

Sherman Hub News

A publication of the Sherman Hub Community Planning Team

JANUARY-FEBRUARY, 2014

Closing Scotiabank at King & Sherman

BY WALTER FURLAN

A letter from Scotiabank has recently been mailed to bank customers in our neighbourhood to inform us that the bank branch at 924 King Street East will be closing on February 21, 2014.

My wife and I live within walking distance to the bank and have recently opened up a small business on Barton Street not far from this Scotiabank branch. In February 2013 we met with the bank officials and indicated to them that we were ONLY considering moving our financial products over to them, including our business loans and our personal banking, if they were to stay in the neighbourhood. We were assured by the bank officials that there were no plans to move. We feel strongly it is important to support this anchor business - despite being able to negotiate better rates at other institutions.

Bank branch closings result in reduced local spending, a decline in financial investment and a loss of community confidence. In addition to providing credit products and services, banks act as anchor businesses in local neighbourhoods. When a branch closes, it often leaves behind a vacant building that scars the community landscape.

When banks move out, alternative financial services charging much higher fees move in. Prime rate credit products

from traditional bank branches become more difficult to get, and other “fringe” lenders fill the void left by the banks. In the past 20 years every major Canadian bank has closed their neighbourhood branches in a three km radius from Scotiabank at King & Sherman. Some had multiple branches. They include CIBC, Royal Bank, BMO and TD.

It was recently documented that Ward 3, where the Scotiabank is located, has the lowest income level per person in the entire city. It also has the highest number of residents that bicycle and do not own a vehicle. The elderly in particular are affected by branch closures, as unfamiliarity with electronic banking (as well as distrust of managing finances online) keep many from being able to handle their finances independently. The side effect of branch closures, and the resulting job loss and threat to smaller communities, however, present real problems in our local economy struggling back to its feet.

On a recent visit to the King & Sherman Scotiabank I spoke with several employees and they all indicated to me that this branch is very busy with a high level of activity. This particular Scotiabank branch is also a heritage building where a bank has existed since 1922. There are rituals that have

occurred within the bank and the community since then and is of value to this community.

According to a recent Toronto Star article, Scotiabank just released quarterly earnings reporting a 13% increase in Canada and 26% internationally (www.thestar.com/business/2013/08/27/bmo_beats_expectations_records_113_billion_in_net_income_in_q3). As well, Scotiabank branches continue to open in suburban parts of the city.

In Ottawa, eighty-year-old Betty Hyde launched a letter-writing campaign directed at the president and CEO of the Royal Bank of Canada, protesting a branch closure in her neighborhood. Despite hearing “no” from the top to the bottom of the corporation on several occasions, she continued her letter-writing campaign and the bank agreed to hold a town hall meeting. The branch ultimately remained open.

What can we do? Contact the Financial Consumer Agency of Canada (FCA) to respectfully ask that they persuade Scotiabank to investigate this matter and reconsider closing this branch. Also contact your local MP, MPP and city councillor.

Scotiabank has provided very good returns for their shareholders and they continue to live up to that responsibility. I suggest that they be just as responsible to our neighbourhood and its people; people who have supported this branch for the better part of a century. Scotiabank has a social and moral responsibility to this community.

I have contacted the FCA to request a public meeting in relation to this matter. At the time of submission there has been no decision from FCA. These are people to contact with your concerns:

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427 Laurier Ave. West,
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Info@fcac-acfc.gc.ca.
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SCOTIABANK

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BANK OF NOVA SCOTIA ABANDONS KING & SHERMAN AFTER 100 YEARS

BY DAVID BELAND

After 100 years the Bank of Nova Scotia branch at King and Sherman is closing; abandoning our neighbourhood and its own history. The King and Sherman branch was one of Scotia Bank's first three branches, and the only one outside of Toronto.

In a letter to bank customers, the regular excuses are given, but the manager admits it comes down to money. His bonus alone would be more

than the total income of fifty families in our community. The manager states that they can supply better service elsewhere, but try telling that to someone living in our area without a car.

A few years ago the Royal Bank at Main and Sherman also closed. It didn't even bother giving the excuses used by the Bank of Nova Scotia; it just left. The big banks just don't understand our neighbourhood needs. They put money

first, and people and the environment second. While we put in bike lanes and attempt to create self-contained communities less dependent on the automobile, they close neighbourhood branches forcing us to use the car.

Since the Bank of Nova Scotia is abandoning its history and us, perhaps it is time we abandon them.

One thing the banks are interested in is investments. As a commercial says,

“it is time to kick the big bank habit”, use a Credit Union. Presently their rates are better than those of the big banks. If enough of us move our investments including R.R.S.P.s or G.I.C.s to a Credit Union, the C.E.O.s of the big banks may feel it in their bones. After twenty-five years with the Bank of Nova Scotia, my wife and I have now begun to take our investments to a Credit Union.

It will take more than a few of us to make a difference, so call, text, or email your friends and families wherever they are, and encourage them to do the same. Maybe (for a change), we can have an impact on the big banks... instead of them impacting us.



HARRRP

HAMILTON SINGS! A NEW COMMUNITY CHOIR

BY SUSAN CROWE CONNOLLY

Do you love to sing? Do you enjoy singing with others? Are you curious about music from around the world? Are you interested in learning more practical and fun aspects of music? Do you wish there was a choir in Hamilton for which you didn't have to audition? Well, you are in luck; such a choir exists! And it welcomes bathroom divas and experienced singers!

On Saturday, January 25, 2014 at 10 a.m. the Hamilton Sings! Community Choir will gather for a new term of weekly rehearsals at HARRRP (at St. Peter's Church, Main St., East and St. Clair). They will spend the next two hours playing with their voices and singing traditional and folk songs from Canada and around the world. The choir is for adults and older youth and there is NO AUDITION to join. It is under the direction of founder,

Sue Crowe Connolly and assistant conductor, Hanna Mathieson, both Sherman Hub residents who bring a passion for encouraging folks to sing, as well as varied and extensive backgrounds in music making and teaching. Sue comments, "Hamilton is rich with music and a variety of wonderful choirs, however, there are very few for which you don't have to audition. So many people love to sing, yet don't have an opportunity or the confidence to do so. I felt it was the right time and important to offer such a choir, and also one that focuses on the music of the various cultures that now call Hamilton home. Hamilton Sings! is the place for these folks... come and see, come and hear!"

Here are some comments from choir members: Carol Greene says, "Hamilton Sings! is a really welcoming and musical community. If you like to sing and want



the experience of blending your voice with others to make beautiful sounds, then it's a great group to join." Stephen Fyfle, writes "It is truly inspiring to be part of such a wonderful group of singers. I look forward to each rehearsal as it touches my heart and spirit to share in the creation of such beauty with our voices singing out in unison. I am so glad to have found the Hamilton Sings! Choir that is led so wonderfully by Sue and Hanna." Marg adds "I have been so happy to have found a choir that was so inclusive and that accepted everyone so equally." Sandy P. and Eric Matto comment, respectively, about the benefits to them and meeting new people, "for me the choir is a de-stressor and an uplifting experience at the end of a busy work week. It is nice to meet new people, also, with a common interest to sing," and, "I just recently moved from Mississauga to Hamilton. I belonged to a community choir in Toronto and I was glad to find the opportunity for something similar in Hamilton. I see this

also as a way of making new friends." Michelle and Renate share about the opportunity to learn: "This is my first experience with singing, ever, and it's been positive, fun, creative and challenging. The group is inclusive and every voice is appreciated. There is lots of variety of music to work on. With the warm-up exercises, I surprise myself the range I have to work with. All in all, a very positive experience. It's a great way to start the weekend. I leave every practice very happy." "I am so excited about participating in Hamilton Sings! choir ~ it's an opportunity to learn more about the mysteries of singing and music, engage in a wonderfully uplifting experience that gives so much on so many levels: community, social, spiritual, education, and even physical – taxing muscles I didn't know existed but are exercised in the process of singing. All of it made possible by the friendly co-members and expert, creative and innovative leadership". And the last word to Caroline Fehr, "I am very pleased to have a NON-AUDITION choir in my neighbourhood led by welcoming and talented music directors".

If you or someone you know is interested in Hamilton Sings! Community Choir, please visit our website www.hamiltonsings.ca, or contact us by email: info@hamiltonsings.ca or phone 905-544-1302.

MUSICAL JOURNEY

A Song for Ivor Wynne

BY DARIN MARTIN

The other day, I was walking to Prince of Wales School, and paused for a moment to see the progress the workers are making on "Tim Horton's field". While I was excited to see the large structure really starting to take shape, and could picture the Ti-Cats taking the field for the first time in their brand new stadium, I was reminded of the time my

dad took my brother and I there as kids. Everything about that day was magical. There was such a raw and tangible energy in Ivor Wynne stadium. In those days, there was even a real, live tiger in a cage in the end zone, pacing back and forth, and the thought that he could escape and eat every one of us kept me very focused on his presence.

As I stood on Cannon street watching the work crews scattered throughout the large structure like an army of ants, I began to wonder, who was "Ivor Wynne" and why was the original stadium named after him? So, I did a little digging and found out some very interesting things about him. It turns out that the Wynne family moved here from Wales in 1918, and lived in Caledonia for a few years before settling in Hamilton. Ivor attended McMaster University and graduated in 1940 before serving in the second world

war. After he returned in 1948, he was named Athletic Director at McMaster University and was instrumental in the development of the athletic center at Mac. One fascinating thing is that he was named the Chairman of the Parks Board in 1967, and spent 16 years doing colour commentary for college and pro sports on CHCH. When the City of Hamilton was looking at renovating their Stadium, which at the time was called "Civic Stadium", they sought the advice of Ivor Wynne. He helped in the modernizing of the stadium in 1970 but contracted a rare blood disease and died, never having the chance to see his legacy. Shortly after his death, the Parks board voted to rename the stadium Ivor Wynne in his honour.

As I learned this information, I thought two things:

- 1) It is a bit of a shame that his name will no longer be on this brand new stadium
- 2) I need to write a song about Ivor Wynne.

It's stories like these that remind me that this great city has been built on amazing people who have dedicated their lives to its betterment. This story gives me great pride as I live on Balsam Ave. and pass the site of Ivor Wynne several times a day.

I will do my best to do justice to this story in my new song and I would love to share it with you when it's ready for public ears. Until then, take a walk over to Tim Horton's field with a warm cup of their coffee, have a listen to the sounds of history and raise your cup to Ivor Wynne.

Some of the details above were found on ticats.ca.

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NEW PATIENTS WELCOME

2

Ancient Voices Speak Again at Prince of Wales School

BY CHRIS COWSILL

An important part of North American history is being kept alive at Prince Of Wales (P.O.W.) School by a dedicated group of teachers, students and parents.

The school, located on Melrose Avenue in the South Sherman neighbourhood of Hamilton, has been the home to an innovative Mohawk language class for the last three years and is helping to empower and educate young people of Native descent about their history and heritage, while at the same time exposing this important legacy to other young Canadians.

This is one of the only programs of its type in the area, and according to Janet VanDuzen, the school's principal, it's also one of the best in the entire province: "This curriculum provides all of our students with an important awareness about their cultural heritage. Both Native and non-Native children who may not normally even be aware of their own culture now have a unique opportunity to experience the language and traditions of the First Nations firsthand in an atmosphere of integration."

This novel idea began as an aboriginal kindergarten at P.O.W. a few years ago and ended up morphing into a fully-developed language class that aboriginal students are invited to take. After self-identifying as Native, the children in grades four to seven learn their language once a day, in addition to core curriculum like math and science. They can then continue their studies in the subject at Sir John A. Macdonald High School. VanDuzen

said that there is also a strong and encouraged parental involvement and an integrated representation at all school assemblies and activities. She was pleased to report that this year has seen the largest enrollment to date, which is very good news, considering that there are only an estimated three thousand people currently speaking the language on earth.

However, many natives have begun to try to change that. Karonhyawake Jeff Doreen, the instructor who helped found the program, had this to say about the class:

"You can really sense that the students connect to the subject matter. You can see it on their faces. You can tell they love it by what they say both in class and on the playground. Studies show that when students see themselves in the curriculum they will succeed. Native students rarely have the opportunity to see themselves reflected in the curriculum, let alone in a positive light, so it is a great opportunity for them. Each Mohawk word a student learns tells them something about who they are as a person, where they came from and how their ancestors thought about the world. Our culture is one of peace and care for the earth. Our language teaches us that. Overall, this creates healthier, happier, successful children who will grow up to be healthier, happier successful adults."

Through the collaboration of people like Mr. Doreen and Ms. VanDuzen, as well as local parents and students, programs like this teach us about our shared past while making Hamilton a better place to raise children and an example to the rest of the province.

ADELAIDE HOODLESS SCHOOL

THE CLOSET For several years the school has organized and offered a variety of gently used clothing, free of charge, to the Adelaide Community. We are always in need of new items to fill the closet. Currently we have a great need for girls and boys running shoes sizes 1 -5. And of course with the cold weather we will need winter coats, accessories and boots. Donations can be dropped off at the office.

Our hours are: Monday 9:30am-11:00am
Wednesday 3:15pm-3:30pm
Thursday 9:30am-11:00 am
(If you require a different time, please contact the office)

LICE COMBS We are now keeping the Nit Free Terminator Comb in stock. They are available to the Adelaide community for the low price of \$11.50. The combs can be purchased through The Closet during normal Closet hours.

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To make your mark on the community, contact Steve DeVisser: stevedevisser@gmail.com

Sherman Hub News

Contributors & Acknowledgements

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Delivered door-to-door from Wentworth to Gage, Escarpment to the Water

If you would like to join the Hub News team, please contact us at itshappeninginthehubs@gmail.com
We would love to have your help.
www.hubnews.wordpress.com

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Acknowledgements

Hamilton Community Foundation



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FOUNDATION**
For Hamilton, For Ever

The Sherman Community Planning Team is a resident-led group of folks 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 or call our Community Developer. We can't do it without you.

www.southshermanhub.wordpress.com
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THE PEOPLE IN YOUR NEIGHBOURHOOD

It's the people that you meet each day. It could be you, it could be me. Some of us will have the wonderful opportunity to meet your neighbours, get to know them a little while dropping off their neighbourhood newspaper, and reflect on the value of community. Each month we struggle a little bit less, as more and more people come out to help deliver the Sherman Hub News to their neighbours. Each month, more and more people become connected by this simple task. John McKnight says that when everyone in the community is sharing their gifts, then we will be truly connected. Make the Hub News your gift to your neighbours and join us in delivering it. Contact breanna.ehman@rogersblackberry.net or call 905-741-5263

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270 SHERMAN: A HISTORIC GEM IN HAMILTON

BY KATHY WOO



The growth of the art scene in Hamilton has become apparent in recent years. Undeniably, James Street, Locke Street and Ottawa Street are all fine examples of the burgeoning creative industry happening in Hamilton. Relatively unknown to the majority of the public, however, Sherman Avenue has its own creative hub! In the heart of the industrial north end of the city, 270 Sherman serves as an example of a bustling creative facility where artists, designers, craftspeople and other creative professionals call their practice “home”. 270 Sherman has a work environment where the tenants can be both productive and inspired.

With over 113 years of history, the five buildings that make up 270

Sherman have a total of 160,000 square feet of space on the property. Originally used as a cotton mill, 270 Sherman remains an architectural gem that was constructed at the turn of the last century in 1900. Design highlights of the building include large scale factory windows in the three-storey mill building, rich red brick exterior walls, a prominent gothic style tower, and a 110-foot tall smokestack from the original boilers that heat the building. 270 Sherman has been called a “museum piece” by George Dark of Urban Strategies; he feels that the buildings which together comprise 270 Sherman are perhaps second only to the Distillery District in Toronto as a complete example of a 19th Century

industrial complex. In addition to the building’s architecture, the tenants also add to its charm. “I enjoy being in an historic industrial complex, it offers much creative inspiration”, states Diana Gordon, a tenant at 270 Sherman’s Mill Arts Building since October 2008. “The people are great, both my fellow tenants and the managers of 270 Sherman. We share common goals, especially an interest in fostering creativity and the arts in Hamilton”, explains Diana. As an oil painter, archaeologist and designer/curator of www.Art-in-Canada.com, Diana found 270 Sherman to be a place of inspiration and motivation, “I instantly fell in love with the complex, walking through Gate III with the old red brick walls and arched green doorways. I had a list of perfect qualities for a studio: parking, light and space. I found them all here. The affordable rent was the final selling point.”

As a group dedicated to helping artists pursue their entrepreneurial careers, the four main staff members at 270 Sherman maintain a commitment to providing individual workspaces in a unique setting at a competitive rate. To date, there are over 50 tenants renting out of 270 Sherman. Tenants range from visual artists, photographers, sculptors, designers, woodworkers, and film companies, just to name a few. “The building is loaded with photographically interesting and inspiring settings”, says photographer David Gilmour, tenant since July 2011.

Indeed, areas of the building are photogenic and have been used for a wide variety of television and movie productions, often accommodating period pieces dating back to the 1800s. Well known productions that have come through the doors of 270

Sherman have transformed the space into the unimaginable – a Manhattan loft apartment, the location of a secret government operation in Chile, war-torn Bosnia, a glue factory complete with horses, and barracks for soldiers. Such productions shot at 270 Sherman include the new version of Nikita and the popular CBC TV show Murdoch Mysteries, and film productions such as The Kennedys, Turn the Beat Around, and The Art of the Steal recently released in theatres on September 20th.

To meet the needs of the creative professionals, the staff at 270 Sherman are constantly improving the infrastructure of the building, as well as developing new spaces for tenant needs. Preserving the historical elements of the building is a number one priority, however, modernizing the building for a variety of uses is important too. As mentioned by another longtime tenant, Ivan Jurakic, a practicing visual artist and Director/Curator of The University of Waterloo Art Gallery, he affirms: “I like that 270 Sherman is an affordable mixed use facility that has enough undeveloped and dynamic spaces to allow for larger initiatives and temporary projects”. An example of this includes the TH&B exhibitions in 2008 and 2012, and the recent “PLACE and SPACE” art exhibition presented by 270 Sherman’s first Artist in Residence, C. Wells.

To say the least, there is something for everyone at 270 Sherman. Whether it is history that you’re interested in, studio spaces you are seeking, a venue to host a special event, or an industrial backdrop that you’re looking to do a film/photo shoot in, there is plenty to discover at 270 Sherman.

To learn more, visit their website at www.270sherman.ca. For inquiries regarding space rentals, email leasing@270sherman.ca or contact (905) 547- 8256.

The Golden Willow of Gage Park

BY DEB STRINGER

I made a new friend at HARRRP recently, who told me about a Golden Weeping Willow at Gage Park. Elvyra is a long term resident of the Sherman neighbourhood and has loved this tree for at least ten years. “I don’t understand why everyone isn’t talking about this tree,” she said to me. “It’s the most beautiful thing.”

I decided I needed to find out more about this tree, and about this neighbour, who loves to do Laughter Yoga and who is so excited about a special Weeping Willow. We exchanged phone numbers and agreed to meet soon.

That Friday, Elvyra meets me at the doorway of her stately home, laughing delightfully as she invites me in. It’s a charming mixture of old world elegance and family comfort. She takes me on a brief tour, and it’s easy to find a lot to admire.

Elvyra is a bright, intelligent hostess and we are soon chatting happily about the tree.

“Sometimes I feel like I must think and feel differently than other people and I don’t want to talk about my feelings,” she begins. “I’ve felt so many things, hard things, sad things, but mostly joy, more joy than all the rest.”

The tree, she tells me, is at the

corner of Main and Gage.

“Its branches stretch across the whole corner,” she says. “You have to stand next to it and look up – it fills you with wonder – the branches – where do they end? It makes you think, what has it seen and what storms has it survived? You see how big it is, and how small you are. You think, who planted that tree? Where do the roots go? How far must they stretch? What power must they have? How can they feed the top branches and keep it green? How can they fight against gravity?”

We look at her photos of the tree, and then pictures of her mother, and sisters, and her husband, her ‘Joseph’ and her son.

“I still miss my mother you know,” she tells me. “Forty years and I still miss her. And I miss my Joseph, every day I miss him.”

She tells me about being in Germany during the war. “We had so little and we took such good care of everything we had,” she laughs. “Oh the paper! I remember in school in the camps when we filled our notebooks we would take them to the teacher and she would count the pages – count them! If they were all there she would stamp it before you could get another one.”

“We have to stop throwing things out and tearing things down,” she continues. “People don’t understand because they haven’t been through a war. War changes everything.”

She tells me about the history of the neighbourhood, and the days when the lawyers and doctors who lived next door would throw parties.

“Every car had a driver, in uniform, and they would open the door, and carry an umbrella over the guests, rain or shine, right to the door.”

Her family would go together to Gage Park weekends when ‘her Joseph’ was off from Dofasco. Her son played in the sand and sat on the turtles when they were new. They had picnics, parties, and family portraits by the branches of the willow.

“Maybe that is why my son grew up to love nature – and be gentle – and why he worked to prevent war and bring peace.”

I mention how proud she must be of her son, whose awards from an amazing career as an international diplomat hang next to the framed art created by her nephew and grandchildren.

“Of course, happy and proud, because that is MY Canada,” she declares, smiling and stamping her foot for emphasis.

As we say good-bye, Elvyra leaves me with one more bit of wisdom.

“Always notice the small things,” she says. “For years my neighbour had a lily pond and the water made a reflection on my wall. I was so happy watching the silver dance on a sunny day.”

I am glad and grateful for my neighbourhood, and for places like HARRRP that make it easy to make new friends. People like Elvyra are like the roots of the willow. Her values, courage, joy, sense of fun and adventure keep us strong and help us to ‘fight gravity.’ If you are walking in Gage Park soon, take a minute to look out for the Golden Willow, and to appreciate how lucky we all are.

COMMUNITY LAW

THE HISTORY OF ONTARIO COMMUNITY LEGAL CLINICS

BY BOB WOOD

Community legal clinics are designed to fill gaps in services to low income people. The original idea was to provide what has become known as “poverty law” services in areas of law such as welfare, tenant disputes, workers’ compensation and employment insurance. The first Community Legal Clinic in Ontario, Parkdale Community Legal Services, opened in Toronto in 1971.

The present-day Hamilton Community Legal Clinic which began work in 2010, grew out of the amalgamation of three clinics that have served Hamilton for many years.

Hamilton’s first clinic started in 1976 and was called Strathcona Community Legal Services. It served the downtown core west to Flamborough and Dundas, and later became Dundurn Community Legal Services.

McQuesten Community Legal Services was established in 1978 and served east Hamilton, parts of Stoney Creek, and Winona until amalgamation. McQuesten grew out of work done by the McQuesten Community Association. The Association was concerned with youth crime and other neighbourhood issues. McQuesten was the first clinic in Hamilton to receive funding from

the provincial legal aid plan.

A need for service on the Mountain was identified by the Dundurn Board of Directors along with other citizens. They started the Mountain Clinic in 1985. This Clinic was housed in Fenworth Plaza on Fennell Avenue and served the Mountain, Ancaster, and Stoney Creek Mountain until the amalgamation.

CONNECTING HEALTH AND LEGAL SERVICES

Currently there is a move to link legal services and health services to better assist low-income people.

In the United States there are over one hundred medical/legal partnerships serving in excess of 50,000 patients each year. The first of these partnerships was set up in Boston in 1993 by a pediatrician named Barry Zuckerman, who realized that he didn’t have the skills to treat many of the health problems of his patients.

Dr. Zuckerman was seeing kids who lived in substandard housing which exacerbated their asthma. He saw food insecure families that lacked food stamps and others who suffered from utility shut offs in cold winter months.

“Dr. Zuckerman felt powerless to help his patients until he learned that

many of the problems he saw had legal remedies. He took the unusual step of hiring a legal services lawyer to train his staff and work directly with patient-families to ensure that their basic needs—for food, housing, health care, safety and education—were met.” (<http://lawdigitalcommons.bc.edu/cgi/viewcontent.cgi?article=1219&context=lsfp>)

In Ontario, similar efforts are underway.

Gary Bloch is a family physician who works out of St. Michael’s Hospital in Toronto. Bloch emphasizes the social determinants of health. One social determinant that is particularly important to him is poverty.

Blotch notes that “poverty accounts for 24% of person years of life lost in Canada”. That figure is second only to 30% of person years of life lost for cancers.

Bloch developed a tool for family doctors to help in patient diagnosis. The tool is in the form of a four pager called the “Clinical Tool for Primary Care in Ontario”. It will help physicians to keep in mind that poverty is a health condition that should be treated like other medical conditions. ([http://www.ocfp.on.ca/docs/default-source/cme/poverty-a-clinical-tool-2013-\(with-references\).pdf?sfvrsn=0](http://www.ocfp.on.ca/docs/default-source/cme/poverty-a-clinical-tool-2013-(with-references).pdf?sfvrsn=0))

Bloch has a unique approach to practicing medicine. He emphasizes the importance of tax filing. A patient named Rena told Bloch he could make her better by getting her more money. Bloch determined that Rena had not always filled out her tax return.

“Suggesting Rena fill out her tax return is prescribing income. And prescribing income can be just as powerful as prescribing medications for her blood pressure or her mood,” wrote Bloch in a column in the Globe and Mail (<http://www.theglobeandmail.com/commentary/as-a-doctor-heres-why-im-prescribing-tax-returns-seriously/article9981613/>)

Like the Clinic, Bloch believes that there should be a level of social assistance support that allows for a dignified standard of living.

“Forcing people to live in squalor and survive on less than a pittance only worsens the health impacts of their low income. While this may appear to save money up front, it likely ends up being spent elsewhere, through higher use of physical and mental health services down the road.”

It is safe to predict that new approaches linking health and legal services are on the way. Community Hubs could be part of making this happen.

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COMMUNITY CONTRIBUTIONS IN THE HUB: AN HISTORICAL PERSPECTIVE

BY CAROLYN MCCANN

Ma maison, casa mia, moj dom, moya hata, a minha casa, my home! People of many nationalities and languages made their home within the Hub community over the last hundred years. Each group has contributed to making it the community it is today.

Most of the residential streets in the Sherman Hub area provided affordable housing, located close to the industries and jobs that had attracted immigrants to move to Canada. After World War II, many families from war-torn Europe relocated and settled in this area. Several generations later, some descendants have remained, others moved to different parts of the city, and new immigrants

have arrived. Each group has influenced the area.

Immigrants built national churches including the Polish Holy Trinity and St. Stanislaus; Irish St. Ann’s; British St. Peter’s; Syrian St. Shmoon; Italian St Anthony’s; Ukrainian Holy Spirit and St. Vladimir’s. These churches provided a place for families to worship in their traditional heritage, culture and language while adjusting to Canadian life. Typically, their Canadian born children attended after-school Heritage Language classes to learn the customs and language of the “old country.”

The immigrant families used both church and community halls to celebrate their ethnic heritage, enjoy social events, commemorate special days, provide heritage language education and maintain their links to their own heritage. Today, families from other residential areas still return for special celebrations at these halls and churches. The Germania Club and The Polish

Alliance Hall are just two of these older halls while a new Portuguese Centre was recently opened on Barton Street.

Area schools have been named for both the ethnic churches and for people who were part of our community history. St Ann (originally St Stanislaus), St Brigid and the recently closed Holy Spirit schools reflected the early Catholic immigrants choices of name. Adelaide Hoodless, Robert Land, Sir John Gibson and Cathy Weaver were significant contributors to growth and well-being of the city while King George and Prince of Wales reflect British heritage.

Immigrants and their institutions contributed to the multicultural atmosphere of the Hub. Perhaps the most pervasive contribution has been the expansion of the traditionally Canadian diet to include so many ethnic foods. Restaurants like the Areo and The Trottoria are but memories, while others such as the Big Top, Bel Air, Golden Dragon, and Trocadero have served the neighbourhood for more than 50 years. Later, Zum Linzer, Germania Club, Karolina’s, and De Rosa’s added to the many ethnic food places easily available

to the Sherman Hub community. And of course, the names of foods have now been incorporated into our daily language. Pizza, spaghetti, pierogi, coleslaw, strudel, chow mein, green beer and so many other dishes have all enriched our diets thanks to these many immigrants.

While many of the original homeowners have moved out of this area, the next generations are quick to return for ethnic celebrations. Some of these are church celebrations but one especially large and exuberant celebration occurred in 2006. Italy won the FIFA World Cup of Soccer and hundreds of Canadian-Italians returned to the Barton and Sherman area to celebrate this win.

Like all such areas in Canada, the Sherman Hub has been enriched by the presence of its many ethnic immigrants. These newcomers have added much to our lives - sports, language, foods, celebrations to name just a few.

Merci, danke, gracias, grazie, takk, dziekuje, diakulia, thank you!

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

ABCD

An Old Dog Ponders a New Trick

BY DAVID DERBYSHIRE

“Now is the time for all good neighbours to come to the aid of their planning team.” Who would have guessed that a paraphrase of a grade 9 typing drill would become my rallying cry almost 50 years after I sat in Mrs. Wysocki’s typing class at Delta High School? I can still remember her incessant beating with the ruler to set the pace for our feeble attempts to complete the sentence.

The Sherman Hub is at a tipping point. We have amassed a dedicated group of over 100 neighbours who have committed their most valuable assets, themselves, to attending meetings, participating on Action Teams and actively participating in making the Sherman neighbourhood a better place to live, work, and raise a family. We have a much smaller cohort of neighbours who have taken on the yoke of leadership, to help steer us through the journey to a caring, committed neighbourhood. We are now at a point in our development where the need to spread the tasks of leadership is becoming apparent. During the

development and approval of our latest Terms of Reference the need for some additional leadership was identified and we set a process in place for potential leaders to be recognized and nominated to fill those positions.

Now is the time for you to step up and lend your thoughts, talents, and time to be part of the few who make the work of the whole both possible and so very successful. Together we can make the Sherman neighbourhood SHERMAZING! (Special thanks to Breanna and Justin for coining this phrase.)

As I wrote this I found myself wondering about the possibilities of what could be...

I am not suggesting that we change what is already in process for the upcoming elections, but I am inviting you to open your minds to a slightly (no, hugely) different way of identifying and engaging the assets on our local planning team, the possibilities for identifying the leadership and providing the direction needed to keep the team working toward

our shared visions and values.

What if our new way of building relationships, engagement, capacity and action also included a different way of leadership and oversight? What if, rather than pit neighbour against neighbour in a popularity contest with winners and losers, we developed an Asset Inventory (is this what LinkedIn was intended or could be used for?) and tapped people on the shoulder who possessed the skills the group needs to keep the back office running and invited them to share those assets.

Would this be taking ABCD (Asset Based Community Development) to a next logical step? It brings up countless issues with identifying and maintaining an up-to-date Asset Inventory from which to draw potential strengths, and how do we not become a clique-based entity that is closed to new and different ideas? Perhaps as opposed to an “Executive” which is a very hierarchical based term, we had a “Support Team” who would do some of the work currently being done by an Executive, the back office stuff that appears to happen in a magical black box but is really done by a couple or three worker

bees ensuring agendas are developed and distributed, minutes or notes accurately reflect meetings, and the pre and post meeting set ups and tear downs necessary to host our ever expanding team take place.

What do we do with a newly minted “Terms of Reference” that reflects a tried and true, well-defined, democratic process that has been in use for as long as I can remember?

Our city uses it, our province and our country. It is the heart of the Democratic process. We elect the people who best represent our values and beliefs and in whom we trust to lead us in our journey.

But maybe, just maybe this is our chance to try something a little different. Maybe it is time to continue our journey into asset-based community development and see if we can do something different. I am not suggesting we disrupt the process we currently have in place for the coming year but I am inviting anyone who is interested in working on developing this to join me in conversation to explore what it might look like.

Maybe there are some young dogs out there who would be willing to help this old one develop a new trick. I can be reached at david.derbyshire@wesley.ca.

HAPPY NEW YEAR FROM THE NEIGHBOURHOOD ACTION STRATEGY OFFICE

BY SUZANNE BROWN
MANAGER, NEIGHBOURHOOD ACTION STRATEGY,
CITY OF HAMILTON

As 2013 draws to a close, I look back on tremendous efforts and achievements of neighbourhoods in the Neighbourhood Action Strategy with great pride. In March, the Sherman neighbourhood

presented a Neighbourhood Action Plan that received unanimous endorsement at Hamilton City Council. Since then, Sherman has engaged in open and honest conversations with neighbours and service providers on some of the toughest neighbourhood challenges, while nurturing community gardens and strengthening community spirit. Thanks to the Sherman neighbourhood, and to David Derbyshire, its community development worker, for all the hard work.

In each of the 11 neighbourhoods in the Strategy, great work is happening and momentum continues to build. I would like to let you know that the Neighbourhood Action Strategy

Office is working to knit together the neighbourhood planning teams by creating a space where representatives from each neighbourhood can come together with each other. Key stakeholders across the City will be able to build new relationships, partnerships and to share experiences that will benefit everyone. This idea began with the chair of the Keith Hub, who has worked to organize “Hug a Hub” events over the last few years. It was expanded after a workshop that McMaster University held last spring, exploring the idea of how key stakeholders, like McMaster University, can connect to the neighbourhoods around mutually beneficial activities. We held our first meeting in October,

and Kathy Calverley attended on behalf of the Sherman neighbourhood. It is my hope that this new committee, tentatively called the “Neighbourhood Network,” will be a place where each neighbourhood can talk about their great work, and find partnerships in other neighbourhoods and with other stakeholders to move their plans and actions forward. With many common assets and issues, it makes good sense to pool our experiences, resources and ideas to create positive solutions to some of our toughest neighbourhood challenges.

Happy New Year to all of you. We look forward to great accomplishments in 2014.

WARD 3 NEWS

BY BERNIE MORELLI

I would like to update you on several issues in the neighbourhood:

Gage Park Storm Water Management: The City of Hamilton is conducting the Preliminary Design for the Rothsay Avenue District Flood Remediation Works. The proposed works include new sewers at Montclair and Maple Avenues to divert storm water runoff into a new storm water management facility along the east side of Gage Park. On November 28, a Public Open House was held to provide an update on the landscaping and design of the storm water management pond and related work. The next step in the process is to incorporate the feedback from the public collected at the open house and move towards a detailed design of the proposed storm water management system.

Fall Garden and Chrysanthemum

Show: The City of Hamilton's 93rd Annual Fall Garden and Chrysanthemum Show has proven to be another resounding success. This year's theme was "Trains." Kudos to city staff and volunteers who make this a great show every year. This is just another piece of the on-going revitalization of our major neighbourhood park, Hamilton's crown jewel, Gage Park.

Snow on Sidewalks: As we head into winter, keep in mind that property owners, occupants and businesses must clear snow and ice from all city sidewalks surrounding their property within 24 hours of a snowfall. Helping Hands (phone: 905-546-3057) and Hamilton Snow Angels Awareness program (905-523-1910) are two options to help seniors and disabled persons clear their snow off their sidewalks in

the City of Hamilton.

Property Standards: My office, Municipal Law Enforcement and all major standards enforcement agencies continue to aggressively pursue illegal multiple unit properties, property standards and safety issues in the Ward as a top priority. Do not hesitate to contact Municipal Law Enforcement (phone: 905-546-2782 or e-mail: mle@hamilton.ca), or my office if you have any properties that you feel should be inspected. It is my belief that we are making headway but cannot let up in this challenge.

Blue Boxes and Green Carts: Along with the City, I am strongly committed to improving our efforts toward waste diversion. If you should need an extra blue box or green cart,



Ward 3 Councillor
Bernie Morelli

please call my office at 905-546-2702, and it will be delivered.

Should you have any municipal related questions/concerns or would like to discuss any of the issues above, please do not hesitate to contact me or my office at 905-546-2702 or by e-mail at bernie.morelli@hamilton.ca. We need your input and look forward to working with staff and community to address your concerns and interests.

Since this is the last newspaper issue until the New Year, on behalf of myself and my Executive Assistant, Mary-Ann Meyer, I wish you and your family Merry Christmas. May you always be blessed with much love, joy, peace and good health throughout the Holiday Season and the New Year.

THE SPOKES



STACEY ALLEN CILLIS

I'm married to my best friend, Calum, and privileged to be a mother to two groovy kids!

Born and raised in central Hamilton, I met Calum in Grimsby, and made him a Hamilton convert. I'm a cook by trade and have worked as a sous-chef, a lead cook, and am now a production assistant in a hospital kitchen. I am your Spoke for Cumberland Avenue between Fairleigh and Burris.

My family founded a community initiative called Oliver's Garden Project. Our inquisitive son Oliver started this initiative when he was only 6 years old.

Our family feels that Hamilton is a city of hard working, talented, thoughtful, proactive, community minded, and driven individuals that make us quite proud to live, work, play and raise our family here.

We adore our neighbourhood and are fortunate to have amazing neighbours with whom we often exchange conversation or lend a hand. Being able to connect with others with whom you share a neighbourhood is part of what makes a successful hub and human being.

The beauty of the old brick homes and looming forest nearby, along with Gage Park, where I played as a child, make it a comfortable and familiar place to be. Now our children are growing up in the heart of a bustling city, surrounded by nature and the fantastic opportunity of being a productive part of our community. Thank you Sherman Hub! We couldn't ask for much more!

If I Had a Million Dollars

BY MATTHEW GREEN

If you were Mayor for a day, where would you invest our City's tax dollars to make Hamilton a better place live? Let's pretend for a minute that you were given a cheque for \$1 million dollars and with it the opportunity to engage with your neighbours to decide how you would invest directly in your neighbourhood. Would you choose to improve a park, a playground or perhaps designate an off-leash dog park? Would you like to see public art installed in Gage Park, improved access to the rail trails along the escarpment or a pilot project to improve public safety in our neighbourhood's back alleys?

These ideas are much like some of the locally proposed projects supported in this year's Ward 1 and Ward 2 Participatory Budgeting (PB) campaigns. As explained in Participatorybudgeting.org "(PB) is a different way to manage public money, and to engage people in government. It is a democratic process in which community members directly decide how to spend part of a public budget. It enables taxpayers to work with government to make the budget decisions that affect their lives." There are various PB models, each with their respective strengths and weaknesses, but at the heart of the process is direct citizen engagement and participation in the City's financial decision-making.

The movement towards Participatory Budgeting began in Brazil back in 1990 and has spread to cities around the world. In Canada, Guelph first introduced PB in 1999 through the Neighbourhood Support Coalition and Toronto's Community Housing Corporation engaged its tenants in allocating \$9 Million of Capital Funding per year. Montreal's Mount Royal community implemented it to

decide on a \$1.5 million budget each year from 2006-2008.

Last year's introduction of the PB process to Hamilton resulted in two very different approaches to the budgeting model. In Ward 1, councillor Brian McHattie provided the residents in his community the opportunity to submit and vote online for projects they felt would improve their neighbourhoods. The process garnered 1200 resident votes and ended up with a shortlist of proposed projects including alleyway improvements, neighbourhood beautification, cycling infrastructure, water fountains, nutrition programs, park improvements, traffic calming, and way-finding. It allowed for a wide range of resident input with the ease of online voting.

In Ward 2, local resident Norman Kearney embarked on a much more interactive approach that included the creation of community assemblies complete with executive committees to organize resident-led community outreach, consultation, and direct participation.

"Participatory Budgeting Ward 2 (PBW2) aims to broaden, deepen, and sustain public deliberation and decision making over municipal fiscal policy. By providing opportunities for residents to learn and practice skills that empower them to effect change, PBW2 will contribute to enhancing the health and resilience of Hamilton's economy and society."

Since 2009 our own Sherman Hub Planning Team has annually delivered resident involved planning for funding grants of up to \$20 000 to agencies that align with our Neighbourhood Action Plan. It has given residents the ability to democratically select how funding allocated to our

neighbourhood would be best spent in our community. During our last funding meeting this past September, residents were presented with 'pitches' in the form of 5-minute presentations from representatives of various stakeholder organizations after which we were able to vote for those we felt best represented our local needs. In many ways this experience with resident-planned funding was the Sherman Hub's lead-in to what could be a broader Participatory Budgeting model for future community development investments.

Building on our "Asset Base" of established neighbourhood Hubs and associations here in Ward 3, perhaps we can begin to look at and advocate for Participatory Budgeting as a way to further engage those who tend to be left out or have chosen to stay out of the democratic process. With voter turnout at an all time low here in Hamilton, this recent shift toward a more participatory approach to resident engagement offers people direct access to the decisions paid for by their tax dollars. It's an exercise in democracy that requires some serious heavy lifting with strengthening of community leadership and organization, but in the end can only result in a much more vibrant and healthy democratic body.

<http://www.participatorybudgeting.org/about-participatory-budgeting/what-is-pb/>
<http://www.participatorybudgeting.org/about-participatory-budgeting/examples-of-participatory-budgeting/http://forward1.ca/>
<http://pbhamont.ca/missionprinciples/>
<http://southshermanhub.files.wordpress.com/2013/10/draft-shcpt-minutes-sep-3-13-with-reports.pdf>

MIDWIFERY

Midwife Mama FAQ

BY LYNLEE SPENCER

As of May 2013, I am a mom who also works outside of the home. I share a lot in common with other parents in this situation. Being a midwife, however, puts a unique twist on this experience. On the one hand, the 41 weeks I spent gestating, the days I spent labouring and birthing, and the year I spent stumbling – even soaring sometimes – through early motherhood, all shape the way I practice midwifery. On the other hand, the personal sacrifice every midwife makes to be on call for clients also shapes my experience as a mother. So, the two questions that friends, family, and clients ask me, now that I’m back working as a midwife, are not surprising.

The first question: How on earth do you do it? To those who have small children, the thought of being on call

24/7, and sometimes awake for more than 24 hours, is enough to cause an ulcer. I remember fretting about how I would manage this, as I watched my colleagues, whose toddlers had been up all night, clutching a coffee in two shaky hands while trying to put on a brave face when their pager went off, signaling another potential all-nighter.

It’s really not so bad. There are two main things that mitigate my unpredictable schedule. I always say that having a reliable partner/wife/husband is crucial. Some midwives are single parents and I don’t know how they do it. I am forever grateful to my partner, who makes a lot of his own personal sacrifices to parent our son when I’m at work. He responds if ours wakes up crying in the night, and gets

up early with him, so that I can sleep if I haven’t been called out to a birth. Most midwives today also work in more family-friendly models of care. So, rather than being on call all the time, I share the care of x-number of clients with another midwife, and we alternate doing clinic one week and call the next week. This is just one example of a number of different ways to work as a midwife. There are days when I feel the burden of being a midwife mama but, thankfully, these are few and far between.

The second question: Are you a different midwife now that you’ve had a baby? I always hesitate with this one, as if carefully handling a newborn. The short, and simple, answer is “yes,” but this response somehow short-changes the

complexities of the question. In some ways, I don’t want to suggest that I was a “lesser” midwife beforehand, nor that I am “better” now. I don’t think that does justice to myself, or to the many amazing childless midwives out there. Yet, I can’t deny that I am different now, and that this affects every aspect of my life, from personal relationships to professional ones. My knowledge around pregnancy and birth has not changed, but now I have a personal account to back it up. Of course, my clients will benefit most from what I learned about caring for a newborn, especially my “expertise” in colic.

At the moment, my life as a mother and midwife is well balanced. The weeks that I’m off call and doing a couple days of clinic appointments, I care for my son full time. Just as I’m starting to feel drained, it’s time to go back on call, which provides opportunity for personal space and adult conversation. After a while, I start to miss my son, and look forward to being on mommy duty again.

I did it for life!

...from Bill

I want to thank Nelly for coming to Homestead, and encouraging me in taking the screening for cancer. It took me 1 year to do the screening test. Finally I did it on Sept 6.

I am very happy I did this, that was the best thing for myself and I feel good about it.

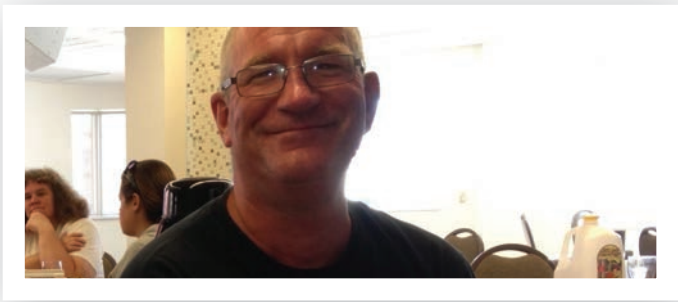
I want to enjoy life day by day.

I try to walk every day and sometime walk 2 hours a day and try to be active. Swimming is another thing I love doing. I love music, playing keyboard and listening to music.

I never get bored. I am content with my life and the things I got. I keep myself busy cleaning my apartment and cooking a meal for myself and cutting out the salt.

I have recovered from my anxiety. I take medicine for high blood pressure. As I get older I respect life and I learn more things than ever before.

I want to thank the Castle staff for helping me.



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MODERNIZE YET HONOUR THE WOOD PANELING, TRIM AND MOLDINGS IN YOUR HOME

One of the most controversial questions I hear from character home owners, is whether or not to paint the wood panelling, crown moldings, wood trim and hearth. Some feel that painting the wood trim of a home is desecrating the architect's original intent; but one of the important factors in any designer or architect's goal in the design of a home is functionality. In the early 1900s there was a sense of traditionalism that did not seek to fill the interior spaces of homes with natural light and access to views to the exterior. The wood though beautiful and ornate, is often quite heavy and dark.

The feel and aesthetic you wish to convey, will largely decide how you will treat the wood elements in your home. If you wish your home to be light filled, airy, and seem larger than what it is, you might want to consider painting your home monochromatically in warm whites, linens, creams or light greys. The walls, and the wood trim will vary in hues of one colour.

If you prefer just a touch of drama, painting your walls and wood trim the same colour is a great solution. Choose a dramatic, soft medium warm grey or soft grey-blue. By painting the wood trim the same colour as the wall, you honour the beauty and craftsmanship of the wood, so that it becomes part of the canvas that is the architecture, rather than be highlighted. Create emphasis and a focal point in the space that is completely unexpected, such as furniture, accessories and artwork that are a bit unexpected. They should be a mix of eclectic, vintage and modern pieces.

For a more sophisticated feel, paint an accent wall in a warm charcoal or if you aren't faint of heart, a black with the wood trim/panelling the same tone. Offset the accent wall with a warm white on all the other walls in the space. Choose lighting and accessories in metals like gold, silver or platinum. Mix ornate accessories with furniture having clean lines, simple forms and shapes. Textiles on larger pieces of furniture should be textural and plush with pillows and throws applying limited use of pattern. When choosing your focal wall, choose one that has a significant amount of wood panelling, built in cabinetry or a mantelpiece to help create the focal point needed in the space.

If you just can't paint the wood trim, or panelling, be sure to use bold, bright colours, multiple textures and strategically placed patterns on furniture and accessories to juxtapose the traditionalism of the original wood panelling and trim. Warm up the space with light textural wallpaper or large compositions of artwork to break up the space.

Whatever you decide to do with your wood paneling, trim and doors, ensure when your rooms open to one another, they are treated consistently. In other words, if your dining room opens to your living room, and one is painted and one isn't, you need to commit to stripping the paint and

HOW TO INTEGRATE MODERN INTO A CHARACTER HOME:

Five ways to honour while modernizing to our current sensibilities

BY PATTY CLYDESDALE, INTERIOR DESIGNER ARIDO, IDC



The simple lines of a parson's table, lucite end-chairs and a modern chandelier help update this traditional Edwardian dining room.

restoring the finishes of the wood to match existing, or commit to painting the rest of the wood in all spaces that are interconnected.

One of the things that I see most often in character homes that are or have become multi-residential, is the glaring lack of original moldings, wood panelling and trim. Restoring the wood molding and trim adds value to your property. Find out what was typically found in the home when it was built, and reinstate some of the original wood that's been removed over the decades. It's so disappointing to walk into a character home to find it's been stripped bare of all the architectural details that you would normally expect. Renters appreciate the details too, and a well maintained property attracts tenants who want to stay awhile.

MODERNIZE BUT RESIST BUILDERS BASIC FINISHES FOUND AT LARGE HOME RENOVATION BIG BOX STORES.

Take the time to find finishes that restore your home to its rightful glory. Choose finishes that are classic, and will stand the test of time. The architecture and finishes set the stage, and act as a canvas for the home. In bathrooms, mud rooms and front vestibules where original floor tiles were replaced with contemporary ones, choose tiles that are small, and geometric in shape, in monochromatic, warm whites, shades of grey, creams, taupe or even contrasting black and white. Don't be afraid to recreate some of the marquetry or patterns that were once found in the home. Using contemporary porcelain finishes in a character home can be too generic in feel and is inconsistent with the age and character of the home. Can't stand the original tile on your fireplace?

Replace it with a monochromatic, textured mosaic. Also, when it comes to flooring, one of the most heartbreaking things I often see is when laminate flooring is installed in place of hardwood. It's worth the investment to install engineered hardwood to maintain your home's character.

MODERNIZE WITH LAYERED LIGHTING.

There are many types of lighting and when used properly can really set off the architecture in a character home. It's also one of the things that is forgotten by homeowners. The first layer of lighting in any space is ambient lighting such as the lighting provided by a ceiling light, or recessed ceiling lights that give you that general lighting in the room. Then there's a second layer called accent lighting, such as that provided by a chandelier, table lamps or pendant lighting. The last layer is focal point lighting which is lighting that highlights that sculpture or painting you love so much. Layering lighting is extremely important; it gives ambiance to the space, helps you achieve the look and feel you are trying to achieve as well as provide functionality for the various tasks you do in a space. Don't be afraid to mix old, vintage, or even eclectic light fixtures with clean, modern ones.

MODERNIZE WITH FURNITURE AND ACCESSORIES.

Furnish your character home with furniture you love. Furniture should be functional, and scaled appropriately for the space. One of the biggest mistakes I often see are oversized pieces of furniture that overfill a space. Also, configure your furniture to be conducive to conversation and interaction and place it away from your walls. Choose modern, furniture with clean lines;

modern furniture doesn't have to mean uncomfortable furniture. Another no-no, do not buy matching furniture sets. Chairs should not match the sofa, nor should the sofa match the ottoman. Choose one piece of furniture to be that wow piece and don't be afraid to make it your sofa. Choose a bold luxurious colour and offset it with neutral, textured upholstery on the other pieces. Paint older pieces of furniture an unexpected vibrant colour to create interest in your space. Search for unusual accessories and group like colours together, creating little vignettes.

MODERNIZE WITH COLOUR IN STRATEGIC PLACES

Colour is highly personal and subjective, for each individual has their preferences and dislikes. There are millions of colours to choose from, all with varying hues (light to dark) and it can be very overwhelming. Many paint companies put together colour palettes to make it easier for the consumer to choose. Keep in mind, the companies have assembled up to four or five colours in a palette, but they aren't recommending painting them all in one space or even painting them at all. Take a look at the inspiration photo in the palette brochure. Only one paint colour is actually used on the walls and the other paint colours you find in the palette are inspired by the wood of a table, the textiles of the furniture, in the artwork on the wall or the accessories found in the space.

Remember, unless you're looking to sell the house, it's not the colour you choose that is important, it's how you use it. In a monochromatic colour scheme, various hues of the same colour are used in a space, but there can be a pop of bold accent colour in a large piece of artwork creating a focal point, or colour in the furniture and accessories.

Don't be afraid to use bold colour on the walls to create a modern feel to your home when you want sophistication and high drama. Just remember to balance the colour with tones, shades or neutrals. A red wall can be used as a dramatic backdrop to a rather large curated collection of photos and artwork. Use of bold colour should also be balanced by the warmth of a wood floor or furniture with warm wood accents. In spaces that are closed by a door, or are large spaces filled with lots of natural light, paint the whole room in colour.

Older or character homes can incorporate modern elements, while still maintaining their inherent essence, beauty and architecture. The architects who designed our character homes were all about the details. We can modernize our homes in a way that respects those details, while tailoring the home to our modern sensibilities.

HEALTH IN THE HUB

Hey fellow Sherman Hubbiens, I'm back again to give you some advice on how to be safe and healthy during the winter.

The most important thing I would like to talk about this fall and winter is raking or shoveling. Every year you hear about a neighbour or someone in the news having a heart attack while shoveling. If you live a fairly sedentary lifestyle, and your heart rate rarely goes anywhere near its maximum, this could be you. Raking and, especially, shoveling are both physically demanding and can put a lot of strain on a heart that isn't regularly exercised. While you're shoveling, your lungs are also working hard to warm the air you're breathing in, and your skin is recruiting more blood to try to warm up. To reduce the odds of having a heart attack while raking or shoveling you can:

- a)** Get someone else to do it; there are lots of people out there who could use the extra money, or you can contract a company to have your snow shoveled regularly;
- b)** Get me or your MD to test your blood pressure, cholesterol and other cardiovascular health factors to learn if you are at risk;
- c)** Start exercising regularly;
- d)** Get a snow blower;
- e)** Don't fill the shovel up too much as this is bad for your back, and recruiting those larger muscles is even harder on your heart;
- f)** Pace yourself; once you feel like you're starting to get out of breath or you feel your heart beating strongly, go inside and take a break until you feel rested, and start again. Don't let pride put you at risk of a heart attack. If you do push yourself too hard and start to get chest pain/pressure, palpitations,

How to Have a Healthy Winter

BY DR. JUSTIN GALLANT

shortness of breath or any peculiar symptoms, like numbing of the jaw or arm, for example, call 911 immediately.

Other things you can do for your health during the winter:

Vitamin D: If we're not getting 30 minutes of summer sun each day, we're not making enough. Doctors are told to assume everyone who isn't supplementing with vitamin D North of Florida is deficient in it. Having adequate vitamin D will reduce your risk of Seasonal Affective Disorder, depression, colds, flus, and infections, among many other things. Come talk to me to find out how much, and what form, of vitamin D to take, and to find out if it interacts with any medications you are taking, or any medical conditions you have.

Get outside: Most people think being exposed to cold temperatures is what causes colds. This is false; viruses are spread through respiratory droplets so it's actually the fact that we spend more time indoors during the winter that makes us more susceptible to getting colds. The combination of having raw nasal mucosa from

dry air, and being exposed to what other people are breathing/sneezing/coughing out, is what makes us sick.

Make an effort to visit friends and family: We tend to want to stay in and stay warm when it's cold outside but isolation is one of the main causes of depression. Even if you're not someone who gets depressed easily, going to visit a friend or family member who does suffer from mood disorders could make a huge difference in their lives.

Prevent dry skin before it happens – use moisturizer after getting out of the shower. The heater in your house is not only drying up the molecules in the air but it's also drying up the water molecules in your skin. Make sure you get a good moisturizer and apply it immediately after showering. Most moisturizers are made to keep the skin moisturized rather than moisturizing the skin, so applying it to dry skin isn't the best method. If you have really dry skin, it's also important to make sure you don't have hypothyroidism and that you're not dehydrated or lacking essential fatty acids.

Get a humidifier: As a continuation of the previous point, if we're drying up the water molecules in the air, resupplying the air with water molecules is also a great idea. This can help with skin and dryness issues.

Soups and stews: These are good for your digestion and your immune system. Try making your own soups and stews, as the ones on the shelves are loaded with preservatives and sodium. Making soups and stews is one of the easiest things to do so there's no excuse! While it's cold, try to avoid things like raw fruits and vegetables. Throw them in a slow-cooker instead if you can.

Slow-cookers are great for efficiency and nice to come home to at the end of the day. If you need help finding recipes, let me know.

Drink warm herbal teas: Herbal teas are underestimated for medicinal value. There can be immune-boosting teas, antiviral teas, teas that are good for digestion, kidneys, liver, etc. I am trained in herbal medicine, so if you come see me, I can teach you about which teas would be best for you.

If you have diabetes or circulatory issues don't stay out in the cold for too long. This could lead to frostbite or serious damage to your hands and feet. Diabetes impairs circulation and the central nervous system functioning. We need circulation to warm up our toes and we need nerves to tell our brains if we are too cold and need to be warmed up. Some medications can make us more susceptible to frostbite too.

If you have asthma or any breathing issues, make sure you wear something that covers your nose and mouth (but lets you breathe), as this will help warm the air up so your respiratory and cardiovascular systems don't have to work so hard to warm the air up for you.

Immune boosters and antivirals: There are several vitamins, nutrients and herbs which can improve your immunity and help stave off viruses. Talk to me if you're interested in getting on a good immune regimen.

Thanks for reading! If you have any questions or comments, feel free to contact me or comment below if you're reading this online.

Justin Gallant is a Naturopathic Doctor at Advantage Chiropractic and Massage (Dunsmuir and Sherman) 905-547-5393 www.DrJustinGallantND.com

THE URBAN GARDENER

Indoor Plant Tips

BY CANDY VENNING

The December solstice is happily behind us, and we can now collect daylight minutes that will bring about longer days. (Yay!) As we are possibly stuck indoors for a few more months, I thought I would share a few tips for houseplants; tips I've gleaned partially from experience, but mostly from my library of gardening books.

Now, let's get something straight – I'm no 'houseplant expert.' I do have a husband who consistently brings home stray orchids (on sale...no blooms), fragrant exotics (they want full tropical sun), and 'interesting' foliage plants, (poisonous, spiny, non-flowering).

I try not to feel guilty when I kill a plant; I reverently place the hapless victim gently in the compost and silently thank it for trying to survive, despite my feeble and, sometimes, criminal neglect. Needless to say, I really am an 'outdoor' plant kind of person. But, for the houseplants with which I've had success (or perhaps they have succeeded with me) here are my tips:

- **PESTS:** Ed Lawrence of CBC recommends this recipe for infestations of Aphids, Whitefly, and Spider Mites: 40 parts water, 1 part liquid soap (usually dish soap). This is messy when spraying or using a soapy washcloth, so it's recommended to apply the treatment in the bathtub (spray from underneath or wipe leaves). Don't be shy, your victim should be dripping wet. There will be insect eggs, so as soon as you see new signs of crawly life: Repeat! For 'Scale' use the same recipe but add 8 parts rubbing alcohol (to help break down the waxy shell); leave on for 5–10 minutes. Another trick I learned was to cover the soil tightly with a bag or anything that will hold the soil in the pot, submerge upside down and gently swish. Rinse with clean water after you feel every pesky bug has expired.
- **FERTILIZER:** Hold off. Plants are in low light conditions and generally going dormant. Fertilizing is more appropriate

in March as light increases, which is also generally a better time to increase watering. (A plant in a south-facing window will only receive 10% of the light that it would get outside.) When in doubt, err on the side of under-watering because once roots have rotted, well, a plant rarely comes back from the brink.

- **HOUSEPLANT APPEARANCE:** No need for ugliness! That crusty dusty soil in pots drives me crazy. If you haven't re-potted in ages or never plan to, then add an inch of fresh black potting soil to regenerate, then cover with Sphagnum moss. Or, use pine needles or tiny pine cones to make a pretty 'mulch.' Use pebble and shell collections around the stems of any plant, even marbles or glass beads (and all of these suggestions have the added benefit of discouraging pets from using it as a toilet, or naughty guests using the pots as an ashtray.) Thrift stores have a selection of individual and ornate saucers and plates: There is no excuse for yogurt container lids to catch water overflow. Glass microwave trays (also available in thrift shops) have little nubbly 'feet' to keep a larger pot lifted off the floor, preventing stains or mould from building up between a porous terra cotta or ceramic

pot and hardwood floors/carpeting (also the clear glass makes it nearly invisible and lifting it off direct floor contact looks classy).

I do realize there are a few seasonally pertinent tips I've not addressed such as getting a reluctant Christmas Cactus to bloom, asking an Amaryllis for more flowers, or making a post-holiday Poinsettia look like a living creature. I refer you back to my earlier comment about being a 'houseplant expert'. All these things seem like a lot of work for dubious results. Recycle, re-gift, compost, and, if you must persist in these endeavors, look online. Much has been written, many steps are required, and I will be saving my hopes and energy for Spring.

P.S. Keep an eye out here <http://hcgncanada.ca/seedy/> for 'Seedy Sunday' (usually in February) – last year was a fabulous success with free seeds, seminars, and professionals with whom to chat; plus, a number of interesting accessories to purchase.

Candy Venning is a Landscape Designer and owner of Venni Gardens www.vennigardens.com

A GREAT PLACE TO START 2014

BY DEB STRINGER

There's always a celebration at HARRRP. 2014 marks a new term for most groups and classes. This community centre is open to everyone, and there is always something new to try. "Like" the Facebook page for updates.

I have been doing Aikido with Branislav Kalanj since February, and I love how strong I am becoming. No matter what is going on in my life I know my dojo will be there to help me find a path through the chaos. It brings together my mind, body, and soul and makes me feel like I can do anything. So this fall when I had a few days off work, I decided to treat myself to a 'staycation' at HARRRP.

Have you had a chance to try the line dancing on Tuesday mornings? It's free and open to all skill levels. Check out the great pictures and the article on the HARRRP website.

On Tuesday afternoons the pottery studio upstairs hosts a ceramics class. Beautiful works of art and household items are created by artists of all levels of experience. Tuesday evenings are busy with the thumping of aerobics, later quieting as the aerial dancers and martial artists train. The art society works nearby and the building is heavy with concentration.

The Good Food box arrives the third Wednesday of every month and the

colourful fruits and vegetables bring photographers, friends, and foodies together for good times and fresh produce. Contact a staff member to sign up, the email system makes it easy and convenient.

Wednesday afternoon the upstairs rocks with the ladies of Laughter Yoga. Joan, the Laughter Leader, runs a fun, physical, group. She is very knowledgeable about this gentle exercise and the science behind it. After class the regulars enjoy tea and refreshments as well as celebrating each other's special moments - the laughter never stops with this group.

Lily does both Laughter Yoga and the Thursday morning Tai-Chi group.

"Before Tai-Chi, I was very sick. I am much stronger now and I get around a lot easier. Jerry, our instructor, is great," she adds, "He spends a lot of time with beginners. He also leads a group every morning from April to November on the grounds of Dundurn Castle overlooking Lake Ontario. I go as often as I can as long as the weather holds."

After the class, the group, which has now become friends, meets with HARRRP staff member Colleen for coffee, and a chat to share everyone's news. "This is my favorite part of the day," says Colleen.

Thursday nights keep the action

alive as the aerobics and martial artists challenge themselves to new heights. Freeskool Yogis offer a yoga class for all skill levels that is very well attended. Mats are provided or you can bring your own.

Marko recently started Yoga, Aikido, and choir too.

"I meet new people and have a lot of fun. Everything I'm doing is really good for me, for my body, my breathing, my heart, you know. And I make friends."

Why not wrap up the work week with a rousing game of table tennis? All the equipment is there, and folks love to get together and laugh over this fun sport. You'll have a great time with Kathy and Sharon.

The choir meets Saturday mornings and a new term of music starts in January. Every voice is welcome. Aerobics meets again and the weekend is kicked off with their energetic beats. Our whole family can make a day of activities, with music for children in the morning, "Funtasia" arts and upcycled sewing crafts and pottery for everyone in the afternoon.

Looking for a screwdriver to finish that home project? If you had the right wrench you could assemble that Swedish furniture? Did you know that HARRRP hosts a very complete tool lending library? Everything from landscaping

tools to a stained glass kit can be found here, please stop by and poke around a bit. We can build anything we can imagine at HARRRP.

My staycation was wonderful. Just like an expensive holiday away, I tried new things, relaxed deeply and thoroughly, made a lot of new friends, ate lots of treats, had fun and laughs, and didn't have a chance to do half of the things I wanted to. Unlike a vacation away, it didn't cost me a penny, and I can easily go back to do more and spend time with my new friends.

HARRRP programs are as diverse as the neighbours that build them. The annual gala, on February 21, at Liuna Station is a fantastic fundraising event for your community center. Many of the athletes, artists, dancers, singers and musicians that make up our great neighbourhood contribute their talents to this event.

HARRRP offers the space of the historic St. Peter's building to the community groups which use it on a first come, first served basis. We begin as volunteers, visitors, students, and participants, but we end as friends. The gift of time we share with each other makes our community and our spirits strong. Why not make 2014 special by visiting your neighbours at St. Peter's HARRRP?

Pitch Your Park!

The Sherman Hub Event Planning Action Team is gearing up to host another great BBQ in August of 2014 and we want you to Pitch Your Park! Last summer the BBQ was held at Lifesavers Park at Cumberland and Sanford and we know there are other great places to gather in the Hub. If you think your park is a great spot for next year's BBQ send us 250 words telling us why and we will publish the winning pitch in the next issue. Please include your contact information and the location of the park when you send your submission to: itshappenninginthehubs@gmail.com

HARRRP GALA FEBRUARY 21, 2014

With the New Year just starting, the people at HARRRP are busy planning their third annual HARRRP Gala fundraiser, to be held February 21st, at Liuna Station. Last year's gala was a tremendous success, and we are excited for this year's gala. Last year, we had 350 people in attendance. It was a beautiful evening, with everyone dressed up in their finest, enjoying delicious food and drinks, and a lovely evening to socialize and have fun. The Rays played jazz music in the background, and as people got seated, they were entertained by a flash dance from Defining Movement Dance, and a performance by the Hamilton Aerial Group. All of these performances were interspersed throughout a delicious four-course meal accompanied by exquisite wine. There was also a silent auction taking place, with amazing prizes donated by local businesses, a 50/50 draw, and a wine raffle, which contained thirty-six bottles of premium wine and a wine fridge. At the end of the meal, people had the opportunity to witness, experience, and in a way, take part in the work that HARRRP does. We had invited five members from the YOUTH Create after-school programs at Dr. Davey and Memorial Elementary schools to come join us at the gala. They had an

opportunity to dress up and enjoy the evening along with everyone else - an opportunity that they might not have otherwise experienced. It was inspiring and heartwarming to be able to see and meet the YOUTH Create kids who - along with countless others who participate in our programs - benefit directly from HARRRP's programs through the donations of generous people. The night ended with Josh and Josh from Defining Movement Dance getting everyone out onto the dance floor, having a blast, and dancing the night away.

We are so pleased with the success of last year's gala, and are hoping for even more success this year. We are already very excited about the ideas that are being generated, and hope that we can have even more people attend, and create an unforgettable event that continues to grow and be enjoyed. If you are interested in attending the HARRRP gala, tickets are \$100/per person, or \$750 for a table of eight. More information can be found on our website, www.harrrrp.ca, or by e-mailing stpeters.harrrrp@gmail.com, or calling us at 905-544-0050. We hope to see you on February 21st 2014 at Liuna Station!



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EVENTS: THERE’S A LOT GOING ON!

Sherman Hub Community Planning Team Meeting

JANUARY 6, 7pm
St. Giles United Church,
85 Holton Ave. South

- All are welcome to attend these monthly meetings to discuss issues and activities in the Sherman Hub.

Info: david.derbyshire@wesley.ca

Wraparound in the Sherman Hub

JANUARY 6, 9:30am-Noon
St. Peter’s HARRRP, 705 Main St. East

- Held weekly, the Wraparound life planning process helps people find resources to improve their lives. Anyone in need of support or interested in volunteering can call Marilyn at 905-516-3495.

Info: wraparoundshermanhub@hotmail.com / www.shalemnetwork.org

Kingdom Kidz

JANUARY 8, 4:30-6:30pm
New Westminster Presbyterian Church,
1025 King St. East

- Free program on Wednesdays for children in grades 1-6. Includes food, games, music, stories and crafts. Pre-registration is required.

Info: 905-545-3575 (Leave name and phone number.)

Art Crawl

JANUARY 10, 8-9pm
James St. North

- Every second Friday of the month, join in the fun as all kinds of artists display their work or perform indoors and outdoors.

Info: www.jamesstreetnorth.ca/blog/

Suzuki Music

JANUARY 13-MARCH 24, 10-11am
Sanford Ontario Early Years Centre,
735 King St. East, FI 1A

- These free sessions introduce children to music by exploring rhythm and beats that develop concentration, memory, fine motor and listening skills. Practising together one-on-one, encourages close parent/caregiver and child bonding. Pre-registration is required. Enter through the back door directly into program space.

Info: 905-525-5855 (Joanne or Leanne)

Art Bus

JANUARY 17, 6:30pm
The Pearl Company
16 Steven St.

- Friday night art gallery tours, sponsored by Judy Marsales Real Estate. \$15 per person. \$10 for students/artists. Reserve your seat on the bus.

Info: 905-524-0606 / info@thepearlcompany.ca

Community Café

JANUARY 15, 5pm
Cathy Wever School,
160 Wentworth St. North

- Wever Core invites parents, seniors and local residents to learn more about services and opportunities, see what is happening in our hub, and be part of positive change. Join us in the school library.

Info: 905-522-9965 (Nurse Laura)

Robbie Burns Dinner

JANUARY 25, 5:30pm
New Westminster Presbyterian Church,
1025 King St. East

- Enjoy a sit-down roast beef dinner with haggis, and live Scottish music performed by a local musician. Tickets \$15 each.

Info: 905-545-3575

Support Meeting for Polycystic Kidney Disease Patients

JANUARY 26, 2-4pm
St. Joseph’s Healthcare Hamilton,
50 Charlton Ave. East

- Free talks, webinars and peer-sharing about various aspects of chronic kidney disease. Hosted by the Hamilton Chapter of The PKD Foundation of Canada, on Sundays, every other month.

Info: 1-800-410-1741 / hamiltonchapter@endpkd.ca

Cultural Family

FRIDAYS, 9am-Noon
Sanford Ontario Early Years Centre,
735 King St. East, FI 1A

- This free drop-in program is for families with children 0-6 y/o, offering weekly activities (sewing, knitting, cooking) and parenting workshop topics. Child minding is provided. Enter via the back door.

Info: 905-525-5855 (Joanne or Leanne)

Parenting and Family Literacy Centre (PFLC)

ONGOING, 9am-1pm
Adelaide Hoodless School,
71 Maplewood Ave.

- The PFLC is a free Monday-Friday program for caregivers, families, and their children 0-6 y/o. The program provides fun, interactive play and learning experiences. A snack is provided!

Info: 289-775-5444 (Lynda) / lynda.raike@hwdsb.on.ca

Free Swim

ONGOING
Jimmy Thompson Pool
1099 King St. East

- Free Family Swim on Wednesdays, 6:30-7:30pm. Free Public Swim on Mondays and Wednesdays, 7:30-8:30pm. No registration required. Program schedules are subject to change or cancellation without notice. Check www.hamilton.ca/rec.

Info: 905-546-4768 / recreation@hamilton.ca

Driving Miss Daisy

FEBRUARY 5-22
Theatre Aquarius
Dofasco Centre for the Arts,
190 King William St.

- The story of an elderly Southern Jewish woman, her African-American chauffeur and their unlikely friendship that grew over decades, changing them both.

Info: 905-522-7529 / www.theatreaquarius.org

Margaret Watkins: Domestic Symphonies Exhibition

FEBRUARY 6-MAY 3
McMaster Museum of Art
1280 Main St. West

- 108 photographs taken between 1914 and 1939 by Hamilton-born photographer, Watkins. Varying from portraits and landscapes that bear the soft focus, romantic mood and lyrical forms of the Pictorialist movement, to modernist still lifes, street scenes, advertising work and commercial designs.

Info: 905-525-9140 x.23081 / www.mcmaster.ca/museum

Kiss Me, I’m Irish

FEBRUARY 15, 7:30pm
St. Peter’s HARRRP, 705 Main St. East

- A concert not to be missed! SteelTown Symphony presents a celebration of Celtic music with popular tunes from Ireland and the rest of the British Isles. Tickets \$10 per person at the door.

Info: 905-528-2361 / sts.board@gmail.com / www.steeltownsymphony.com

HARRRP Gala – Dancing on Sunshine

FEBRUARY 21, 6pm
LIUNA Station, 360 James St. North

- HARRRP’s major fund-raiser of the year — an elegant dinner dance with entertainment, dancing, prizes, and a silent auction. Tickets \$100 each (Table of 8: \$750), available at St. Peter’s HARRRP, 705 Main St. East.

Info: 905-544-0050

Fauré’s Requiem & Vaughan Williams’ Mass in G Minor

FEBRUARY 28, 7:30pm
Christ’s Church Cathedral,
252 James St. North

- Bach Elgar Choir presents Fauré’s Requiem, one of the most revered works of the late 19th century. Vaughan Williams’ Mass in G Minor is a lush and sonorous, little-known masterpiece.

Info: 905-527-5995 / www.bachelgar.com

Drop In Play Time

ONGOING
Sanford Ontario Early Years Centre,
735 King St. East, FI 1A

- A free play opportunity for parents/caregivers to bring their children to interact with other families. Monday to Thursday 9am-3:30pm. Fridays 9am-Noon. Enter through the back door directly into program space.

Info: 905-525-5855 (Joanne or Leanne)

Cat & Kitten Food Drive

ONGOING
Donairs At Gage, 1127 King St. East

- Donations of quality cat/kitten food and litter are welcome for the Kit Cat Club of Hamilton.

Info: 905-545-5444 / www.donairs-at-gage.ca

HAMILTON PUBLIC LIBRARY EVENTS

BARTON BRANCH

571 Barton St. East
Info: 905-546-3450 / www.hpl.ca

Wii Gaming for Kids

SATURDAYS, starting Jan. 4, 2-4pm

- Drop in to hone Wii gaming skills and have fun with other kids. Contact Kathleen, x.3443.

Noble Health Bus

MONDAYS, starting Jan. 6, 2pm

- Free health screening for adults, at the corner of Milton Ave.

Contact Dale, x.3443

Project Safe Neighbourhood

TUESDAYS, starting Jan. 7, 2-3pm

- A drop-in program for home-owners and renters. Learn how to keep your home and family safe from fires.

Contact Dale, x.3443

Book Club for 18+ y/o

JANUARY 13, 6:30pm

- Drop in for great reads and good company with the Barton Bibliophiles.

Contact Dale, x.3443

Knittin’ Around for 18+

JANUARY 20, 2pm

- Drop in with your knitting projects and share tips and techniques with other knitting enthusiasts. Contact Dale, x.3443

KENILWORTH BRANCH

103 Kenilworth Ave. North
Info: 905-546-3960 / www.hpl.ca

Twisted Stitches Knitting Club

JANUARY 6, 2:30-3:30pm

- Adult knitters of all skill levels are welcome on the first Monday of each month. Contact Marg or Sandy, x.7188

Alzheimer’s Unscrambled

JANUARY 9, 6pm

- A talk about the most common form of dementia, by Marian Cummins from Alzheimer’s Canada. Registration is required. Contact Sandy Robertson, x.7188

Kidknits for 8+ y/o

JANUARY 16, 30, 3:30-5pm, 2nd floor

- Learn to knit, or learn new skills. Registration is required. Contact Marg Lee, x.7188

Hamilton During the War of 1812

JANUARY 16, 6:30pm

- You’ll be surprised by the activity from spies to soldiers to General Brock riding through on his way to battle! Featuring HPL’s Archivist Margaret Houghton. Registration is required. Contact Sandy Robertson, x.7188

LEGO Mania for 5+ y/o

JANUARY 25, 2:30pm, 2nd floor

- Drop in. LEGO is provided. Contact Joanne Le Blanc, x.7188

Page Turners Book Club

JANUARY 27, 2pm

- Pick up a copy of the book at the Information Desk and join us for great discussions!

Registration is required. Contact Sandy Robertson, x.7188

Teen Book Club

JANUARY 27, 4-5pm, Basement

- Ages 13-18 can bring snacks and discuss exciting new books and genres. Registration is required. Contact Kathleen Shannon, x.7188

Note: Event details are subject to change without notice. Please contact the specified host to confirm in advance.