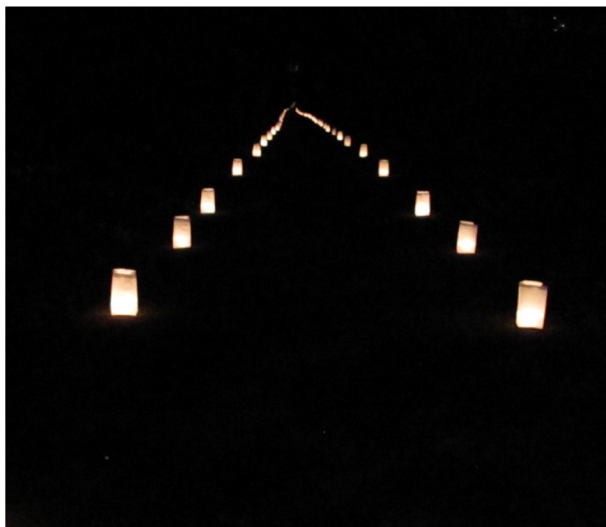


StinZine

SHARING STORIES FROM THE STINSON COMMUNITY



LETTER FROM THE EDITOR

There is no doubt that the Stinzine is an asset to our community. For me, it was the way I first felt like Stinson was my neighbourhood after my neighbour dropped off a copy with a note the day after we moved in. It told me what was going on in Stinson and gave me a sense of the people and character.

Earlier this year, a group of residents got together to define a Mission, Vision, and Values for the Stinzine. We're still going through that process, but we agree that we want the Stinzine to tell YOUR stories; to hear YOUR voices; to hear what matters to YOU. Over the coming issues you'll notice that the Stinzine starts to evolve in design. This issue is bigger than in past, and we are curious to hear your thoughts on both the content and the format. Although we'll be tweaking the design, it will remain dedicated to being a resident-led publication that seeks to provide an open forum for Stinson residents to share stories that connect, inform, and inspire conversation and action.

In this issue we're excited to tell you about many of the exciting events happening in Stinson this summer. From Songs from the Bishop, a second-annual community barbecue, to some newer initiatives including the Rail Trail Walking Group and the Community Garden, there is a lot going on and we're telling you about it in this issue. In the spirit of gardening, we have some a feature of one of our amazing Stinson Residents whose garden is a true asset to our community.

For future issues we want to hear from our residents. What matters to you? Is it the bird life you can see on the rail trail? Do you have a solution to the litter problem? Does something inspire you to write a song or a poem about Stinson? Do you have a photo or design you would like to see included? We'd love to see it all! We'll be hosting a drop-in story meeting at Central Memorial this summer. Stop by and share your idea. You can also email it to stinzine@stinsoncommunity.ca. We're excited to create a publication that reflects Stinson and the topics that matter to you and we look forward to your participation. *-Margaret*



Editor: Margaret Bennett

Layout: Sunil Angrish, Margaret Bennett

Contributors: Eleni Jalbout, Erika Morton, Karl Andrus, Helen Zeng

Photos: Diane Girard, Natasha Murphy, Erika Morton, Karl Andrus, Eleni Jalbout.

Cover images: Diane Girard, Karl Andrus, Natasha Murphy

With support from:



Mission: The Stinzine is a resident-led publication that seeks to provide a forum for Stinson residents to share stories that connect, inform, and inspire conversation and action.

Vision: The Stinzine is a forum for community-building, highlights the assets of Stinson, and celebrates participation from all residents.

Values: Inclusive, Collaborative, Respectful, Informative, Advocacy, Motivate, Integrity

stinzine@stinsoncommunity.ca

The opinions expressed in each article are the opinions of its author and does not necessarily reflect the opinion of Stinzine, the Stinson Community Association, its partners, advertisers or sponsors.



GARDENING AS A COLLECTIVE FOR OUR COMMUNITY

McMaster students helping to build the garden/Photo courtesy of Karl Andrus

By Karl Andrus

The Stinson Community Garden has long been a dream in the minds of local residents. Beautiful Gardens feature prominently in yards across our community. Gardens like those of Diane Girard become points of community connection and enjoyment.

Unfortunately, 48% of Stinson Residents do not have access to a yard or their own green growing space. Recognizing this need, it was added to the 2012 Stinson Neighbourhood Action Plan. The inclusion of a Community Garden space was identified as a priority for the neighbourhood to help address food insecurity, provide fresh locally grown produce, and as an opportunity for residents to have a collaborative space in which to learn and grow.

More importantly Community Gardens, as a community building project, also inspire and unite residents. They become long term investments in community that outlast those who build them. Building on the experience of previous resident based plans, as well as inspirational gardens across our community, a group of enthusiastic residents formed a committee to begin planning the design, construction and maintenance of a sustainable community garden at Carter Park.

The committee's aim is to build Hamilton's first fully accessible community garden. Beds are raised

33" off the ground with 4" between each bed for better mobility. Tools and access to the garden will be free of charge the first year. A partnership with McMaster students through the Change Camp fund to gain student and staff support has been established.

Information on the Garden can be found on facebook The Stinson Community Garden Project or you can email co-chair@stinsoncommunity.ca if you are interested in participating. Construction began June 1st and gardeners eager to get involved can come out any Sunday afternoon at Carter Park at 2:00 to be part of the garden!

You can also learn how to garden in small spaces in a workshop co-run by Corktown and Stinson on July 11 at 7:00 at Church of the Ascension, 64 Forest Ave, Hamilton. Please RSVP. Free!

Elizabeth Den Hollander, R.M.T.

Registered Massage Therapist



"Healing Hands"

905.529.5659

148 Emerald St. S. Hamilton ON L8N 2V5



STINSONITE PROFILES

Working Towards a Greener Stinson with Diane Girard

I had the pleasure of being invited to the home of Diane Girard, a long-time resident of Stinson. Although it was a dreary spring evening, my mood was lightened when I walked up to her house to see her beautiful front yard garden that boasted different grasses, small trees, narcissus, and one of my favourites columbines. Before we sat down, she opened her kitchen door to expose one of the loveliest backyard gardens I have ever seen. I can't wait to return to her backyard - on a warmer evening - to sit and bask in the glory that is Diane's garden oasis. But first, we discussed Stinson and its potential to be greener.

EJ: How long have you lived in Stinson?

DG: "I was born at Mount Hamilton Hospital - now Juravinski Hospital - in the '50s, and my parents, sister and I moved to the second house from the tracks on 232 Wentworth S. Throughout the years, we moved around the city, and then my husband and I settled in this location in 1985 which is a couple houses away from the first house I ever lived in."

EJ: What's your Stinson "claim to fame?"

DG: "To me, it's my gardens and my volunteering. In May 2012, the board of education gave me a 25-year recognition award for my volunteer work around the Lower City. I started volunteering when my first son was in grade 1, attending Stinson Street School. I volunteered until two years ago at Queen Victoria. I also coached basketball for 11 years, and soccer for 13 years. Currently, I volunteer at Corktown Park for the Central City Soccer."

EJ: In your opinion, what is the best part of Stinson?

DG: "The closeness of Stinson Street School when it was open; that all 3 of my sons could just walk around the corner and attend. The other best feature of Stinson is the escarpment and the view we have here."

EJ: How do you contribute to Stinson?

DG: "I sat on the Home and School Association from 1989 – 2008 (during the years my sons were in the schools). For many years, I have also vol-



By Eleni Jalbout

Diane Girard and her garden/Photos by Eleni Jalbout & Diane Girard

unteered in the schools, the park soccer clubs, and Stinson Community Association. On June 3rd, my friend and I did '100 in 1 Day' event where we lit up the rail trail with tea lights in paper lanterns."

EJ: What do you want people to know more about in this neighbourhood?

DG: "I want people to care more about gardening and the number of trees in this neighbourhood. The reason I have put so much work into my garden is to inspire other people in this neighbourhood to do the same. I am passionate about bringing more trees to Stinson Street particularly to make it as lovely as it can be. A tree canopy is what Stinson needs, not only for our health, but also for the view. An initiative the city is trying to do is Complete Streets, and trees and benches would be essential to this initiative.

EJ: If you could give one piece of gardening advice to beginner gardeners, what would it be?

DG: "Go to Open Gardens* as your first step. It's free, beautiful and easy to connect with other gar-

deners. When you go, it will give you lots of ideas of what you can do with your garden."

EJ: What's with the "We feed Pollinators sign" in your front garden?

DG: Last year I entered in the Monarch Awards** Competition. You can enter your garden too. Monarch Awards aren't necessarily given to an applicant that has the biggest or most manicured garden – it's more about what you're doing for the environment and keeping things natural.

**Open Gardens sees Hamilton residents open their outdoor spaces to garden enthusiasts. This year it runs June 30 until July 10. This year will mark Diane's 4th year participating in Open Gardens. She says that this year's goal is to attract more people to open their gardens because it's the 25th year of Open Gardens. A complete list of participating gardeners will be in The Spec.*

***Monarch Award Nominations are open until June 18, 2017. For competition details and rules visit: <http://monarchawardshamilton.org>.*

GETTING TO KNOW YOUR COMMUNITY ASSETS:



Exploring The Escarpment Rail Trail

Members of the Stinson walking group/Photo courtesy of Erika Morton

By Erika Morton

I think I lived in Stinson for about two years before, with the encouragement of a neighbour, I convinced myself to explore the Rail Trail. As soon as I strolled up along Wentworth St S, turning east onto the pathway, I was pleased to have discovered such a gem in my very own neighbourhood. I had found a new outlet for my enjoyment of the outdoors just outside the door of my building!

Nowadays, the Rail Trail is a regular part of my walking and wellbeing routine, season to season, which has more firmly rooted my sense of community in Stinson. Most recently, I have initiated a group that meets up regularly to walk the Rail Trail together, which I have appreciated the chance to

meet some new faces. By fostering relationships with neighbours and partaking in an activity in my community I have further deepened my connection with my neighbourhood. I have even been motivated to climb the Wentworth stairs, which was met with high fives (and jiggling thighs) when we descended back down to the trail!

I look forward to spending time on the trail while catching up with the group, especially as we head into more warm and sunny weather.

The Stinson Rail Trail Walking Group is welcome to all and inclusive to anyone keen on walking along the Rail Trail. We walk on Sundays at 10:00 from Central Memorial Recreation Centre. Please contact info@stinsoncommunity.ca for more info.



SUN-THURS
11:30AM-9PM

FRI-SAT
11:30AM-10PM

255 KING ST. E.
BLACKFORESTINN.CA

Black Forest Inn
- A HAMILTON LANDMARK SINCE 1967 -



Dr. E.J. (Jan) Chithalen
B.S.c., D.D.S.
Dental Surgeon

Accepting New Patients

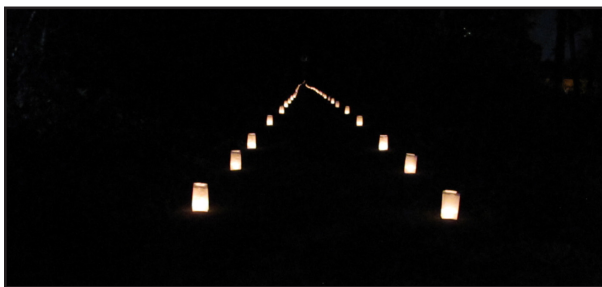
118 Stinson St.
Hamilton, ON L8N 1S5
905-522-1188
1-877-4GR8TTH
Fax: 905-522-1884
www.forgreatteeth.com

DENTISTRY

Proudly serving the
Stinson community and
providing Great Teeth
since 1994

For the third year in a row, Stinson celebrated 100 in 1 Day Hamilton, with residents hosting a number of citizen interventions. The team from “Surprise Hamilton” did the “Stop and smell the roses” campaign which yarn bombed some of our stop-signs to draw attention to the need to slow-down and come to a complete stop in our residential neighbourhood. They also organized “Fireflies in the night” to light up the rail trail at night. The Stinson Creative Lab organized “Art in the Park” at Bishop’s Park with families to brighten up our park space. A huge thank you to these citizens and residents for these initiatives and for showcasing small actions that can improve our neighbourhood. Here are some photos from the event!

Photos by Natasha Murphy & Diane Girard



N.L. GIBSON'S DRUGS LTD.
 Serving Hamilton Since 1936
Rx PharmaChoice *Action for Life*

337 Main St. E., Hamilton
905-522-3547

Easy Prescription Transfers
Blister Packaging, Compounding

Open Sundays
Free Delivery (& Rx Pick-Up) 7 Days per Week

REBEL'S ROCK IRISH PUB
 537 King St. E. • Hamilton, ON • L8N 1E3
 905-777-1771 • rebelsrock.com



YOUR COMMUNITY UPDATES & EVENTS

July 6, 13, 20, 27 – Songs from the Bishop, 7 pm Bishop's Park (Corner of Hunter & East Ave) – join your neighbours for free music performances every Thursday night in July.

July 8 – Community BBQ at Carter Park (corner of Stinson St and West Ave) 11:00- 2:00. Free food! Music! Activities! And more!

July 12 – Learn how to garden in containers and small spaces, 7pm, Church of the Ascension, 258 John St S. Free! RSVP required: www.tinyurl.com/ctowngardenworkshop

Every Thursday in July - Songs From The Bishop indie music festival, featuring local singer/songwriters, between 7:30 and 9 pm. Free!

July 20 – 9pm Movie night at Ferguson Station. Join the International Village shops for an evening of entertainment under the stars!

August 10 – Stinson Community Association Meeting 7pm Central Memorial Recreation Centre (corner of Stinson St and West Ave). All residents of Stinson are welcome and invited to attend any of our meetings.

August 20, 2017 – Art In The Park: 'Where The Sidewalk Ends' event at Carter Park, 10 am - 3 pm. Bring your children and come dressed to paint the utility shed!

Every Sunday at 2:00 – The Community Garden Collective meets in Carter Park to care for our community gardens.

SPRING/SUMMER 2017

Useful & Important Phone Numbers

Municipal Law Enforcement.....	905 546 2782
Non emergency police.....	905 546 4925
Hamilton Legal Clinic.....	905 527 4572
Housing Help Centre.....	905 526 8100
Ward 2 Office - Jason Farr.....	905 546 2711
Central Memorial Rec Centre.....	905 546 4939
COAST (24 hour crisis hotline).....	905 972 8338
Hamilton Translation service.....	905 527 7045
Sexual Assault Centre Hamilton Area (SACHA).....	905 525 4162

JOIN TEAM STINZINE!

We're currently seeking new volunteers in a variety of roles, including:

- Layout/Graphic design
- Writers/Editors
- Photographers/Illustrators
- Ad sales/Outreach

For more info email:
stinzine@stinsoncommunity.ca