



THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
FEBRUARY 2016
EDITION



This is Welcome Inn Community Centre's North End Theatre Troupe (NETT) who performed at their Senior's luncheon one day. 63 lbs of food was raised for the food bank. For those interested in joining NETT, the next meeting is scheduled to be at Welcome Inn on Tues. Feb. 23 @ 2pm. *Photo by Susan Brooks*

HOMELESSNESS

by Mary Manner

It was a chilly day, when I set out on the streets of Hamilton to interview homeless individuals. I was fortunate to have Dale MacNevin take me to one of the sites where they were. Dale helps them every week as much as he can. He has been looking at a few empty buildings for them, where they will have a place to sleep. It is a constant job, especially if someone does not respond or want to help.

My first interview was with George who was a professional. I asked George what was the worst thing for him on the streets. He stated that one night as he was going to sleep, some young people set fire to a bin filled with plastic bottles, a few feet away from him. His sleeping bag caught fire and he got out just in time.

(Continued on page 2)

GENEROUS DONATIONS OF TOYS AND FOOD ITEMS

In December 2015, Marchese once again, through the generous support of our staff, were able to deliver toys and many nutritious food items to Good Shepherd and the Welcome Inn. In addition, we were able to make donations to many other deserving and giving foundations such as the Salvation Army, St Matthew's House, Wesley Urban Ministries, Mission Services, and L'Arche Hamilton. Thank you to all those who donated their time, food, and energy during the busy holiday season.



Roy Leeman a member of our staff dressed as Santa and with the help of fellow employee Pam Maracle, delivered all the toys and food items to Good Shepherd and Welcome Inn.

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For individuals without dependants, gross income below \$30,000
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Tax Clinic Volunteer Coordinators
wanted for the 2016 Free Income Tax Clinics.

Tax Clinics made possible through North End Breezes and the Chartered Accountants of Ontario.
Contact: 905-523-6611 ext. 3004,
collins@nhchc.ca

North End Breezes is looking for people with expertise and/or an interest in **MARKETING, FUNDRAISING, SOCIAL MEDIA and ADVERTISING.**

Please contact us at:
905-523-6611 ext. 3004
collins@nhchc.ca
www.northendbreezes.com

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Did you know?

The Ontario Electricity Support Program (OESP)

Hamilton Community Legal Clinic

Beginning January 2016, the Ontario Electricity Support Program (OESP) is in place. This program will lower the cost of household electricity for low-income families. Advocates, like the Low Income Energy Network (LIEN), have been calling for such a program since 2004. If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill. To receive benefits of the program you need to apply. The monthly credit is applied directly to your bill.

There are two ways to apply. You can apply on line at <https://ontarioelectricitysupport.ca/> The other way to apply for downtown Hamilton residents is through Hamilton Housing Help Centre at 905 526-8100. For more information go to <http://www.housinghelpcentre.ca/ontario-electricity-support.html>

The amount of the credit you receive depends on how many people live in your home and your combined household income. For example, if you are in a household with three occupants and an annual income of \$28,000 or less you would receive a credit of \$34.00 each month.

Sixties Scoop Class Action Suit

We are following a legal case that began in 2010 that could be precedent setting.

It will be the first Canadian case on the issues of cultural genocide and the sixties scoop. (The sixties scoop refers to the mass removal into the child welfare system of Aboriginal children from their families without their family's consent.) The case was initiated way back in 2010. At that time a law suit was initiated against the government of Canada by Marcia Brown and Robert Commanda. They argue that between 1965 and 1984 a wrongful act was committed by the Government of Canada.

Canada did not fulfill its constitutional responsibility to preserve Aboriginal cultural identity for children in Ontario. These children had been placed in non-Aboriginal homes for adoption or as crown ward or foster children. The result was that the children lost their cultural identity. It caused them much pain and suffering.

In December 2014, after a four-year legal battle, three judges of the Ontario Superior Court ruled against the Government of Canada. Canada had tried to have the case dismissed.

In June 2015, the case was certified as a class proceeding action. Now Marcia Brown will act as a representative plaintiff represent 16,000 survivors of the Ontario Sixties Scoop.

The trial will commence in June 2016. We'll keep you posted on the progress of this lawsuit.

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For many years, the Clinic has called for social assistance rates that are based on the real cost of living. (<http://www.hamiltonjustice.ca/blog/?post=Social+Assistance+Rates+Must+Reflect+Costs+of+Living&id=284>)

As most readers will know these rates are arbitrarily set and bear no relation to what necessary items really cost. Increases in the rates, when they have occurred, have not kept up with inflation.

Our arguments and advocacy from others for this reasonable reform have not been successful to date.

Now the Ontario pre-Budget process provides an opportunity.

You can support this idea for change through a process that the Ontario government has set up. It is called Budget Talks. Budget Talks is an online pre-Budget consultation tool. You can share your ideas for the budget or support ideas of others by using this tool.

Susan Muma from Project Hope here in Hamilton has done an excellent job of summing up the need for evidence based social assistance rates.

Here is an excerpt from her submission

*"Presently Social Assistance rates are set arbitrarily with no consideration of the real cost of living. It is, therefore, my suggestion that there be an arm's-length board in Ontario which is charged with looking at the real costs of shelter, nutritious food, and other necessities of life. This Board would then set Social Assistance rates for Ontario based on real costs of living."*

Go this link to support the idea.

<https://talks.ontario.ca/idea/ontarios-social-assistance-review-and-setting-social-assistance-rates>

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

#### Homelessness continued from page 1

My second interview was with Liz. Liz told me the worst time for her on the streets, was when she was beaten, raped and robbed. As she began to tell her story, she started to cry. She mentioned that she was trying to contact her brother through her children. They would not give his number to her and her children do not speak to her.

My third interview was with Dale C. I asked Dale what he feared about sleeping on the streets. He replied, after spending fifteen years in the Penitentiary he knows how to survive on the streets. His mother passed away and left him money in the bank, which he cannot have access to.

If anyone can do anything to help, Dale MacNevin is looking for any help he can get as far as blankets, warm clothes, tooth brushes & toothpaste, long underwear for the winter, under shirts, sleeping bags, hand soap, laundry soap, winter jackets, warm hats, razors, boots, food.

If you can help, please contact:

[marymann@sympatico.ca](mailto:marymann@sympatico.ca)

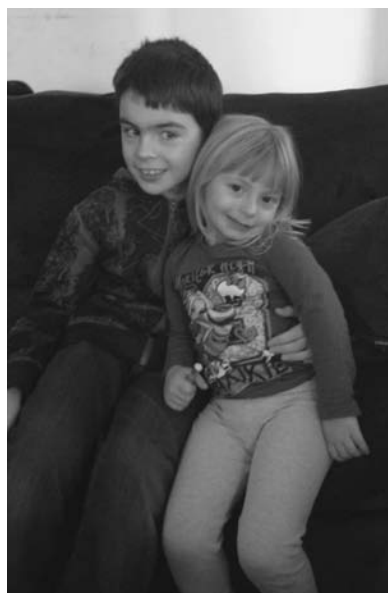
or telephone: Dale MacNevin at 289-339-7684

Nicolas Jeffrey  
and Amelia Rose.

The best cousins,  
forever!

Hugs and Kisses  
xoxoxoxo

Nicolas' mother,  
Maria  
helps fold the  
3500 Breezes  
Every month.



#### CREDITS & CONTACTS

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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 **15<sup>th</sup>** of each month  
(in December it is the **10<sup>th</sup>** 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!

#### "FINDING YOUR BALANCE"

**WHAT:** 12-week program  
consisting of education  
and exercise  
**WHO:** Led by an occupational  
therapist and a  
physiotherapist  
**WHEN:** February 4, 2016, (start  
date), following session to  
start in May 2016  
**TIME:** 1:30p.m. – 3:30p.m.



To register or for more information please call  
**Naomi at 905-523-6611 ext 3038**

**NOTE:** you do not need to be a patient of  
North Hamilton CHC or be in catchment to  
register for this program





## CRAFT CORNER Snowmen

**Shannon  
McCulloch**

So things worked out very nice for this craft. I planned to make little snow men with the kids and the day it was planned for turned out to be our first real day of snow.

### Needed:

- Three bags of foam balls: large, medium and small
- Small pom-poms
- Googly eyes
- Tooth picks
- Glue gun and glue sticks
- Pipe cleaners (brown and some bright colors)

The whole craft took about 10 dollars to get enough stuff for 7 to 8 kids. I had four kids doing it. I had planned on a half hour, but it really only took about 15 to 20 minutes.

It's very straightforward. You use the toothpicks to put the balls together. You only really need 2 per snowmen. The kids had no problem with this. Though the three-year old needed help holding the balls straight, as they kept rolling away when she tried on her own. Use brown pipe cleaners for the arms. You can cut them up in advance or let the kids do it. They can be pushed into the middle ball. They go in easily—the kids can do it themselves, even the 3-year old. And they stay in well if you get them pushed in about a cm deep. Use a little piece of orange pipe cleaner in the small ball as the nose.



I had the kids pick out which eyes they wanted to use. And three pom-poms each as buttons. Then just because I have too much time on my hands and got a looming kit for Christmas, earlier that day I made a few little tiny hats that the kids got to pick from. We used leftover wool for the scarves, but you could easily use bright colored pipe cleaner. I then used the glue gun to put on the little piece they had picked out. I had planned to show the older kids how to use it. But they gave me their stuff so quick and then ran off to play house, that I didn't this time. The kids loved their snowmen and looked forward to taking them home to show their parents.

## Kids Book review: *Wild Girl*

By Chris  
Wormell

Review by  
Sam Knight

I brought this book home from my school library. It's called *Wild Girl* and my mom said that it was really cool since I am her little wild girl.

The book was about a little girl who lives all alone with a little brown dog in a cave.

She is scared by a giant bear but she scares the bear off just to find out it was looking for its baby bear.

So she waits for a storm to break up and goes looking for the mommy bear but didn't find it. Then they all become friends.



I thought the end was so good because they all became friends and she had more company.

I liked the book, it was a quick book with a happy ending. The pictures were amazing and looked like there was really snow on the mountain.

I liked sharing this book with my mom.

**Hunter Knight**

## TEEN CORNER

It's me Hunter with teen's corner again. February is my birth month so I'm looking forward to my birthday. Luckily my birthday falls on the weekend so I don't have to worry about birthday bumps from my friends at school.

The next time I write I will be in semester two at school. My classes for next semester aren't going to be as fun as this year, there is going to be a lot more studying and writing. I bet I'm not the only student thinking that, though. Every year it seems like we get a semester that sounds worse than the other one.

To me English is the worst class. I don't like English because I have a hard time understanding how things go together. I have an I.E.P. in English which means I'm a little slower than most in it. I do my best to fight my I.E.P. by making goals like: using the laptop the school provides as little as possible. I have a hard time in English but I think I'm really good in math.

All of my family was sick. While my family was sick the house got very messy, so when we all felt better it wasn't fun having to help mom with cleaning.

I think it's too cold out. Who agrees? I have no problem when it's cold if there's a lot of snow outside. When I ride my bike it feels like I'm turning into an ice cube. I hate that the cold makes me want to be lazy. I mean like if you're cold in the morning you don't want to get up, you'll want to stay in your blankets and not move ever.

I find waking up to a good song changes all of that. Music is one of the best things in the world. Yes I know some of the new songs aren't as good as classic rock. I think classic rock and new country are the best types of music, but that's me, you're allowed to think what you want. This has been me Hunter with teen's corner. Hope you have a great month.

## FRIDAY, February 26— International Stand Up to Bullying Day

**Susan Brooks**

International Stand Up to Bullying Day is the last Friday of February. It is a semi-annual event, which also takes place the third Friday of November.

History: In September of 2007, David Shepherd and Travis Price, two grade-12 students from Central Kings Rural High School in Cambridge, Nova Scotia, heard about a grade-9 student who was being bullied for wearing a pink shirt to school.

David and Travis decided to do something about it, and organized a high-school protest to wear pink, standing in sympathy with the student. David, Travis and friends went to a discount store that night and bought 50 pink tank tops. They sent out messages to schoolmates and the next day hundreds of classmates arrived in pink. The tsunami of support was the beginning of change.

The first event took place in February 2008 with 236 schools, workplaces and organizations represented. Today the event is celebrated in 25 countries around the world with people taking a pledge to stop bullying. They also wear pink shirts as a public stance against bullying.

Things to do to prevent bullying.

Treat others with respect. Stop and consider if what you say or do would be considered mean, if it happened to you. Keep in mind that everyone is different, not better or worse, but different. If you have bullied, apologize. You can make change happen. Deal with bullying.

Look at the person bullying you and tell the person to stop. Speak in a clear, calm voice. Try to laugh it off. Walk away. Talk to someone about it, and devise a plan to deal with the situation.

Cyber bullying.

Think about what you post, how you would feel if that were said about you, and how it would sound if it were forwarded. Keep your passwords safe and maintain good privacy settings—once something is posted, it is out there. Stand up for others.

Be kind to someone being bullied by showing them you care and including them in activities, and talking to them. Stand up and speak up when you see someone being bullied. Bullying stops when people confront the behaviour.



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## BOOK CLUB CORNER

### Kit Darling

At the December meeting of the Bay Area Book Club we discussed *The People of the Book* by Geraldine Brooks. The story moves between centuries and cultures and conflicts. The *Sarajevo Haggadah*, unique because it is illustrated, and treasured due to its long history and survival of multiple conflicts, has been found after going missing during the siege of Sarajevo in 1992. Hanna Heath, a rare-book conservator, is asked by the UN to examine the book and report on its condition. Various physical clues—an insect wing, a hair, a wine stain and a drop of salt—are the clues that lead us to North Africa and then to Seville in the late 1400's, to Venice, to Sarajevo during the Nazi occupation, to the siege of Sarajevo and finally to the 1990's. Some readers felt that the time switching was distracting and that the book would work as well as a group of short stories. All members enjoyed the book.

At the January meeting we discussed *Coventry* by Helen Humphreys. The story focuses on 2 main characters, Harriet and Maeve, and their experiences of loss and love against the background of the bombing of Coventry during the Second World War. Humphreys' description of the characters searching for one another through the night, with its horrendous yet surreal images, is powerful and immediate. One member commented that the description brought home to her the experience of victims of disasters, whether flood, war or other disasters. Others felt that the characters were not developed as much as the descriptions. Altogether a quick read and recommended.

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 4:30 and Thursday from 6:00 to 8:00.

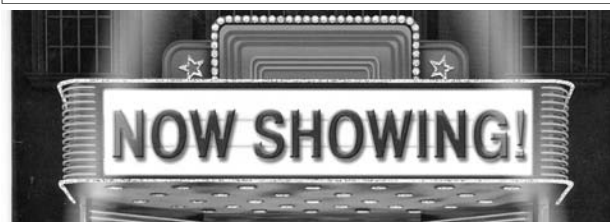
*The Rosie Project* by Graeme Simsion. Don Tillman has a brilliant mind but he has never had a second date. So he is looking for the woman who will be perfect for him. Hence "The Wife Project," a 16-page questionnaire via the Internet. Will it be a success? This book is truly laugh out loud while at the same time stressing our need for companionship and identity.

*I Am Malala: The girl who stood up for education and was shot by the Taliban* by Malala Yousafzai and Christina Lamb. This is the story of the young girl who stood up for her right to education in Pakistan and was shot in the head by the Taliban. Malala is the youngest person ever to receive a Nobel Peace Prize. Reading about the culture in Pakistan and the government and its politics makes the reader very happy to be in Canada.

## ELDERBERRIES



### Pamela Townsley-Winter



The Holidays and the memories are filed away, and still when we vacuum the carpets we end up with tinsel caught in the rollers as a reminder that another Christmas is passed by. There is always a card that I missed and I managed to get two packets of New Year cards to atone for my tardiness with the thought I must start earlier this year and that will be my New Year's resolution, and I hope I will keep it.

Megs had a doctor's appointment, nothing serious and to her chagrin was given a do not eat the following: cabbage, cauliflower, chocolate (only in small squares) etc. Now try convincing a true Irish woman "no cabbage," it's enough to make a grown woman cry.



After her appointment, we went to lunch to cheer her up and we planned to get the bus up to Meadowlands in Ancaster to go to an Irish movie, Brooklyn. We arrived at 2:45 after the scenic #5 bus, remember folks we rely on the H.S.R. and this was our first trip to Silver City. A very pleasant usher informed us that there was no Brooklyn playing—it had only been there for four days to be pre-empted by Star Wars and looking over the menu we decided we would go to see *The Revenant*, listed as big, brutal and beautiful. It was all that and more and when we watched the Golden Globe awards later that week on television it certainly won our votes. The photography is outstanding, the cast dedicated, the way of life back then overwhelming, just think back to life 200 years ago, especially the elements, bitter cold, lack of food, warmth, tempers on edge. Battles on both sides. We certainly lived every moment and hope you will get off the comfortable couch and see our country in all its splendor and in its darkest moments. It was a movie that you wanted it to go on longer. For realism the stars were invited to spend a day in their shoes, wet clothing (no dryers available), facing the constant vigil, facing dangers understanding what danger really means, that being said we decided to find a good place to eat close by in the real world.

We tried Kelsey's courtesy of kind friends' gift cards which made our day most enjoyable and to top it off the bus stop is right at the corner and we were home by 10 p.m. Just another good experience, as was Cassandra, our server, bright, cheerful and good at her job. Needless to say the next day we stayed home.

It has been a bitter-sweet goodbye to Elizabeth' our wonderful Seniors Coordinator at the Welcome Inn and we certainly will miss her—she has been with us for 5 years and decided to take her early retirement. We will miss her laughter and presence; she is our friend, always there to ease over any rough spots, took the teasing and could give back as much as she gave. Sending her health, rest and raring to go, none of us enjoy the word "change" but think of all the new adventures awaiting her.

Do you notice the evenings are stretching out a bit? And soon it will be Valentine's Day—more chocolate? Till next time, your movie mavens, Pam & Megs

### Walkabout with Ken Hirter

### Hamilton's Got Talent and a lot of it!

Having done some theatre and improv in my old hometown of Toronto (20 years ago) it is a pleasure to write of three upcoming events for the month of February 2016.

Firstly:

I am getting out of the cold and I am going to try to take in *Frost Bites* Hamilton's first site-specific winter theatre festival featuring an array of hot local artists, film makers, dancers, playwrights, choreographers and much, much more....performing skits, short plays and of course music. I call it simply entertainment over load in a good way.

*Frost Bites* at the Cotton Factory, 270 Sherman Ave North and offers a comfortable lounge area. A single ticket at \$20 earns entry to many of the performances and they offer a \$35 Frequent Front Door Pass. February 11, 12 and 13 at 7pm and February 14 at 1pm (take your valentines sweetheart out for an afternoon date.) For more information contact: [hamiltonfringe.ca/frost-bites-festival](http://hamiltonfringe.ca/frost-bites-festival), 289-698-2234

Secondly:


If side splitting laughter and tears is your scene please check out the talented Miss Shelley Marshalls *Hold Mommy's Cigarette* as she returns to the Pearl Theatre Company. One woman's story of an unfiltered life. February 18-21 at 8pm, Sunday matinee February 21 at 2pm. 16 Steven Street, with a lounge area and an awesome art gallery. I had the pleasure of catching Shelley Marshall's *A Very Mental Christmas Show* on December 19, 2015 at the Pearl with a host of talented performers. Miss Marshall brought awareness to mental illness with humour and insight with frank candour.

February is well worth the trek to venture out of your winter hibernation. Remember mark your calendars for "Frost Bites" and Shelley Marshall's *Hold Mommy's Cigarette*. Baby its cold outside and I am staying indoors and catching some theatre.

Thirdly:

If outdoors is your thing February 2016 here in Hamilton check out "Winterfest" from skating down by the Bayfront to Waterfront Festival of Lights and much more...for more information go to [Hamiltontourism.ca](http://Hamiltontourism.ca) for a calendar of local events here in the North End. Till next month's walkabout take care and care for each other.

Cheers Ken

 **NorthHamilton** Join this fun program for seniors  
Community Health Centre

### 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**  
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## Fashion for February 2016

### Alexandra Sempie

"I don't design clothes. I design dreams." - Ralph Lauren

As we get into the second month of the New Year we do our best to continue on with our New Years Resolutions. Some of us wanted to lose weight, land the perfect job, or make a new change in our lives. Well what says "new beginnings" like a brand new wardrobe? February is a very fashionable time of the year as many famous designers unveil their latest looks at the first Fashion Week of the year. Here's a sneak peek at what we can expect to see on the catwalk and the city streets this month.

With the dull white February scenery, nothing makes you stand out more than a splash of colour. What better way to make you stand out among the frosty white scenery than bright colours. This season, bright tie-dye clothes are all the rage. Not only do they make you stand out from the background, but the bright colours can also help to improve your mood. Bright colours like tie-dye can instantly make your mood brighter and help you shake off those winter blues. So this season, grab your hippie Halloween costume and rock the streets in a bright retro tie-dye outfit. It'll be groovy!

As we all know, any good outfit can instantly be ruined by the wrong pair of shoes. Shoes say a lot about who you are and where you are going in life, so make sure to grab the best pair for your best days. This season, our shoes are giving us a glimpse into the future with their unique and metallic styles. Many designers, like Prada, Lanvin, and Valentino have created shoes with a futuristic metallic look to give us a stylish spring in our step. Unfortunately, none of their shoes have self-tying laces. I guess Back to the Future didn't get everything right!



Tie-dye on the rise.  
Photo courtesy of  
Vogue Magazine

In  
Puffy Sleeves  
Fine Lines  
Bare Shoulders



Prada's futuristic shoe design  
- Photo courtesy of Harper's  
Bazaar

Out  
Hoop Earrings  
Halter Tops  
Capri Pants

Stay Beautiful!

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## Victoria Somers, a bold new look

Creating her own clothes has evolved into a passion and profession for local designer, Victoria Somers. Born in Toronto, she moved to Hamilton with her family when she was a child. Somers learned to sew at a young age and began designing her own clothes shortly after. After taking a few courses at George Brown College, Somers decided to go at it her own way and began to teach herself how to professionally make clothing with the help of an experienced sewer or two.

Her love of fashion continued to grow and inspired her to create her own clothing company, Fabrikki.

"I have really found that in life you have almost no control over things, over people or even sometimes our own actions," said Somers. "With fashion, I have all the control, I can do whatever feels right. The ability to have that freedom, and the feeling of making something that is completely a part of you with no reservations is just exhilarating. With fashion always changing no one is ever really wrong, and you, yourself, are the ultimate boss. This is pretty much a dream job".

From November 5<sup>th</sup> to November 7<sup>th</sup>, Hamilton hosted its second annual Fashion Week. Many local designers came out to proudly show off their wears and Somers was one of the lucky designers chosen, who smiled brightly as the clothes she made by hand were proudly displayed on the catwalk.

"My most memorable moment from Fashion Week was probably half way through my show on Friday," said Somers. "I snuck out into the audience and watched my own designs walk the runway. It was a moment I will never forget".

Somers went on to say that she believes there will be lots more fashion based events in Hamilton as time goes on as they are not just a way to show what is in style, but they are stepping stones for designers to get their wears out to the public.

So keep your eyes peeled and get ready to be dazzled by the timeless classics made by designer Victoria Somers. I'm guaranteed you'll love them!

Make a difference with  
youth in Hamilton



For more information or to  
volunteer: contact Nicole at

905-523-6719  
pathways@nhchc.ca  
www.nhchc.ca

North Hamilton Community Health Centre  
438 Hughson St North  
Hamilton ON L8L 4N5

## SEEKING ADULT VOLUNTEERS

Pathways to Education offers you an opportunity to make a long-lasting, positive difference in the lives of young people. As a Tutor or Mentor, 3 hours each week is all it takes!

Pathways  
to Education

North  
Hamilton  
Community Health Centre

North End Breezes FEBRUARY 2016

North Hamilton  
Community Health Centre

### Volunteer View with Angie Mallory



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

The sense of community at the centre is what keeps me engaged. Volunteering here was a natural extension of the care and support I received being a participant in the mental health toolkit workshops. I want to give back and contribute to other people's journeys. There is just such a positive and encouraging atmosphere. People are real, authentic and genuine — volunteers and staff alike. The programs offered and the staff at the centre make a positive difference in lives, who wouldn't want to be a part of that?!

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

Hmmmm....I find that new great memories are made every time I am with a group there. I will share the one experience that brought me out of my guarded shell there. It was only my 2nd or 3rd time in a peer-led support group at the centre and I was having a particularly difficult period in life so I was quiet and kept to myself. At one point I got up to make coffee and the facilitator came up to me and turned me toward her giving me a big hug and whispered 'it looked like you could really use this right now, I'm glad you are here'. Now she can know what an impact that action has had in my personal journey. And now a year later, I look for opportunities to be that person for someone else. This is the kind of thing I see happen all the time, it wasn't just a one off lucky incident.

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

It is the one area of Hamilton that I knew coming to had a bad reputation in many circles. Truly though, after being involved over the past few years in the North End, I've experienced nothing but authenticity, strength, resilience, community, a love for arts, acceptance, respect and support. So I think the best thing about the North End is its community and spirit — it's widespread in the north.

4) *What inspires you?*

People trying. That inspires me. Adversity doesn't seem to stop these people. When you connect with them though you find out that they are subject to adversity, mental illness, self-judgment yet they keep trying and still have energy to encourage me. It makes me not want to give up and pay it forward.

Positivity is another inspiration. The power of positivity is profound. At the beginning of my healing journey I was in a bad place and just exposing myself to positivity eventually made such a huge difference in where I stand now.

5) *What is your favourite quote/saying?*

"Do your best until you know better. Once you know better, do better." - Maya Angelou

I'm only responsible for what I say, not what you hear.

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



## Caring for my COPD

Sandy Warren

When my doctor diagnosed me with COPD I was surprised, as I had quit smoking 31 years ago.

He referred me to North Hamilton Community Health Centre. There, I met social worker Sib Pryce and occupational therapist Jillian Bullee. Together, they taught me how to manage and deal with COPD. Ten weeks of learning about this disease: what to do if I ever have a flare-up and what I can do about them. The program involved exercise too with Tessa, a kinesiologist, and Allison, a physio-therapist. These two are always there to help you and answer any questions you may have.

I finally learned that I was not alone; there are other people just like me with the same health problems.

COPD stands for chronic obstructive pulmonary disease. COPD makes airways inflamed and partly blocked by mucous. Once you have COPD, it never goes away, but you can learn how to manage it and treat your symptoms.

North Hamilton Community Health Centre also offers many different classes, like "Freedom to Be," the "Take a Breath Club" and "Mindful Mondays." Here they teach you relaxation and awareness. In the summer, they offered Nordic Pole walking. I tried it and was able to walk farther than I thought I could.

With all this information I feel I am a better person, as I have a more positive understanding of COPD. If I can try to do it, you can too. Give it a try! You only do as much as you can. Education about this disease has helped me a lot.

My husband died in 2005 from pulmonary fibrosis. Nothing was available then for him so he got worse and worse. If you are offered classes when you have COPD, please join. There are people and information available for you. I joined and I'm glad I did!

Thank you North Hamilton Community Health Centre.



## February is Heart Month 2016

Today, heart disease and stroke take one life every 7 minutes, and 90% of Canadians have at least one risk factor. February is the Heart and Stroke Foundation's key opportunity to alert millions of Canadians about the risks of heart disease and stroke. Volunteers are the face and the voice of the Heart and Stroke Foundation. During Heart Month we depend on you to share our message.

Here are some tips to limit your family's risk of heart disease and stroke.

- Choose healthy carbohydrate choices
- Use whole grain flours when baking
- Look for whole grain as the first ingredient in breads and cereals
- Choose fresh or frozen fruits and vegetables that do not have added fats, sugar or sodium
- In recipes, sugar can usually be cut in half
- Use noncaloric sweeteners (sucralose, stevia) in drinks and baking
- Use fibre-rich vegetables and fruits; avoid processed versions
- Add beans, lentils and chickpeas to casseroles and soups

Cut back on saturated (bad) fat

- Select lean cuts of meat; loin and round are great choices
- Remove skin from chicken and turkey before serving
- Use healthy cooking methods: bake, broil, roast, stew, steam and stir fry
- When you make soups and stews, refrigerate then skim off the fat
- Use small amounts of plant-based oils or cooking sprays ; avoid butter
- Replace some or all meat and poultry in recipes with legumes. This will cut back on your grocery bill too!

Cut back on sodium. Processed and restaurant foods can contain 75% of your daily sodium intake.

- Eat at home so you can control your salt intake
- Use less salt. Try cutting recipe amounts by half
- Cook without instant products, which already contain salt
- Select no-sodium or low-sodium in canned foods and broths
- Season foods with herbs and spices, lemon and lime juice instead of salt

For more information visit [heartmonth.heartandstroke.ca](http://heartmonth.heartandstroke.ca)

Cory Ma, RD, CDE  
Registered Dietitian - Diabetes Program

References:

Heart and Stroke Foundation. (2016). Learn more about heart month. Retrieved from <http://heartmonth.heartandstroke.ca/site/c.jhLOKYPDLqF/b.8330671/k.B026/>

## St. Luke's Anglican Church



All *YOU* Can Eat  
**Pancake Supper** on

February 9th from 4 pm to 8 pm.  
76 Macaulay St. East.

(Church Hall, near John St. N.)  
Adults -\$6. Children Under 12-\$3.



**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. January – March — Full
2. April – June — Spots still available!

**Contact:**

Cory at 905-523-6611 ext. 3047



High quality, fresh produce at a fair price!  
\$15 for a large box (\$20 value)  
\$10 for a small box (\$15 value)



Order at NHCHC. For more info call:  
905-523-6611 ext 3007

Brought to you by:



## Homesellers: Discover How You Can Get Your Asking Price

North End Neighbourhood - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and

on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To order a FREE Special Report, visit [www.RightPriceToSell.info](http://www.RightPriceToSell.info) or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-687-0634 and enter 2010. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to price your home to your maximum financial advantage.



**NorthHamilton**  
Community Health Centre

John Street bridge views





# Events Calendar February 2016

North End Breezes FEBRUARY 2016

# BEASLEY WINTER FEST 2016

IN BEASLEY PARK  
SUNDAY, FEB. 7th  
FROM 2-5pm



Beasley Neighbourhood Assoc.  
[www.ourbeasley.com](http://www.ourbeasley.com)



**SACHA's 12<sup>th</sup> Annual Chocolate Fest**, Thursday February 4th, 2016, LIUNA Station. 5:30 -8:30 p.m. For tickets go to SACHA or on-line at Brown Paper Tickets.

**Winterfest Kick-Off Event** Saturday February 6<sup>th</sup>, 1pm - Late. Opening Ceremonies at 1:30pm at Pier 8, 47 Discovery Dr., Hamilton. The Winterfest festivities begin with an exciting kick-off event, featuring live music, art, crafts, film screenings, skating and tasty treats – fun of all sorts for kids and adults. Please bring a non-perishable food or cash donation for the Welcome Inn Community Centre food bank.

**Winterfest AfterDark**, Saturday February 6<sup>th</sup>, 6pm-late at Pier 8, 47 Discovery Dr., Hamilton  
Winterfest After Dark kicks off with the announcement of the Crow's Nest Barbershop Winter Beard Competition winners. Stop by the Winterfest Night Market, presented by Hamilton Flea, for unique goodies from local vendors and makers. After an extra special screening of cult Canadian classic "Strange Brew", cap off the night at The Brain Tent with a spiked drink and dance party.

**Come In Out of the Cold with gritLIT and Lawrence Hill** Saturday February 6<sup>th</sup>, 6:30pm - 7:30pm at Hamilton Waterfront Trust Centre Theatre, 47 Discovery Dr., Hamilton. gritLIT: Hamilton's Readers & Writers Festival is proud to present international-award-winning author Lawrence Hill. Join Hill as he discusses his latest book, his writing process and the posthumous publication of his sister Karen Hill's novel, Café Babanussa. Tickets \$20.00 (adults), \$15 (students/seniors)

**My Winter** hosted by Global Hamilton Connect Saturday February 6<sup>th</sup>, 3:30pm - 5pm at Hamilton Waterfront Trust Centre Theatre, 47 Discovery Dr., Hamilton. 'My Winter' is a video series exploring the personal winter season experiences and reflections of newcomers to the city. Whether you are a new or long-time Hamilton resident, come out to exchange fond winter traditions and Canadian experiences.

**Shuttered Exhibition Opening Weekend at the Worker's Arts & Heritage Centre** Friday February 12<sup>th</sup> Opening Reception: 7pm - 9pm. Saturday February 13<sup>th</sup> Artist's Talk: 2pm - 4pm at Worker's Arts and Heritage Centre, 51 Stuart St., Hamilton. Join us as we launch our winter exhibition, Shuttered, featuring the work of Arnold Koroshegyi, Victoria Piersig, Andreas Rutkauskas and Kathy Toth.

**Winterscapes Snow Fort Building Party** Saturday February 13<sup>th</sup>, 12pm - 5pm at ArcelorMittal Dofasco Courtyard, 155 James St. N, Hamilton. Come together to build a collective snow fort in the courtyard of Hamilton Artists Inc. Sip hot chocolate and nibble on tasty treats throughout the afternoon. Note: if there is no snow on the ground we will build an epic blanket fort instead!

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Phone: 905-527-1174 Fax: 905-577-0661

**Thursday February 18, 2016. Join Downstairs Kitchen** for Dine and Donate: Pay What You Can Community Dinner at St. Luke's Parish Hall 76 MacAulay. All Ages - Meet Friends and Neighbours 5:30 Doors Open, 6:00 dinner. For more information contact Cathy: dskitchens6@gmail.com 905 529 5452

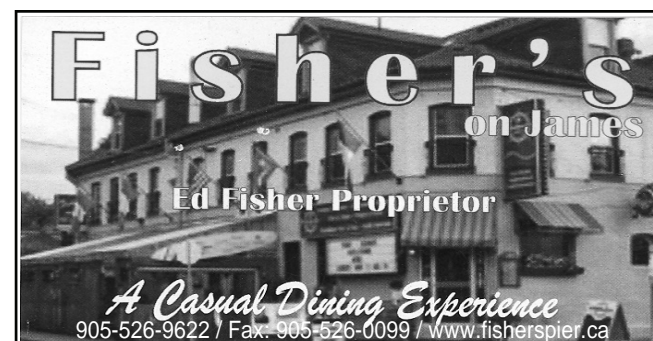
**Tuesday, February 23<sup>rd</sup>, 2016 Soupfest 14** for Living Rock, presented by FirstOntario Credit Union 11:30a.m. - 9p.m. at the Hamilton Convention Centre. Soupfest is one of the largest fundraisers for youth-at-risk. Featuring 25 different soups donated by local restaurants.

**February 28, 2016 Chorus Hamilton** and Fanshawe Chorus London in concert at 3:00 p.m. in Christ Church Cathedral, 252 James St. N. Featuring *Carmina Burana*, with two pianos and percussion accompaniment. Tickets are \$25 general admission, \$20 students/seniors and may be purchased at the door or call 905-526-7938.

<http://www.mohawkcollege.ca/mohawkchoirhttp://web.mohawkcollege.ca/chorus-hamilton/concerts.html>

**Join our Laughter Yoga Club**, Hamilton Grooves with Laughter Yoga. Hamilton Waterfront, Pier 8, 47 Discovery Drive, Hamilton. (We meet on the upper level). Dress according to the weather as we take our laughter outside. Sundays, 10:30-11:30 Free. All ages welcome. Bring water and your child-like spirit. Please confirm your attendance. Contact: Kathryn Kimmins, [kathryn@laughyourselfhealthy.ca](mailto:kathryn@laughyourselfhealthy.ca) 905-574-1765.

**Waterfront Festival of Lights** to Wednesday February 17. Dusk - Dawn at Pier 8, 47 Discovery Drive, Hamilton Come and see the waterfront decorated with a dazzling array of brightly coloured figures and designs.



**FRESH PEI MUSSELS with GARLIC BREAD**  
Your choice of Blue Cheese in a White Wine Sauce,  
Garlic & White Wine or Marinara Sauce  
(Every Wednesday to Sunday)  
\$12.00

**SUNDAY FEBRUARY 7  
SUPERBOWL 50**

Great TV viewing, Food Specials & Drink Specials

**TUESDAY FEBRUARY 9  
"PANCAKE DAY"**

Pancakes will be on our Menu Day & Night

**LOVE IS IN THE AIR**

**SATURDAY FEBRUARY 13, SUNDAY FEBRUARY 14**

Special Valentine Menu will be prepared,  
Leave the ambiance to us

**LIVE MUSIC SATURDAY FEBRUARY 13th**  
With local Musicians

**THE "NYLON DREAMS"**

Featuring **Kris Fisher & Jorge Lasso**

**We will be closed Monday February 15 for Family Day**  
905-526-9622 / Fax: 905-526-0099 / [www.fisherspier.ca](http://www.fisherspier.ca)





**Room 18, Bennetto School, 1947, Grade 7**

Front row - Arnold Gongton, George Lawrence, Wesley Smith, Bob Cooper, Tony Virga

Second row - Lawrence Pykre, Ben Jonston, Ken Davison, Warren McDougle, Stuart Davy

Third row - Miss Anthony, Teacher, Stan Mason, Ray Ford, Allan Wighton, Lloyd Howard, Vincent Turza, Dave Milligan

Fourth row - Ken Taylor, Gordona LaSalle, Ray Hobb

Do you have a photo or story to share about Bennetto School?  
Please share them with us at: collins@nhchc.ca,  
or call: 905-523-6611 x 3004

## Black History Month

Mary Manner

Black History is not just about the past. Community Leaders, historians and others are showing mixed thoughts of the now almost 40 year-old celebration. Looking back should be a way of continuing to search for a better future.

Men and women that escaped through the Underground Railroad started the first Baptist church in 1826 and began their own community of faith. Looking ahead doesn't mean that the old stories should be left behind, or that all problems have been overcome. Sometimes we can easily forget the struggles former slaves endured after arriving here in Canada.

We must not view this month as the only black history remembrance. It should be seen as part of the larger Canadian context as we reflect. Many awards have been given to black professionals, such as lawyers, doctors, teachers, and athletes, to name a few. The great Nelson Mandela, whom Canada Post has honoured with a commemorative stamp in 2015, stated that sport has the power to change the world and that black history has a rich past of breaking down barriers through sport.

The Honourable Lincoln Alexander (1922-2012) became the first black Member of Parliament in Canada on June 25, 1968. In 1985 he was appointed as the Lieutenant Governor of Ontario. Few Canadians are aware of the many sacrifices made in wartime by black Canadian soldiers, some as far back as the War of 1812.

Over the last 15 years, organizations, committees, and groups around Hamilton have been involved in planning for black history month. It is appreciated that so many are coming together, with friends and family over the years for the celebrations of Black History month.

## World Radio Day: in Times of Crisis

Brian Roulston

Every year on February 13<sup>th</sup>, we celebrate 'World Radio Day', which promotes international cooperation between broadcasters, access to information, freedom of expression and gender equality over the airwaves. This year's theme: Emergencies and Disasters.

Radio showed its potential to reach and inform the citizens of London, England and the world with nightly reports by Hamilton born and raised Robert Beatty of the events unfolding during the Blitz in World War II where Germany tried to bomb London into submission.

An often overlooked form of radio by the general public are Amateur Radio Operators (Ham Radio). They can often get the message out even when land or cellular phone lines, television, local radio stations or the internet go down during severe weather or even man made disasters. This was the case on Sept 11th 2001 during the terrorist attacks on the Pentagon and the World Trade Center. 500 plus amateur radio operators from five states including the District of Columbia were up and running within minutes. This was to be Amateur Radio's finest hour.

New technologies such as smart phones and Internet based applications such as Twitter and Facebook enable people to interact and share (sometimes more targeted) information during a crisis with the media, community members as well as Emergency members. Because of the technology's redundancy and ability to reach large areas and audiences and those who are not tech savvy, radio will always be around.



## 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 Waterfront Trust  
Connecting You to the Water's Edge  
hamiltonwaterfront.com



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



**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





### Investment in City Kidz surpasses \$500,000

Hamilton Port Authority (HPA) recently celebrated an important milestone in its partnership with City Kidz. Over the past five years, HPA has provided more than half a million dollars in cash and in-kind support to this important community organization. The Port is especially proud of its leading \$60,000 donation to the establishment of the City Kidz Youth Studio, a sustainable project that helps City Kidz reach out to more youth than ever before.

### Sharing the Warmth

Hamilton Port Partners helped to share the warmth this season by donating 180 coats to the Port's annual coat drive. Many thanks to Port companies Bermingham Foundation Solutions, Richardson International and Lake-shore Sand.

### Bumper Crop of Agricultural Investments

HPA wrapped up 2015 with more than \$100 million in new agri-food sector investments. These include the new G3 Canada Ltd. grain terminal at Eastport, the new Parish & Heimbecker flour mill to be located at Pier 10, and the re-opening of the historic brewery at 201 Burlington St. under the Arts & Science banner. These investments bring direct jobs to Port-located facilities, with spin-off benefits for local restaurants and other businesses in the area.

### Randle Reef Update

Work is well underway on the reconstruction of the dock-wall at Pier 15. HPA is taking the lead on this job, which is necessary to support subsequent phases of the Randle Reef project. This work is part of HPA's \$14 million commitment to Randle Reef. Work on the main containment facility is on-track to begin in the spring. Please visit [www.randlereef.ca](http://www.randlereef.ca) for project updates.

### New Boat Storage for Harbour West Marina

Harbour West has begun work on a new boat storage facility which will offer improved facilities and service to customers. The new space, with 40,000 sq. ft of heated indoor storage will be located at Pier 15, near Sherman Ave. North. The new facility will accommodate more boats, and larger boats than Harbour West's current facilities, along with new maintenance and repair areas. The new storage facility is targeted for completion in time for the 2016 fall storage season.

## 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](mailto:ahorwath-co@ndp.on.ca)



North End Neighbours NEN  
The neighbourhood association of  
the North End

### February Update:

The next NEN board meeting will be on February 3 at Bennetto Recreation Centre at 7:00 p.m. Members are welcome to attend. You can join NEN at the meeting. We will be discussing a possible community meeting for March, a possible Easter egg hunt or other activity. We will discuss the meeting January 20.

On January 6, we created several committees and working groups: planning and development, engagement, and improvement. At the community meeting in March, we will explain the groups and encourage residents' participation on the committees as one of the ways to be involved in the neighbourhood association.

On February 16, NEN and Central Neighbourhood Association have participant status at the OMB hearing about a parking lot in Beasley Neighbourhood. The meeting is at Hamilton Convention Centre in room 203. The OMB hearing is open to the public. Hamilton Health Science (HHS) is wants to expand its surface parking. We, the city and Beasley Neighbourhood Association oppose the surface parking lot.

The next Community Engagement meeting for piers 7 and 8 is January 28 at 7:00 p.m. at 294 James Street North. These meetings are usually well attended. Hope to see you there. Find information about piers 7 and 8 at: <https://www.hamilton.ca/city-planning/planning-community/piers-7-and-8-urban-design-study>

About the North End Neighbourhood association: Membership is free for residents. Sign up to join.

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) [sheri.selway@gmail.com](mailto:sheri.selway@gmail.com) or Catherine Ahern (Co-chair) [catherine.ahern@gmail.com](mailto:catherine.ahern@gmail.com). Email: [nen.president@gmail.com](mailto:nen.president@gmail.com) Website: [www.northendneighbours.com](http://www.northendneighbours.com) Facebook: North End Neighbours Twitter: @nenhamilton

### Future of the John Street Bridge

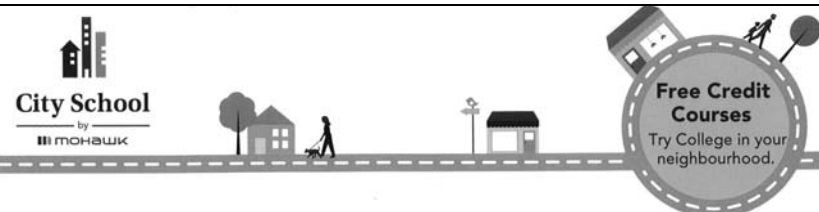
On January 20th, the North End Neighbours and Beasley Neighbourhood Association co-hosted an informal community conversation on the **future of the John St. bridge over the CN tracks**. Flyers were delivered in parts of both neighbourhoods and posted in several locations throughout the area. Notice of the meeting was also circulated on social media. Both neighbourhood groups were (and are) interested in hearing any thoughts residents might have on the matter, so they can better respond if and when the City of Hamilton and CN come forward with definite plans, which is expected to happen this year or next.

Already various viewpoints are being discussed. Aside from rebuilding the bridge, other options might include a pedestrian-only bridge or no rebuild at all. Some residents have expressed concern that expropriation might be a possibility as that happened with the construction of the Ferguson Street bridge. **We stress, however, that no firm plan or timeline has been provided as yet to us by CN or the City.** The North End Neighbours and Beasley Neighbourhood Association will keep you informed of plans and future meetings as they arise.

Note: this article was written in advance of the meeting in order to meet the deadline for the February Breezes.

Mike Borrelli, Beasley

Jon Davey, North End



## Try College for FREE!

### Health, Safety & Nutrition

Earn a college credit towards the completion of Mohawk College's Early Childhood Education diploma program.

#### You will learn:

How to apply the basic principles of health, safety & nutrition in young children. Transfer the principles of health policies and practices to situations in child care settings.

#### When:

February 26<sup>th</sup>-May 6<sup>th</sup>  
Fridays 9:30 am-12:30 pm

Join us for a Health Safety and Nutrition information session on February 4<sup>th</sup> from 6:00-7:30 pm At the Eva Rothwell Resource Centre

### Introduction to Postsecondary Experiences

Earn a general education elective credit from Mohawk College upon successful completion.

#### You will learn:

What to expect in a college or university program and develop skills for time management, critical thinking and employment.

#### When:

Option 1 – February 9<sup>th</sup> to April 14<sup>th</sup>  
Tuesdays and Thursdays 6:00-8:00 pm

Option 2 – February 13<sup>th</sup> to April 16<sup>th</sup>  
Saturdays 10:00 am-2:00 pm

#### Where:

City School by Mohawk  
At the Eva Rothwell Resource Centre  
460 Wentworth St. North, Hamilton  
Child minding will be provided to participants during all class times.

(905) 526-1558 ext. 416  
[cityschool@mohawkcollege.ca](mailto:cityschool@mohawkcollege.ca)





**BENNETTO COMMUNITY CENTRE**  
 450 Hughson Street North  
 905-546-4944  
 www.hamilton.ca

February is a good month to think about your heart!  
 Participate in one of these programs and get your heart  
 beating faster.



**WATERFIT**  
 MONDAY 11:05-11:50 am and 8:00-8:45 pm  
 TUESDAY 11:05-11:50 am  
 WEDNESDAY 11:05-11:50 am and 8:00-8:45 pm  
 FRIDAY 11:05-11:50 am

**FAMILY DAY SWIMS**  
 On February 15 we are offering several swims for you to  
 participate in.

10:15 -11:00 am Senior Swim  
 11:05-11:50 am Water Fit  
 12:00 -1:00 pm Adult Swim  
 1:15-2:15pm Public Swim

**On Land and In Gym**

**February 15, 2016 FAMILY DAY PROGRAMMING**  
 Family gym 10:30-12:00 pm  
 Open Gym 12:00-1:30 pm

Looking to rent a space for you next event; baby  
 shower, bridal shower, birthday or reunion. Why not  
 try one of our many rooms? Please call and inquire  
 about our low hourly rental fees.

| MONDAY                                          | TUESDAY                                           | WEDNESDAY                                                                         |
|-------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Open Gym</b><br>(All Ages)<br>8:00pm- 9:00pm | <b>Book Mobile</b><br>2:30-4:30 PM                | <b>Preschool Gym</b><br><b>FREE</b><br>(0-5 yrs with Parent)<br>11:15am to 1:15pm |
|                                                 |                                                   | <b>Adult Gym</b><br>(18+)<br>1:30pm-2:30pm                                        |
|                                                 |                                                   | <b>Open Gym</b><br>(all ages)<br>7:15-9:00pm                                      |
| THURSDAY                                        | FRIDAY                                            | SATURDAY                                                                          |
| <b>Book Mobile</b><br>6:00-8:00PM               | <b>Family Gym</b><br>(all ages)<br>5:00 - 6:00 pm | <b>Badminton</b><br>(Ages 16+)<br>11:15-1:15pm                                    |
|                                                 | <b>Open Gym</b><br>(all ages)<br>6:00-8:00pm      | <b>Open Gym</b><br>(All Ages)<br>1:30- 3:30pm                                     |

**WELCOME INN COMMUNITY CENTRE**  
 40 Wood Street East  
 Join the Conversation



Join the conversation with us and share your  
 thoughts about kindness and respect. Find us  
 on twitter at @WelcomeInnCC or Facebook at  
 facebook.com/WelcomeInnCC



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

**Winterfest!**

Kick-off at Pier 8 Saturday February 6<sup>th</sup> (47 Discovery  
 Drive) Visit the Welcome Inn truck from 1-5pm.



Help us stock our  
 shelves during this  
 long winter! Please  
 bring a non-perishable  
 food item or cash do-  
 nation to Winterfest  
 and support our  
 community.



**SENIORS DINERS CLUB**

Join us Tuesdays at noon for a homecooked  
 meal and interactive activities: special guests,  
 bingo, movies, sing-a-longs and more! A  
 donation of \$3.50 helps to cover the costs of  
 the meal and program. All seniors welcome! Also, we  
 are looking for friendly people with time to share to visit  
 seniors. Please call Ruth, the Seniors Program Coordina-  
 tor for more information. 905.525.5824

**The people of Welcome Inn**  
**Meet Suzanne!** Social Enterprise -  
 Thrift Store Manager

If we haven't met face to face yet, I  
 look forward to doing so very soon as  
 you help me find my footing with  
 New Horizons and The Welcome  
 Inn. I have been made to feel very  
 welcome indeed, and aim to bring the  
 very best of what I have learned in earlier roles with the  
 YWCA, Wesley Urban Ministries, & The AIDS Network.  
 Hamilton is home, and we each have something unique to  
 contribute to our community, making a tapestry of what  
 we share.

When we meet, please tell me your favorite joke if  
 you have one. Laughter brings relief no matter what ails  
 us; and life is serious enough that we need to use what-  
 ever makes us smile to help get to the next step on the  
 journey together. Be well, stay warm, & know you are  
 never alone.

**Meet Kattie!** Annual Giving Rep.



I am a proud Hamiltonian -born and  
 raised in the East End. Being active and  
 making others feel welcomed and ac-  
 cepted in my community and in the City  
 has always been important to me. When I  
 walked through the doors of Welcome  
 Inn I immediately felt welcomed and  
 knew I needed to be part of the family  
 here.

My background is in Community Recreation & Lei-  
 sure and Event Management. I have spent many working  
 years with the City of Hamilton and have also spent many  
 of my summers at a variety of summer camps. I am ex-  
 cited to create some great events and to bring everyone  
 together!

In my spare time I love to spend time with my family,  
 play sports, repurpose old things and cuddle with my dog!



**A Common Story of Volunteering**

Volunteers are often saying that they initially wanted to  
 volunteer at Welcome Inn and New Horizons Thrift Store  
 because they wanted to do something good for other peo-  
 ple. So they made up their mind to start volunteering one  
 day.....they just jumped in and did it. And then something  
 happened that is hard to explain. Bit by bit this beautiful  
 quirky community they are volunteering in started to feel  
 like home. A little like family. And then they realized that  
 somehow they are gaining more from this experience than  
 they are giving. And it makes life just a little bit brighter.

More connected. More playful. More fun.

Interested in becoming part of this community? Want  
 to talk about the possibility of volunteering? Contact Ruth  
 at ruth@welcomeinn.ca OR 905-525-5824.

We have lots of great volunteer opportunities still  
 available:

- Drivers
- Assisting people to access food at the food bank
- Helping unload our truck
- Playing cards with folks as they are waiting at the food bank.
- Food shopping & preparation
- Baking Desserts for Seniors
- Visiting with Seniors
- Answering phones & greeting people
- Cleaning at New Horizons Thrift Store
- Cashiers at New Horizons Thrift Store.
- Pricing and sorting items at New Horizons Thrift Store.
- Musicians



**New Horizons Thrift Store**  
**520 James Street North**  
**905-529-6891**  
**Store Hours: Mon – Sat, 10-5**  
**www.newhorizons.welcomeinn.ca**

Lots of new beginnings to start 2016! Not the least of  
 which is Ruth having transitioned from New Horizons  
 Thrift Store Manager to Senior's Programs and Volunteer  
 Coordination at The Welcome Inn.

We know she will bring her own special creative en-  
 ergy and warmth to her new role.

New to the New Horizons Team is Suzanne, who has  
 been made most welcome by all. Please come say hello,  
 and bring your favorite joke to warm the wintry days.

It's Winter Fun Season and we have all of our chil-  
 dren's sleds and snow toys polished up and ready to play!  
 Skates and hockey equipment too!

Come check out the colourful snuggly scarves, hats,  
 mitts and coats.

Also, upon re-  
 quest of several cus-  
 tomers we now have  
 a more defined book  
 section with a couple  
 of chairs to sit and  
 peruse before pur-  
 chasing. Let us know  
 what you think...



**Dates to Remember**

- Mondays:** unload the food bank truck and stay for  
pancakes! 10am
- Wednesdays:** art for relaxation 10:30-noon
- Feb 11, 25:** afternoon classics. Movie feature from 1-3pm.
- Feb 18:** support group for parents of children with special  
needs
- Good Food Box: Pick up Feb 17:** 2-5pm at  
Welcome Inn
- N.E.T.T. Tues Feb 23 @ 2pm** (North End Theatre  
Troupe)



## 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](http://www.cathedralhamilton.ca)



North End Norman.  
Photo by Dave Stevens



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 programs 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.

### HALL FOR RENT

Need a place to host a Holiday Party, Family Birthday, Shower, Reception, Anniversary or Special Event.

For more information, to obtain a copy of the Hall Rental Agreement or to check availability, please contact us.

\$250 (Daytime Rentals or Rentals of 5 hours or less)  
\$400 (Evening Rentals or Rentals more than 5 hours)  
Rental rates include use of our Parish Hall and kitchen facilities as well as the use of table linens. Insurance and permit costs are extra.

### St. Lawrence Parish Hall

475 Mary St. N., Hamilton, On  
(905) 529-3921

Email us at:

[stlawrencehamilton@hamiltondiocese.com](mailto:stlawrencehamilton@hamiltondiocese.com)



## ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

### Confession Times:

Sat. 6:30pm - 7pm Sun. 10am - 10:30am

Friday's during Lent: 6pm - 6:45pm

Or call (905) 522-9828 to arrange an appointment

### New Parishioners are always welcome!

For more information, please call (905) 529-3921  
Or email [stlawrencehamilton@hamiltondiocese.com](mailto:stlawrencehamilton@hamiltondiocese.com)

Find us on Facebook at

[www.facebook.com/stlawrencehamilton](http://www.facebook.com/stlawrencehamilton)

Or visit our Website at [stlawrencehamilton.ca](http://stlawrencehamilton.ca)

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

### COME AND JOIN US!

### GATHER IN PRAYER AND ADORATION

Join us every Saturday evening at 6:30pm (1/2 hr). In a busy and stressful world, this is a time for you to stop and enjoy some peaceful reflection.

### CHILDREN'S LITURGY PROGRAM

Every Sunday during the 10:30am Mass. Offered for children aged 4-10. No registration required.

### ASH WEDNESDAY SERVICES ( February 10<sup>th</sup> )

Mass and the distribution of ashes will be offered:

- 9:30 am (with the St. Lawrence School), and
- 7:00 pm (Time for Confession offered: 6:30 - 7pm)

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection and fasting which prepares us for Christ's Resurrection on Easter Sunday.

### JOURNEY WITH JESUS

(Friday's during Lent - Feb. 12<sup>th</sup>, 19<sup>th</sup> and Mar. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>)

Join us for mass at 7pm, followed by the reading of the Stations of the Cross at 7:30pm. Time for Confession is offered before mass at 6:00 - 6:45pm. (Note: There is no 8am mass on these dates.)

### "RE-BOOT and Beyond"

This is a FREE, 4-part life series taking place on Wed. Feb 24<sup>th</sup>, Mar. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> (6:30pm to 8pm), at St. Patrick's Church, 440 King St. E.

Re-Boot is a life changing event, co-hosted by St. Lawrence Parish and held at St. Patrick's Church. Tickets for the main event are SOLD OUT, but you can still get involved in the life of the parish, rediscover God and rediscover the life you were made for by joining us for "Re-Boot and Beyond".



Happy St. Valentine's Day!

February 14<sup>th</sup>



## Her Majesty's Army & Navy

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

|                |                                                                                                        |       |
|----------------|--------------------------------------------------------------------------------------------------------|-------|
| Thurs. Feb. 4  | Blue Diamonds                                                                                          | 3-7pm |
| Thurs. Feb. 11 | Valentine's Dance, Big John & the Nite Trippers, wear RED, donation required if you're not wearing RED | 3-7pm |
| Thurs. Feb. 18 | Lionel Bernard                                                                                         | 3-7pm |
| Thurs. Feb. 25 | Neon Moon                                                                                              | 3-7pm |
| Sat. Feb. 13   | Sweetheart Dance. Register at 1:30pm, Dance begins at 2pm. \$5 per couple                              |       |

**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.

## The Parish Church of ST. LUKE

Founded in 1882

454 John St North, Hamilton

Parish Hall at 76 Macauley St. E

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Sunday: English Mass, 10:00am

Book of Common Prayer

PARISH HALL FOR RENT 76 MACAULEY ST. E.



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Bill & Marie Mushing - Hamilton Ontario



## The kitchen chronicles: Stories of baking past from North End Breezes volunteers

Laura Heming

This series of stories features the memories of our very own Breezes volunteers. Each of us thrives on the idea of connection—the knowledge that somewhere, somebody shares a very similar experience with you. It’s in this connection that we feel a little less alone in the hills of life, but also begin to form ties with those around us.

The purpose of this series is to tell stories from the voices of our own North End community. At our December Breezes volunteer event, we had the opportunity to share our earliest memories of baking with one another—stories of family connection, familial love, and the fondness and constructive nature of memories.

Perhaps these kitchen chronicles will encourage you too to continue making room for memories in your own daily family life. So, gather around and listen to the stories of your neighbours and friends.

### Linda & Marilyn

The two sisters teased and laughed with each other—Marilyn instructing and Linda following suit. It was the way they had always done things since they were little girls in their mother’s kitchen.

“Marilyn taught me how to bake—my mother never really baked. Marilyn just always had a knack for it. If it weren’t for my sister, I never would have learned to bake,” said Linda.

Marilyn’s love for baking, which started as a self-taught interest, has followed her into her adulthood, and later her grandmotherhood. For her, it is a means for her to connect with her grandkids.

“It’s so nice to bake any time of the year with my grandkids. It’s really about making memories for me. It’s always cute to see how quick my grandkids get into the cookies when they come over and know I’ve been baking,” explains Marilyn.

The sisters have taken their baking chemistry to create memories in their larger family.

“We’re throwing a party for my brothers for Christmas. Since they can’t come see us, we are bringing baking, family and Christmas dinner to them. They absolutely love it.”

From old memories to new, these two joyful sisters will continue spreading joy and connection throughout their family and beyond through the simple first memory of baking.

## Ground hog Day, February 2

For one day each year, people in towns all across North America turn to a network of groggy little rodents: the groundhog. It’s both a popular annual tradition and festival where people will often brave the bitter cold on February 2nd in places like Punxsutawney, Pennsylvania where as many as 30,000 people will show up just to see Punxsutawney Phil and 10,000 thousand or more in Wiarton, Ontario to see Wiarton Willie at work.

The groundhog is the largest member of the squirrel family, intelligent and cute, a natural born miner who digs an underground burrow for hibernating. They live a lavish lifestyle gorging on grass, fruits, vegetables, tree bark and sometimes insects, snails and even bird eggs to help them stay full through hibernation season.

Today, with all our technological wizardry, satellites, and ground stations, it is still often difficult for meteorologists to make predictions beyond 5 days.

How accurate are the little critters? According to some experts looking back at Punxsutawney Phil’s track record, a tradition now celebrating its 130th year, it is estimated that Phil or his ancestors could predict with only a 39% accuracy that winters continued to be cold for several more weeks after seeing their shadow on February 2<sup>nd</sup>, or were milder than usual after it they didn’t any shadow.

Canadian groundhogs’, Shubenacadie Sam of Nova Scotia and Wiarton Willie, predictions faired even worse based on several decades of data, they were only correct about 37% of the time. According to Encyclopaedia Canada, a 33% accuracy can occur just by chance.

One thing’s for certain, both the groundhog and us sure look forward to spring after a long winter. *Brian Roulston*

## SPAY AND NEUTER YOUR PET!

Being a pet owner of 2 dogs and a cat Spay & Neutering is of an utmost and a very important issue. Seeing over populated cats & dogs is disturbing to say the least and those aimlessly walking the streets or worse, abandoned, breaks my heart.

I did phone the local SPCA here in Hamilton and I am providing the following information.

SPCA can be reached at 905-574-7722.

Note: They offer specials from time to time call to inquire and for registration information if these specials are available. Here is a breakdown of the SPCA cost: Dogs neutered under 20lbs \$150, Dogs over 20lbs \$175. (Veterinary cost averages \$500.) Cats spay averages around \$75 and up.

Another number to call Hamilton Veterinary Services: 289-768-5128 (available only on Saturday)

Let’s control our pet population have your cat & dog spayed & neutered today.....they’ll be glad you did.

Thank you *Ken Hirter*



## 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.

Charitable Taxation #10392 9162 RR0001

## CLASSIFIED ADS

Next deadline for North End Breezes is the 15 of **FEBRUARY 2016**.

North End Breezes, 438 Hughson St. N.  
Hamilton, ON L8L 4N5,  
905-523-6611 ext. 3004  
Fax: 905-523-5173, collins@nhchc.ca,  
www.northendbreezes.com

### For Sale

**Bath Bench**—brand new, never been used. \$50.  
Call: 289-527-5700

### 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 & shopping. 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

**Central Presbyterian Church**, at the corner of Caroline and Charlton in central Hamilton will be celebrating their **175th Anniversary** during 2016. On the third Sunday of February 1841, a small group of twelve people gathered in a school house in Hamilton awaiting the news that the Missionary Presbytery of the Canadas had approved their petition to become a congregation in their own right, and Central Presbyterian Church (then called The United Associate Church of Hamilton) was constituted. Throughout 2016, the congregation will be remembering our past with thanksgiving, our present with gladness, and our future with hope and intention. This historic occasion will be celebrated with various events and projects during the year. Friends and neighbours in the community are invited to join in these celebratory festivities which will be announced as the year progresses. For more information, contact the church office at 905-522-9098, or visit <http://www.cpchamilton.ca/>

**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. 3<sup>rd</sup> floor, Hamilton. Call a SACHA counsellor: 905-525-4573, sacha@sacha.ca. 24 Hour Support Line 905-525-4162. sacha.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

### Wanted

**I Buy Appliances**, working or not working. \$5 each. Washers, dryers, refrigerators, stoves etc. Call Scrapman: 905-529-8271