



# THE COMMUNITY NEWSLETTER OF HAMILTON'S NORTH END JANUARY 2016 EDITION

## Zonta Club of Hamilton II donates to North Hamilton Community Health Centre

Big smiles and shouts of Gracias greeted the 100 gift bags full of specialty soaps, lotion, gloves, socks and toiletries on December 8 during the A Mi Salud Holiday party at North Hamilton Community Health Centre. The gifts presented were from the Zonta Club of Hamilton II who came to deliver the Holiday bags to the guests at A Mi Salud as well as many other women in the North Hamilton Community. A Mi Salud is a program for Women from Latin America who are new to Canada to enhance overall health, break isolation and facilitate adjustment as women and their families integrate into Canadian society.

Zonta Club of Hamilton II seeks to partner with local organizations to support the work they are doing. Zonta is an active, results-oriented global organization of professionals committed to empowering women through service and advocacy. The Hamilton-based group is able to donate over \$600,000 to local and global causes including



scholarships, awards and support of non-profits that assist women.

This year on an International scale they have a campaign calling for an end to violence against women. Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in the fear of violence. Thank you so much for partnering with North Hamilton Community Health Centre's existing programs and services for women and for blessing our community with your generosity and thoughtfulness.

For more information about the A Mi Salud program please contact Nora Melara-Lopez at 905-523-6611 ext 2012



## FREE (or low cost!) Things to do in Hamilton!

**Susan Brooks**

Are you looking for some Free or low cost and/or fun things to do in Hamilton in 2016? Here are some FUN things for you to consider:

### FUN

**Crafty & Craftier:** Make something cool with your hands – a different craft every month, at the Central Library in a Drop in program.

**Take your dog for a walk:** Consider Birch Street Dog Park, between Brant & Princess Street on the West side behind City Operations building. Or Rovers Grove Free Running Area at 134 Strachan Street East, between Mary Street and Ferguson Ave. North.  
**Adventures in Art:** Children in grades 5 – 9 explore art and learn a positive self-image at the Welcome Inn Community Centre.

**Family Story time:** Bring the whole family and discover stories, music, and flannel board for a wide range of ages at Hamilton Central Library.

**Lunch Hour Concerts:** Add culture to your lunch hour at Central Library and enjoy a mix of music, art and literature in a drop in program format.

**Knitting & Crocheting:** Programs for all ages and all skill levels – drop by Hamilton Central or other Library locations

**The Art Club at Central:** Join a weekly art club to learn how to make art and to share projects, ideas and techniques at Hamilton Central Library.

**Movie Night:** Bennetto Community Center and various Hamilton Library locations. Enjoy a movie with the whole family!

**Friday Night Live Teen Drop In:** Join other teenagers in a Teen Drop In at Hughson Street Baptist Church.

**Tuesday Diners Club:** For seniors to get out, to socialize, and to enjoy a hot meal! Join your neighbours at the Welcome Inn Community Centre for a chance to connect!

### PHYSICAL FUN & PROGRAMS

**Ice Skating:** Eastwood Arena or on Hamilton Waterfront. Summer months come to the Waterfront for Roller skating.

**Swimming/Gym:** Bennetto Community Center has a pool with free swims, family swims and many other programs for you. Free Family Swims on Monday from 5:30-6:30pm and Fridays from 6-7pm. Free Public Swim on Thursday from 7-8pm. Free Preschool gym on Wednesdays from 11:15-1:15pm (0-5 yrs with Parent)

**Fitness programs:** Individualized exercise programs at NHCHC tailored to a person's health needs, that can be performed at home or at the gym (free to local area residents).

Find more neighbourhood activities in the next 11 pages of this New Year edition!

## 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.

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## Some New Developments

### Hamilton Community Legal Clinic

A couple of new developments are worth mentioning this month.

#### New Ontario Disability Support Program (ODSP) Guided Self Help Materials.

It is becoming harder for people with disabilities who are eligible for social assistance to receive that assistance. Many are turned down when applying and then need to appeal.

To help those who are appealing, Hamilton Community Legal Clinic (HCLC) has produced new resources. "Preparing for Your ODSP Hearing. What to expect. What to talk about" is what we've called them.

These self help materials are in the form of a guide-book and a video. They are available in English and French on the clinic's website at:

<http://www.hamiltonjustice.ca/ontario-disability-support-program.php>

In addition, caseworkers will meet with clients to assist in gathering information and file review. Help with obtaining new medical evidence and preparing a written submission is also provided.

#### WSIB Benefits to be Adjusted for Inflation

Ontario is proposing to make changes to the Workplace Safety and Insurance Act (WSIA). These changes would provide full Consumer Price Index indexation. Adjustments would be made to the benefits for all injured workers every year.

The Ontario's workers compensation system was put in place over 100 years ago.

In the early years of the program, inflation was generally not the concern that it is today. In 1987, however, it was decided that annual adjustments that would take into account inflation were necessary. This logical approach lasted only eight years. New formulae were then put into place. These new calculations impacted partially disabled workers. These injured workers would no longer be protected against inflation. (Partially disabled workers make up the vast majority of injured workers.) In the first twelve years with the new formula in place, these worker's benefits went up by only three per cent. Inflation rose almost 29 per cent in this period.

The restoration of the indexation of benefits for partially disabled works was recommended by a 2011 Funding Review. The changes now being proposed by Ontario government can be found in Bill 144, the Budget Measures Act.

It is good news for 140,000 injured workers receiving WSIB partial disability benefits.

"This is something that the injured worker movement has been fighting for since full indexing of benefits was eliminated in 1995," says Andrew Bomé, Clinic lawyer and WSIB specialist. "This is a big win for injured workers," he emphasizes.

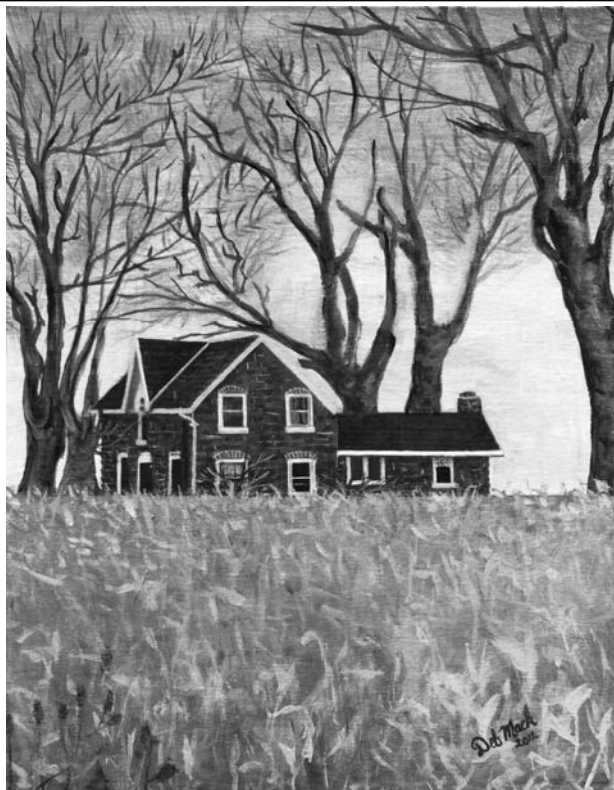
The "big win" has been a long time coming. And, yet, the changes won't be in place for another two years, coming into effect beginning January 1, 2018.

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



Parents, Seniors, Homeless, Families, Newcomers, Teens, Victims, Job hunters, People with Disabilities, Front-line staff, First Responders...They all find help, information and opportunities here.

- We speak their language. Over 150 in fact.
- 24 hours a day. 7 days a week. 365 days a year.
- Live answer-by people
- Certified information and referral specialists (AIRS)



## POT LUCK MEETINGS

It was the end of the year Pot Luck Dinner.

A prize for the draw was given to the winner.

A few people read from their writings and their poems.

New officers were chosen almost time to go home.

"Meetings on the first Thursday," the president spoke.

"Let's have Friday," a member said just as a joke.

"No good my husband bowls, I'd have to pay someone to sit."

"Saturday's good, why not Saturday; I think it fits."

I'm sorry," spoke another, "Poet's Club," I never miss.

"Why not Sunday, after church," she said eating lettuce.

"Not Sunday, it's the family's day for a drive.

Make it Monday, or my wife will skin me alive."

"Monday is good, let's give Monday a go."

"Wait, Pilot's Landing, it's my favorite T.V. show"

"T.V.," the president grinned, while ripping out his hair.

Clubs, sitters, husband, wives," then sank in his chair.

"Tuesday the hall is booked," Wednesday shook some heads.

"What happened to Thursday?" then smiles became widespread.

"It's Thursday, it's Thursday," the president sang in tune. He then took a long vacation, Dec. until June

Original artwork and poem by  
Deb Mack

## CREDITS & CONTACTS

North End Breezes is published on the first day of each month (except August) at:

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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: October 29, 2015 (start date)

TIME: 1:30p.m. – 3:30p.m.

To register or for more information please call

Osiris at(905) 523-1184

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



NorthHamilton  
Community Health Centre





## CRAFT CORNER Santa Masks

Shannon McCulloch

This is such a busy time of Year and Our special craft day snuck up on me so quickly that I had no time to get ready for some of the large projects I had really hoped to do with the kids. So I looked at the dollar store for something they would enjoy and take little effort on my part. You have to love dollar stores. So many great things at prices that don't break you.

I found cute little Santa masks. My daughter helped pick them out; she really wanted to do them with her friends.

You Need:  
Masks  
Crayons

The kids came in after school and we had candy canes to get into a nice Christmas spirit. I got out the things they need and they got to work. This craft took no supervision on my part. The youngest whipped it up quickly and then they just wanted to go off and play with the princess toys. The three older girls really took their time coloring it. And it inspired some really cheerful talk about the upcoming holiday. They really surprised me when the one girls came up with the idea to put some of her wish list on the back of the mask and the others loved the idea and did it too. The whole thing took about a half hour (except the youngest which was about 10 min). There was almost no clean up besides picking up a few dropped crayons and they had lots of fun playing with the masks after and telling each other what they want for Christmas! I am looking forward to the season calming down and getting back into some nice messy crafts, but I have to say the kids don't seem to mind my last few cheats.



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## Kids Book review: *Willow finds a way*

By Launa Button  
Illustrated by Tania Howard  
Review by Sam Knight



I got this book from my school library and my mommy read it to me. It's about a girl named Kristabelle and how she is mean to all the other kids in her class, and a girl named willow that finds a way to stand up to her.

Kristabelle was having a big birthday party and using the invitation list to control all the other kids, and make them do whatever she wanted. If they didn't he crossed their named off her list. She made many kids sad this way. At first Willow knows it's wrong but is too scared her name will get crossed off so she can't tell her to stop.

Finally Willow gets brave and goes up to Kristabelle and crosses her own name off the list and joins the kids that are sad, they have already been crossed off. This gets the rest of the class to do the same.

Kristabelle learns her lesson, says Sorry and everyone is invited again. I don't know if I liked this story or not. It was good and kinda bad. I found it a bit mean but it was good Willow stood up to her even if she couldn't use her words. The ending was happy. The pictures were a bit boring.



## Hunter Knight

### TEEN'S CORNER

Hi, it's me Hunter again with teen's corner. Hope you all had a great Christmas and a Happy New Year.

I love spending time with family. Last month my grandparents came from New Brunswick for a week. It was so good to see them and spend some time with them. It can be hard now that they live so far away. My other grandmother (great grandmother really), the one in the hospital. Finally she went home and she's doing much better, luckily. It's good. My grandmother was hoping to go home before Christmas because this would be her last Christmas in the house she has lived in the last 37 years, since before my father was even born. Next year she'll be in an apartment.

The 2 week Christmas break really throws me off because everything I do happens a week earlier. I was happy that December wasn't cold. There's only three weeks of semester 1 left this year; it seems like the year is going by fast. Do you think so?

I hope there's a little bit of snow for my birthday in February. I share a birthday with two people close to me it's kind of cool really. What's everyone's favourite time of the year? I think I like fall the most because I love watching the leaves fall and it's not too cold or too hot out.

The time off school is going to make getting up in the mornings even harder when I have to go back to school. I have trouble waking up but I always like going to school. To me school is not just somewhere you learn how to read and count, I think it's a place to learn a little bit about yourself and what you like to do and what your good at. I'm still trying to find what groups I fit in the best but one thing I do know for sure is I have a lot of good friends that will help if I need it.

Hope you enjoyed this month's teen's corner. Talk to you all next month.

### Walkabout with Ken Hirter



This month's walkabout is the beautiful Christ's Church Cathedral located at 252 James Street North. It is a pleasure to awake each morning to the view from my living room; Christ's Church Cathedral is absolutely stunning. I love taking in the beautiful architecture and the peace and solitude that is found in Churches.

Designed in 1848 by William Thomas, at that time the cathedral was connected to the bay and parishioners came in by boat every Sunday for services. The church held its first service on December 23, 1888.

The Church offers an array of amenities and services within the community: meal tickets, coffee & cookies (Tuesdays), Makers Market at the Art Crawl (second Friday each month), a host of many local events from art, fashion, music etc. There's more on the list but too numerous to mention. Check their events calendar.

The AID's memorial candle is the only one in Ontario.

The interior of this Church is stunning from the pillars, stained glass windows and the beautiful craftsmanship of the woodwork. I have taken numerous photographs of this Church.

The architecture of the Churches & Buildings here in beautiful Hamilton in two words: utterly gorgeous! I have loved architecture since the age of 3. I wanted to be an architect, but life had other things in store down the garden path of life.

Till next month's walkabout, take care of yourself and those around you. Happy New Year!



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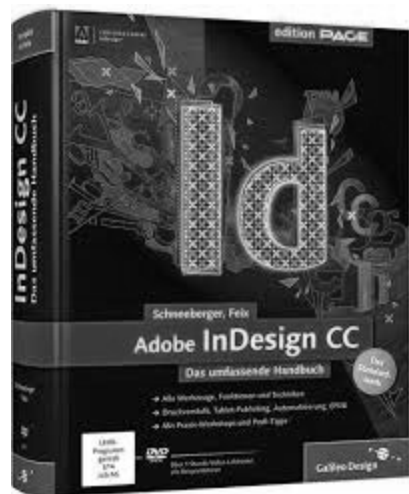


## Senior-Youth: Connecting Community.

North End Breezes has exciting news to share with our readers! The *Breezes* and North Hamilton Community Health Centre will be offering workshops on many topics over the next few months—All for the purpose of bringing generations together in our community. So please keep your eyes open for announcements in the paper, notices on the billboards around our community or go to our web page:

www.northendbreezes.com and Facebook: North End Breezes Group for when classes are available. This month we are offering workshops on:

## Publishing with Adobe InDesign



An introductory class in Adobe Indesign, the world's most popular desktop publishing software, used worldwide by designers, printers and advertising agencies.

Explores the basics of the program's publishing toolset, with an emphasis on print production.

### Instructor:

Richard Brooks, career graphic artist and former Eastman Kodak field engineer.

### Course dates:

January 19 and 26, 2016  
From 5 to 8pm

### Location:

NHCHC in the Main Floor Conference Room  
438 Hughson Street North.

Space is limited. Register early.

### For information and to register contact:

collins@nhchc.ca or  
call: 905-523-6611 ext. 3004.

Free bus tickets provided!

## ELDERBERRIES



### Pamela Townsley-Winter



Oh, what a weekend! And a long one at that. It started with our annual *Breezes* folders group of elves; a tribute can't be large enough for this lovely group with the important job of putting our monthly *Breezes* out in time. No ifs and buts—like the Pony Express—it has to get through.

So we had our annual Christmas party—very busy one which included a delicious lunch, king sized sundaes for dessert, lots of prizes and above all saying, thank you. We certainly couldn't produce our paper without your willing hands and cheerful hearts. On behalf of the board chairman and members a simple thank you, and let's hope you keep the joy of Christmas in your hearts year long.

When I arrived home, my family from the USA were checked in at the Staybridge Hotel and happily, and the start of tongues talking a mile a minute so much to catch up on, Friday evening we were a group of 8 and enjoyed our get together at Bronzies on James S.—lots more old friends and neighbours.

We eventually were glad to see *It's a Wonderful Life* at Theatre Aquarius, before we went it was a visit to Hotti Biscotti, delicious treats and warm welcoming host and hostess. The coffee was excellent and we all marched off with a bag of sweet delights. Believe it or not I must be one of very few patrons both movie and theatre productions that had never seen this. We sat in boxes and Peyton and Eliza were duly impressed to be sitting in a box, so we practiced our royal hand waves.

At one time when I was able I was an usherette at Aquarius and I'm a real theatre groupie. How I enjoyed that, until my health quit for me.

We came out in brilliant sunshine and drove past Meg's old house, there is a lot of renovation still going on and it doesn't look the same—still has 13 steps which Megs added “thank goodness” I don't have to climb anymore. The new gingerbread looked nice but we all agreed it's the end of a chapter and we can't go back just think of the happy memories and great neighbours. We made our way to Fisher's for dinner and believe it or not we were there for 3 hours feasting and talking (we're very good at that). We finished up at Meg's apartment which got full marks; we can't believe its 6 months since she moved. Time flies right enough.

It was hard to say goodbye or “till we meet again” and by 7pm they were back at their home in Baltimore. It's our turn to visit next summer.

My granddaughter, Peyton, had written a story, unbeknownst to me. It's funny we think young ones sometimes don't listen or take in what we talked about, so I was not only surprised but touched, they were happy tears and what a wonderful Christmas Megs and I had—a stay-cation at a well known hotel, swimming, watching the Queens speech, eating, imbibing and being merry.

Megs and I wish each of you a Happy New Year! See you

in February and wondering who will be my valentine?

Pam & Megs

## This I Believe

Peyton Cleverley age 14 years

When my grandmother was just 6 years old, World War Two had started and it changed her life. She was living in England at the time. Because the war was so bad, her parents sent her on a train out into the countryside with many other children where it was safe. Her mother almost sent her on a boat to the US but decided it was too far away. Later that week the same boat got blown up by the Germans. There were few survivors; just 13 children survived. The ship was called *The City of Bernares*. Her entire family was very surprised. My grandmother remained hopeful that the war would end. She was right, after several years, World War II had ended. Even to this day she is very happy. I believe in being positive. If you keep a positive attitude on a test, in a sports game, in math class, or life in general, you will have a much better outcome on the test, the score or understanding the problems than just giving up and having a negative attitude.

Throughout her life, she has faced many physical challenges such as many sicknesses, different types of cancer, broken bones, hip and knee replacements, getting hit by a car just 2 years ago, and many more minor injuries. In spite of this, she is the most positive lady I know. Even when she has a terrible sickness or has gotten hurt, when I talk to her on the phone she seems as happy as ever. When we try to call her on a normal day, she is so busy doing volunteer work and walking around town with her best friend, that we can never catch her at home. She can make anyone smile. My dad always says that the only reason she is alive and well is because she is always happy. Whenever I think something is not fair, I try to think how my grandmother has never given up or gotten angry when something wasn't fair. In the middle of the week at any time of day a siren could go off and her whole family would have to go into the bomb shelter in their backyard. Sometimes the bombs would drop very far away and all the glass in the windows in their house would crack and break. Her life has been very tough and filled with many ups and downs, but she has always made the most of any situation whether it was something very serious or a minor detail that could be fixed.

I reflect on her positivity because she has had the worst in her life Whenever I miss a shot in a soccer game, or let a girl pass me in lacrosse, I feel like I could have done better, and I get frustrated Now I realize the right reaction is to take a deep breath and try harder next time If it's a big problem such as moving away from your family because of war, or a small problem like a broken bone, remember to always have a good attitude no matter how you are feeling.



### 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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Community Health Centre



## Fashion for 2016

**Alexandra Sempie**

"To me, fashion is a form of self-expression- there are hints about who you are in what you wear," –Marc Jacobs.

A new year has begun, and for many of us, that means a brand new beginning. New years resolutions, cleaning house, and for some, a new look. What better way to start the new year with a new wardrobe? Nothing screams, "Time for a new year and a new me!" than a fashionable new wardrobe. Lets have a look and see what will be walking down the chilly January streets this season.

January in Canada is known to be covered in a blanket of bone-chilling white snow. If you wear white or cream, you may blend into the background. This season, if you want to stand out, a velvet black dress will make you the belle of the ball, or at least the belle of the office. With its soft fabric and flattering cut, a black velvet dress is the perfect thing to wear on any occasion, formal or casual. With a dark colour, you're sure to stand out amongst the streets of white snow. What better way to start off your new year than to turn a few heads.

What outfit is complete without the perfect pair of shoes? What winter outfit would be complete without a stylish pair of boots? They look good and give you a boost of confidence. This season, patchwork boots are all the rage. With their unique design and variety of colours, patchwork boots will go with any outfit and will pass the test of time by keeping your toes warm all winter long. As Coco Chanel said, "A woman with good shoes is never ugly".

### In

Silver clothes and accessories  
Platform shoes  
Stockings

### Out

Bright colours  
Peep-toe shoes  
Leggings

Stay Beautiful!



Velvet dresses. Photo courtesy of Vogue Magazine



Patchwork boots.  
Photo courtesy of Harper's Bazaar

## Dundas Museum gets a fashionable exhibit

The Dundas Museum and Archives is proud to display their new exhibit, which allows visitors to witness the evolution of how we dress, *Silhouettes in Time: 100 years of fashion in Dundas*. The exhibit was opened on October 3<sup>rd</sup> and runs until February 13<sup>th</sup>, and features more than a dozen different dresses and gowns all donated by the people of Dundas and Hamilton. *Silhouettes in Time* gives visitors the chance to witness first hand the evolution of fashion and how far we have come in the ways of style and accessories.

The oldest dress on display is from 1796 while the 'newest' dress is from 1898 and each piece has its own story to tell, from the bridal gown that was worn a week before the brides death to the dress so small the museum staff had to create their own mannequin to properly display it.

"All the clothes are from our collection," said collections manager Sandu Sindile. "Most of them were made here or worn by people living in Dundas. Some of the donations are from Hamilton or they were brought in from Europe by the people who came to Dundas in the early years of the 19<sup>th</sup> century. The idea of putting this show the way it is, I wanted this to look like an art show to underline the beauty of the clothing."

Sindile went on to confirm that the museum will hold a sequel to *Silhouettes in Time* in two years time covering the fashion of the 20<sup>th</sup> century.

Whether you have a passion for fashion or you just want to see how trends and styles have changed over time, check out *Silhouettes in Time* and see first hand how fashion has evolved. As Coco Chanel said, "fashion changes, but style endures."



Corsets and petticoats

The Dundas Museum and Archives  
139 Park St West, Dundas



**NorthHamilton**  
Community Health Centre

**Volunteer View**  
With

**Norma Holliday**



For this month's Volunteer View, we've asked Norma Holliday to share her thoughts about volunteering with our peer led mindfulness group.

- 1) *What do you enjoy about volunteering with the programs at North Hamilton Community Health Centre?*  
Interaction with the people. Making new friends.
- 2) *Do you have any favourite memories you would like to share?*  
When I was first asked for a copy of the meditations I recorded them so people could listen to them wherever they were.
- 3) *What do you think is the best thing about the North End?*  
Again, the people. Everyone is so friendly and accepting. From the moment I came here - I felt at home.
- 4) *What inspires you?*  
The feeling of self-worth it gives me.
- 5) *What is your favourite quote/saying?*  
You'll never know if you don't try.

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

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  
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## Mind Over Body

For adults with chronic pain

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For group dates and times please call  
Sib at 905-523-6611 ext. 2014  
or email [pryce@nhhc.ca](mailto:pryce@nhhc.ca)

A part of the Mental Wellness Toolkit



## Freedom to Be

A Mindfulness Toolkit For adults  
who are stressed, experiencing  
chronic pain, living in the past or  
worrying about the  
future

- Free 5 week series Mondays  
9-11:30am
  - Learn to live in the moment
  - Supportive group environment
- Call Sib  
905-523-6611 ext 2014



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



NorthHamilton  
Community Health Centre

## Folate and Your Health

Most of us can get enough folate in our diets by following a balanced healthy meal plan, as outlined in *Eating Well with Canada's Food Guide*. If you are a woman who may become pregnant or are already pregnant your needs are different and you also require a folic acid supplement.

Folate vs. Folic Acid, what's the difference? Folate and folic acid are different terms for the same B vitamin. **Folic acid** is the form found in vitamin supplements while **folate** is the form found in food.

Why is folate important? To help prevent anemia. Without enough folate to make healthy red blood cells you may feel weak or tired and find it hard to concentrate. For heart health. Folate keeps both the blood vessels and heart healthy.

For baby's spine, brain and skull development. When women of child-bearing age take folic acid before and during pregnancy, the risks of birth defects (neural tube) are reduced.

What foods are good sources of folate? Cooked dried beans, peas, and lentils. Spinach, asparagus, romaine lettuce, beets, broccoli, corn, peas, tomato and vegetable juice Brussels sprouts, bok choy. Orange juice, canned pineapple juice, cantaloupe, honeydew, grapefruit juice, banana, raspberries, grapefruit, strawberries. Enriched grain products like pasta, cereals, bread; whole grain breads and cereals. Peanut butter, sunflower seeds.

Why is folate supplementation recommended for pregnancy? Canadian women may not get enough folate through food to reduce risk of neural tube defects in pregnancy.

Many pregnancies are not planned. Neural tube defects happen in the first few weeks of pregnancy before most women even know they are pregnant, which is why starting a supplement three months before pregnancy is suggested.

How much folate supplement is needed each day? All women who could become pregnant should take a multivitamin containing 0.4 mg of folic acid every day, and continue throughout pregnancy. Increasing your dose of folic acid beyond 1 mg per day without the advice of a doctor is not recommended. Talk to your health care professional to find the supplement best for you.

Adapted from- Eat Right Ontario, *Facts about Folate*. Visit: [www.eatrightontario.ca](http://www.eatrightontario.ca) for more information about folate and healthy eating for pregnancy.

Tara Kinnear, Registered Dietitian, NHCHC

## Adventures in Sicily, Part II, Travel—Sam Ion



By mid-week in Ayola, Sicily, we'd been to the airport three times, solved all our problems except Tom's lost glasses and were set to explore.

Every day, we got in the car to go look at famous sites. "It doesn't look far on the map" I'd say but that was always before we'd decide to take a side road, and stop here and there to admire the almond trees, the olive trees, the grapes the lemon trees. The elaborate gates we passed fascinated us, and so we have 200 pictures of gates. They'll go nicely with the hundreds of pictures of doors. Because we were well away from the tourist sites, and restaurants that opened in the daylight, we'd find a little store and put together a picnic.

One of Tom's favourite afternoons was in a National park; he had an amazing time on this switchback road. Me? I spent a fair bit of time with my eyes shut. Tom was fascinated to see the WWII bunkers along the route.

In another national park, we came upon a beautiful restaurant on a hill. We followed the cars heading in, only to discover it was a private party, and we couldn't eat, but all was not lost we then spent an interesting hour talking to a family who had been to Toronto to visit relatives.

One day we were determined to find a nice place to eat. We hadn't solved the problem of Tom only having sunglasses to drive with, and Avola restaurants don't open till after dark.

We set out on foot, and wandered the streets to find an open restaurant. After an hour or so, we did find one, had a so-so dinner, but the service was great, and several near by tables struck up a conversation of sorts. Best news was, we managed to walk straight back home without getting lost.

After breakfast the next day, I discovered I'd left my purse in the restaurant. 14,000 Fitbit steps, lots of

arguing over the right way, and two hours later, we found the restaurant again.

It wasn't open but the owners were there. "You looking for this?" said the owner with a big smile". And there was my new Italian purse, with 200 Euros in it and all my credit cards.

Another day we decided to see Noto, a city built from scratch after an earthquake demolished it in 1693. This is a huge tourist site, coach after coach left off tourists eager to take pictures. We found a free parking spot about four blocks away. "Don't forget to lock it" I nagged.

Three hours later, we came back to find, yes it was locked, but one of the windows was down far enough to get a hand in. No, nothing was missing.

We took a drive through a newer part of town (maybe just 100 years old) and came across a gorgeous church. There was a wedding about to begin so we stayed. It was easy to tell, we weren't guests. I was the only one not wearing 5-inch heels and a tight shiny dress. Nevertheless we were greeted with smiles and "Bon Journos."

When we weren't driving, we walked the city of Avola and watched the locals. The woman renovating the house across from ours provided hours of entertainment, as she yelled at the contractors. The big event for evening was watching the locals come to the square and chat with their friends. The pizza shop on the corner that opened at 5pm. was delicious.

The last night we were determined to have a great fish dinner. No luck, we ended up at a food shack on the beach.

"Hope you didn't have anything stolen" said a tourist at the airport. "They rob you blind in this country. They do have great food though."



NorthHamilton Community Health Centre 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**





## BOOK CLUB CORNER

### Kit Darling

The December meeting of the Bay Area Book Club happened after the submission deadline for The Breezes, so this month we'll share recommendations from our members. Many of these are available from the Hamilton Public Library. Visit the Bookmobile at Benetto Recreation Centre on Tuesday from 2:30 to 4:30 and Thursday from 6:00 to 8:00.

*The Colour of Tea* by Hannah Tunnicliffe. Yes, a "girlie" book. Set in Macau, the book follows Grace Miller as she copes with the news of her infertility and the impact it has on her marriage. But Grace takes a bold step and finds love, friendship and renewal. Easy reading with somewhat predictable outcome, but enjoyable nonetheless.

*Road Trip Rwanda: A Journey into the New Heart of Africa* by Will Ferguson. Will and his friend and neighbour from Calgary, Jean-Claude, take a road trip around JC's homeland Rwanda. They visit the legendary source of the Nile River, the "gorillas in the mist" area, many genocide sites, markets, villages, cities, schoolyards and soccer pitches in this country known as "land of a thousand hills".

In spite of the spectre of the well known and recognized genocide in Rwanda over twenty years ago, there is much humour and hope in this travel memoir: a lively story of two friends, one of whom doesn't even drink beer!!

*Dead Wake* by Eric Larson. We all know about the Lusitania or at least we think we do. But Larson tells it's story thrillingly with characters, events, and drama. Great read.

*Hungry Ghosts* by Peggy J. Blair A Cuban Homicide Detective who sees the ghosts of the victims whose deaths he is investigating; murders on First Nations territory in Northern Ontario whose modus operandi is the same as the Cuban murders, and insight into 2 different cultures pack this book full of intrigue and suspense. A satisfying read.

*Eileen* by Ottessa Moshfegh Eileen Dunlop lives in a squalid, crumbling house with her alcoholic father. They don't cook or clean and Eileen seems to subsist on peanuts, Vermouth and laxatives. She sleeps on a cot in the unheated attic and raids her deceased mother's closet for clothes. At work in the office of a boys reformatory where she has sexual fantasies about one of the guards and moves through her days automatically. The arrival of a pretty young education specialist changes her fantasies and encourages her plans to flee 'X-ville'. Bleak and yet darkly funny.

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:



## Events Calendar January 2016

North End Breezes JANUARY 2016

### Blue Year's Eve, Hamilton Children's Museum—

Celebrate a family New Year with a visit to all three museum galleries and join in on one of six 'count downs' throughout the day. Thurs. Dec. 31. 9:30am-3:30pm. Regular admission rates apply to the museum.

**Silhouettes in Time-The First Hundred Years of Fashion in Dundas.** Starting Sat. Jan. 2, 2016. 1pm until Feb. 13, 2016. 139 Park St West, Dundas ON. All Ages/Free. Contact: Sandu Sindile, 905-627-7412, sandu@dundasmuseum.ca,

**Ambitious City Toastmasters**—Caroline Place 118 Market Street, Hamilton ON. Tues. Jan. 5, 2016. 6:55pm-9pm. Overcome your fear of public speaking while having fun! Visit our club to develop communication and leadership skills in a friendly social environment. This event is repeating. Adults/Free. David T. Shaw. ambitiouscity@gmail.com, 905-318-1981

**PAIL Network Hamilton Peer Support**—Mon. Jan. 11, 2016, 7pm-9pm. This event is repeating. Rymal and Upper

Gage St. area, Hamilton. PAIL Network is an organization of volunteers who support families who have suffered pregnancy and infant loss. One to One Telephone Support if you are unable to attend. Contact: Lynn Davis, 1-888-301-7276, support@pailnetwork.ca,

**Finding Your Way seminar presented by the Alzheimer Society Ontario**, Mon. Jan. 11, 2016, 1pm-2:30pm, Ancaster Senior Achievement Centre, 622 Alberton Rd. S. Ancaster. 905-546-2999

**Music, Hamilton Conservatory for the Arts.** Sun. Jan. 31, 2016, 2pm-4pm. 126 James St. S., Hamilton. Pianist André Laplante. Schubert: Sonata in A major D 664 Ravel: Valses nobles et sentimentales and Sonatine intermission Liszt: Ballad no 2 in b minor Chopin: Nocturne opus 62 no 1 in B major, Polonaise Fantasy in a flat major. Free. Contact: Ericka Wagner; info@hcarts.ca, 905-528-4020

### The Johnson Family Treasury

Brian Roulston

Published and launched on Dec 13, 2015 at Dundurn Castle *The Johnson Family Treasury* book contains a fascinating collection of foods, lifestyle and health tips from a bygone era. Some are from as early as the Shakespearian era and on through the 18th century. Many of these recipes (many you can try for yourself) and remedies were found in the Head of Archival and Special Collections Dept. at the University of Guelph, where currently the manuscript of Mrs. Johnson's Receipt Book is held within the Una Abrahamson Collection. *The Johnson Family Treasury* has drawn the attention of both food and medical historians around the world.

Medicine is the science and the art of healing to maintain and restore health by treatments and preventions of illnesses. Since the beginning of time all human societies have had different medical beliefs that provided explanations for birth, death and diseases. Some of these beliefs included witchcraft, demons, adverse astral influences and/or the will of the gods.

However, as time passed many of these theories fell by the wayside in favour of science, herbs, foods and other treatments. *The Johnson Family Treasury* tries to show us what traditional treatments were for ailments at the time such as "wind in the stomach," worms, burns, warts, constipation, cancer, corns and choking. Home medicines that involved drops, salves, tinctures and "restorative jelly" and even toads as a cure for breast cancer. Yes, I said toads.

Many of these cures may no longer reflect the latest medical advancements of today, but to be fair, many of today's advancements will seem odd a hundred or five hundred years from now...these treatments do reveal a lot about human ailments at the time that were less curable like infected wounds, scurvy, jaundice, palsy, ague and gout.

### DAVID REID SIMPSON

Legal Professional Corporation

Barristers, Solicitors & Notaries Public

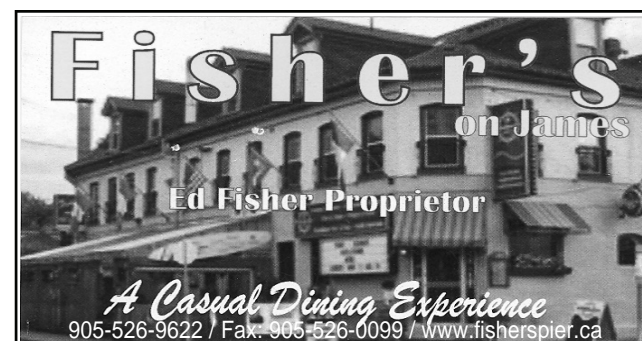
David R. Simpson

James R. Simpson, Q.C., Counsel

Wills & Estates; Real Estate, Mortgages

950 King Street West (Westdale) Hamilton, ON L8S 1K8  
Phone: 905-527-1174 Fax: 905-577-0661

The book's authors: Nathalie Cooke is a Professor of English at McGill University and is the founding editor of *Cuizine: The Journal of Canadian Food Cultures*. Kathryn Harvey is head of Archival and Special Collections at the University of Guelph. Lynette Hunter is a Distinguished Professor of the History of Rhetoric and Performance at the University of California Davis. Her research includes extensive work on the history of women in household foods and technology, domestic medicines, and science, including the work on feminism, science and computing. Together, along with others, they have put together a fascinating book that takes a look at the roles of women in caring for their families in the days before women's magazines and the internet.



### WINTER WHITE SANGRIA

With Vidal Riesling, white cranberry juice, soda, rosemary, frozen cranberries & fresh lime. By the Glass or the Pitcher.

### NEW YEARS EVE HOURS

11am to 9pm

Last call at 8:30pm

### "NEW ITEM"

### FRESH PEI MUSSELS

With Garlic & White Wine or Marinara Sauce

With Garlic Bread \$12

(available Wednesday to Sunday)

### NEW YEARS RESOLUTIONS??

We have fresh, fabulous salads to choose from. Try our Tuscan Mixed Green Salad with Cucumber, Candied Pecans, Mandarin Oranges, Dried Cranberries & Goat Cheese with a Balsamic Dressing (Add Chicken or Grilled Black Tiger Shrimp)

### TUESDAY WING NIGHT

\$2 off a lb./5pm to close/eat in only

HAPPY and HEALTHY NEW YEAR to

ALL our wonderful customers!!!



# BEASLEY WINTER FEST 2016

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



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



## Jason Farr, Councillor Ward II

Hello Breezes Readers and Happy New Year!! With this the start of 2016, I thought a “what’s NEW” focus would be appropriate for this addition. So, let us have a look at the run-down on some of the projects you may have seen and many that you soon see in your North End.

First, and from the industrial front, at the end of 2015 I had the pleasure of attending a very special announcement on Pier 10 respecting Parrish and Hiembeckers blooming flour operations. The Agricultural Minister Jeff Leal, along with Housing Minister, Ted McMeekin announced the construction of a \$45 Million, 42,000 s.f. Flour Mill (the first one in Ontario in 75 years). The 2016 construction project will bring 16 new jobs to Hamilton, adding to their current compliment on Pier 10, and will retain over 200 jobs in the Province; most notably packaging jobs at their Cambridge facility.

On your North End streets, more traffic safety initiatives have recently been completed or are in progress to be constructed. This includes...

MacNab Street: a speed hump just north of Simcoe on MacNab – completed.

Hughson Street: an all-way stop will be installed at Wood and an all-way stop will be installed at Simcoe.

Burlington Street curb extensions in the NW/NE corners to reduce crossing distances and improve sight lines at this location – completed.

John Street: Ferrie Street curb extensions on the NE/SE corner of this intersection and installation of an All-way stop, Picton Street curb extensions on the NE corner of this intersection only, consistent with the school crossing location – completed, Macauley Street curb extension on the NE/SE corner of this intersection – completed and an all-way stop will be installed at Brock Street and a speed hump to be installed mid-block between Brock and Burlington Streets

Finally, down by the bay. Construction continues on the shoreline improvements. At a recent West Harbour Engagement session at 294 James, one of our project managers, Gavin Norman announced that this work will be completed in June of this year.

Also, on the water...Back to the Bay, as you may be aware, over the past three years, Council approved just over \$10 M in capital funding toward the West Harbour Waterfront Plan, and approved an additional \$11 M within the 2015 Capital Budget.

The implementation of works over the next four years is focused on projects required to get lands on Piers, 6, 7 and 8 development-ready, but also on planned infrastructure upgrades to the marina between Pier 4 and Pier 8 (referred to as “the main basin”).

Target dates are being met in order to meet our mandate of being “Development Ready”, as in servicing completed, for the year 2018. The Urban Design Study, Traffic and Parking Studies and Functional Servicing Reports have been

started, and are, in fact, nearing completion, which will follow with Draft Plan of Subdivision and Zoning applications.

The Pier 7 Shoreline Reconstruction and Transient Docks, (under construction at this time), Replacement of Floating Breakwater, and Replacement/Expansion of the Marina Docks, are all on track and on schedule for completion this year and some into 2017.

You will notice our focus for 2015 and 2016 construction is in the area of the main basin and the lands adjacent to it, with the replacement of marina docks, reconstruction of pier walls along Discovery Drive, and the construction of new docks to provide space for visiting boaters. In parallel to this work, staff is preparing plans, engineering studies, and applications to support approval for new development at the waterfront. In that respect, major servicing projects including a new sanitary pumping station, water mains, sewers, and roads will start in 2016 with the pumping station and continue with servicing of Pier 7 and 8 in 2017 and 2018 once approvals have been acquired.

It is almost as if you should have asked for a hard hat for Christmas?

In all seriousness, construction on land or in the water is never fun and can sometimes cause delays in getting around, some extra noise and messy lots. I hope everyone will be patient and keep looking forward to the end results which of course will be greatly enhance your beautiful North End.

Until next time Breezes Readers. Jay



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Hamilton

dedicated to the core



**David Christopherson, MP**  
Hamilton Centre

Please contact my office for assistance with any federal matter.

22 Tisdale Street South  
Hamilton ON L8N 2V9  
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**Hamilton Port Authority welcomes  
new  
Parrish & Heimbecker flour mill**



Hamilton Port Authority welcomes the announcement of a new flour mill to be constructed by Parrish & Heimbecker Ltd. at the Port of Hamilton. Ontario Minister of Agriculture, Food and Rural Affairs, Hon. Jeff Leal announced a provincial investment of \$5 million toward the construction of the new mill.

The new flour mill will be located on Pier 10 at the Port of Hamilton, adjacent to Parrish & Heimbecker's existing grain storage and export terminal, which opened in 2011.

"We're very proud that Parrish & Heimbecker chose to expand its footprint at the Port of Hamilton, and we look forward to working with the company to develop this facility," said Bruce Wood, President & CEO of the Hamilton Port Authority. "P&H has been instrumental in putting Hamilton and its Port on Ontario's agri-food map."

More than \$100 million in agri-food -related investments have been made at the Port of Hamilton in less than a decade. These terminal investments are part of a growing agri-food cluster in Hamilton that generates more than a billion dollars in economic activity each year. Agricultural cargo has increased as a proportion of the port's total tonnage, from 9% (815,000 Metric Tonnes) in 2008, to 20% (2 million MT) in 2014.

The Port of Hamilton's role as a primary agri-food gateway is leading in turn to the attraction of higher-order food processing enterprises, like Parrish and Heimbecker's new four mill, SucroCan's sugar refinery and Collective Arts/Nickel Brook's craft brewery, all established within the last three years. "Together with our tenants, we help Ontario farmers get their grain to international markets, we import crop inputs for Ontario farms, and we house food manufacturing, warehousing and transportation assets that help keep Ontario's food economy moving," said Bruce Wood.

The Port of Hamilton offers agri-food producers a highly valuable combination of location and transportation efficiency. The largest port in Ontario, it is located on the Great Lakes – St. Lawrence Seaway, is served by CN and CP railways, and offers direct highway access a short distance from the US border.

**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



**North End Neighbours NEN  
The neighbourhood association of the  
North End**

**January Neighbourhood Update**

Involvement. Interest. Engagement. Our neighbourhood association is interested in getting more residents involved and participating. YOU for instance! We are forming several working groups and are interested in your participation. You are welcome to inform us or come to the next meeting and workshop on January 7 at 7:00 at Bennetto Rec Centre.

1. Community Engagement/ Youth Engagement – This group would organize neighbourhood social events. The purpose would be to develop a positive community spirit and have some fun.
2. Neighbourhood Improvement – This group would look at our assets and discuss ideas to improve the neighbourhood. Ideas could be brainstormed while working with others.
3. Neighbourhood Development – this group would keep informed with planning issues, and what is happening at the West Harbour, Evergreen meetings, etc.
4. Youth Engagement – Work with Youth. Do we want a skate park? A Pump Track?
5. Traffic

A recent meeting at the Evergreen Community Hub (294 James N) gave participants a chance to study the design drawings for Piers 7 & 8. At the end of the evening, we gathered around tables and had a chance to give our ideas, suggestions, comments, and criticism. These events are well attended. The NEXT meeting is on JANUARY 28 at 7:00. With all the changes slated for Pier 7 & 8 and the addition of LRT on James Street in the coming years, there have been some residents who have expressed concern regarding the current state and future of John Street. It is unknown when John Street bridge will begin reconstruction. And CN has not yet made the bridge design public. Therefore we are unsure what effect a new bridge will have on those that live close to the bridge. John Street is of concern to both residents of the North End as well as residents of the Beasley neighbourhood. This is why we plan to work with the Beasley Neighbourhood Association to organize a public meeting early in the new year. We will let our members know by email and neighbours in the affected area by flyer at least two weeks before the meeting date.

**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.

**Update on Hamilton Friends of Refugees**

It was really exciting that the Hamilton Friends of Refugees were able to surpass the fundraising goal of \$25,000! They have received \$26,000 and now have the pleasant job of re-thinking how best to budget those dollars and what would be the best usage for them!

Although many people are thinking a lot about the possibilities of Syrian Refugees right now, Hamilton Friends of Refugees have always maintained that they want to respond to the *world* refugee crisis – therefore it is possible that the new family coming would not be Syrian. They will be looking at sponsoring the family that is all around the best fit. It is hoped that once the family is chosen, they will be able to arrive here in Hamilton in one to four months.

Some of the resources that will be utilized when the refugees actually arrive will be Immigrants Working Centre, and Urban Core, as well as Wesley Urban Ministries. Hamilton Friends of Refugees has an offer of temporary accommodation and plan to assist in a more permanent solution, when the family arrives and are able to determine their own needs. Already there is a core group in place to help with the logistics of settling in: Drivers for appointments, training for the transit system, initial school contacts etc.

Congratulations to Hamilton Friends of Refugees for all the hard work you have put in, and how much you have been able to accomplish towards reaching out and making a difference, one family at a time. *From Susan Brooks*



**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







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

What is the most common New Years' Resolution?  
**TO GET IN SHAPE & LOSE WEIGHT!!**  
 We can help you with that...but we want you to make it part of your *LIFE*...not just a New Years' novelty. So drop in, grab a program, purchase a pass or sign up for one of our many programs!

### In the Pool

**Lengths:** Mon - Fri 12:00-1:00pm,  
 Mon and Wed 8:00-8:45 pm (combined with our Waterfit class) and Sat 1:00-2:55 pm (one lane only)  
**Waterfit:** Mon, Tues, Wed, Fri, 11:05-11:50am  
 Mon, Wed, 8:00-8:45pm  
**Seniors Swim** (age 55+): Mon, Tues, Wed, Fri, 10:15-11:00am  
**Adult Swim:** Thurs, 11:05-11:50am  
 and Sat 12:00am-1:00pm

### On Land and In Gym

<p><b>Are you an adult looking for some fitness or fun?</b>                  Come out and try one of our <b>cardio kickfit, PiYo, Fit-start, Pilates, Yoga or Zumba@</b> classes.                  Registration is now open and classes will start the week of January 11th and run for nine weeks.                  Get in shape for spring/summer/the nicer weather!                  All fitness levels accommodated!</p>	<p><b>Red Cross Babysitting Course</b>                   When: Saturday January 16, 2016                  Time: 9:00 – 5:00 pm                  Ages: 11-15 yrs                  Cost: \$39.64                  Course Code: 164866</p> <div>   </div>
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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> (All Ages) 8:00pm- 9:00pm	<b>Book Mobile</b> 2:30-4:30 PM	<b>Preschool Gym FREE</b> (0-5 yrs with Parent) 11:15am to 1:15pm
		<b>Adult Gym</b> (18+) 1:30pm-2:30pm
		<b>Open Gym</b> (all ages) 7:15-9:00pm
THURSDAY	FRIDAY	SATURDAY
<b>Book Mobile</b> 6:00-8:00PM	<b>Family Gym</b> (all ages) 5:00 - 6:00 pm	<b>Badminton (Ages 16+)</b> 11:15-1:15pm
	<b>Open Gym</b> (all ages) 6:00-8:00pm	<b>Open Gym</b> (All Ages) 1:30- 3:30pm



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

### Looking for something NEW this year?

Want to be more connected with your neighbours?  
 Maybe try a new skill?  
 Consider joining the volunteer team at Welcome Inn.



No experience necessary. We provide all the training...and the laughter.  
 There are all kinds of different roles available:

- Making connections with seniors in the neighbourhood.
  - Welcoming community members to the centre.
  - Helping to stock the shelves of our food bank
  - Working at New Horizons Thrift Store
  - Mentoring kids at our after school programs
- Connect with Ruth to get the conversation started.  
 ruth@welcomeinn.ca  
 phone: 905-525-5824

Elizabeth, our Seniors' Program Coordinator, is retiring! Please join us at Welcome Inn on Tuesday January 12 @ 1:00pm as we celebrate her time with us and wish her well, as she begins this next chapter of her life.

### 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 Coordinator for more information. 905.525.5824

### 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

**Dates to Remember**

- **Teen LEAD resumes:** Jan 6
- **North End Method art group resumes:** Jan 6
- **LAF after school resumes:** Jan 11
- **Elizabeth's Retirement Party:** Jan 12: 1pm
- **Good Food Box:** Pick up Jan 20: 2-5pm at Welcome Inn

### 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!

Help us stock our shelves during this cold winter! Please drop off food donations Monday to Friday 9 am – 3 pm or call Welcome Inn if you need your donations picked up.

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



Happy New Year from all the staff and volunteers at New Horizons!!! Things are changing at the store this January. Our current manager, Ruth, is leaving to work at Welcome Inn as the Volunteer & Seniors Coordinator. Ruth wants to say a **HUGE thank you** to all of the customers and volunteers at New Horizons.

*"This community truly is a remarkable place. The people I have met here and the adventures we have shared together have been so good. Thank you to each of you. I look forward to seeing what kind of new things will happen at the store in this year."*~Ruth

Please stop by to meet & welcome the new manager in January !!

As always, New Horizons will have lots of items available in January to help get you through this really cold month. Good books, warm blankets, coats, hats, gloves, crock pots....and a whole lot more. We look forward to seeing you and starting off another fun year together.

[www.newhorizons.welcomeinn.ca](http://www.newhorizons.welcomeinn.ca)

### Thank You!

A special Thank You to all of our wonderful supporters who made Christmas such a special time for our community.





## Her Majesty's Army & Navy

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

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.



**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.

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

Find us on Facebook at

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

**Your Catholic Church  
in the North End of Hamilton  
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and more! To learn more, go to [reallifecatholic.com](http://reallifecatholic.com)

# REBOOT LIVE!

a life-changing event for parish and family



This is a life changing event, being co-hosted by  
St. Lawrence Parish and held at St. Patrick's Church on

**Wednesday February 17<sup>th</sup>, 2016 7pm - 9:30pm**

**Tickets are just \$24 each**

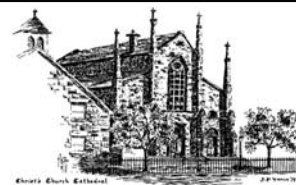
Contact us by email or call Alissa at (905) 308-1576  
to get your tickets, before they're all sold out!

**WISHING YOU AND YOUR FAMILY  
A BLESSED AND JOYOUS NEW YEAR!**

New Year's Eve Mass (Dec. 31<sup>st</sup>) 5:00 p.m.  
New Year's Day Mass (Jan. 1<sup>st</sup>) 10:30 a.m.

North End Breezes JANUARY 2016

## 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)



### Remembering Bette Kerr December 11, 2015

North End Breezes volunteer.  
Bette helped to fold the  
monthly *Breezes* edition for  
many years.

### 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*

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Bill & Marie Mushing - Hamilton Ontario



## Who Are The People In Your Neighbourhood?

By, Anne Marie Pavlov

**MAUREEN “MOE” SCALLY** is Councillor Jason Farr's Executive Assistant. She is a fascinating character, whose passion for politics, and gift for navigating the confounding world of government programs, (plus enthusiastically volunteering in large campaigns for the late MP John Munro and former Deputy Prime Minister Sheila Copps) have made her a natural fit in his office. She is a jovial and well-connected soul who seems to know everyone in the North End, plus politicians at the municipal, provincial and federal levels. She enjoys being in the background and strays from the limelight. She sees herself as being privileged to reside in the North End and the warm connections that our neighbourhood offers, but we are truly blessed to have her on our side in Ward 2.

Moe's family owned a flourishing carnival company called Hamilton Amusements, and it was there that she got her work ethic and love of quick problem solving, and a fearlessness about getting her hands dirty. They travelled and moved a lot, which cost her the comfort of stable friendships and community. This is why she has come to really appreciate the spirit of the North End with all its close ties and friendly hellos. She confides that she really wanted to be a missionary, but that same skill set of advocating for others and ensuring they get needed assistance led her to her current job. Her grandfather was a part of the Irish Rebellions in Ireland in the early 1900's, so she came by a passion for social justice quite naturally.

Moe met Sheila Copps when their fathers (Moe's step father) were in rehab together in 1976/77 at Chedoke. Moe was 15 years old, and quite shy. In 1977, Sheila Copps was asked to run for the Provincial Liberals (a race which she lost by only 14 votes!) and Moe began to help out with the campaign, doing any kind of grunt work, painting signs/banners, stuffing envelopes and handling phone calls. The political bug bit her, and changed the course of her life. She skipped school to attend Trudeau rallies in



the late 70s, with her school principal knowing full well what she was up to. Sheila became a mentor to Moe, encouraging her to stay in school and take a course in public speaking. The whirlwind and excitement of politics behind the scenes seemed to Moe to be much like the carnival business! She remained involved in many Liberal campaigns, and garnered so much trust from John Munro, that she became his personal assistant at age 20, her reputation for being a solid rock and trouble shooter preceding her. In the fall of 1982 she became one of Sheila Copps' constituency assistants. Moe left the day to day life of politics a couple of years after Sheila went to Ottawa, and worked in Social Housing but still stayed connected to her political friends. Because of the long hours she spent being the right hand to many candidates, she got to enjoy firsthand the fun times after hours, meeting up with colleagues at The Press Club for drinks. Work for her became a pleasure and she excelled, though so much of it unglamorous and unpaid.

She went to Mohawk College to take Office Administration in 2007/8, when by some fluke she was given a co-op position in Councillor Terry Whitehead's office. When she reported to work, the receptionist laughed and remarked that Moe could run the office with one hand tied behind her back! Then the offers of paid work poured in, as she was so well known for her tireless energy in supporting politicians. She worked for Sam Merulla, Tom Jackson, the late Bernie Morelli, and former Mayor Bob Bratina. Her face was ubiquitous at City Hall. Known for being such a help to so many, Moe was chosen to finally head up the Ward 2 office and work with

Jason Farr. She sees in Jason a little of the out-of-the-box thinking of Sheila Copps, and the get-it-done attitude of John Munro. Party affiliations become less important at the urgent level of municipal services.

Moe became a single mother to her daughter Taylor in 2001, and her dear North End friends threw her a very unconventional baby shower at the old Picton Tavern! Along with her close friends Wendy Wickham, the Lowery's, Young's, Tolhurst's and many more, other attendees included John Munro, former Alderman/MPP Shirley Collins, and the late Councillor Don Drury. It was a very overwhelming and humbling experience to have her good friends in one room, to honour her alone, without regard to her political connections. Moe says that she never could have had the strength or gumption to be who she is today without the support friendship of this little village, The North End.



## 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 \$ \_\_\_\_\_

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**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 **JANUARY 2016**.  
*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

**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

**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



## THANK YOU 4 GIVING IN 2014-2015

North End Breezes is brought to you, in large part, due to the generous donations from these *Breezes* readers.

Harold & Betty Baynham, Mary & Vic Coomber, Bill Curan, Jim Davies, Tim Denham, Bev Hill, Edward Gleeson, John & Gladys Glen, Hamilton Community Legal Clinic, Joanne Lederer, Rev. William Mackinnon, Clarence Maitland, Clayton Mitchell, Roy O'Grady, Peter Ormond, Evelyn Ropel-Morski, S.I.R. Administrations, Edna Snelling, David & Barbara Stewart, Edward Stewart, Larry & Pat Taggart, Joan A Thompson and Robert & Mary Young.

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*\* donor names are publisher with their permission*