



THE COMMUNITY NEWSLETTER OF HAMILTON'S NORTH END DECEMBER 2015 EDITION

Youth Success Fund Bursary In Memory of Peter Murphy

David Lane, family and friends have established a dedicated Bursary with the **John Howard Society** of Hamilton, Burlington & Area Charitable Agency in the Memory of Peter Murphy, a family and special friend to many. Peter Murphy recently passed away and was a lifelong resident and strong advocate of Hamilton's north end. Peter was a proud Hamilton Fire Fighter for part of his career. Peter was also a well known labour leader through his many years of being an active union member and a union executive with the International Longshoremen's Association (ILA). Peter was also an exceptional athlete in his youth playing multiple sports. Peter went on to coach virtually thousands of youth and young adults in hockey, football, baseball and rowing at many different competitive levels in the City of Hamilton, Province of Ontario and in Canada for over 55 years. Peter positively influenced many young people in our community through his outstanding commitment



*Bernie Custis, Pete Dalla Riva, and Pete Murphy.
Photo submitted by the Pavlov family.*

to coaching and his community work.

Peter was a man of his word, action oriented and had a huge heart and a passion for those needing help. As one of Peter's close friends stated, "Peter was a larger than life but he rarely spoke of his many intentional acts of kindness". Peter was very proud of his Irish heritage and his commitment to the betterment of the north end community. This dedicated bursary in Peters name will be directed towards a young person residing in the north end community that has benefited from the services of the John Howard Society of Hamilton, Burlington & Area and is now on a pathway to success and being a contributing citizen through their enrollment in post-secondary education.

If any of Peter's extended family, friends or north end buddies would like to contribute to this dedicated Bursary in Peter Murphy's name, please contact David Lane, Executive Director John Howard Society of Hamilton, Burlington & Area at 905-522-4446 Ext. 224 or davidlane@jhshamilton.on.ca. Charitable tax receipts will be made available for all donations received.

THANK YOU FOOD DRIVE DONORS



Cathedral High School would like to thank all those people who donated to our **Halloween for Hunger food drive**. We cover the area between: Cumberland to Main St. and Sherman to Wentworth. We have 16 routes which we canvass which require 80 student volunteers plus drivers. This year we had over 100 students wanting to participate, so many canvassed their own streets as added routes!

We hope to increase the number

of routes we have next year to be able to canvass even more of the North End Breezes readers.

The food collected goes to support the Annex program here at Cathedral High School which offers food, clothing and furniture to students and their families, as well as other families in our neighbourhood.

A special thank you to Fr. Jarek Pachocki at St. Patrick's Parish for his words of encouragement and blessing as we embarked on our H4H campaign. Thank

you to Dundurn Place Seniors Residence at 39 Mary St. who held a special food drive for us! We would also like to thank the parent and student drivers as well as the parishioners from St. Charles Garnier parish who volunteered 6 drivers for us! None of this would have been possible without the student volunteers who were willing to give up a Saturday night to serve the needs of their community – Way to Go Gaels!

Tax Clinic Volunteer Coordinators

wanted for the 2016
Free Income Tax clinics.

Through North End Breezes
and the Chartered Accountants of
Ontario.

Contact: 905-523-6611 ext. 3004,
collins@nhchc.ca, Facebook:
northendbreezes group.



HOST A FOOD DRIVE!

Spread the generosity!!

Each month over 400 households access The Welcome Inn's Emergency food bank. We support almost 1,000 people each month who are food insecure...400 of which are kids. During this season of festivities open your heart and join hands in keeping our pantry shelves

stocked. Get involved with Welcome Inn's Food and Fund drive by helping organize food and fund drives at your workplace, school, church, gatherings or neighbourhoods. This is an easy and fun way to embrace the spirit of generosity, and make a difference in the lives of people in need. It is an excellent opportunity for you to raise awareness and educate your neighbours, colleagues, friends and families about the realities of food insecurity in our community. We are here to help and support your event every step of the way. We accept all donations however we are most in need of nutritious non-perishable food items. Our

most needed items are:

- Beans and proteins
- Hearty soups and stews
- Whole grain cereal
- Peanut Butter
- Toiletries and hygiene products
- Diapers
- Infant formulas

If you have any questions or need more information please call **905-525-5824**.

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"Clinic AGM celebrates achievements and starts work on new Strategic Plan."

Hamilton Community Legal Clinic

Working for Change

Recently, the clinic held its fifth Annual General Meeting. Most readers will be aware that the history of community legal clinics in Hamilton goes back much further than five years. This year, however, is the anniversary of the merger of three long serving Hamilton clinics in 2010.

Annual meetings are an occasion to look back over the previous year and see what has been achieved. We did that.

In addition to casework in various area of law, the clinic works on many issues important to low-income Hamiltonians. Here are some highlights of changes we have been advocating for and changes we've achieved in 2014-15.

Many people do not think of their everyday problems as being "legal problems." In September, we introduced the Hamilton Legal Health Check-Up. We are working on this pilot project with twelve community partners. The Check-Up will help people who are living in poverty identify legal problems and get help.

Funding from Legal Aid Ontario (LAO) is helping us build a comprehensive and coordinated approach to mental health and addiction services. We started with weekly programs at Mission Services and Notre Dame Shelter.

To reach out to those who could use our services, but might not be aware of us, we produced a new video. <http://www.hamiltonjustice.ca/index2.php>

You can now access family law legal advice and referrals at the Clinic. A new Family Law Partnership was developed with LAO last year.

The decrease in the city's affordable housing stock is concerning. We're supporting downtown tenants who are being displaced from their homes and communities due to gentrification. A July rally in McLaren Park and a petition campaign call on all levels of government to act.

Our Francophone Legal Services continues to partner with other bilingual clinics to serve clients located in catchment areas with no French Language Services.

Through YÉN:TENE, the Aboriginal Justice Outreach Initiative, we have acknowledged the cultural genocide that is the legacy of residential schools. As both allies and friends, we are committed to support the reconciliation process.

It is vital that public awareness about injured workers' rights be raised. We continue to stand in solidarity with the Ontario Network of Injured Workers by advocating for changes to Ontario's broken workers' compensation system.

At the Annual General Meeting we celebrated these achievements. We also set in motion the planning process for our new Strategic Plan.

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



Christmas at Hughson

Community Christmas Dinner

Sunday, December 7 at 5:30pm

Neighbours and friends gather for a full-course dinner and casual celebration of Jesus' birth. *(space is limited, call us for details & reservations)*

Coffee's On Christmas Party

Friday, December 12 | 9:30-11:00am
at 500 James Street North

Our weekly drop-in will feature Christmas refreshments, music, and highlights.

(Note: Coffee's On will be closed Dec 19, 26 and Jan 2)

Children's Christmas Musical

Glory to God
IN THE HIGHEST

Sunday December 14 at 10:00am
at Bennetto School on Simcoe Street

Christmas Hamper Delivery

Saturday, December 20

We are pleased to once again be able to help with some extra groceries at this time of year. Call us for details *(we have a limited number)*.

Christmas Worship Service

Sunday, December 21 at 10:00 am
at Bennetto School

Our service will focus our hearts and minds on the spectacular, true story of the birth of Jesus Christ and why it matters to us today.

Door-to-Door Christmas Carolling

Sunday, December 21 at 6:00 pm

We bring some of the special music of Jesus' birth to the streets as a gift to our neighbours. Join us if you like to sing and if we come to your door, don't worry, we don't ask for a thing, just enjoy our gift.

Christmas Eve Family Service

Wednesday, December 24 at 6:30pm
at 500 James Street North

Start your evening in worship as a family. A simple service of carols, reading the Biblical story of Jesus' birth, and the traditional lighting of candles.

HUGHSON STREET BAPTIST CHURCH
383 Hughson Street N. | 905-527-3972
www.hughson.ca | office@hughson.ca

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DISCLAIMER: Articles written represent the opinions of the individual participants and organizations and do not necessarily reflect the position of North End Breezes or its Board Members. All articles submitted will be edited for length, tone, clarity and they may or may not be published..

The deadline for submissions is the 15th of each month
(in December it is the 10th and there is no deadline in July)

NORTH END BREEZES MISSION

The North End Breezes is a not-for-profit team of enthusiastic volunteers who produce a monthly newsletter in order to promote community connectivity and mutual support by engaging our North End Neighbours

VISION

The North End Breezes will be a vital resource that promotes harmony, pride and collective community action in a diverse and dynamic neighbourhood.

NEVADA PULL TICKETS

Nevada Tickets are on sale at **James Milk**.

Proceeds from these ticket sales go towards the printing of each North End Breezes monthly edition. Please patronize our supporters!

CHRISTMAS BLESSINGS

Bev Hill



Photo by Sonya deLaat

Christmas is coming again, a time of memories. A time of joy and love for you and your families.

I'd like to wish all my friends, my nurses, my doctors and everyone I see on my visits to the hospital for

medical attention, A Merry Christmas and a Happy New Year!

This year things seem out of control especially with all the world's troubles. Just like when Jesus was born, when there was no room at the Inn, room was made for him in the stable. We too should make room for our families and friends and give them the gift of peace, love and joy. Just look up and see the shining star, like an angel above the stable, guiding us to blessings in our lives.

CRAFT CORNER

Shannon McCulloch

Cheating craft

So this month has been a very busy month personally and even the kids were rarely interested in crafts and more interested in their play acting game. So this month for our craft get together, I cheated and had the kids do one of the easiest, yet well liked things. They made necklaces.

Need:

- Tub of beads
- Any kind of string

Michaels sells nice large tubs of mixed beads for 8-16 dollars. Over time, our tub has also had many beads added to it from different people and places and a lot of "Mom, Mom, Mom...can we get these ones...PLEASE!" You can use almost anything as the string, from wool to gimp. We used some very pretty rainbow plastic cord I found at the dollar store and bought because my daughter is obsessed with all things rainbow.

To start the chore off I tied a knot in at the end of all three strings and gave them the tub of beads. They sat sorting through the beads. Counting what they wanted, trading what they found, and thinking about patterns for about 20-30min. Then when they had placed all the beads on the string that they wanted they came to me and I tied them up good and tight.

This is a great anytime quick for parent, kid occupying craft. I always have a full tub of beads in the house. It works with any age



of kid from 2-10 yrs old. For kids under 4, I would recommend large holed beads and supervision. They have a hard time getting the bead on and there is always the choking hazard. Kids always love it, girls and boys, and as I said at the beginning it's a great cheat craft for you. It requires little of your time, but keeps them happy for a good half hour.

Kids Book review:

You're Mean Lily Jean

By Sam Knight

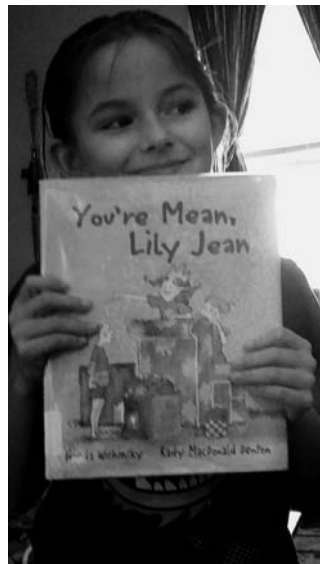
Book by Frieda Wishinsky and Kady MacDonald Denton

I got this book out of my school library on library day. This book is about a new kid that moves in next door to two sisters, her name is Lily Jean. She is very, very mean and starts bossing around the sisters. Telling them how to play and what they are allowed to be in games. She tells Carly what to be in every game and it's never what Carly wants, but Lilly Jean says she can't play unless she does it.

This makes Carly feel upset and very angry. So Carly makes Lily Jean mad and shows her sister (Sandy) how mean Lily Jean really is. When Sandy sees how mean she is, she stops playing with her and goes back to playing with her sister.

Lily Jean feels sad by this and wants to play too. She promises to be nice from now on, so they let her play too. It was really a nice ending.

I loved that the pictures showed everything they talked about in the story and they were beautiful. I liked this book so



much I get my mom to read it to me two times.

TEEN'S CORNER

Hunter Knight

Hey it's Hunter with Teen's Corner once again.

How's your mouth going? I hope it's going good. School is going good. Sometimes school feels slow but it can't be fun every day. In the next week or so report cards come out. I can't wait to know what my marks are. Not everything is so great; my grandmother is in the hospital. She's in the hospital because she fell and fractured her pelvic bone. Like anyone she's a little down but she's had very nice nurses and St. Joe's is a very good hospital. The good thing is that she's still kicking and she'll be out in a month's time.

In other news I can finally fix my back tire on my bike (it wasn't holding air) so hopefully be able to ride it a lot before the snow comes down. Speaking of snow does anyone else wish it won't come back at least not as much as it this year? Don't get me wrong I love the snow but last year was too much for all of us. I bet all of you are looking forward to Christmas. But none of you are looking forward to going shopping for Christmas. I hope for your sake your kids or grandkids don't want too much for Christmas. I never really care what I get, I just care that it's one of those times all my family gets together and just have fun. Money and gifts are great but family is better. You only have one family and once their gone you can't get them back. Yes I really think this and I don't just say this because it's cute. Family and friends are the best thing you can ask for I think. This has been Teen's Corner have a good month talk to you next time.



Walkabout with Ken Hirter

BAYFRONT PARK

Bayfront Park—a beautiful tranquil place of peace amid the city landscape. As an artist who is once again starting to paint landscapes the park is an absolute eye pleasing experience. Capture every moment, sit and reflect, take your dog for a walk or simply sit on the park bench and watch the people stroll by. The paths remind me of cottage country. I go to reflect and meditate and breathe in nature's scent and awaken my sense of sight, sound and smell. Once I am done there's Hutches (the best fries and gravy in town) or an ice cream cone and coming soon, hot chocolate as winter is slowly casting its shivering chill spell. I walk back home calm, cooled and collected as only Mother Nature can provide. (Handicapped accessible is a plus.)

I live with a disability on a fixed income and do not drive. Coming to the park is just like the old days. Growing up I remember the Sunday drives with my parents grumbling in the back seat are we there yet, are we there yet.....I remember them saying, you only live once enjoy nature's splendours and one day you'll learn to appreciate it. I have attended a few events @Bayfront Park and the beauty of nature and the local events blend in perfectly.

Thank you Hamilton's 20/20 Vision and the countless volunteers who brought our bay back to "us".

The only thing missing from the park is the old fashioned carousal ride like the one in my old childhood home of St Catharine's. For only 5¢ a ride located in beautifully Port Dalhousie. It would work on the Bayfront, can you envision it?

Till next month's walkabout I am thinking warmth and the indoors.

Cheers till next month take care of yourself and those of others.

**Please note that the NHCHC offers a Nordic walking group for more information please call (905-523-6611) or if a walking group is more your style please call WICC@905-525-5824 or welcomeinn.ca. All other events for Bayfront Park check out tourismhamilton.com.*



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SENIOR'S ABUSE

By: Mary Manner

Abuse can affect everyone, regardless of race, gender, and even age. Senior's abuse is not always physical. It can be emotional, spiritual, physical verbal, neglectful and even financial. Throughout the years, I observed how some people treat the elderly. I have listened to seniors speak to me when I worked with them, and their families in many capacities.

When I began working, I always visited my grandmother. We were best friends and I loved her dearly. One day I came to visit from work and brought her a treat. She was so excited. A family member was there and they told her to shut up. I was startled. The look on my grandmother's face was as if she was holding back the tears. I said "there is no reason to speak to my grandmother like that." The family member did not answer. "My grandmother is a wonderful person, who does your cooking, wash & cleans the house?" I said "don't ever speak to her like that again." Nothing more was said, but eventually I found another very nice person for her to live with, and for years she loved it there. She's gone now and I miss her all the time.

Throughout my career, I have witnessed firsthand the effects of seniors abuse. A lot of seniors are afraid to leave their homes and have been robbed of their money and freedom.

Abuse usually happens where the senior lives, such as their place of residence, in long-term care facilities and more. Many fear the abuser will come after them.

Remember, there is a great need to report seniors abuse. They need your help. To find out what the government of Canada is doing to help seniors with this ongoing problem of abuse, you can visit:

www.seniors.gc.ca or call: 1-800-622-6232.

If you or someone you know is experiencing seniors abuse, immediately call the police and do not leave the victim alone.





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ELDERBERRIES

Pamela
Townsend-
Winter



*January to December we'll
have these moments to
remember.*

Well, we got that one right and yet another story of the Perils of Pamela.

Sunday evening I kept dropping off after dinner in my "magic chair" You have to sit in it for a short period of time and bingo! The eyelids close and I'm away in la la land.

I awoke to find all the lights on and went into the bathroom to use the facilities, turned on the tap only to realize the tap was already on, and I was ankle deep in cool clear water, that was an eye opener let me tell you—fortunately I believe in buying the best towels and I placed them, or threw them all over the bathroom and kitchen and hallway floors. It look like Arabian Nights or Joseph and his multi-coloured coat.

I had read the notice about our water being turned off for repairs, but didn't think much on it. By the way, my clock said a quarter to four am.

I could hardly wait to call Megs, but that was way too early to share my problems.

I guess the hall runner was the most difficult to roll up and dump into the kitchen sink to merrily drip all day and that the only thing damaged was my pride, and we all know that come before a fall (small joke.) I will have to wait until office hours and I feel confident the Superintendant will whisk my runner away to be dried out so all is basically well that ends well. It was careless of me and the only bug is I have to wash a dozen towels, but my tile floors are spotless!

So, dear friends, especially the not-so-young ones, it pays to read notices, pay attention to on and off as it says on the taps, and hide the embarrassment on my pink face.

This was by no means my story for December. I didn't get angry at myself, in fact I laughed as I sloshed from room to room in my bare, cold feet.

So now its 8 am on a Tuesday Seniors morning and I can share my story, but before I do I would like to wish all of you, both young and old a peaceful, beautiful Christmas. And not only do we remember all of the brave soldiers that gave up their lives that we might continue on, thank you! Just like baby Jesus, and let us smile when we pass one in a stroller or baby carriage, look at those beautiful faces full of wonder for what is to come. Yes, lets laugh and share joy and give thanks that 25,000 new Canadians will join with us in this safe and bountiful land and I thought to myself, "you were going to complain about wet feet? You have plenty more towels—and think what a wonderful way to start the day by laughing."

God bless you all those kind people; the paper person, the bus drivers, the kind servers in restaurants and don't forget the postal people, give them a smile, it goes a long way. Oh, and if you know anyone with an ark to sell.....

PS. I recently met a great group at Fishers who recognized Megs and I. they miss the 'rants' and want more bouquets. After eating a delicious meal it was a pleasure meeting you. Seasons Greetings to you and yours. No rants until January and tell someone you love them. I do—and sometimes get some very strange looks!!

Happy 2016
Pam & Megs



IT TAKES A TEAM TO BUILD A SMILE

If you talk to staff and volunteers at CityKidz they'll tell you that one of the best parts about being connected with CityKidz is seeing the smiles that spread across the faces of the "kidz". Smiles when the big red buses pick them up, smiles when they see their new friends and join in the fun at their programs and smiles when they wave good-bye to their bus captains and shout "see you next week". At this time of year the smiles will also appear because of the CityKidz Gift of Christmas (GOC) campaign: smiles on the faces of the "kidz" and their families and smiles on the faces of hundreds of children and their families who come to the Christmas parties that CityKidz provides to neighbouring communities.

Planning for GOC 2015 started just weeks after GOC 2014 finished. As the calendar marched ever closer to the launch date in early November more and more people got involved. The promotional material needed to be designed, the boxes for the drop off locations at Canadian Tire, Staples, First Ontario Credit Union and Hamilton Police Stations needed to be wrapped. Over a hundred and fifty toy drives from the past, organized by businesses and families and friends, needed to be contacted. Requests for that "wished for gift" needed to be collected from the "kidz" to help generate the current year's campaign wish list. A location for the toy store needed to be found and prepared and the banner hung over Main Street by City Hall.. Are you starting to run out of breath? Wait till launch day. This year it was November 2nd.

About eight staff, supported by a legion of volunteers who are supported by companies, organizations and individuals make GOC happen. Hundreds and hundreds and hundreds of Hamiltonians open their generous hearts. The toys start to arrive, delivered by companies and individuals or picked up from drop off locations by volunteers. Hamilton EMS workers and Volunteer Firefighters from Waterdown spend whole Saturdays, volunteering their time outside local stores to collect the toys. Medical staff in local hospitals, home builders, hockey players, city workers, insurance brokers, day cares, dental offices, marital arts studios, spas and union locals step forward to offer Hamiltonians a chance to find that special toy and donate it to create a Christmas smile.

Twenty-nine captains, who see their "kidz" every week and really know them spend hours in the CityKidz toy store to find just the right gift for each child on their route. Then all these toys need wrapping. At least 173 people are needed for the various wrapping shifts. That's 346 hands, rolling out 400 rolls of paper and tearing tape from over 350 rolls of tape. Finally the magic time comes and the toys are loaded on the big red buses to be delivered to each one of the "kidz" and their siblings in their homes. A crew of bus drivers and captains kick into action and the number of smiles grows and grows.

WOW! WHAT A TEAM! Yes, it does take a team to build a smile.

CityKidz says THANK YOU to the thousands of members of the team from all over Hamilton. As Darren and his daughter, who have been running their own toy drive and filling an imaginary sleigh for CityKidz for several years says, "a gift, no matter how small, is a symbol of love and kindness and every child deserves to be loved and thought of".

Fashion for 2015

Alexandra Sempie

"Fashion has two purposes: comfort and love. Beauty comes when fashion succeeds."- Coco Chanel.

With a nip in the air and people breaking out their parkas, winter is getting ready to make its appearance. Winter fashion is one of my personal favourites: the coats, the boots, and especially the ensembles. Although there are many stylish winter clothes, many people still think that they have to choose between fashion and warmth. Well this season, there are many looks from famous designers that will give you the best of both worlds!

Plaid is the new black, or at least it is for this season. This timeless pattern has been around for hundreds of years, keeping millions of people warm through the harshness of winter. This season, a lovely plaid coat of any colour is sure to make heads turn while you strut your stuff through the snowy white backdrop. But don't think plaid is reserved for just coats, oh no. A simple plaid scarf or pair of shoes can go a long way and can make any outfit look glamorous in seconds.



Photo courtesy of Elle Magazine



Photo courtesy of Vogue Magazine

In

Black tights
Breton Stripes
Earth neutrals

Out

Thin scarves
Bright red lipstick
Bright colours

Hamilton Fashion Week

From November 5th to November 7th, Hamilton held its second annual Fashion Week. Four shows ran for three days and featured a variety of locally-made clothing. Each outfit worn on the catwalk was created by local designers and worn by local models. Some of the clothing portrayed at the shows included coats, formal dresses, and even a twist on some vintage styles.

"Usually designers go for something from the ocean or the sky for inspiration," said designer Lidiya. "I don't have that. It's usually the woman who inspires me and when I design my clothes I think about what I would want to wear."

"It was so much fun walking with all those models," said model Jammy Lo. "And the designers, seeing all the work they put into the clothes was gorgeous and to be able to have this (Fashion Week) in a town where people don't always get to see such exciting fashions, bringing it to life was really just the best thing for me. I enjoyed it so much and I'm so happy."

Hamilton Fashion Week is an important time for people who have a passion for fashion as well as a chance for emerging designers to display their own works. Some of the designers have worked as seamstresses and gone to school for fashion design, while others have been working at it their whole lives.

"It's nice to see all the hard work I've done and it being on the runway, that's the best part," said designer Quiana Delceia. "Everything is hand made, I do everything. I do bridal gowns and eveningwear, that's my specialty. I love sparkles and glitter, it looks beautiful going down the runway."

Following the success of last years show, Hamilton Fashion Week hopes to become a yearly event supporting local designers and providing Hamiltonians with a glimpse at the latest fashions.



Photo by
Alexandra Sempie



NorthHamilton
Community Health Centre

Volunteer View

with

Elise Desjardins



1) What do you enjoy about volunteering with the programs at North Hamilton Community Health Centre?

I enjoy learning about health promotion initiatives in the North End. The programs at North Hamilton allow me to learn new skills and to connect with the community. I also enjoyed looking after their garden and watering the local produce that they've grown. I would like to work in health promotion after I graduate university, so it's a great opportunity to become comfortable in this environment and to be of service in a community that I care a lot about.

2) Do you have any favourite memories you would like to share?

I enjoyed writing an article for North End Breezes on the Nordic walking group that meets every week at North Hamilton. As a writer who has slowly grown more confident in sharing her work with others, it was fun to write about something that I'm passionate about, namely health promotion opportunities in my community.

3) What do you think is the best thing about the North End?

The North End is my favourite neighbourhood in Hamilton. There is a strong sense of community that is really special and inclusive. There are so many great initiatives to foster community and connect with others. Its proximity to the Bayfront is also ideal because the neighbourhood has so much natural beauty.

4) What inspires you?

I am inspired by my community, by the people who help me learn and grow and be the best human being that I can be. I am also inspired by kind words at the right time, nature and quiet moments alone when I can recharge.

5) What is your favourite quote/saying?

Lately I have been reminding myself that 'my heart is at ease knowing what was meant for me will never miss me.' There's comfort in knowing that the universe provides for me, even if it's not always in the ways that I want or think are best. It invites more gratitude and appreciation for the small things in life.

If you would like to learn more about volunteering at North Hamilton Community Health Centre please contact us at 905-523-6611 x3008

Children's Breakfast Club

Every School Day from 7:45

- 8:45 am

FREE adult supervision before school!

Hot Breakfast, Games, Crafts, Homework Help
All Bennetto, St. Lawrence, and homeschooled
students and their families are welcome at
Breakfast Club!

Drop in any time between 7:45 - 9:00 am at
St. Luke's Parish Hall (76 Macaulay St. E.) - on the
corner of John St. N and Macaulay St. E
Questions? Please call or email: palkowski@nhchc.ca



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Healthy Eating This Holiday Season-it is possible!

When thinking about this upcoming holiday season, what comes to mind? Good food and good times, and that's just how it should be. Often times, however good food and good times are followed by feelings of guilt and regret. Believe it or not, you can still enjoy yourself without the guilt and worry of weight gain, high blood sugars or falling off your healthy routine. Here are some tips, to help you stay on track while still enjoying this holiday season:

Enjoy your most favourite treats. Choose wisely. What foods do you really enjoy? Promise yourself that you will have a few favourites over the holidays and aim to make healthy choices the rest of the time.

Control your hunger before the party. Eat a small, healthy snack an hour before the festivities. Try cottage cheese with fruit or a few crackers with nut butter. It's easier to make healthy choices if you're not too hungry.

Watch your portions. Try using a smaller plate, or filling half with vegetables to keep from overindulging on the sweet, salty and oh so fatty.

Bring something healthy. That way, you are sure to have at least one healthy choice. Try: hummus with raw vegetables or black bean dip with pita chips.

Make a plan. Decide in advance how many appetizers, desserts or second helpings you will have. Setting limits on what and how much you're going to eat will lower the odds of overdoing it.

Stop eating! Eat slowly, and when you've had enough, put away your plate, or pack leftovers for later. Move away from the food table, if you are done eating. You'll be less likely to nibble!

Alcohol in moderation. To reduce your intake substitute alcoholic drinks with lower-calorie drinks like club soda and lime. Fancy cocktails with lots of sugar or cream can have almost as many calories as a meal. Choose lower-calorie mixers, like club soda, sparkling water or diet pop.

Don't forget activity. Be active for 30 minutes a day. Remember, every 10 minutes counts. Plan to be active every day.

Adapted from- Eat Right Ontario, *Happy Healthy Holidays*. Visit www.eatrightontario.ca for more helpful holiday eating tips and healthy recipes.

Tara Kinnear, Registered Dietitian, NHCHC



**Join this fun program for seniors
SIT and FIT Program**
Tuesdays & Thursdays at 11 a.m.
(Lower Level - Basement)
This exercise program is designed to help seniors from all walks of life improve their balance, posture, strength and overall health.
Program is FREE
905-523-1184



December 1 WORLD AIDS DAY

In 1983 the world was changed forever. Scientists were finally able to isolate the virus that causes AIDS (auto immune deficiency disease). Sadly although this was a major breakthrough, the journey to this discovery was one that was disheartening and a great struggle.

Many may remember first hearing of this mysterious illness for the first time when they remember the death of Rock Hudson. It has been stated by Morgan Fairchild that "Rock Hudson's death gave AIDS a face".

Up until this point the death toll was climbing from a mysterious illness that was claiming lives through pneumonias and cancers that had not been previously seen before in people with healthy immune systems. These cases were being seen as early as the mid to late 1970s with the majority occurring from 1979-1981 in the Los Angeles and New York areas.

A common factor to these cases was that it was occurring in males in same sex relationships. Sadly due to this factor this epidemic remained ignored; and as result limited research and attention was given to determining the cause of these illnesses that were killing individuals.

In the future we must never ignore something like this again due to someone's race, gender, or sexual preference. Take a moment For AIDS awareness month to think of those that lost their lives and those that continue to fight the illness. Hopefully in the near future there will be a cure.

Katrina Burbidge RN(EC)/Nurse practitioner



Disability Awareness Day December 3, 2015


Disability can devastate many; an accident has left me living and dealing with a lifelong disability and other ills. Hope is not lost; there is a host of programs geared for those living with disabilities.


NHCHC offers courses in that I have attended. Two of them helped me cope and find hope. *Break Free* from anxiety and other life stressors and.....*Mind Over Body/Mood*, living with Chronic Pain & Depression. Both programs offer a light breakfast and a private and confidential group support setting. For more information please call 905-523-6611 ext 3006 or friesen@nhchc.ca

NHCHC also offers TADA (Art/crafts/creative writing)—research shows this to be very beneficial in combating stress and much more.

NHCHC offers assistance with ODSP, CPP and CPD through the services of wonderful supportive Social Workers who have assisted many people with the daunting task of making applications and many procedures.....these are just a few tips that have helped me and countless others to continue living life as a disabled person.....not all hope is lost for I was hopeless & classified as a homeless person a few years back. Now I'm finding hope to cope with hope restored. Thank you NHCHC.

Ken Hirter

**NorthHamilton**
Community Health Centre





Mind Over Body

For adults with **chronic pain**

- Free 14 week group
- Supportive group environment
- Hot and Healthy Breakfast
- Bus tickets available
- Learn new self-management strategies including mindfulness, healthy eating and more!

A part of the Mental Wellness Toolkit



Mind over Body

Persistent pain, sometimes called chronic or long-term pain is pain that continues for 3 months or more and may not respond to standard medical treatment. It can be disabling and frustrating for many people to manage. It can also affect relationships with family, friends and work colleagues. Peter Moore of paintoolkit.org has lots of resources and stories of people experiencing and living well with persistent pain.

The National Institute of Mental Health also states that many people with chronic pain also experience depression, anxiety and an inability to focus on the present moment. Together, these can cause problems with sleep and affect the ability to carry out daily activities which may reduce quality of life.

North Hamilton Community Health Centre's Mental Wellness Toolkit program called Mind over Body runs twice each year for 14 weeks at a time. The program is starting up again in January at the Health Centre and accepts about 15 people for a free group led by a Social Worker and Occupational Therapist. Together the group explores the pain package – and everything that comes along with it and gives strategies and tools to help self-manage persistent pain. Graduates of the group have said they love the simple and clear way that the facilitators explain pain and love having the language and understanding to advocate for themselves with other health care providers to get the very best care – something we all deserve no matter what.

Learning these tools in a group really makes the tools come alive as people ask questions and give their insight and experience. Mind over Body is a journey in teaching your brain to inform your body rather than your body informing your brain. It's a practice, an art and it is a journey that NHCHC would love to take with you. For more information or to register for the next Mind over Body group please call Jenn Friesen at 905-523-6611 ext 3006 or friesen@nhchc.ca

BOOK CLUB CORNER

Kit Darling

At the November meeting of the Bay Area Book Club we discussed *All That Matters* by Wayson Choy. The companion novel to *The Jade Peony*, winner of the Giller Prize, the book follows the life of Kiam-Kim Chen from his arrival at the Golden Mountain (Vancouver) with his father and Poh-Poh, his grandmother in 1925. Due to the restrictions of Canada's Chinese Exclusion Act, they are travelling on "ghost papers", giving them false identities to become the family of "third Uncle", a successful Chinese businessman who wants a family to replace the one he lost and to provide him with assistance in his warehouse. The characters are richly drawn and we are given a glimpse into the immigrant experience and life in Vancouver from the 1920's through to the end of World War 2. A recommended read.

And here are a few recommendations from Book Club members, many of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday from 2:30 to 4:30pm and Thursday from 6:00 to 8:00pm.

The Architect's Apprentice by Elif Shafak. A rich novel set in Istanbul during the height of the Ottoman Empire. Jahan arrives in Istanbul as the trainer and caretaker of Chota, a rare white Indian elephant. His life within the palace compound allows the reader a glimpse of the secretive and extravagant lifestyle of the Ottoman rulers. He meets the Chief Architect, Sinan who is a true historical character and the architect of some of the most beautiful buildings still extant in Istanbul. Jahan becomes an apprentice to Sinan and works with him and his 3 other apprentices to design and build these significant structures. Fascinating and well worth the time to read.

The Nature of the Beast by Louise Penny. This is the 11th in the series featuring Armand Gamache now retired Chief Inspector of the Sûreté du Québec, the village of Three Pines and its inhabitants. A nine year old boy is found dead in the forest a day after bursting into the village bistro with a wild tale of a gun as big as a building and a winged monster hidden in the bush. As he is known for his tall tales and vivid imagination, he is brushed off and Gamache returns him home to his parents. Deep secrets are unearthed and village characters are in turn suspected and vindicated as the plot twists and turns to the discovery of the truth and of the murderer. As always, Penny has drawn her characters so well that we feel that we know them well; they are not overshadowed by a well plotted and told mystery. If you haven't read this series by Louise Penny, now is the time to start.

Events Calendar December 2015

North End Breezes DECEMBER 2015

The **Chorus Hamilton**, formerly, Mohawk College Community Choir **2015/2016 Season** opens on **Saturday, December 5, 2015** at 7:30 p.m. in St. Paul's United Church in downtown Dundas with Benjamin Britten's composition *A Ceremony of Carols* with harp accompaniment. The second half of this concert will include the more traditional Christmas favourites with audience participation. For information and ticket reservation contact: chorushamilton@yahoo.ca, 905-526-7938 or www.chorushamilton.ca

1st Annual Breakfast with Santa. Sat. Dec. 5, 2015 9am to noon. 821 Upper Wentworth St. The Ukrainian Catholic Church of the Resurrection Hall, Hamilton. Admission \$5. Free parking. All proceeds go to Catarino House – A Children's Wellness Centre, which provides Free alternative therapies to children diagnosed with cancer. 905-730-1737. www.catarinohouse.com

December 5, 2015 Hamilton Farmers' Market Healthy Holiday Snack Ideas Community Cooking Demonstration with Kate Park. Free samples, recipes and resource sheet for all participants, and a chance to speak with a registered dietitian in the Community Kitchen. Please call today to reserve your spot as seating is limited. To register, please contact 905-667-4862 x309 or Nutrition.Groups@HamiltonFHT.ca Saturday, December 5, 2015 12:30 p.m. - 1:00 p.m. Free event. 35 York Blvd.

Art Crawl December 11, 2015. Please join us at the Tourism Hamilton Information Centre from 9 am to 11 pm during Hamilton's monthly (every 2nd Friday) Art Crawl for some great live music by local artists!

www.tourismhamilton.com/?s=art+crawl

Christmas Workshops December 22, 2015 to January 3, 2016 Hamilton Museum of Steam & Technology. Get out of the cold and into our beautiful historical Woodshed for a free drop-in self-guided craft centre. Be inspired by history and get crafty! Ages: 4 to 12. Free event. Regular admission rates apply to the museum. 900 Woodward Ave. 905-546-4797 steammuseum@hamilton.ca, www.hamilton.ca/steammuseum

"24 in Gore" Marathon Thurs. Dec. 3. Host Ben McVie of Y108 will broadcast live from **Gore Park** for 24 hours at 6 p.m. to help bring greater awareness to the **Christmas Tree of Hope** and the **Operation Santa Claus Toy Drive**. Please deliver your cash donations, unwrapped new toys and non-perishable food items during Christmas event hours. **Christmas Tree of Hope Lighting and Concert** takes over Gore Park Fri. Dec. 4, starting at 5 p.m. Food trucks, hot chocolate, a free concert by local band **Ascot Royals**, train and carousel rides for children, and a chance to place letters to Santa in a 'direct to the North Pole' mailbox. Official lighting takes place at 6 p.m. Holiday cheer on Sat. Dec. 5 from 11 a.m. to 3 p.m., for our annual **Christmas in Gore Park**. Free miniature train and carousel rides, refreshments, Christmas crafts, and good old fashioned caroling. Have your picture taken with Santa Claus and bring your letters to send to the North Pole through Santa's mailbox. The **free children's amusement rides** will continue in Gore Park on Mon., Wed., Thurs. and Fri. from 12 p.m. to 7 p.m.; Tues. 10 a.m. to 7 p.m. and Sat. and Sun. from 10 a.m. to 6 p.m. until Dec. 24. On Christmas Eve the rides will run 10 a.m. to 3 p.m.



NorthHamilton
Community Health Centre

Diabetes Kitchen

Who:

For any English speaking person with type 2 diabetes or prediabetes who would like to improve their confidence in the kitchen

What:

- Learn how to make healthy foods taste great!
- Learn how to safely use and sharpen your knives!
- Learn how to incorporate healthy ingredients into your lifestyle!
- Learn how to make healthy substitutions for normally unhealthy ingredients!

When:

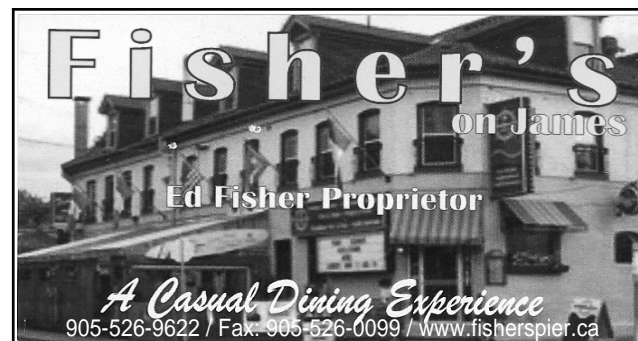
Once a month for 3 months, approximately 3 hours per session

MANY SPOTS STILL OPEN!

1. October – December
2. January – March
3. April – June

Contact:

Cory at 905-523-6611 ext. 3047



In the mood for
CHRISTMAS CHEER.....
Book your
Christmas Party HERE!



Serving **Collective Arts Rhyme and Reason!**
Try one next time you're in!

Do you like **Eggs Benedict**? Join us Saturdays and Sundays for **Breakfast** from 11am-3pm

NFL Action Game Time **SPECIALS...**
Great TV Viewing!

HAPPY HOLIDAYS to
ALL our wonderful customers!!!

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Jason Farr, Councillor Ward II

Hello Breezes Readers and welcome to another wonder filled holiday season in the North End.

Just a matter of time before the jolly old St. Nick visits and between now and then it is always a festive atmosphere all around and leading up to the New Year.

Darlene at Our Corner will make her Christmas Dinner for customers. The Cellar Dwellers give out gifts and food vouchers to many families and kids, the great volunteers and staff at places like Hughson Street Baptist Church, Welcome Inn Community Centre and your North Hamilton Community Health Centre will be bringing faith and cheer across the neighbourhood. Of course when it comes to Christmas time in the North End, this is just scratching the surface.

From St. Lawrence to St. Luke's there is sure to be some form of celebration to suit you and yours. Neighbours who are always neighbourly are guaranteed to be even more so. Whether welcoming friends and family at home, or heading out to Fisher's, Grand Dads or pick a Boating Club.

The North End rinks are in action (outside and in - Waterfront Trust and Eastwood). The walks along the trails are never seasonal, but they are year round serenity along the water's edge. Unless it is just tooooooocold? If so, a warm swim at Bennetto or hot drink at Williams may be in order.

Yes, the neighbourhood that is always good at coming together really does turn it up a scotch during the holidays. Seems to shine. Seems to snow at all the right moments.

Absolutely no doubt about it, you live in a great neighbourhood. You make it that way.

On behalf of Maureen and Ryan, in your Ward 2 office and the Farr family, I wish you the very best this festive season and a brilliant 2016.

Jay



dedicated to the core

Jason Farr
Councillor, Ward 2 - Downtown
71 Main Street West
Hamilton, ON L8P 4Y5
telephone: 905-546-2711
fax: 905-546-2535
e-mail: jason.farr@hamilton.ca
www.jasonfarr.com



Brian Roulston

DJ Demers



The Canadian Hard of Hearing Association a non-profit organization is very excited to announce a special evening with stand up comedian DJ Demers.

D.J. Demers born in Toronto, Ontario is a stand-up comedian and the host of the 'The D.J. Demers Show' on AMI-tv.

DJ Demers along with former U.S President Bill Clinton, Lou Ferrigno the original Incredible Hulk, Rob Lowe American actor and Adam Savage of Mythbuster's fame all something in common other than the fact they have been very successful in their fields. They are all hearing impaired and wear hearing aid(s).

DJ Demers has worn hearing aids since he was 4 but that didn't stop him from pursuing a career as a stand-up comic.

DJ Demers has appeared on the Conan O'Brien show and was the winner of many awards including the 2014 Home grown Comics Competition at the prestigious Just For Laughs festival in Montreal. It was after winning the competition, D.J Demers was invited to perform on the Conan O'Brien show, the first time that has ever happened in the festival's history.

Some of Demers's favourite comedians are Norm MacDonald, Seinfeld, John Dore, Chapelle, Chelsea Peretti.

On the third Wednesday of every month, D.J Demers hosts a stand-up show with Chuckle Co. at the Comedy Bar in Toronto which features the best comedians in Canada.

You can come and see DJ Demers in person here in Hamilton on December 2nd, 2015 at the South Gate Church, 120 Clarendon Ave from 7pm to 9pm. Parking is free in the rear and Real Time Captioning is available. If you would like to register or more information you can contact the CHHA (Canadian Hard of Hearing Association Hamilton), at 905-575-4964 or email chhahamilton2@gmail.com. For members there is no charge, guests a \$5 donation is appreciated.

IN THE GYM WITH NHCHC'S CO-OP STUDENT ADRIAN SMITH

To introduce, I am a co-op student who has had the privilege to be a part of the team at North Hamilton Community Health Centre. My responsibility is to give the people of North Hamilton exercise programs that are specific to each individual's needs and fitness level. There are no limitations as to who can enter the gym to work out. Some clients who exercise at the gym are extremely fit and run an hour a day, while there are others in wheelchairs that require assistance in using the gym equipments. All are welcome, so long as you live in the North End of Hamilton.

My time here has been the shortest 3 months I can remember. My responsibilities seemed overwhelming and unachievable at first, but with the exceptional mentorship I received from my coworkers I felt at ease quickly. When encountering a situation filled with new responsibilities and new people, it can be tough to relax at times. However, the overflowing sense of community present between both clients and coworkers alike inspires

me to look forward to waking up and going to work everyday.

The staff here at NHCHC all have exceptional communication as well as people skills, which I believe are some of the major aspects of a professional workplace. These are skills that can translate to almost any job. My duties range from teaching fitness classes to helping run reception when needed. Regardless of the tasks at hand, being able to communicate effectively with my clients is of utmost importance; especially when there is a language barrier. One afternoon at reception, I met a man whom I had a language barrier with. I politely asked him to write down what he wanted to say on a piece of paper. Then with the help of an online translator, I was able to understand his message and respond appropriately. This particular moment further highlighted for me the importance of communication. NHCHC is a community health centre where the sense of community is almost tangible in the air. Some clients have been exercising at the gym for years while others have just started, but the important thing is that you incorporate exercise into your life in one form or another.




HAMILTON WATERFRONT OUTDOOR RINK SKATE RENTALS

HOURS OF OPERATION

Monday - Friday	5:00pm - 10:00pm
Saturday & Sunday	10:00am - 10:00pm

RENTALS & SHARPENING (taxes included)

Skate Rentals	\$6.00
Helmet Rentals	\$2.00
Skating Trainer	\$2.00
Skate Sharpening	\$5.00

SKATE RENTAL POLICY

* We require one of the following forms of ID to rent skates and/or a helmet

- Driver's Licence
- Birth Certificate
- Citizenship Card



GRILL HOURS OF OPERATION

Saturday & Sunday
12:00pm - 7:00pm



HAMILTON PORT AUTHORITY

Port Update

We are pleased to share news about several positive developments around the Port of Hamilton recently.



Arts & Science Brewery

The Arts & Science brewery on Burlington St. is finally open! A landmark in the north end for many decades, we're thrilled to see the brewery back in use making beer. Together, the partner companies, Collective Arts and Nickelbrook Brewing have brought an exciting new vision for the brewery space. Not only is the brewery creating dozens of new manufacturing, retail and administrative jobs in the north end, the new space will be more of a people place than ever before – with enhanced retail access, a tasting room, and an event space for art and music. Hamilton Port Authority (HPA) has worked closely with our tenant companies and the City of Hamilton every step of the way. In addition to the \$5 million invested by the tenants themselves, HPA has invested a further \$6 million to help restore the brewery into a place the neighbourhood can be proud of.

New Grain Terminal

Another significant development is sprouting up at the port: a new grain terminal, operated by G3 (Global Grain Group), located on Eastport Drive at Pier 26. The new terminal is a \$50 million development which will give Ontario farmers more choice in exporting their grain to global markets. Construction of the new terminal has already started, and is expected to be complete in time for the 2017 harvest season.

NHCHC Innovation Award:

Learning Greenhouse Project

HPA was pleased to receive the 2015 Innovation Award from the North Hamilton Community Health Centre, in recognition of the Port's support for the Centre's new Learning Greenhouse. HPA contributed \$60,000 to the establishment of a new greenhouse on the grounds of the North Hamilton Community Health Centre, which is being set up with the help of horticulture students from Niagara College. The new greenhouse will enable NHCHC to offer horticultural therapy programs, build community partnerships that increase neighbourhood access to fresh local food, and grow seedlings for NHCHC's other community gardens.

The Parish Church of ST. LUKE

Founded in 1882

454 John St North, Hamilton

Parish Hall at 76 Macauley St. E

Telephone: (905) 529-1244

Sunday: English Mass, 10:00am

Book of Common Prayer

PARISH HALL FOR RENT 76 MACAULEY ST. E.



North End Neighbours NEN The neighbourhood association of the North End

The neighbourhood association of a Caring,
Friendly Community

December Neighbourhood Update

Happy Holidays to all in the North End. Already we see some great North End Christmas Lights and home decorations!

West Harbour Community Conversation—The Consultants who are doing the Pier 7 & 8 Design Study will return for the next West Harbour Community Conversation on NOVEMBER 26 at 7pm at 294 James Street North. A lot of residents from the community came to the last meeting on October 29. (And they have great snacks!) There will be no meeting in December, and the following meeting will be held January 28. This is our chance, as citizens and residents to listen, learn, ask questions, and put our ideas and concerns forward. There will also be a chance for written comments.

This meeting will also include IBI Group representative who are undertaking TRAFFIC and PARKING analysis on the Waterfront.

The Information Panels and Presentation from the October meeting are on display at 294 James North and are also available online at www.hamilton.ca/piers7and8. (Click “public consultation” near the bottom just above Contact Us)

*A more focused, separate meeting for the Pier 8 Urban Design Study and the Traffic Study will be held on Wednesday, December 9th from 7pm-9:30pm at 294 James Street North.

Sheri and Rob attended the Participatory Budgeting Meeting for Ward 2 on November 11 at Beasley Community Centre. The PB group is looking for volunteers to help with the process this year. Plans are being made to go door to door in all the neighbourhoods to make sure everyone is informed and has a chance to participate. Please contact us for more information or to help out with this project. As you walk around our neighbourhood, what ideas do you have? Eastwood Park improvements? Bayview Park bench?



David Christopherson, MP Hamilton Centre



Please contact my office for
assistance with any
federal matter.

22 Tisdale Street South
Hamilton ON L8N 2V9
Tel: 905-526-0770

hamilton@davidchristopherson.ca
www.davidchristopherson.ca

A mural? Sign posts? Or??? What is YOUR idea?

Over 70 people attended the NEN Annual General Meeting on October 22. Jason Farr was unable to attend but we were able to interview him and show the video during the meeting. Elections were held resulting in a new Board of Directors for the Neighbourhood Association. President - Carmen Cooper, Vice-President - Catherine Ahern, Secretary - Sheri Selway, Treasurer - Kevin Piper, others on the executive are Jon Davey, Rob Fiedler, Zoe Pipe, Dave Stevens, Stephen Park. This board is looking forward to having more time and energy for community events and get-togethers that foster a positive community spirit. After a lengthy discussion, a motion was passed at the first board meeting to withdraw from the current OMB appeal. Although there are several issues of concern, we feel it takes an enormous amount of time and energy and resources which we do not have. We DO encourage residents to get actively involved by attending the Community discussions on November 26, and December 9 at 294 James ST. N. Learn what is going on and make your voice heard.

Huge thanks go to the following residents who volunteered to serve on the Board of NEN during the 2014-2015 year. This past year, the Board was fortunate to have Curtis Biehler, Thom Davies, Richard Bull, Carol Hoblyn-Winn, and Mike Borrelli working together. Many thanks go to them for serving on the Board and all have indicated they will be involved and attending meetings from time to time.

NEN Members are welcome to attend NEN Board meetings. The next meeting is TENTATIVELY scheduled for Wednesday December 2, 7pm. but we are waiting for room confirmation, so please check before you attend.

About North End Neighbourhood Association:
Membership is FREE for residents. Just email or phone to let us if you wish to be a member and so you will be on our email list for updates and notifications of meetings and events.

NEN advances the social, physical, and cultural interests of the residents of our community, through the identification and research of issues affecting our community, the education of residents and the promotion of their active involvement in the democratic process to ensure that the interests of our community are protected as a Child and Family-Friendly community. NEN works to achieve its goals by providing a forum for residents for the discussion of all matters of community interest, and developing and fostering a positive community spirit.
Contact Information: Phone: 905 527 1697 (Sheri, secretary)
sheriselway@gmail.com

Email: nen.president@gmail.com

Website: www.northendneighbours.com

Facebook: North End Neighbours

Andrea Horwath MPP, Hamilton Centre

20 Hughson St., S., Suite 200,
Hamilton ON L8N 2A1
Tel: 905-544-9644
Fax: 905-544-5152
ahorwath-co@ndp.on.ca



BENNETTO COMMUNITY CENTRE

450 Hughson Street North
905-546-4944

www.hamilton.ca

Bennetto will be CLOSED on December 25 and December 26 2015. We will also be CLOSED on January 1, 2016. Please inquire at our front desk for our holiday schedules.

We will be adding extra DAY time Public Swims For the holidays as follows:

DECEMBER

21 1:15-2:15 pm	28 1:15-2:15 pm
22 1:15-2:15 pm	29 1:15-2:15 pm
23 1:15-2:15 pm	30 1:15-2:15 pm
24 1:00-2:15 pm	31 1:15-2:15 pm

JANUARY 2 1:15-2:55 pm

December Movie Night

Come and watch a Family Holiday movie on the gym wall! There will be Popcorn and a small low cost concession stand for all your movie munchies!

Friday December 18, 2015

Doors Open @ 5:30 – Movie starts @ 6:00
Cost: FREE

Gym Schedule November 23 to December 20, 2015

MONDAY	TUESDAY	WEDNESDAY
Open Gym (All Ages) 7:15-8:45pm	Book Mobile 2:30-4:30 PM	Preschool Gym (0-5 yrs with Parent) 11:15am to :15pm
	Open Gym (All Ages) 6:30- 8:00pm	Adult Gym (18+) 1:30pm-2:30pm
		Teen Basketball (13-17yrs) 7:15-8:45pm
THURSDAY	FRIDAY	SATURDAY
Youth Basketball (6-12yrs) 6:30-8:30pm	Family Gym (all ages) 5:00- 6:00 pm	Family Gym 11:00-1:00pm
Book Mobile 6:00-8:00PM	Open Gym (all ages) 6:00-8:00pm	Open Gym FREE (All Ages) 1:00- 3:00pm

Gym Schedule December 21, 2015 to January 3, 2016

MONDAY	WEDNESDAY	THURSDAY
Open Gym (All Ages) 12:30- 2:30pm	Preschool Gym (0-5 yrs with Parent) 11:15am to 1:15pm	Family Gym FREE (All Ages) 12:30- 2:30pm
	Adult Basketball (18+) 1:30pm-3:00pm	

Bennetto Community Centre Staff would like to wish all of our Patrons a Safe & Happy Holiday!



**WELCOME INN
COMMUNITY CENTRE**
40 Wood Street East
www.WelcomeInn.ca
905-525-5824

Dates to Remember

- Good Food Box:** Pick up Dec.16th from 2-5pm at Welcome Inn Community Centre
- Seniors Diner Club:** Every Tuesday from 12 noon to 2 pm
- Christmas Open House:** Dec.11th from 5-8 pm. All welcome
- Welcome Inn Closure:** Dec 24th – Jan 3rd



Join the Conversation

Join the conversation with us and share your thoughts. Find us on twitter at @WelcomeInnCC or Facebook at facebook.com/WelcomeInnCC to check out the latest!



Kitchen Help Volunteers Needed for Seniors Program

Welcome Inn Community Centre is looking for volunteers to help in the kitchen for its Seniors Tuesday Diners Club Program. Kitchen helpers assist in preparing and serving meal to seniors every Tuesday from 9 am to 2pm.If interested please call 905.525.5824 or email Elizabeth@welcomeinn.ca for more information.



Christmas Open House Friday, December 11 from 5-8pm

Join us as we celebrate together with appetizers and warm drinks, door prizes, live music and children's activities.

Pose for a free family portrait by the tree!
~ All are Welcome ~



**Welcome Inn Wishes you all the joys and happiness of the season and a wonderful new year!
May you be blessed with peace, love and joy!**

"The 2015 Gift Catalogue is here!"

Give the gift of connection, community and joy this season with gifts that support the work of Welcome Inn Community Centre. Gifts of artisan, fair-trade gifts, soaps and donations are a great way to celebrate the season. Reciprocal gifts. Help those in your life receive the gift of giving to others this Christmas. Visit www.WelcomeInn.ca or stop by the centre to pick up your gift catalogue today.

New Horizons Thrift Store
520 James St N
905-529-6891
OPEN: Mon – Sat. 10-5



December is all about the LOVE at New Horizons.

Come enjoy the warmth of shopping with friends.

We have everything you need to help you stay warm & cozy this winter.
Blankets, coats, boots, scarves, and mittens. Good books and crock pots.

Lots of holiday decorations, gift wrap and gift ideas.

Eliminate stress by getting affordable, creative Christmas gifts.

And for an extra bit of fun, we are counting down the 12 days of Christmas.

Starting December 10th, we will have a different “pop up” sale each shopping day until Christmas.

Special Holiday Hours.

New Horizons will be closed Dec 24 – Jan 1st.

We will re-open Jan 2nd , 10-5.



ON BEHALF OF THE STAFF & VOLUNTEERS,
WE WOULD LIKE TO WISH EVERYONE A
WONDERFUL HOLIDAY SEASON.

THANK YOU FOR SUPPORTING ANOTHER SUCCESSFUL NEIGHBOURHOOD FOOD DRIVE!

Welcome Inn Community Centre would like to send out a sincere thanks to the generosity and support shared by our community members during thanksgiving neighbourhood food drive on Oct. 17th. A special thank you to Curtis and family for taking the initiative and organizing the food drive once again this year. A total of over 1000 lbs of food was collected. Thank you again to our incredible community for your continued support!!

Hamilton Friends of Refugees

Formed in response to the crisis in the middle east that has created an unbearable situation for millions of people. Our goal is to work through Citizenship and Immigration Canada's Blended Visa Office-Referred program (BVOR) to sponsor a refugee family of 4 to resettle in Hamilton, Ontario. To do this, we must raise \$25,000 to support their first year in Canada with food and shelter, clothing, and other goods. During this first year, we will also be providing necessary practical and emotional support to the family through connections with local resources for employment, education, and health, and help them become independent. All donations will go into an account held in trust for the family. For more information:

Website: hamiltonfriendsofrefugees.ca or

Email: hamiltonfriendsofrefugees@gmail.com.

Her Majesty's Army & Navy

96-98 MacNab St. N. 905-527-1000

December Entertainment

Thurs. Dec. 3 Easy Money 3 to 7pm
Thurs. Dec. 10 Lionel Bernard 3 to 7pm
Thurs. Nov. 17 Blue Diamonds 3 to 7pm

Dec. 31 **New Years Eve Dance** \$10 a ticket
Big John & the Night Trippers

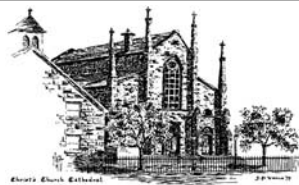
Darts Open House, 6 boards available.
Friday nights and Saturday afternoons.

Euchre Tuesdays 2pm \$2
Meat & Greet Open House
every Saturday at 3pm
with DJ Drew

We have a great hall for rent. Weddings, Stag &
Doe, Showers, Birthday Celebrations, Retirements,
and more. New Hall Rental Rates - \$250.
Closed Sundays but negotiable.
Give us a call at 905-527-1000.

Christ's Church Cathedral

252 James Street North
905-527-1316



EUCCHARISTS

12:15pm Mondays, Wednesdays, Thursdays
7:30am Tuesdays

Sundays

8:30 Holy Eucharist
10:30 Choral Eucharist

www.cathedralhamilton.ca



**Hamilton-Wentworth
Catholic District
School Board**

**Parenting & Family
LITERACY CENTRES**

ST. LAWRENCE CATHOLIC ELEMENTARY SCHOOL
88 Macauley Street East
Hamilton, ON, L8L 3X3
Monday to Friday
8:30 am—12:30 pm

Please come and visit our Parenting and Family Literacy
Centre with your children from babies up to 6 years of
age. The Centre is part of our school and offers fun pro-
grams that help children get ready for school.

It is FREE and NO REGISTRATION IS REQUIRED.
Parenting and Family Literacy Centres are school-based
programs in which parents, grandparents and caregivers
with their children, participate in a range of play-based
learning activities that focus on the optimal development
of the child and the early acquisition of literacy and
numeracy skills.



ST. LAWRENCE CHURCH

475 Mary St. N, Hamilton, Ontario

Join us for Mass
Tuesday to Friday at 8:00 am
Every Saturday at 7:00 pm and
Sunday at 10:30 am

New Parishioners are always welcome!

For more information, please call (905) 529-3921
Or email stlawrencehamilton@gmail.com

Find us on Facebook at

www.facebook.com/stlawrencehamilton

Or visit our Website at stlawrencehamilton.ca

**Your Catholic Church
in the North End of Hamilton
"Where Faith Builds Community"**

COME AND JOIN US!

CHRISTMAS TURKEY ROLL

FRIDAY DECEMBER 4th

Doors open 6 p.m. Draws start at 8 p.m.
St. Lawrence Parish Hall

3 spins for \$2

Come to WIN, WIN, WIN !!!

Turkeys, Hams and \$25 LCBO Gift Cards
For more information please call 905-529-3921.



CWL CHRISTMAS BAKE SALE

Sunday December 13th at 11:30 am
Join us in the Parish Hall to buy some
delicious holiday treats. Get your baking
ready for the busy holiday season. Free
Coffee, tea and water will be served.
Come and share some time with us!

CHRISTMAS MEMORIAL MASS & TREE LIGHTING

Thursday December 17th
Mass at 7pm with Tree lighting, Carol
Sing and Social to follow.

**Wishing you and your family a very
blessed Christmas season!**



Please join us for our Christmas Services
Christmas Eve Family Mass (Dec. 24th) 7:00 p.m.
(please note that there will be no midnight mass)
Christmas Day Mass (Dec. 25th) 10:30 a.m.
New Year's Eve Family Mass (Dec. 31st) 5:00 p.m.

HALL FOR RENT St. Lawrence Parish Hall
475 Mary St., Hamilton

For information, a copy of the Hall Rental Agreement or to check
availability, please contact: (905) 529-3921, stlawrencehamilton@gmail.com \$250 (Daytime Rentals or Rentals of 5 hours or
less) \$400 (Evening Rentals or Rentals more than 5 hours) Rental
rates include use Parish Hall, kitchen facilities and table linens.

Christmas Memorial Mass & Tree Lighting Thursday December 17th at 7pm

This Christmas Season, we invite all of our North
End neighbours to join us in remembering our loved
ones who have passed. The Memorial Mass and
Christmas Tree Lighting will take place at
St. Lawrence Church (475 Mary Street) and include
an outdoor carol sing followed by a gathering in the
Parish Hall with music, snacks and warm drinks.
Memorial Lights are just \$10 each and can be
requested:

- at St. Lawrence Church, after weekend masses,
- by contacting Alissa at (905)308-1576, or
- by emailing stlawrencehamilton@gmail.com

The Memorial Tree will be kept lit throughout the
Christmas Season and your loved one's name will
be listed in our Book of Memorial.



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www.canadian-directories.ca**

Bill & Marie Mushing - Hamilton Ontario

CLASSIFIED ADS

Next deadline for North End Breezes is the 10 of **DECEMBER 2015**.
North End Breezes, 438Hughson St. N.
 Hamilton, ON L8L 4N5,
 905-523-6611 ext. 3004
 Fax: 905-523-5173, collins@nhchc.ca,
 www.northendbreezes.com

For Sale

Baseboard heaters, hardly used. 4 air conditioners \$50 to \$70 (cash). Treadmill with manual, almost new. \$200 O.B.O. Denby Fridge, apt. size \$100 O.B.O. Adult walker, used 3 months. \$135 O.B.O. Call: 289-689-6045

Sewing machines, food processor, new stereo/record player in a box, treadmill, 2 exercise bikes, kids cartoon movies, 50's & 60's old records. Bedroom set with mirror, headboard & footboard, box spring & mattress—never used best offer. Call: 289-689-6045

Commercial freezer (for variety store) best offer. C.C.M. bike + 10 other bikes. \$40 each O.B.O. Italian leather sofa, good leather. \$500 O.B.O. Maple wood dining set , high back chairs + table \$200. 2 black leather love seats \$100 each. Call: 289-689-6045

Heavy duty shop vacs, 1 new, 1 used \$60, new & used household light fixtures \$5 each. Portable air conditioner, any room \$150. Storm doors, wooden entrance door metal & real wood,. Call: 289-689-6045

Adult winter jackets, t-shirts with maple leaves & wildlife, wind breakers. Girls bikinis clear out \$5 each. Call: 289-689-6045

All of the above must go by the end of December. Call: 289-689-6045

Services

Babysitting—Are you looking for a nice place for your kids before and after school? I could be the person for you. Nice home, walking distance to school. After school activities and help with homework. Call Shannon at 289 339 6019

Babysitting—LOOKING FOR A BABYSITTER? I am a Mother of three and I am willing to babysit in my home only! Located just 1 block from Bennetto School. Rates are negotiable! Please call: Crystal Hachey-Brown at: 905-393-6416, 289-925-5970. Please leave a message & I will get back to you!

Housekeeping, cleaning, companionship for seniors, will accompany to appointments & shop-

ping. Reliable and experienced. Please call: 289-887-3144 after 6pm

Reflexology—Relaxation Services by Brenda. Feel great and relieve stress. Reflexology, a specialized foot treatment and Shiatsu-Swedish back massage. Certified and experienced practitioner. Senior's discount. By appointment only. Phone: 905-525-3693

Moving? Need a vehicle for a short time or a short trip? Need an inexpensive way to build an insurance record? Contact: (905) 543 4411, (905) 526-7022 or www.HamiltonCarShare.ca

Announcements

SACHA – Women's Group for Survivors of Child Abuse. Help break isolation, recognize your strengths, learn new coping strategies. Starting in Sept. 2015. 75 MacNab St. N. 3rd floor, Hamilton. Call a SACHA counsellor: 905-525-4573, sach@sa.cha.ca. 24 Hour Support Line 905-525-4162. sach.ca.

Nar-Anon, Never Alone—Hope In Hamilton, Family group meetings for anyone dealing with an addict. Monday's @ 7pm (Except for holidays) HARRRP Community Center 705 Main Street East @ St Clair, Hamilton. Entrance from St Clair - Lower Level, Street Parking. All Welcome!!

TOPS, Take Off Pounds Sensibly—meets Monday nights from 7 to 8 pm at St. Luke's Parish Hall. Call: 905-540-1979

Free

Free Pick-up old appliances & scrap metal Call Carl Lazar: 905-540-1742

Recycling, Free Removal, Scrap vehicles by flatbed. Underground removal. Cash for clunkers, towing & recovery. Call: 905-544-6807



Kids 'N Crafts photo by Shannon McCulloch

Who Are The People In Your Neighbourhood?

Anne Marie Pavlov

ED STEWART was the keynote speaker at the *Breezes'* *Thanks 4 Giving* Donor Appreciation night, Oct. 29, 2015.



I landed on Wood and Ferguson Streets in 1929, the start of The Great Depression. My parents had built that house on Wood Street in 1920 and raised 6 of us. North End born and bred! I was gated in the backyard until Kindergarten at Bennetto School. It was a time when horses pulled the bread and milk wagons and snow ploughs. Junk men were sometimes harassed and I watched him whip his horse to escape! Before TVs and cell phones, movies and radios ruled. Imagine 8 people in a room listening and imagining the scenes!

One of my 4 brothers, the eldest, Bill, was my mentor. He had a darkroom in our basement and I stood at his elbow as he developed and printed his work. Eight years my senior, he was talented, compassionate and kind. Looking back, he set the bar for me. AND he had girlfriends!

On April 29th, 1944, the family was at breakfast when the news came on the radio that *HMCS* Athabaskan was sunk off the coast of France. My mother threw her hands up saying, "My son has gone!" She knew. 128 lost, 85 taken prisoner, *HMCS* Haida picked up 45. Brother Bill was among the 128 lost.

Needless to say that trauma precipitated a move from Wood Street. I had begun taking the Art course at Tech when the move was made to the South West end and they transferred me to Westdale. I protested but the move happened! Incidentally, those newspapers of WW1 disappeared. So much for history. My protests worked though - I was sent back to Tech.

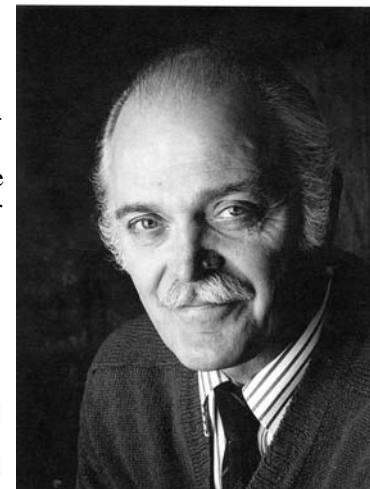
It has been said that we are bad weather animals: "We perform best when the going gets tough." I was to discover that qualities of trust and togetherness surfaced when I did the book on *HMCS* Athabaskan. From the captain down to the seamen, there was a brotherhood - they were the products of those times and stories my 2 surviving brothers told (they too were Navy). These qualities were found on their ships also.

Its no doubt the History Bug bit me really hard. I followed Brother Bill into the art world. In 1974 I had my own studio in Toronto, filled with some of the survivors and their stories. It was a 10 year trip. That book went to a 3-part documentary that runs every November 11. I then found myself hooked into the Lion Sea Cadet Old Buoys doing their history, another 10 year trip. Those 7 large folios are now in the Hamilton Public Library archives. Again, I find myself part of Oakville's New Sea Cadet Corps, now working with a history teacher who happens to head up that Corps doing a book on *HMCS* Oakville, a corvette that distinguished itself sinking a U-boat. My brother Jim said that I should have been in the Navy.

Northender John Nagy began the North End Reunion. Being a graphics guy, I came up with the North Ender of the Year Award over 10 years ago (No money, no prizes, just a handshake!). A reminder that those early days in the North End are worth remembering.

In 1984, I was working with an illustrator and a photographer, and over lunch they suggested creating a Victoria Cross lithograph (which had not been done before) of those 16 who received that Award in WW2, half posthumously. A 2 year trip, chasing military histories, rare medals, citations, etc. That lithograph now hangs in over 150 Ontario schools, and in military establishments across Canada. On an Athabaskan Memorial trip to France, I presented one to the Queen at Windsor. That was one emotional time. Incidentally, I present that lithograph with every North Ender of the Year Award, this year to Morley Balinson who served in the military.

Morley Balinson was responsible for hooking me into doing the North End Breezes logo. As a boy standing on the revetment wall where *HMCS* Star and *HMCS* Haida are, I had a clear view across the bay. How fitting to show it for this Breezes entry into the logo contest. And it worked! Let's call it fate!



YOUR VOICE.YOUR SUPPORT.YOUR COMMUNITY.

Donations for the North End Breezes can be made C/O the North Hamilton Community Health Centre, located at 438 Hughson Street North in Hamilton.

\$ _____ Other _____ \$25 _____ \$50 _____ \$100 OR My Community. My Voice! Accept my monthly donation of \$ _____

Please complete the following form:

Name: _____ Address: _____

City: _____ Postal Code: _____ -- _____ Email: _____

Phone: _____

Payment Method: _____ Cheque _____ Post-Dated Cheque(s) Enclosed

OR visit northendbreezes.com to make a donation through PayPal!

Please make cheques payable to North Hamilton Community Health Centre. Your tax receipt will be sent to the address above (home or email) within 30 days of receipt of your donation. Thank you for your support!

☐ Please check this box if you agree to have your name included in an edition of the Breezes as a proud donor.