is still life here. There is still

some fight left in these bones. I will not give up, I will not give in, to the dark scars I carry.

Sometimes the smallest step from darkness is to accept it. If I can resist the desire to flee and allow it space to sit, I may find my soul, much like one's eyes, begins to adjust. Nothing can extinguish my hope. The darkness may call me stubborn, it may call me a foolish coward, but the embers of hope will still burn and this burning will lead me to light.

*Ashley completed three years of Dialectical Behaviour Therapy and now advocates for greater awareness of mental health and emotional coping skills in the various communities she participates in.*

# MATTHEW GREEN

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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.

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# THIS TABLE FOR ONE HAS ROOM FOR MORE

BY SHIONA MACKENZIE

It may be hard to believe that a former prep cook, janitor, inventory and process controller at a Canadian multinational has earned a degree in statistics and public policy, as well as certificates in adult education, social work, and brain injury rehabilitation management- and received classical music training, but Myke Hutchings' journey has never travelled a straight trajectory.

"I was raised a Christian and struggled as my sexuality clashed with what faith taught me," says Myke. "Meeting my late husband, Larry Lantz, was the best thing that happened to me. He took the shattered remains of a person reeling from an uncertain early adulthood and helped pick me up out of the pieces, and make me into a whole human being."

Myke has lived in the stadium precinct for more than 15 years. Currently employed as a caseworker for the provincial government, he commutes to and from Toronto, yet somehow also finds time for a music career. Late last year, Myke held a launch party for *Table for One*- his original, limited edition, CD dedicated to Larry - at the Cannon Coffee Co.

"Since they opened, Cannon Coffee has been a haven and second home for me. From the beginning, Cindy, Anne, and their staff made Larry and me feel welcome, and the coffee and food is always amazing. When it was clear that Larry's life was coming to an end, Larry wanted to have one last dinner out and chose the Cannon. They kept the table nearest the back door open for us to get his wheelchair in, and made sure Larry was comfortable. I wrote much of *Table for One* at the Cannon, and I wanted my friends and fans to enjoy the vibe where a good chunk of the music began."

The music and the lyrics on *Table for One* are composed and performed entirely by Myke, and produced at Threshold Recording Studio in collaboration with the owner/engineer, Michael Keire, assisted by Cohen Wylie (of The White Crowleys). The oldest piece on the CD had been an instrumental without lyrics for a dozen years or so prior.

As a child, Myke was always picking out little tunes on the piano, and, at his godparents' home, he often picked up and plucked their guitar. However, his need for artistic self-expression was not immediately fulfilled. "My parents gave

me the choice at the age of three to take either piano lessons or ballet," Myke explains. "I chose piano, but hated taking lessons, and I sang in a church choir, but it wasn't until I picked up a bass guitar that I found my voice and the desire to express myself musically. Something about using an instrument I chose for myself allowed me the freedom to express what was inside me."

According to Myke, the raw and authentic music on *Table for One* makes some people feel uncomfortable, "but at the same time, they are thankful that it is so honest; the pain, confusion and anger aren't sugar-coated. My experiences weren't easy to live through; the songs weren't easy to record, and parts of the CD aren't easy to listen to. People in Hamilton are very 'real' and frank - some might say 'blunt'. I doubt *Table for One* would have happened if I lived somewhere else."

Myke acknowledges Hamilton's musical heritage and its reputation as an arts incubator. "People often focus on the punk and hard rock acts, but Hamilton has a strong electronic and



experimental scene, too," he says. "I'm amazed how often the lines between these scenes get blurred, and now we see the Hamilton Philharmonic Orchestra and Brott Festival Orchestra working with local independent or underground acts".

"Following the release and performance cycle for *Table for One*, I had the good fortune to work with Lori Yates (the Canadian dark alt-country pioneer) and write new, perhaps more listener-friendly, music. I'm hoping to get back into the studio to record these songs soon."

While healing from the past, Myke has re-set the table, and you're welcome to pull up a chair.

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

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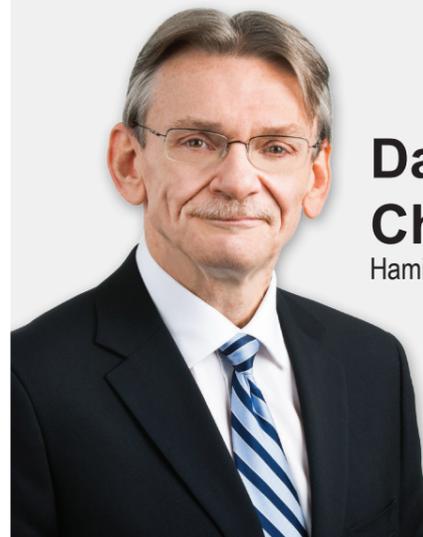
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# WHAT'S GOING ON WITH THE SHERMAN HUB PLANNING TEAM?



BY BILJANA VASILEVSKA, JOHN HUCULIAK, MATT THOMPSON, AND TERRY MOTE

Have you been wondering what is happening with the Sherman Hub Planning Team? Or, maybe you are wondering what, exactly, the Sherman Hub Planning Team is?

We are a group of residents who meet monthly to talk about issues that are important to us and the people who live, work and go to school in our community. Meetings are held at Tim Hortons Field on the first Monday of the month from 7 - 9 pm, (except when the Monday is a statutory holiday or TiCat game, then we meet on the Wednesday of the same week). Everyone is welcome and child care is free!

Meetings begin with a welcome and introductions, and include "business" items like reviewing and approving small grant applications (up to \$1500) for events and initiatives that improve our neighbourhoods. Often there are presentations from guests who provide information about services for residents, or important city-wide initiatives. We take a break part-way through for light refreshments and conversation, then we share other announcements and information, or discuss projects and issues.

If you live in the neighbourhoods of Gibson, St. Clair, Blakely, or Stipely, and attend at least two Planning Team meetings within a 12-month period,

then you are automatically a member of the Planning Team and can vote at meetings. Every year members of the Planning Team elect resident volunteers to a Community Support Team in December. The Support Team meets once or twice a month to discuss meeting agendas and review finances. Members of the Support Team are often the first line of contact for new residents looking to get involved in the community, organizations and groups looking to provide services for people in our neighbourhoods, and sometimes even reporters or media persons who want to write a story or prepare a news piece on issues or projects related to our neighbourhoods.

Being a member of the Support Team requires commitment and dedication, plus availability and responsiveness. Members of the Support Team are dedicated to working together to make good things happen in our neighbourhoods - but it is not always easy. Sometimes, the Support Team doesn't function as well as we would like. In the last few months, the community has gone through some challenges, and at a special meeting in mid-March, the Support Team voted to disband and begin a process to re-build, working with the Planning Team as a whole.

Since then, at the monthly Planning

Team meetings, we have talked about new ways of organizing ourselves, as well as ways to change our meetings, so that they are productive, as well as enjoyable. We've collected and discussed the concerns and suggestions of the Planning Team at recent meetings. Here are a few of the issues and ideas that were raised by members of our community:

- The language of "Planning Team" and "Support Team" is confusing; new members hear the terms and do not know what they mean. (Some hubs call their support team an "executive").
- Our meetings have too much "business" in them. There is not enough fun or "social time"
- Presentations from service providers take up too much time
- Some residents feel they do not always have an opportunity to speak.
- The meetings have become too serious, and not fun or welcoming
- The responsibilities and roles of Support Team members are not always clear, and if people are not fulfilling all of those responsibilities, there are no dispute resolution mechanisms.
- It is difficult to get people to volunteer to stand for election on the Support Team.

Planning Team meetings are a way to meet neighbours, share ideas, and organize the projects that will bring people together and improve our community - through things like activities for kids, families, newcomers and seniors, neighbourhood beautification, arts-based initiatives, and improvements to transportation and safety. While this work can be tough, we need to make sure that we also have space for FUN, and stay true to our mission to be "resident-led." This means that residents' ideas and needs are front and centre, and that we support one another as neighbours and friends.

An example of bringing back fun into the meetings was seen at the June meeting, when residents played Sherman Bingo. During the game, residents were asked to find people with specific qualities, such as where they live, how many languages they speak, or what kind of transportation they

use. The goal was to have the residents interact with each other as a group - and it worked.

A small group of volunteers has been hard at work thinking about new ways for our Sherman Hub Planning Team meetings to operate so that "Resident-Led" and Fun are built in to every activity and project we undertake.

But we can't do it alone.

In the next few months, we will continue to work together to define new ways of doing things, while being inclusive and welcoming.

At the June Planning Team meeting, a motion was approved to change the name of the "Sherman Hub Community Planning Team" to the "Sherman Hub Community Group." Our new name does not change any of our ongoing actions and goals, and we continue to work in partnership with the City of Hamilton and Hamilton Community Foundation's Neighbourhood Action Strategy.

Please join us to make our community strong, meet wonderful people, make new friends, and enjoy coffee and snacks!

#### Recap of Recent Meetings

- May: Drafted new Terms of Reference + generated ideas for fun meetings and events/projects
- June: Refined Terms of Reference + discussed most popular fun ideas & how to make them happen

#### Upcoming Meetings

- Wednesday July 5 (the Monday is Canada Day!): Vote on changes developed at June meeting + a fun summer event
- Wednesday August 9 (the Monday is Simcoe Day!): Vote on an interim Support Team (or whatever the name becomes) + a fun get-to-know-your-neighbours activity
- Wednesday September 6 (the Monday is Labour Day!): Regular meeting; agenda to be decided in advance
- Monday October 2: Regular meeting + autumn-themed events/projects

For more information, to request child care for meetings, or to share your thoughts and suggestions, please email Matt Thompson [mthompson@sprc.hamilton.on.ca](mailto:mthompson@sprc.hamilton.on.ca)



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# Behind the Scenes: Piers 10 - 14

BY LARISSA FENN



The Port of Hamilton occupies 630 acres of property on Hamilton's central-east harbour, and is home to 130 tenant companies. It is the largest port in Ontario, and houses a wide variety of fascinating operations. The first of a series, here's a look inside the Port starting with Piers 10-14:

Pier 10 is the far western edge of the Port lands, beginning at Ferguson Ave., across from Eastwood Park. Located here are Construction company Bermingham, and SucroCan, a refinery that produces liquid sugar for well-known, locally-manufactured ice creams, cookies and other foods.

This area is also home to the Collective Arts/Nickel Brook brewery, which is a recent development ideally suited for this gateway property. At this corner, the employment-oriented eastern waterfront meets the redeveloping west harbour neighbourhood, and the brewery has a foot in both worlds: it is a working factory, manufacturing product that is shipped throughout North America, and employing more than 40 people. At the same time, it is a welcoming people place with an event space and outdoor patio that adds a fun amenity to the neighbourhood. New landscaping has made this corner more attractive and a better fit with the neighbouring residential surroundings.

A little further east, Pier 10 is home to one of the Port's three grain export terminals: Parrish and Heimbecker's facility here is recognized for its distinctive grain storage domes. In 2005, Pier 10 had a star turn in a docklands scene in the Russell Crowe movie *Cinderella Man*, but today's Pier 10 looks a lot different, with the former dock buildings replaced by a new flour mill - the first to be built in Ontario in 75 years.

On the other side of the Wellington Street slip is Pier 11, home to Bunge's oilseed crush facility. One of the largest such plants in Ontario, canola seeds and soybeans are processed here to make a wide variety of consumer food oils. If you've had a donut from a certain well-known donut chain recently, chances are it was cooked in oil made at this Hamilton facility. In

recent years, Bunge has implemented odour-reducing technology as part of its ongoing improvements. Pier 11 is also home to Vopak's tank storage operation, which handles and stores a wide range of liquid bulk commodities, from consumer gasoline for the Golden Horseshoe market, to food oils.

Across Emerald St. at Pier 12, Shell Canada has a fuel transload facility adjacent to Burlington Street. Last year, Shell had the opportunity to respond to a community request to give one of its tanks a fresh coat of paint (this must be done while a tank is empty). Beautification, and efforts to 'green the edge' of the Port lands are among the requests we hear from neighbouring communities, and we are looking for more opportunities like this to work with our tenants to improve the Port's visual appearance.

Adjacent to Shell is Biox's facility for producing biodiesel. Biox uses an innovative method that processes a wide variety of 'waste' feedstocks to produce this fuel additive aimed at reducing greenhouse gases in fuel. Biox's proximity to Shell means that biodiesel can be transferred directly for blending without the need to truck the material off port property.

To the north, Federal Marine Terminals (FMT) occupies space spanning both Piers 12 and 14, including the Wentworth Street slip (Pier 13 no longer exists; it succumbed to inevitable bad luck and was infilled in the 1960s after a warehouse fire). FMT is one of the Port's two stevedoring companies. Stevedoring (also called longshoring) means the company handles many different cargoes on a contract basis. In recent years, the company has handled an increasing amount of finished steel that contributes to Ontario's construction and automotive sectors.

Together, Piers 10-14 comprise a busy section of the Port lands, with long-term, stable businesses located here. In the next installment of this series, we'll look at Pier 15, located in the vicinity of Sherman Ave. and Burlington St.

## OSTEOPATH

# KIDNEY HEALTH

BY THOMAS EAGLES

It was about this time last year that I wrote an article outlining the necessity to drink plenty of fluids to keep the body functioning properly. Two of the organs that help with this are the kidneys. Although the kidneys are very important for retaining proper fluid levels, they also remove waste products from the body, remove drugs from the body, release hormones that regulate blood pressure, produce an active form of vitamin D that promotes strong, healthy bones, and control the production of red blood cells.

As blood flows through the kidneys, they either add or remove fluids and

that is thick and hard for the body to process. If we have too much or too little sugar, kidneys must work hard to maintain functional energy and mineral levels in our bodies. By eating a balanced diet, we can reduce this stress. Cholesterol levels have a similar effect (and also clog up the filter in the kidneys), and are another reason to ensure a proper diet is followed.

### Cut back on salt:

Salt alters the osmotic balance in our bodies, affecting the ability of our kidneys to maintain hydration. It is important to have enough sodium,

## Fortunately there are many things that we can do to help ensure our kidneys are functioning as best as possible as we age.

chemicals to help maintain a proper balance in the body; any excess is excreted from the body through the bladder. Without proper kidney function we begin to see systemic failures such as infection, blood-clotting disorders, decreased blood flow due to low blood pressure, autoimmune kidney disorders, urinary tract infections, and dehydration. It is important to keep the kidneys healthy especially in the warmer months.

Fortunately, there are many things that we can do to help ensure our kidneys are functioning as best as possible (even as we age).

### Maintain proper blood pressure:

By keeping a proper blood pressure we can help reduce the stress on the kidney walls to prevent damage. Think of them like a balloon, if you fill them too much they pop, but if they are too low then they shrivel up.

### Maintain proper glucose levels:

Glucose (sugar), can lead to blood

but not so much that it throws off our water/sodium balance. When we sweat, our bodies excrete salt to help increase evaporation and cool our skin. This is why it is important to get both salt and water into our bodies when it is hot out.

### Exercise:

Working out can help our bodies to function optimally and reduce the amount of stress on our organs. It can also help us to get stronger muscles, maintain higher bone density, increase our brain function, and even help us sleep.

Just remember, too much of anything can be hard on our bodies, so moderation for all of the above is encouraged. If you are unsure of what to do, just ask a health care professional. We are here to help.

*Thomas Eagles is a Registered Kinesiologist, and Osteopathic Manual Practitioner*



## BE A GREAT NEIGHBOUR!

# Sunshine on My Shoulders Makes Me Happy

BY DARIN MARTIN

In 1974 John Denver released a song that would become his first big hit. The cool thing about this hit song is that John was apparently feeling blue at that time and said he was attempting to write a sad song. Naturally rock critics at the time hated it, but it really helped to open the door for softer music and I love the fact that he went against the grain and helped pave the way for moody acoustic songwriters like myself.

The reason I thought of this particular song was because I woke up feeling pretty down today. When I tried to describe the way I was feeling to my mom it was "Cloudy." So I walked to Vintage Coffee Co. and bought a coffee, put on some reflective music and tried to work through some emails and computer work that I had to get done. I

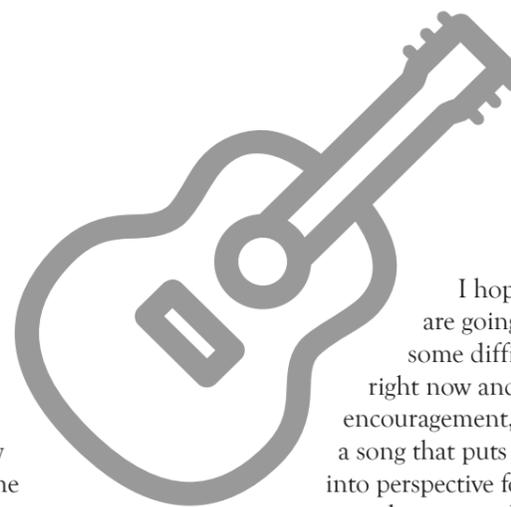
sat there in my secret fog as people came and went and exchanged pleasantries, but I truthfully was feeling kind of sad. I go through seasons of this sometimes and it can be a lonely place to hang out for any extended period of time.

So there I was sitting in Vintage and looking out the window at a beautiful sunny day and feeling sad. I was thankful for the sunshine and I'll take sun any day over rain, but sometimes it takes more than sun to bring us real joy. I listened to Denver's song on repeat and worked through some thoughts trying to figure out the source of this feeling. I've always loved John Denver's calm voice and thoughtful music and his song "Sunshine on my Shoulders" was exactly what I needed to hear that day. Not that a song can fix all of the

negative feelings we have or problems that we are dealing with, but I can think of so many times in my life when a song came at just the right time.

When I hear certain kids' songs I can go back to a time when my daughters were little girls and we were driving to the east coast of Canada. I can hear songs from the glorious 80's and suddenly I want to find some leather pants and tease my hair.

Today it was John Denver's turn to help put things back into perspective. He reminded me that sunshine on my shoulders doesn't fix too much but it can make me happy.



I hope that if you are going through some difficult stuff right now and need some encouragement, you will find a song that puts things back into perspective for you. Maybe you need to put on Pharrel's song "Happy" and dance around your bedroom, or some Aretha and sing into your hairbrush. These great songwriters have given us way more than these hits, they have given us soundtracks for the ups and downs of our lives.

*Darin Martin is a singer-songwriter from Hamilton who sings songs and tells stories about life, his faith, his family and his genuine love for people.*

# Learning to Love the Skin You're In

BY JENNIFER BOLUS

So, let's be honest. Intentions, where you're thinking about doing or changing something, are great. Acting on them is greater. The outcomes of our actions, though, these are the greatest! What I'm about to share is a powerful step that will take you on a journey towards loving the skin you're in. I have personally used this in my own journey, and continue to do so, though not as frequently as I did in the beginning. Daily practice was key; just keep an open mind, an honest dialogue with yourself, and consider choosing practices that will grow you the most. First up, one of my all-time favourites:

## The Body Gratitude Journal

Make it a habit each day to jot down what you are grateful for about your body, with a minimum of five entries. Start where you're at and start simply. For example, I'm grateful for my perfect vision that allows me to see the world. I'm deeply thankful for my hands that allow me to touch, feel, and create. I'm grateful for my legs and feet that carry me through my day. Over time, dive deeper (research and learn as you need) and reflect on the miracle of your body. Think about how a trillion cells are working toward harmony and balance at any moment, how your breath is filtered with each inhale to bring in life-giving oxygen without even a thought from you, how the incredible barrier of your skin keeps all of you contained and safe from external elements. Shift your focus to what your body can do instead of all the unfortunate

messages of what your external appearance lacks.

When we're caught up in how absolutely awful we think we look on the outside, we quickly forget that we are walking talking miracles! This is why this is such a key tool; it actively rewires your go-to states of self-loathing and self-criticism. Instead of seeing your physical appearance as something you need to lose, fix, tuck, laser, anti-age, you can begin to see how it has supported you even when all you could do was criticize, judge, name-call, even hate it.

You are writing down a very different and more nourishing way to speak to yourself. To pump this step up a touch, try reading your body gratitude aloud to yourself. Hearing them out loud is a powerfully healing sound.

So grab your favourite journal or gift yourself one to record your gratitudes, each one like a love note to yourself. You may for the first time be able to wipe the mirror clean and be able to see yourself more clearly, in a new light, through a more loving lens. You're headed in the right direction if over time you begin to feel lighter, from the inside out.

The results of practicing the tools I will continue sharing are nothing short of magical.

Get your body gratitude on!

*Jennifer Bolus is a Wholistic Registered Dietitian*

# A BLACK ARTIST IN A STEEL-CITY

BY TANYA BAILEY

**Welcome to our social media matrix of lost souls. Surrounded by memes, cats and check marks.**

**Our society's only way out of this immoral slop is the extremism of our artists in revolt. I had the chance to sit down with visual artist Stylo Starr about her upcoming show at the Art gallery of Hamilton (AGH) from June 27- October 1 with her works called 89 dames.**



**Q. Where are you from?**

**A.** I'm from Hamilton, Ontario... born and raised. My background is also Jamaican.

**Q. Your love of art - when did it find you?**

**A.** It's been 8 years - I have always been creative. I have a degree in fine art from Brock University and I went to Mohawk College for graphic design.

**Q. Do you have any musical influences for your current works?**

**A.** The Motown sound and American black music.

**Q. Congratulations on your upcoming AGH show. Can you describe your journey up to this point?**

**A.** Many years of house party galleries and storefronts that did not support my vision.

**Q. Why do you think this happened?**

**A.** My voice - this city is not accustomed to it.

**Q. How did your recent works 89 dames manifest?**

**A.** It was born in the west coast out of severe depression. I wanted to salvage myself. My comfort was Jet magazines, Motown & fashion. I wanted to say thank you.

**Q. What's it like being a Black Female Artist in this Steel Blue Collar City?**

**A.** It's a universal plight like many other places.

**Your words speak volumes - Thank you for sharing.**

**Look out for more StyloStarr.com now.**

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URBAN GARDENER

# The Garden We Leave Behind, Maybe

BY CANDY VENNING

In May we put our house up for sale. It had been a difficult decision, but in the end we just didn't need all the space; inside that is, outside was another matter completely. More discussions were had about which plants were our favourites than what kind of kitchen flooring to install. The yard suddenly became a playground full of little friends and we now had to choose which ones to take with us into the next chapter of our lives. Dramatic, right?

As it was early spring, we were fortunate that not every perennial was visible, therefore, literally, not up for consideration. Some favourites were just too big to move. 'The President' as well as 'Sweet Autumn' clematis', which covers an entire arbour and the enormous Oakleaf Hydrangea, come to mind. A few very easy favourites, that were replanted at their new home the same day, are 'Jack Frost' Brunnera and several heritage Hostas whose big fragrant flowers are perfect for cutting. Plants still on my list, are fairly common but are slow to establish. Now that we have a shadier garden I'm leaning

towards plants that take longer to grow such as Sweet Woodruff, Trillium, Waterleaf, Epimedium & Annabelle Hydrangeas. Other plants I'd love to take, but are unlikely to transplant well, are the Tree Peony (a magical plant if ever there was one) and a well established Actea racemosa. One of my favourite plants for every gardener, it's also called 'Snakeroot' & 'Black Cohosh'. The fuzzy elongated flowers smell heavenly and entice bees into fancy, acrobatic maneuvers.

I won't be able to take the bulbs we have planted over the last 6 years, except the very largest. 'Fritillaria imperialis' is a showstopper (people literally pull over) and they should transplant easily. Seeds from our Eranthis (Winter aconite bulbs) have already been collected and sown in our new 'digs'. Every garden needs these cheerful little buttercup faces poking through the snow.

My hope is that the new owners will be curious and interested in the garden we created; that they will add to it and make it their own, while enjoying the fragrant Lilac, the Climbing hydrangea,



the Hellebores and the thousands of blooms on two different Clematis. On the flipside, my fear is that they will rip everything out, including the beautiful old flagstones, and roll out sod in all directions. These are the things we let go of when we move, and the new owners have every right to do as they please.

They say you should never look back and to be honest, I already feel the pull towards uncharted garden territory. Today I'm listening to the chainsaw and stump grinder outside my new window, doing away with a cedar planted too close to this old house. Soon we'll plant a large flowering Dogwood or maybe a Magnolia, a Redbud or a Serviceberry... but more on the new garden in another article.



Candy Venning is the owner of Venni Gardens, a Landscape and Design/Build firm in Hamilton

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# BRIDGES

BY CAROLINA GAMA

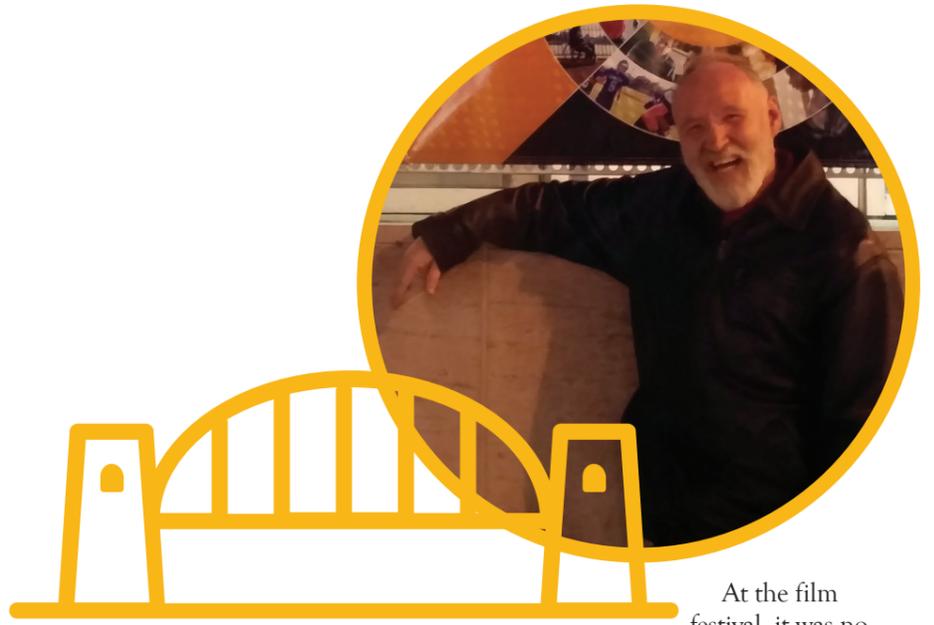
For the past year and a half I have woken up every morning to the smell of coffee. I open my eyes, smile and think: "Mike is in the kitchen". I come out of my basement room at Charbonneau House and climb up the stairs certain that I will be greeted in the kitchen by the most joyful person I have ever met. And without a doubt there he is, with arms wide open and a big smile he greets me as if he hasn't seen me for years: "I missed you my friend!" It is a privilege to be welcomed daily with so much love. Sometimes I get caught up in the worries of the day and don't reciprocate the enthusiasm. But most days, even if I'm not in the best of moods, the smell of coffee and Mike's open arms keep me grounded and remind me to focus on a meaningful life.

Charbonneau House is one of the L'Arche homes in Hamilton. L'Arche, for those who don't know, is a community where people with and without intellectual disabilities share life together. We believe that everyone has a gift, and work towards "empowering people with a disability to play a vital and active role in society."

It didn't take long after moving here to realize that

Mike and I have a lot more in common than enjoying our morning coffee. We love movies, friendships, photography, filmmaking, and new adventures. We recently started working on a short documentary about Mike, so a couple of weeks ago, he and I went to Toronto to attend the Reel Abilities Film Festival for an evening. We watched a short film (Hold Music, by Michael McNeely) and a feature documentary about a ballet school for visually impaired people in Brazil (Looking at the Stars, by Alexandre Peralta).

Attending these events is always a challenge for me. Although I am a filmmaker myself, I am very shy and avoid the whole networking/interacting aspect of these festivals. Mike on the other hand is not shy at all, his confidence and welcoming smile break barriers and draw people closer. There is not one time that I go out with Mike where he doesn't either meet someone he knows or make a new friend.



At the film festival, it was no

different. While I was not as open to interacting with new people, he wanted to talk to the director, ask questions about the film we had just seen, and congratulate him on his work. Because of Mike's incredible gift I was forced to step out of my shell and interact too.

That evening I might have been a bridge to Mike by presenting him with the opportunity to attend this event, but Mike was certainly a bridge to me, empowering me and giving me the confidence to break my own boundaries. I learned that in community, we are each other's bridges, we are the strength to each other's weaknesses and by doing so we are equal.

Carolina Gama is an assistant at L'Arche Hamilton



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[www.harrp.ca](http://www.harrp.ca)

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## Celebrate Canadian Stories With Telling Tales

BY JUDY BOSWELL

At Telling Tales we're celebrating Canada's 150th birthday with special literary celebrations!

Telling Tales is a yearlong community initiative dedicated to promoting literacy and inspiring a love of reading. Our campaign includes many fun and engaging initiatives for kids, teens, and families to get them excited about reading, writing and creating.

This year's theme highlights the magic of books, because as we all know, *Stories Take You Anywhere*. Discover a new author, or a new favourite book from the amazing Telling Tales Reading List which features top titles from award-winning Canadian authors and illustrators. There is something for the whole family - babies, kids, teens, book lovers and even reluctant readers. The list also includes special titles that look at Canadian history and key milestones in our country's past. Pick up one of these titles from your local library.

Plus, teachers and students can win an author visit to their school just by reading a book from our list and being creative! We are offering our second annual School Contest where three lucky schools will win a

visit from one of our amazing presenters.

Are the kids looking for something to do this summer? Enter one of our contests to win great prizes including new books; attend a Telling Tales community event where you can participate in interactive literacy activities and enjoy a performance from one of this year's presenters; download the fantastic Telling Tales Reading List to select books that will transport kids on adventures to meet new characters; and kids six to 16 can enter the Telling Tales Press Club where we publish their stories and pictures on our website!

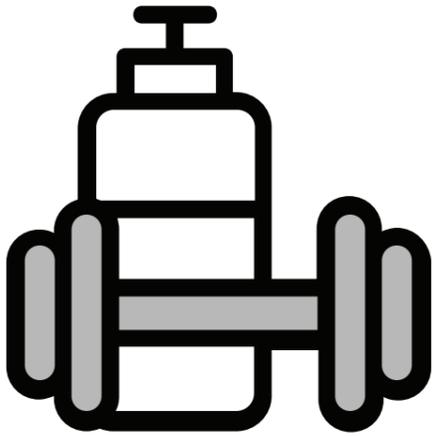
This year's Telling Tales Festival features over 30 award-winning Canadian authors, illustrators, storytellers, and musicians who promise to engage and delight over 7,000 children and their families. Mark Sunday, September 17, 2017 on your calendar and be sure to attend our free family literacy celebration, held at Westfield Heritage Village in Rockton, Ontario. Courtesy community busing is available. For more information, please visit [tellingtales.org](http://tellingtales.org).

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JUST FITNESS

# BEAT THE HEAT: SUMMER WORKOUT TIPS



If you have been working out over the past winter and spring months, you may be surprised at the new challenges that summertime fitness throws at you, and you are probably discovering that your body reacts to the heat and humidity differently than it does to cooler, drier conditions.

But don't let the heat cause you to lose your momentum- You can keep working hard in the summer, you just have to adjust your approach a little. Keep the following summertime fitness tips in mind as you continue getting stronger and healthier:

**Cool Down First-**

You can improve your performance in the heat by lowering your body temperature before heading outside. Taking a cold shower or simply putting ice cold cloths on the back of your neck can help you to better tolerate the heat.

**Find some shade**

You may need to move your workout

to a different area in order to be in the shade. If you are a runner, biker, or rollerblader, change your route to a shaded area.

**Avoid caffeine**

Because caffeine acts as a diuretic, it forces water out of your system. This is the last thing you want when exercising in the summer heat. Save your caffeine intake for several hours before or after your workout, rather than near the time you will be exercising.

**Stay hydrated**

Drinking plenty of water before, during and after your workout will reduce the heat stress on your body.

**Choose your clothing carefully**

Now more than ever it is important to wear clothing that will move sweat away from your body and help it evaporate it quickly. A cotton t-shirt may be fine in the winter, but you will be much cooler in a fabric designed for exercise in warmer climate.

**Change your workout time**

If you are used to exercising during lunch or in the afternoon, you may need to adjust your schedule for the

summer months. Early mornings and late evenings are the best times for outdoor exercise. On blistering, hot days, even the shade will not bring much relief.

**Wear white or light coloured clothing**

Lighter colours reflect the heat better than darker, more intense colours.

**Take breaks**

Your body can only handle so much extreme heat. When the thermometer climbs, you may find that you need more frequent breaks to keep performing at your best. Be sure to take them. Listening to your body and caring for it is not a sign of weakness; it's smart.

**Hit the gym**

You may find that it is best to simply move your workout indoors for the summer. If you would prefer not to put your body under summer stress, work out in a gym. You will have the added benefit of personal attention and group accountability. It's a great time to work on form, increase intensity, and plan out a new and exciting workout routine. Beat the heat by mixing things up this summer - try a gym workout.

# POETRY

BY TANYA BAILEY

**Canada at 150  
aboriginal  
harsh colonizers pillage  
the need to repent**

**When a friendship ends  
insecurities  
floods of emotions are drained  
the light guides the eyes**

**The gift of our Mothers  
our blanket of love  
the union with our fathers  
our cosmic gaze - birth**

VIBRANT LIVING

# THE GREAT ESCAPE

BY JANET ROBINSON

**Rejuvenation Through Travel**

We love our homes. They are a safe refuge and their familiar surroundings are comforting. We've spent time and money to make them our perfect comfort zones. But as much as we enjoy them, we were not meant to be cooped up in our houses and apartments for extended periods of time. That's why it's beneficial to step out of our havens every once in a while and explore the rest of the world. It gladdens the soul to experience new people, geography, food and other exciting surprises.

When I travel, it nourishes my creativity. I love the sights, the sounds, the rhythm of life that is so different from our own. It makes us realize there is much more going on than what is in our own little world.

You may like to travel to distant lands such as Europe or Asia or some tropical island. Life in these regions can be vastly different from what we are used to, and in many cases, visiting these areas reminds us

of what is important and even forces us to slow down and take in life slowly, savouring every gift that is in our beautiful world.

Some travellers are very focused on a theme, such as studying ancient history, or biodiversity, or conquering a tall mountain. Others just want to enjoy the culture and the food.

But you don't have to spend a lot of money to get away. There is so much to explore right in your own town or surrounding areas. Hamilton has an abundance of things to offer. A short bus ride will take you to the lovely town of Dundas with all its charming shops and eateries, or to the Royal Botanical Gardens with its stunning gardens, ponds, and wildlife. Niagara Falls, Stratford, and Lewiston or Buffalo, New York are great destinations for a day or even an overnight trip. Festivals abound, especially in the summertime, and you only need to do a quick Google search to find out what is going on and when.

All of this contributes to our well-being in that it allows us to forget the day to day grind that can

become boring or even burdensome. It gives us freedom to let our minds focus on and enjoy other things in this life. Even a three-hour trip to an art gallery or a garden tour or a concert will put your mind in a peaceful mode for days. Other trips will stimulate your mind and elevate your energy levels to new heights and perhaps you will bring new ideas home with you to apply to your life.

There are also plenty of tour groups that you can join so you don't have to travel alone unless you want to. This is a great way to meet like-minded people, share knowledge and perhaps make lasting friendships.

Whether you travel near or far, stepping out is a great way to either bring calm and peace into your life, or recharge your batteries. And the memories will stay with you to draw upon for a lifetime.

*Janet Robinson is a retired Mental Health Counsellor and currently enjoys being a Workshop Designer/Facilitator*

# RECREATION UPDATE

## Norman Pinky Lewis

FREE PUBLIC SWIMS  
Tuesdays & Fridays 2:15 - 4:00pm

FREE FAMILY SWIM  
Every Saturday 5:30 - 7:00pm

\*NEW\* WATERFIT  
Every Monday 7:15 - 8:00pm

## Central Memorial

SATURDAY OPEN GYM  
6 - 12yrs  
12 - 1:45 PM - FREE

FRIDAY NIGHT TEEN GYM AND LOUNGE  
13 - 17yrs old  
6:00 - 8:00 PM - FREE

FREE PUBLIC SWIM ALL SUMMER LONG!  
Wednesdays 1:30 - 4:00pm

## Birge Outdoor Pool

Open Friday June 30 until Monday September 4 (Even on Holidays!)  
All Swims are FREE, come out and cool off!  
For up to date scheduling information go to <https://www.hamilton.ca/parks-recreation/drop-in-recreation-programs/birge-outdoor-pool>

## Powell Park Club House

MOVIE NIGHT  
Thursday July 13th & Thursday August 10th 2017-FREE  
Come and watch a movie on the big screen!! There will be FREE POPCORN for your movie enjoyment. Also raffle tickets will be given out to win the movie at the end of the night!  
Children 10 and under MUST be accompanied by a Parent/Guardian 18+  
Doors Open at 5:30pm, Movie Starts at 6:00pm

GAMES AND CRAFTS  
Tuesday and Thursday - All Ages - 4:00-8:00 PM

WADING POOL  
Open July 3 - August 25! - Open Monday to Friday (Except Holidays) 12:00 - 4:00pm

## Tim Hortons Field

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

## SUMMER SUPIE PROGRAM - Free

The Supie program (for ages 6-12yrs) returns to area parks on Tuesday, July 4th. Come out and enjoy sports and crafts each weekday from 9am-4pm (no programming daily between 12-1pm and Fridays from 9am-1pm). Call the summer hotline at 905-546-2424 ext 3256 to find out more or a location nearest you.

# NEW BEGINNINGS FOR LEARNING ALL SUMMER LONG

BY ANTHONY PERRI

What feels like the end is often the beginning.

That saying is certainly true for the thousands of students who will be returning to school this summer for repeat or reach-ahead credits, summer camp programs, and even summer jobs.

Over the next six weeks, close to 500 students in Grades 1 to 8 will participate in summer camp through the Hamilton-Wentworth Catholic District School Board's Focus on Youth Program. The program, launched in 2008, is a Ministry initiative that partners school boards with community agencies to provide a variety of summer camp experiences for children and youth in urban neighbourhoods who, due to the high cost of such programs, might otherwise not be able to attend. This year's program is being coordinated by Rising Stars, and offers sports, arts, computer and leadership camps at a number of downtown schools, including St. Ann, St. Patrick and Cathedral High School. In addition to keeping kids active, motivated and safe, the program also provides summer employment and leadership experience to 75 university-bound Catholic youth, many of whom were themselves one-time campers.

Summer is also a time when many secondary students return to school to repeat or earn a new credit. Cathedral High School offers a wide range of teacher-taught and blended learning courses to put students on the path to success. Grade 8 students, too, can earn a reach-ahead credit in the arts, a

great opportunity for students who are interested in fast-tracking their secondary education. These programs are offered at Cathedral from July 5 to July 28 inclusive.

St. Ann Catholic Elementary School will also be opening its doors this summer to children who wish to further their language studies in Chinese (Cantonese/Mandarin) and Vietnamese. For more than 25 years, the International Languages Program has provided elementary school children with an opportunity to experience the culture, traditions and language of their native or other countries. These half-day programs are offered free of charge throughout the city from July 4 to 28.

For the third consecutive year, St. John the Baptist Catholic Elementary School will be offering a Summer Learning Program for three weeks beginning August 14 aimed at reducing the learning loss that occurs over the summer. The blended literacy/numeracy program, which also includes a physical literacy component and a coding activity, is designed to bring struggling students up to grade level reading, writing and math before the September start of school.

Similarly, a Technology, Math and Literacy Program at Cathedral High School is offered to Grade



7 and 8 students who are having difficulty in achieving the provincial standard in English and Mathematics. The program uses technology as a catalyst to teach literacy and numeracy concepts in a fun and interactive way. The

program runs from August 14 to 25.

Other programs have been designed to help Grade 8 students transition to high school. These include a Grade 9 orientation and a Passport to Grade 9 program which familiarize students with their new surroundings, and introduce them to the high school routine.

While the motivation for attending 'summer school' differs from student to student, what is clear is that each of these programs represents a new beginning for students, a chance for each to grow in new and special ways.

To our many students and families, I wish you all a happy, relaxing and safe summer. God bless.

To learn more about these various summer learning opportunities, please visit our website at [www.hwcdsb.ca](http://www.hwcdsb.ca).

*Anthony Perri is the HWCDSB Trustee for Ward 3 & 4*

# JULY AND AUGUST EVENTS

## Sherman Hub Community Monthly Meetings

Wednesday, July 5  
Wednesday, August 9  
7 - 9 pm

Tim Hortons Field, Premium Entrance, 2nd floor, Media Court Community Room. 64 Melrose Avenue North

Meet your neighbours, share ideas, enjoy some light refreshments, and become involved in local activities that bring people together and improve our community. Together we plan activities for kids families, newcomers, seniors, and everyone. Projects and issues of interest include neighbourhood beautification, the arts, transportation, safety, and many more. Everyone welcome! Free child care is provided (please confirm with Matt Thompson [mthompson@sprc.hamilton.on.ca](mailto:mthompson@sprc.hamilton.on.ca)).

## Ward Three Fun Fridays

Third Friday of every month, 8:00pm  
Check the Sherman Hub Facebook page for time and location



## Grassroots Soccer

Every Tuesday June 27 - August 29  
Tim Horton's Field  
Community soccer for kids age 5-12, operated by Hamilton District Soccer Association. Hosted at Tim Horton's Field. Players and Volunteers needed. 905-383-0288 or via e-mail at [grassroots@hamiltonsoccer.net](mailto:grassroots@hamiltonsoccer.net)

## Rendez-Vous 2017 Tall Ships Regatta

June 30-July 1, Pier 8  
Free deck tours, family friendly events and live performances. More details at [www.hamilton.ca/TallShips](http://www.hamilton.ca/TallShips)

## Creative Age Seniors Program (CASPHamilton)

Every Thursday, 10:30am to 3:00pm  
St. Anthony's Parish Hall, 830 Barton Street East  
CASPHamilton is a day program for independent- living seniors who would welcome the opportunity to socialize with peers, establish new friendships, participate in group activities, and have fun! Our welcoming and warm atmosphere provides lunch, coffee/tea, snacks, crafts, entertainment, guest speakers and more! \$13.50/day. All denominations and cultures are

welcome! (Italian translation is available)  
For more information, call Paula 905-869- 7391 or Maria 905-745-7791 or [casphamilton@outlook.com](mailto:casphamilton@outlook.com)

## Germania Club - July Events

863 King St. East.  
Please phone the Club Office to find out if there are Friday Fish and Chips dinners and Friday Night Dances in July.

June 30-July 2nd: It's Your Festival at Gage Park. Celebrate Canada's 150 th Birthday with us, and visit the German food stand, where friendly faces and delicious aromas tempt you to sample some typical German cuisine.

## Germania Club - Aug Events

863 King St East  
Please phone the Club Office to find out if there are Friday Fish and Chips dinners and Friday Night Dances in August.  
August 13th: German-Canadian Festival and Germania Club Picnic at Germania Club Park, 4240 Trinity Church Road at Lake Niapenko, Binbrook, ON. 12-4pm. \$2 per person for members. \$5 per person for non-members. Children under 12 years of age

are free. For more information, please call the Club Office.

## It's Your Festival

June 30 - July 2,  
Gage Park  
This three-day festival celebrates culture, foods from around the world, arts and entertainment, and sports and recreation.

## Festival of Friends

Aug 4-Aug 6,  
Gage Park  
Featuring outdoor music, art, and crafts

## North American Indigenous Games

July 16-23,  
This July 16-23, the North American Indigenous Games will be held in venues across Toronto, Hamilton and Six Nations. Hamilton will be home to the soccer, archery, softball and lacrosse competitions. The North American Indigenous Games is more than a sporting event, it is a celebration of Indigenous cultures while showcasing Indigenous youth and their communities in a new light. For the more information on this free event, including the schedule, check out: [www.naig2017.to](http://www.naig2017.to)

