

Be Part of the Next **StinZine**

For our final Stinzine in December, we want to feature some of your favourite Winter Warming Recipes. Is there a favourite winter recipe that you have that you think your neighbours should know? Send it to us (with a picture too if you have it!) through the Facebook page or at stinzine@stinsoncommunity.ca. We can't wait to read your recipes!

Stinson NEIGHBOURHOOD ACTION PLAN Feedback

Now it's your turn to provide feedback on SNAP. There is an on-line survey available at the Stinson Neighbourhood Association Facebook Page and on the website (www.stinsoncommunity.ca).

Background:

The Stinson Community Association is part of the Neighbourhood Action Strategy; a partnership between the City, Hamilton Community Foundation, Social Planning & Research Council of Hamilton, and Best Start, that inspires change through resident-led local planning and action. The Stinson Neighbourhood Action Plan serves as a focal point for resident-led action in our neighbourhood. Your input is important.

What are our priorities today (refer to earlier article for a refresher on our 2012 priorities)?

Responses will be combined and used in the updating of our neighbourhood plan. Individual responses are confidential and anonymous. There are no right or wrong answers.

1. What do you want to KEEP AND PROTECT in Stinson
2. What do you want to STOP OR CHANGE in Stinson?
3. What do you want to START OR INTRODUCE in Stinson?
4. Any other comments?

THANK YOU FOR SHARING YOUR FEEDBACK!

Please drop off completed feedback at the Central Memorial Recreation Centre (93 West Ave S.)

StinZine

Issue #013 :: October 2016

A publication by the Stinson Community about Stinson

OUR
NEIGH
BOUR
HOOD

OUR
PLAN

Welcome to the StinZine!

You may notice this issue has a theme. Many of our articles touch on the Stinson Neighbourhood Action Plan (SNAP). The first “version” of this plan came into action in 2012 and at that time our priorities were:

- Beautification and Carter Park Redevelopment
- Inclusive Community Engagement
- Walkable Streets
- Skills Training
- Poverty Reduction
- Business Connections


The plan is in the process of being updated. We wanted the Stinzine to check-in on some of these priorities. We have a profile of one of our local community businesses: Dr Chithalen on Stinson (the tooth!); we have an update on some events in Stinson; and a profile on a local Stinson resident who was motivated to give back after reading an issue of the Stinzine. We are also providing an update from the Neighbourhood Action Evaluation research team on how residents feel about the SNAP. Finally, our back page asks YOU to participate in updating the plan and we hope that you will add your voice to this update.

Happy reading,
Margaret

NEIGHBOURHOOD ENGAGEMENT MATCHING GRANT PROGRAM

Looking to have an event in your neighbourhood or launch a community initiative? The City of Hamilton may be able to help you fund it. The City, through its Neighbourhood Action Strategy, is offering a Neighbourhood Engagement Matching Grant Program. This program provides one-time matching funds, up to \$1,000 maximum, to support neighbourhood initiatives in Hamilton neighbourhoods. There are three areas of focus: Building Community, Changing Spaces, and Building Capacity.

This grant program requires a 100% matching community contribution. The matching component can include any combination of volunteer labour, donated materials, donated professional services and/or cash.

For more info, visit: www.hamilton.ca/community-funding-grant-programs/neighbourhood-engagement-matching-grant-program/neighbourhood  Hamilton



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DR. CHITHALEN PROFILE by Linda Matthews

As one strolls through the historically vibrant streets of Stinson, one can't help but notice the beautiful limestone and gingerboard manor house at 118 Stinson St. The land was originally owned by Ephraim Land, who bought the property in 1804. Mr. Land built the house around 1845.

It was in 1978 that Dr. June Chithalen purchased the building, converting the main floor to dental offices and the upper floor to an apartment. (For more history on this building, search EJC Dentistry).

Although in younger years his son, Dr. Jan Chithalen, had thought of venturing into the architectural world, he was drawn back with his love of great teeth to follow in his father's footsteps and take over his practice in Stinson. He feels this is a great profession where he can use science skills to be as “evidence based” as possible, and artistic creativity where he and his team can make restorations and smiles look as natural as possible.

Since arriving into the Stinson area in 1994, Dr. Jan Chithalen feels the community has evolved into a very safe, friendly community that really embraces the neighbour part of neighbourhood.

When asked what advice he would give regarding strong teeth, Dr. Chithalen explained that for young children there are two schools of thought; 1) to see a dentist when a child's first tooth comes in for a “Well baby” visit, 2) Bring the child around age three when the child is better able to sit still and understand what is happening. He also suggested that flossing is very important because like a house, healthy gums are the strong foundation for the main portal to your whole body.

Dr. Chithalen supports athletic groups throughout the Hamilton area in his work with Hamilton Bulldogs, Toronto Rock and The Hamilton Tiger Cats. He also consults with McMaster Marauders. The father of three, Dr. Chithalen recommends and offers mouth guards to teams that his children play on as well.

Dr. Chithalen is always accepting new patients so come visit the big white tooth at EJC Dentistry on Stinson and Emerald, or “like” him on Facebook.

Smile for the day: What's the best time for a dental appointment?

Answer: Tooth hurty (2:30)



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SPOTLIGHT ON A STINSONITE: *Jessica Gale*

By: Eleni Jalbout



The Stinson neighbourhood is home to some wonderful residents who are making a positive and lasting impact on this community. I recently had the pleasure of meeting one such resident, Jessica Gale, and learned how she is giving back to the community she has grown to love. I was taken by her occupation – an organic flower farmer – and I was also surprised to learn she was donating her leftover flowers from weddings and farmers’ markets to the residents and staff at Emmanuel House.

Jessica and her husband moved to Stinson from Toronto. While reading through a StinZine edition, she learned of Emmanuel House, its historical significance, and the spiritual and palliative care it offers. It was the perfect match: Jessica had been looking for a green solution for the leftover flowers that she didn’t want going to waste. Now each week, Jessica brings stunning bouquets of local flowers to the residents and staff at Emmanuel House, so they can enjoy the beauty.

I asked Jessica to explain what living in a community like Stinson means to her, and the importance of donating in one’s own neighbourhood.

EJ: What drew you to the Stinson neighbourhood?

JG: Since my husband and I are renters, we looked for affordability, a nice, safe neighbourhood, and the right apartment [. . .] We now love the neighbourhood because it’s quiet, friendly, has excellent access to green spaces (the trails) and lovely houses.

EJ: How did you get into the flower farming business?

JG: When I moved to Toronto, I got involved in the urban farming scene. Cut flowers particularly interested me because that year I also got married and I didn’t really know a lot about where and how cut flowers were grown. Realizing that the majority of flowers are imports, I felt drawn to the local flower movement.

EJ: What led to you deciding to donate flowers to Emmanuel House?

JG: [...] I always wanted to have a place to donate extra flowers from market or weddings, but in all the crazy hustle, I never could locate the right spot. When I moved to Hamilton I was determined to find a place to share the flowers and the StinZine made it easy. I took the issue featuring Emmanuel House out of my mailbox, read the article and pretty much called the next day.

EJ: How, in your opinion, does donating affect your day-to-day life?

JG: In the agricultural world, sadly, there is a lot of waste. Luckily, as an organic farmer, there is always the option to compost, but it’s a shame to take a perfectly good flower and throw it in the compost heap. I always wanted to find an organization to partner with so people could enjoy the blooms I worked so hard to grow. It makes me so happy to find Emmanuel House... It’s warming to think people are enjoying a bit of colour and sunshine in their rooms.

WALKABLE STREETS

BY MARGARET BENNETT

As many of you know, our participatory budgeting exercise this year, Plan Local, was around safe streets. In the spring, residents across Ward 2 submitted ways we could make our streets safer in phase 1 of the process. City staff and Councillor Farr then reviewed the suggestions and came up with a short-list that was balanced across Ward 2 neighbourhoods and took into consideration existing city plans. In phase 2 residents voted on the list for the final projects that would receive the go-ahead. Full details on the process and list are available at www.planlocal.ca

Stinson residents participated effectively in this process. Our vote percentage exceeded our ward percentage; something that Councillor Farr noted was particularly impressive and commended us for. A big thank you to Eleni Jalbout for championing our participation! We found out the ward-wide results in September and Stinson will be benefitting from this process in with new bike lanes along Stinson and a new pedestrian crossing at Wellington and Stinson. The budget for Plan Local projects is divided equally among all the Ward 2 neighbourhoods so while Stinson is the smallest, our votes truly did matter in the changes we will see.

The bike lanes will, in fact, be the largest project (budget-wise) as part of Plan Local. Although there has been some confusion over this, it is not simply repaving the street and repainting the bike lanes. Stinson residents will be invited to consult on the design for the bike lanes and given the opportunity to provide feedback on the design of the lanes within the street. Many residents had noted a concern about speed on Stinson, particularly with potentially increasing traffic with the LRT construction. Councillor Farr noted that he hasn’t seen a bike lane installation yet that hasn’t deterred speeding. Coupled with the recently completed Wentworth two-way conversion, we are hoping that these initiatives will result in slower speeds for cars in our neighbourhoods, while making us even more of a bike-friendly neighbourhood.

While we know that these projects are still a few years off, it’s promising to see the impact our suggestions had on making our streets safer and more walkable. Look for the 2017 theme and process early next Spring and thank you for being part of the process!

STINSON EYE SPY FEATURE

Where Have You

Seen This Before?

1



2



Photos: Cathy Sutherland

STINSON EVENTS PAGE

YOUR COMMUNITY UPDATES

November 10 – 7:00pm – Stinson Community Association Meeting, Central Community Centre, 93 West Ave. South

November 26 – “Shop Downtown” hosted by Downtown Hamilton and International Village BIAs. A free trolley will run between 11 am – 2pm. It will circle from Wellington and King to James and back around on King William, making several stops along the way to see where you can shop locally. Come out and support our local shops.

December 2 – 5pm onwards – Victorian Christmas in the International Village; enjoy the festive lights and free apple cider and sleigh rides throughout the evening from Ferguson Station. Stay tuned for a special plan for Stinson residents to join in the festivities.

December 8 – 7:00pm - Stinson Community Association Meeting, Central Community Centre, 93 West Ave. South

AGM

Our Stinson Annual General Meeting was held on October 13. We had some great presentations from our area crime manager, Sacajawea Non-Profit Housing, Councillor Jason Farr, and others. We also held elections for the new executive team. The full minutes of the meeting and contact for the executive can be found on our website www.stinsoncommunity.ca

- Co-Chair: Karl Andrus
- Co-Chair: Matt Grande
- Secretary: Erika Morton
- Treasurer: David Michal

We hope all residents and business owners in Stinson know that you are welcome to attend meetings on the second Thursday of the month and engage with us over our various social channels.



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STINSON COMMUNITY ASSOCIATION

NEIGHBOURHOOD ACTION EVALUATION FOCUS GROUP SUMMARY, OCT 2016

When: A focus group was held on June 9th 2016 and a follow-up was held on August 11th 2016.

Where: At the Central Memorial Recreation Centre

Who: The focus groups were facilitated by the Neighbourhood Action Evaluation through the University of Toronto. This research is funded by the Canadian Institutes of Health Research. The NAE works with the City of Hamilton, the Hamilton Community Foundation, and the Social Planning and Research Council of Hamilton to put the information that we collect to good use, but we do our research independently of them. More than 12 residents of the Stinson neighbourhood participated in the focus group.

What: During the focus group, the Action Items from Stinson’s Action Plan were posted around the room for neighbours to comment on. We were looking for status updates on the Action Items. Some items that were “Underway” had since been completed. Some items that were “On hold” were now “Underway”. We captured the movement of the Action Items and asked for comments on what was moving progress along on these items, and what was holding them back. We also had a general discussion about the Action Plan and heard from the Stinson Community Association (SCA) about the successes and challenges of the Neighbourhood Action Strategy, how issues of inclusion are being addressed, and what advice they would give to improve the process.

SUCCESSES: CHALLENGES:

- Carter Park
- Stinson branding
- Great volunteers
- StinZine
- Events in the parks
- Increased membership

- Updated information needs to be more accessible e.g. website needs work
- Understanding the relationship with the City e.g. who does what?
- Retaining volunteers, finding a champion
- Outreach e.g. getting into apartment buildings and encouraging renters to participate
- Event planning e.g. organization and preparation
- Momentum may have been lost but things are improving

For more Information, contact:
info@stinsoncommunity.ca



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