



# THE COMMUNITY NEWSLETTER OF HAMILTON'S NORTH END JULY/SUMMER 2015 EDITION

## North End Breezes GARAGE SALE & Raffle draw



### ELDERBERRIES

by Pamela Townsley-Winter

*"With one we can make a start,  
with a team we can do anything."*

We certainly proved what a wonderful team we were part of last Saturday (June 13) at the garage sale. We had stuff galore and pairs of willing hands and a wonderful group of friends, neighbours and even the Bayfront number 4 bus stopping outside our door. The day started iffy, that old fog covering the North End and then the sun



Top photo of Pam & Megs, bottom left—Alex picking the winning ticket (both photos by Ken Hirter)

Right—children in the playhouse (photo by Alexandra Sempie)

broke through and it became picture perfect.

What a grand finale to our year, all we could hear was k-ching as the nickels and dimes dropped into our aprons and I don't think anyone went home empty-handed that included the board members who put in so many extra hours to ensure success.

Give thanks to Mr. Paul Havercroft who graciously arranged for us to have space at the Hughson Street Baptist Church complex at 500 James Street North. Lots of room to sort the goods. It's no good having lots of stuff unless you have lots of willing shoppers and big thank yous to everyone who spent a little or a lot and above all we hoped you had fun. I know I did, I enjoyed seeing old friends and making new ones—where have all those years gone to?

We even had a display of garden furniture under the trees and I think the children enjoyed playing house and on that note the beautiful play house was won by a Isobel Smith. This was a labour of love, kindly donated by Jim Davies. Once again the kindness of others helped our cause and benefited a young family to win such a unique gift.

(Story continued on page 4)



## Pan Am excitement comes to Hamilton

Alexandra Sempie

With the Pan Am Games quickly approaching, Hamiltonians are setting up some exciting festivities to kick off the Games.

The Pan Am torch ran through Hamilton on June 21<sup>st</sup> and 22<sup>nd</sup>. Before ending its marathon in Toronto, the Pan Am torch will have run through 120 different towns and communities. The Games start on July 10<sup>th</sup> in Toronto.

Through the month of July, Hamilton will be holding sixteen days of cultural celebrations featuring exotic foods, dance, concerts, and multi-cultural celebrations. Some of the festivities include music festivals, fireworks, and cultural showcases. Hamiltonians can come out to enjoy the festivities and a soccer game at the CIBC Hamilton Pan AM Soccer Stadium, which hosted the British Empire Games in 1930.

For information about the Pan Am Games go to:

<http://www.toronto2015.org/> or <http://www.tourismhamilton.com/panam>

July 9-12: Culturemania and Viva Pan Am junior soccer celebration. Gage Park

July 10-24: Pan Promenada at Celebration Square and Pan Am Art Explosion. Gore Park

July 25-26: Hamilton Waterfront Pan Am Cultural showcase and fireworks. Waterfront

July 11-26: International food court/food central. Ottawa Street

July 17-19: Hamilton World Music Festival. Gage Park

July 14-24: International House Viewing Station. Ferguson Street

July 12-26: ArtMatch and Pop-Up Shop Multi-Arts.



Pachi, the  
Pan Am mascot

## HOUSING FOR SENIORS

Deana DeGard

So our Family Friendly Neighbourhood is booming here in the Northend. The new GO Station brings in people from Toronto and surrounding areas that are purchasing homes for half the price they pay in their present communities.

Business people are coming to our Family Friendly Neighbourhood to live and open businesses here. Developers are building 'new' condominiums or taking existing buildings and revamping them into condos in our Family Friendly Neighbourhood.

The city is making changes to our streets to make them safe and people friendly in our Family Friendly Neighbourhood. Houses are being sold at an alarming rate at high prices here in our

Family Friendly Neighbourhood.

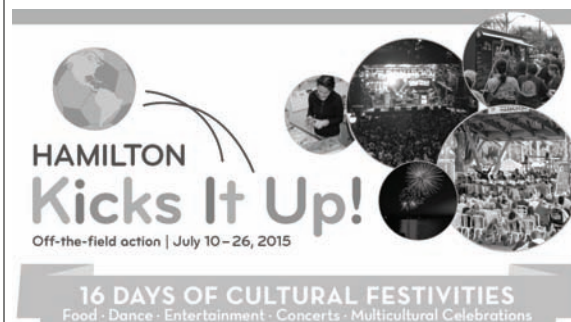
But, hold on for a minute! There are those of us that have lived here for generations. We have paid school taxes, property taxes and other taxes over the last several decades. Far be it for me to figure out now all these taxes collected are distributed. I can barely figure out my own. I'm sure a percentage of that money is being used to make the New Northend and Family Friendly Neighbourhood. All of this did not start yesterday. I'm sure some of the funds have come from those planning the luxury buildings? Bicycles for riding, high end restaurants...have they forgotten the generations that persevered and lobbied for change in this Family Friendly Neighbourhood. At the time only a few listened, but we kept fighting for revitalization and now that it is taking

place we have been left behind.

There is nothing in affordable housing for Northend seniors. We cannot afford our homes and maintenance and taxes with services escalating. So when will they take as much pride in seniors here as they do credit for the booming Northend? Give us the opportunity to live our lives, respect our properties and our neighbours; we are always ready to help families whenever there is a need. We are proud of our schools, homes, however humble and the pride in our Family Friendly Neighbourhood.

Seniors of the Northend are the family in our Family Friendly Neighbourhood.

We would like to be included, not excluded. If we lose or give up our heart—it gradually stops beating. Then we give up everything.



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## Street Soccer Canada -- Gore Park on Saturday July 18 and Sunday July 19.

### Hamilton Community Legal Clinic

A unique event is coming to Hamilton this month. Street Soccer Canada will be running the National Homeless Championship. The games will be played in Gore Park on Saturday the 18th and Sunday the 19th<sup>th</sup>. Teams from Comox, Kelowna, Calgary, Montreal, Ottawa, Toronto, Hamilton and other cities are expected.

Players from this competition will be selected for the Homeless World Cup. That event will be held in Amsterdam this September.

In 2003, Mel Young, a Scotsman, and Harald Schmied, an Austrian, were attending a conference dealing with the future of street newspapers. They came up with the idea of a Homeless World Cup. It is a different game than the traditional soccer (football) you'll see at the Pan Am Games. The Homeless World Cup is played with four players on a side; the court is 16 metres by 22 metres. The game lasts 14 minutes (two 7-minute halves). A three-on-two rule, intended to promote scoring, has evolved so that only two players are allowed in their own defensive end.

To be eligible, players must have been homeless in the past year (in accordance with the national definition of homelessness, make their living as street paper vendor, and be asylum seekers or in drug or alcohol rehabilitation.

The cup is more than a competition. It is designed to challenge societal attitudes to homeless people. In that context it is worth reflecting on the situation in Hamilton. Here, more than 3,100 individuals experienced homelessness – staying at some point in the past year in one of the city's emergency shelters.

Hamilton is part of a national movement of communities led by the Canadian Alliance to End Homelessness. The movement is mobilizing people to house 20,000 of Canada's most vulnerable people by July 1, 2018. As part of that program, individuals and families were interviewed this April; 454 individuals were canvassed by volunteers in Hamilton's downtown streets, shelters and agencies.

Here are just a few facts from the survey. Two thirds of those interviewed had experienced homelessness for six months or longer; seven percent had served in the Canadian Armed Forces and 266 had visited hospital emergency rooms a total of 994 times in the previous 6 months.

Much work has to be done to solve our housing crisis. Unlike other nations, Canada doesn't have a national housing strategy. Perhaps, we will hear about housing and homelessness during this fall's federal election campaign.

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



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## BULLYING

By Mary Manner

As a person who spent most of their working life with children and teens, I have seen some cases of bullying first hand. I have worked with many diseases, and problems with behaviour. I have participated in many years of volunteer work and bullying is still on going. I have spoken with many people who have been victims of bullying

Things can be done to stop bullying. It is your child and your right. There are many matters, a parent can do to help their child: Parents can get together and make the time for their child/teen, call some parents you know would want to form a committee, appoint a few parents that you know would help. Get together once a week to begin. Look at a day and time that you agree with, to start progress, to exclude and eliminate bullying. It is necessary to keep up the communication between parents and children.

The schools themselves are making strides to help stop bullying. Many schools hold anti-bullying seminars and questionnaires to help students understand the dangers of bullying. The Stop Bullying Canada campaign and others are making progress to help rid the country of bullying.

Here is one important site that you will give your answers to, questions that would be of interest to you. These are a few examples that are on that site. What do I need to know? What is the Ministry doing? What are the schools doing? Visit: [www.ontario.ca/safeschools](http://www.ontario.ca/safeschools)

If you are a concerned parent and want to know more about bullying, contact the Ministry of Education. I researched many sites and there are none with one hundred per cent success rate at this time. On the Ministry of Education website, it is stated that the Ministry would like you to let them know what matters to you on bullying and any concerns you may have. Communication is an effective way we can keep the topic moving forward.

To find out more, visit: [www.edu.gov.on.ca/teachers/safeschools.html](http://www.edu.gov.on.ca/teachers/safeschools.html)



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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.



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CRAFT CORNER—Pop and Mentos

Shannon McCulloch

So summer is upon us. I am going to share with you the science experiment that I do every summer with the kids. Every summer we do the diet Coke and Mentos experiment. We do this in the summer, because it makes such a mess.

This is such a simple experiment to do and kids of all ages love it! We save this one for the summer because we do it in the centre of the water park at Eastwood so that when it's all over we can just wash it away and if the kids get any on them it's easy to clean them up as well.

Needed

- 1. One (or more) 2-litre bottles of diet Coke
- 2. One (or more) package of Mentos

Step 1: Put bottle of pop in the center of water park and open it.

Step 2: Put 3-5 Mentos in the bottle at once.

Step 3: Stand back as quickly as possible and watch the geyser.

It's really that easy. We normally buy a few bottles because all the kids want to try it and it goes so fast and looks so cool that they would do it every day if they could. If you want to see how it works you can look up "Pop and Mentos experiment" on YouTube. We usually get a 3- to 4-foot geyser out of it. The older kids always want to drink what's left of the pop and eat the Mentos after. I normally let them. They always get a bit of a belly ache, but always want to eat them again the next year. It really is good for all ages, everyone just loves the show. We get a crowd of kids watching. I don't have pictures to go with this trick as I am too busy helping, and we haven't done it yet this year. When we do I promise to get some photos and share them with all of you. Hope you all give this a try. It's really so much fun!

New Record Set in May

The REALTORS® Association of Hamilton-Burlington (RAHB) reported a record 1,810 property sales in May. This is a 9.4 per cent increase in sales, compared to May last year, and cracks the record 1,699 property sales set last month.

There were 2,587 properties listed in May, which is an increase of 4.5 per cent compared to the same month last year. Also, the end-of-month listing in-



Kids Corner  
By A.H (Grade 1)



Where are the bugs and insects?  
I checked on the way back from school. There were no bugs.  
Not a single bug. I found no bugs at all.  
I think it is too wet for the bugs to come out.  
I think the bugs don't like the water, it might damage their wings.  
So they hide in dry places.  
That is how they stay safe!

ventory was 8.9 per cent lower than last May.  
"For the second month in a row, sales in the Hamilton-Burlington area broke an all-time record," said RAHB CEO Ross Godsoe. "To say that we've had a busy spring market would be an understatement."

From: The REALTORS® Association of Hamilton-Burlington (RAHB)

From Susan Brooks

Hunter Knight

Hi it's Hunter again.

By the time you read this we will be into the glorified months of summer. But right now as I write this we are in the last legs of the school year. Classes are winding down and our brains are nice and full. I will be writing my exams soon and I feel good that I will pass them.

I am looking forward to our family trip this year. We are going out to New Brunswick to see my grandparents. It's my first time leaving the provinces of Ontario, ever. I can't wait. It's been about a year and a half since I saw my grandparents and aunt and uncle. Not to mention my little cousin Bowen!

I can ride my bike as much as I want. I should get lots of exercise riding to the other side of Hamilton to see my girlfriend this summer, as she lives over by Center Mall.

I am also happy that I get off school a week earlier than my sister. I get more relaxing time than my sister and I love to rub it in. Even though I get more relaxing time I still have to wake up early to take my sister to the breakfast club every morning. She is really looking forward to that.

There are great parks to go to in the summer. Eastwood has a city worker (Suppie) who comes in and does craft with kids. Both Eastwood and the boat park (Pier 4) have a great water park. So if you have kids and you want them to get out of the house, send them to the park. I know when I'm not home or visiting my girlfriend that's where you'll find me. Talk next in two months. I hope you all have a great summer.



Do you live in the North End and are looking for a Family Doctor?

North Hamilton Community Health Centre is currently accepting patients from the north end of Hamilton. If you are interested in attending an orientation session to learn more about become a patient of the Health Centre, call 905-523-6611 or come down to Health Centre and provide your contact information to the front Reception staff.



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## Volunteer View with *Robbie Steele*



### *What do you enjoy about volunteering with the programs at North Hamilton CHC?*

What I enjoy most about volunteering at North Hamilton is the relationships that I have been able to build with the participants, the other volunteers, and the staff. This being my fifth summer volunteering with the Grub Club Program, I have been there from the start and have enjoyed both watching the children in the program grow-up and for me to become a small part of their lives. I have seen many children become more outgoing and more confident in themselves, and I am proud to be part of a program that has such a large influence in that development.

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

I have many favourite memories that I would love to be able to share from over the years. There are so many stories and experiences that I have had with the children that are special. In particular, I have fond memories of the field-trips that we have taken at Grub Club. From the trips down to Bayfront and the trolley-rides along the water, to the trips to local farms where the children have been able to go into the fields and pick their own fruits and vegetables to take home with them, these excursions are among some of the best times at Grub Club.

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

One of the best things about the North End is how it is becoming a more pedestrian and family-friendly neighbourhood, from the recent changes with regards to lowering the speed limits and increased curb spaces to the beautiful Bay-front green spaces and walkways, that promotes a physically active and healthy lifestyle. I absolutely love spending time in the North End by the waterfront; I have many special memories of the times that I have spent at the waterfront. It is definitely one of my favourite places in Hamilton.

### *What inspires you?*

While I am inspired by many different things in life, my strongest inspirations come from the people I know who have been in challenging and scary situations but have managed to persevere and have become stronger from their experiences. Also, those individuals who are always doing their best to focus on helping others and acting selflessly to help make the world a better place for us all.

### *What is your favourite quote/saying?*

"To never give up, and to always have confidence in yourself and your abilities in any endeavours you set out to accomplish in life."

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

## ELDERBERRIES



(Story continued from page 1)

### Pamela Townsley-Winter



There were our friends and staff at New Horizons cooking up the best hot dogs ever! And

thanks go to the Breezes for their generosity feeding us workers, also the donation of cookies, homemade and yummy. Young people took advantage of well-priced sports equipment and Cinderella's found slippers or shoes to their liking.

Our treasure trove of jewellery suited a lot of faux gems and bling shoppers. Records galore were snapped up—and books by the bag full. Great for taking up to the cottage as well as everything for the barbecue set, and dishes, glassware to outfit a party.

Of course I came home with a bag full; I'm fast running out of wall space. My mother always said Pam you should have lived in a subway then you would have all the room you required. Ah! Mother's wisdom.

The day just flew by and then out came the boxes to pack the excess goods away and to help needy people. Electronics were popular this year, we handed those items to our professionals—thanks guys for your help.

We had karaoke to add to the fun. Someone kindly dropped off potted plants and lovely tomato plants. I have two of the potted plants on my balcony; don't know what variety they are, probably Jack & the Beanstalk and I live 20 stories up!

Before I close, one sad note of the day, our beloved Mr. Bill Buckle passed away. I'm certain many will remember him and his son Artie. They were a focal point of the Welcome Inn. Always a smile and laugh, nothing ever too much trouble. He will be missed.

So to all the gang who made Saturday a very special day—wasn't it worth it? Thank you a million times, we couldn't have done it without you. Wishing you a summer of peace and gentleness—see you in the fall.

Pam & Megs

Garage sale photos by Ken Hirter



## TV Era

## Bev Hill



Photo by Sonya deLaat

I remember when we got our first TV in the late 50s. It was a black & white General Electric model, we got it at General Electric because my Dad worked there. My dad had to purchase an antenna that went on our roof. We needed it to have more TV stations to choose from. If you had rabbit ears only, you were lucky if you got a few TV stations.

Then years later came our colour TV. It was more expensive and eventually there was no need for an antenna on our roof. The cable company was taking over. You got a box for the top of the TV and had a remote control with it. Now you didn't have to get up to change the channel.

I remember there was a place where you could rent your TV by the month. I rented one from Granada, like many other people did. Granada was a block away from where I worked at the Running Pump on King Street East. My boss, Jack Cormier paid for three months rental on a TV as a birthday gift for me. The TV was nice. Bob McEwen from our club, Her Majesty's Army & Navy, used to work at Granada.

Years later they come out with the VCR and eventually the DVD player. You could rent movies and watch them on your TV or now you can rent the movie from the cable company. People of all ages can enjoy watching the movies stations on their TV.

One Sunday night I was watching the Academy Awards, I really enjoyed the whole show. Especially Lady Gaga when she sang songs from the *Sound of Music*. This is one of my favourite movies. I liked it when she sang *The Hills are Alive* and *Climb Every Mountain*. *Climb Every Mountain* has a lot of feeling behind it. I hope I can overcome the fear I have in me today. Music can bring blessings, listening to my music CDs brings back memories and joy.

My friend, Cecil Wintermutte says hi to all his Northend friends. He likes to talk about the good old days and you can usually find him at Grandads Donuts at James N. & Burlington E.

## North End Reunion—Sat. July 11

Macassa Bay Yacht Club.

Photo from Ed Stewart seen posing here with last years Northender of the year, Norm Long.



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## Fashion for July 2015

Alexandra Sempie

“Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening.”  
—Coco Chanel.



*Kimono Cool:  
Photo curtesy of  
Harper's Bazaar*

dresses. Kimono dresses are cool, stylish, and flow gracefully as you walk. Kimono dresses come in a variety of colours and styles, but the most popular ones consist of simple patterns and bold colours. Don't think the kimono style is limited to dresses, oh no, there are also a variety of kimono blouses that look hot with shorts and a simple T-shirt.

What summer is complete without a trip to the beach, the sun on your skin, the salty air, hotdogs, the sound of the gulls, and creating some new memories with your friends. But what beach trip would be complete without a stylish swimsuit? While the bikini has been the go-to bathing suit for many, many years, we're beginning to see an increase of one-piece swimsuits and tankini's (bikini bottoms and a tank-top like top). Think one-piece swimsuits are boring and plain? Not anymore, many one-piece bathing suits are splashed with bright eye-catching colours and prints, as well as some flashing cutouts. Fun fact: during the 1890's when swimming at beaches became increasingly popular, ladies would attach weights to the bottom of their swimsuits to prevent the garment from riding up and exposing their legs.



*One-piece gingham  
bathing suit:  
photo curtesy of  
Elle magazine*

What's hot and what's not:

### Hot

- Gingham
- Kimonos
- Military style clothing

### Not

- Cheerleader jackets
- High-waist shorts

Stay Beautiful!

## BOOK CLUB CORNER

Kit Darling

The book club members are busy working in their gardens or travelling. Our next meeting isn't until October, so here are a few recommended reads for summer days, many of which 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 Absolutely True Diary of a Part-time Indian* by Alexie Sherman is the story of an Indian boy who leaves the Spokane Indian Reservation reservation to attend an all-white farm town school where the only other Indian is the school mascot. A National Book Award winner. This book was written to appeal to a young audience, but there is nothing juvenile about the subject matter.

*The Pearl that Broke it's Shell*, by Nadia Hashimi. Set in Afghanistan, this is the story of 2 women who are related but separated by time. Each has her own story in her own era. It is difficult for us in Canada today to understand the culture in Afghanistan and the struggles and powerlessness that women face. It is remarkable that some women actually do find the courage to break away and lead their own lives.

*Digging for Richard III*, by Mike Pitts, is the story about the 2012 unearthing of the skeleton of Richard III. Interesting if you like history, archaeology, forensics, and politics. Chapter I one is confusing, but get past that and it is a good read. In a nut shell, Chapter I gives the brief life of Richard, who is very much seeking power any way he can get it, including murder. The War of the Roses, also called the Cousins War because so many relatives were plotting to take the throne, threw Britain into civil war and debt. The book makes you think about how you view Richard and not how Shakespeare wants you to see him.

You can look forward to reading about *Falling in Love*, *A Sea of Troubles* and *Jewels of Paradise* by Donna Leon in the September Breezes.

**The Jamesville Art Games**  
*a summer camp at the Workers Arts & Heritage Centre*

Calling all young folks ages 9-13! Join us this summer for a camp that will combine art, workers' history, games and sports, drama and improvisation. Kids will invent and create their own games!

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North End Breezes JULY/SUMMER 2015

## Travel—Sam Ion

Venice is just as fascinating, as it was the first of the four times I've been there, starting in the 80's. People were stunned we were staying in Venice a week. Frankly we'll be back, it wasn't long enough.

We've rented an apartment through Airbnb.

The four of us got off the train and found the public transit—the *vaporetto* boat—and after a bit of asking around found our way to the square where our host was waiting to guide us to the apartment and help haul the luggage up the three flights of stairs. Tom was “why do they call it the second floor when it is really the third?”

We wandered to the nearest square to sip a beer and watch the parade of Venice dogs..... This place is like a dog show. Well-behaved doggies I might add.

We bought a *vaporetto* pass (waterbus), 60 euros each for 7 days, well worth the money. As long as we could eyeball the Grand Canal, or see a sign, for the waterbus, we knew sorta where we were. One night, we were lost for about an hour, wandering around trying to find our way through the narrow alleys. By the end we had 8 followers, all saying the GPS on their cells were useless and so was the map. I whipped into a hotel lobby to get directions, and two minutes later, three right turns and four lefts, we were at a waterbus stop.

Shopping is wonderful as usual, and not just in the famous square but also down back streets and alleys beautifully displayed items beckon.

We knew we were in for practically a week of rain, and so it did...This meant the street vendors who sell “selfies” switched to umbrellas, plastic boots that go over your shoes, and plastic ponchos. People did, though, keep trucking, and the gondolas were busy as usual.

Tom and I have loved alleys since we were kids, and this city has the crème de la crème of them. We explored for hours. Rain, rain, and more rain. We still wander but it isn't as pleasant. I've always said the food isn't great in this city. Well, I was wrong; we've had wonderful food, so ate out a lot. Lovely surprise. And even better to find the prices weren't out of line either. Finally, crossed fingers, we had a sunny, cool day. What a difference. Venice is full of surprises, and this surprise was that the entire Grand Canal was closed to traffic for a regatta from 8:00 a.m. to 3:30p.m. That meant walking everywhere. We found it great, but wouldn't have if we had to pull our luggage over the cobblestones to the bus, train, or airport. We thought of our pal Nancy when we watched the dragon boat races.

I'm told there are 60,000 tourists a day now. The San Marcos Square and the Rialto bridge area are not places you want to be in mid-day when the coach tours arrive, and the cruise ships sail in. Venice still holds the magic it did when I first visited. We were all sad to leave.

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## Celebration of Ramadan and Eid al-Fitr

Ramadan is the ninth month of the Islamic calendar. Islam uses a lunar calendar and is about 11 days shorter than the solar calendar.

Islamic holidays fall on different dates each year. Ramadan is a "month of blessing" marked by prayer, fasting, and charity.

Muslims practice *sawm*, or fasting, for the entire month of Ramadan. This means that they may eat or drink nothing, including water, while the sun shines. Fasting is one of the Five Pillars (duties) of Islam. As with other Islamic duties, all able Muslims take part in *sawm* from about age twelve.

The fast is broken with prayer and a meal called the *iftar* after sunset. *Iftar* usually begins with dates, lentils and sweet drinks. Families get up early for suhoor, a meal eaten before the sun rises. Some mosques host daily community dinners where Muslims can break their fast together during Ramadan. Fasting serves many purposes. While they are hungry and thirsty, Muslims are reminded of the suffering of the poor. Fasting is also an opportunity to prac-

tice self-control and to cleanse the body and mind. Ramadan is also a time for many Muslims to donate to charity by participating in food drives for the poor and other voluntary activities. Muslims are encouraged to be charitable during Ramadan.

### Eid al-Fitr

Ramadan ends with the festival of *Eid al-Fitr*. Literally the "Festival of Breaking the Fast," *Eid al-Fitr* is one of the two most important Islamic celebrations. A sense of generosity and gratitude colours these festivities. Although charity and good deeds are always important in Islam, they have special significance at the end of Ramadan.

Muslims celebrate by gathering with friends and family, preparing sweet delicacies, wearing new clothes, giving each other gifts and putting up lights and other decorations in their homes. A common greeting during this holiday is "*Eid Mubarak*," which means, "Have a blessed *Eid*!"

Artana Bixhi RSW  
Social Worker NHCHC



## From Bacteria to Bees – The Many Health Benefits of Gardening



It's officially summer and we are certainly well into gardening season! If you've been strolling around the neighbourhood, you've likely seen some of our community gardens, or stumbled across one of our children's gardens, all of which are beginning to bloom and grow.

If you've been thinking about starting a garden this season, it's not too late! Many seedlings are still available at grocery stores and nurseries – now often at a reduced price! There are also many fast-growing crops that you can plant well into the summer. Peas, beans, lettuce, spinach, and radishes can all be sown later and harvested within only a few weeks. Cool-weather crops like kale can also be planted for harvesting throughout the fall.

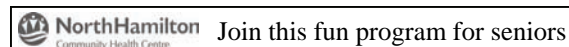
Food is not the only benefit we get from gardening. Studies show that a garden provides a means for gentle exercise and can improve mental health. A study conducted in Norway showed that people with depression, persistent low mood, or bipolar disorder experienced measurable improve-

ment of their symptoms after adding a few hours of gardening to their week. And there is research to suggest that exposure to *mycobacterium vaccae*, a friendly bacteria found in healthy soils, may actually improve cognitive function and mood, and help support our immune system. Who knew playing in the dirt could be so good for your health!

Another wonderful benefit of gardening is the positive impact it can have on our environment. Planting a pollinator garden is a great way to not only enjoy some beautiful blooms all season long, but helps support healthy a healthy ecosystem by creating food and habitat for beneficial pollinators, such as bees, butterflies, and hummingbirds. Native perennials are favourites of many pollinators, are easy to grow, and save you money because they grow back every year. Another fun way to encourage pollinating insects, like the gentle solitary mason bee, is to build a bee box to hang in your garden. To learn more about pollinators, native plants and bee boxes, visit: [www.hamiltonpollinatorparadise.org](http://www.hamiltonpollinatorparadise.org)  
Happy gardening!



Monica Palkowski  
Community Development Worker  
North Hamilton 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**  
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## Who are the People in Your Neighbourhood?



**Anne Marie Pavlov**

**MORLEY BALINSON.** Morley served in the Korean War, Princess Patricia's Second Battalion in 1950. They were the only Canadian soldiers to receive an American presidential military citation. He was born on December 7, 1925 in Hamilton, the third son in a family for whom

military service and sacrifice was a familiar call. His older brother Alex was killed in WWII serving in Malta as a gunner, at the age of 24. This tragedy devastated the family, and yet Morley knew the call was in his blood, so he ran away and signed up for service. He trained and was part of a reinforcement pool, but the war ended and he never saw service. In 1950 during the Korean War, he served as a signaler, a driver, a wireless operator, and a mortarman, which left him deaf in his right ear. At the Battle of Kap' yong, the battalion was under heavy attack, and when he was not engaged in his trade, he was carrying and delivering ammunition, fuel, and food. This battle was a turning point in a horrible war, and 519 Canadian soldiers were lost, with many buried at Puson Cemetery, the port of entry to South Korea. A group of 8 or 9 local Korean War vets still meets once a month at the Woodward Restaurant and Morley is always there to share war experiences with these men, who are like family to him. Morley reminds me that Repatriation Ceremonies are a modern thing, and in the past, before the Highway of Heroes, soldiers were buried where they were killed.

Morley came home in 1952, and joined the Argyll and Sutherland Highlanders reserve (Canada). He became a Regimental Sargent Major, and retired from the Reserves at age 45. He married Joan in 1959, and they had four children. In 1974, the RCMP was hiring Special Constables because of the Munich Massacre where 11 Israeli Olympic athletes were killed during the Summer Olympics in West Germany. So at age 48, he was hired as the oldest Constable in Canada, and worked at Pearson Airport for 10 years.

His father was Henry Balinson, who emigrated from Odessa, Ukraine in 1911, trained as a printer, and excelled at the craft. He set up International Press Printers on King Street, and later relocated to the old Fairclough Printing building on the corner of Mary and Macaulay Streets, where Morley and his wife Joan still live in a gorgeous house above the shop. Henry pulled Morley out of school to run the printing shop with him when his son Alex died, and became angry and withdrawn. He was a Jew, socialist, and labour man, who abhorred Hitler's fascists. Losing his son to this war changed him forever and caused him to break off his ties with the world. He was the publisher and creator of a very political newspaper, Jewish Voice of Hamilton which ran from 1933 to 1943. He used this platform to reflect philosophically on issues of the day, but stopped writing after he lost Alex. Morley still has all the hardware from the shop: letter presses, drawers of type, engravings and crests, paper guillotines, and logos.

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## Events Calendar July/Summer 2015

North End Breezes JULY/SUMMER 2015

**Music in the City 2015,** 'Music in the City Summer Series' will take place at Lloyd D. Jackson Square Rooftop Garden, 2 King St W, Hamilton. When: July & August; Monday to Friday 11:30am – 1:30pm. Free. [www.pathwayhost.com/~johnyb/](http://www.pathwayhost.com/~johnyb/)

**Canada Day Military Tattoo** July 1, 2015. Dundurn National Historic Site. 7 p.m. FREE. Dundurn Park. [www.hamilton.ca/museums](http://www.hamilton.ca/museums)

**Canada Day Celebration** presented by the City of Hamilton and RBC. July 1. Hamilton's Bayfront and Pier 4 parks draw thousands dressed in red and white to celebrate Canada's birthday. The Canada Day festivities run from 6pm to 11pm. Enjoy FREE bus shuttle service between downtown Hamilton (King St East and John St) and the event. For more information, visit: [www.hamilton.ca/canadaday](http://www.hamilton.ca/canadaday) or call 905-546-2666. 6p.m. Free Admission.

**Music on the Waterfront.** FREE CONCERT Join us every Thursday evening from July 2 to August 27 7:00 – 9:00 pm (weather permitting) don't forget to bring a lawn chair! Donations for this Free Event are greatly appreciated! Pier 8, Waterfront Stage, Discovery Drive, Hamilton. 905-523-4498

**Pirate Lore & Harbour Walks.** Hamilton Waterfront. Hamilton's waterfront has seen many changes since it's days as a hub o' shipbuilding; not all o' them good! If ye look closely, ye can still see remnants o' the old ways...Alternate Saturdays, 10:30 am (starting 6 June, 2015) Starts from in front of Williams Fresh Café (47 Discovery Dr., Hamilton) [www.pyratesimage.com](http://www.pyratesimage.com)

**Tai Chi & Tea,** a Wesley 60th Anniversary. Everyone is welcome. Join in and have tea! Sat. July 18. 10am – 1 pm. Beasley Community Centre, 145 Wilson Street.

**Gore Park Summer Promenade,** District & BIA. Enjoy live local musical talent each day performing from 12

p.m. to 2 p.m. Event (dates): Wed., Thurs. & Fri. from May 27 – September 4 Time: 11am – 5pm Ages: All Ages Cost: Free [www.downtownhamilton.org](http://www.downtownhamilton.org)

**Hamilton Fringe Festival celebrates the Sprit of PLAY for its 12th anniversary year!** July 16-26, 2015 It's the Fringe's 12<sup>th</sup> Birthday! Running in tandem with the Pan Am games, 48 companies will present nearly 400 performances in 11 days this July! See the full listing of shows: [hamiltonfringe.ca/shows](http://hamiltonfringe.ca/shows); And the full schedule: [hamiltonfringe.ca/schedule2015/](http://hamiltonfringe.ca/schedule2015/)

**Art Crawl** July 10/ August 14

**Free "Kids Club,"** Saint Peter by the Park Anglican Church (55 Victoria Ave N). July 20-24, 9:30 to noon. Activities include games, snacks, crafts, and Bible stories. Ages 5-10, parents welcome. Limited registration at 905-544-7710 or office@stpeterbythepark.ca (maximum 15 children).

**Mysterium Tremendum:** Workers Arts & Heritage Centre, 51 Stuart Street, Hamilton. Thurs. July 16, 7–10 pm. Come take part in programs that are part of our summer exhibition! Public screening and panel discussion with NGen Youth Centre's *Increase the Peace* with Radiodress will be live broadcasting her monthly radio show, *Republic of Love*. Sat. Aug. 22, 1 – 4 pm: Join Radiodress and Syracuse feminist punk band *Malvinas* (Syracuse, NY) for a ukelele singalong of legendary workers' songs. Visit our website: <http://www.wahc-museum.ca> or contact tara@wahc-museum.ca

**Hamilton Harbour Fishing Derby 2015,** FREE EVENT! Saturday, August 15, 2015 8:00am – 12:00pm Pier 8 47 Discovery Drive Hamilton. <http://www.hamiltonwaterfront.com/2011/11/01/hamilton-harbour-fishing-derby/>

Your friendly neighbourhood pharmacy is now in the heart of the North End!



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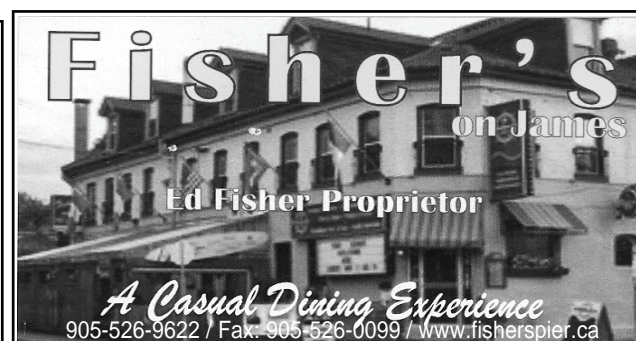
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**WEDNESDAY RIB DAY** Slow cooked Ribs, Smothered in our Signature Sauce served with Fries & Beans

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## Jason Farr, Councillor Ward II

Hello again, Breezes readers. During this busy season, stuffed with stuff to do for young and old and most of which in the great outdoors, I appreciate the opportunity to thank those who have brought some amazingly fun times to our neighbourhood over the past month.

100 in 1

On Saturday, June 6th, the Farris embarked on a great ride around ward 2, taking in as many of the Evergreen 100 in 1 Day in Hamilton citizen-led activities. We started south

## Annual Case for Kids Walk, Run, Ride

"Laura Wilson and Ryan Maguire, with their dogs Corona and Stella, supported Wesley's 24th Annual Case for Kids Walk, Run, Ride at Bayfront Park. Over 500 community members helped raise \$102,000 for Wesley's children and youth programs!"



and landed on the shores of the North End during a sunny afternoon by the water. Whether we were skipping or playing hopscotch next to Sarcoa, watching yoga at Bayfront Park or making raffle draws at St. Luke's, there was a real sense of community and togetherness with this first-time event. Across the city, Hamilton almost toppled Toronto for the most 100 in 1 events, and organizers from Evergreen expect next year will be even more successful.

### Royal Hamilton Yacht Club Sail Past

The winds may have shifted from the start of the annual RHYC Sail Past, but it was obvious the captains of the big boats knew how to get through the mayhem and show off their freshly prepared ships for the onlookers and judges. Thank you to RHYC volunteer Collin for working the mic during a very entertaining and sometimes dramatic event.

### Cellar Dwellers Annual Golf Tourney (see pic!)

On Saturday, June 13th, we once again teed up for good North End causes with the annual golf tourney that starts at eight and goes late. The morning tee time at Oak Gables started out cool and windy enough to have Alfie Campanella borrow a windbreaker to put over his windbreaker, but it soon cleared up and the weather was almost as perfect as every Kevin MacDonald shot.

Thanks again to Rick Brusey for hosting the 19th hole complete with horseshoes and a whole pig. Rick was once again on fire with the driver and putter as one of four in our foursome along with Tony T and one of T's top brass, Stevie. Thank you to the more than 80 golfers again this year.



### Hell In the Harbour

While we were swinging hard for North End, the Hamilton Police Services were hosting the first annual Hell In The Harbour Tough Mudder. More than 500 climbed walls and ran through tires and water (mud) and helped us raise nearly 50 k for the Special Olympic Torch Run.

Thank you to all of the teams from across the city of Hamilton who participated along 6.5 kilometres of shore. Come back next year!

Until next time Breezes readers,

Jay



dedicated to the core

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




**NorthHamilton**  
Community Health Centre

## A Special Invitation Volunteer Board and Committee Members

North Hamilton Community Health Centre has a volunteer Board of Directors comprised of 12 members that provide governance oversight using a Policy Governance Model. We are seeking Board Members for one (1) upcoming vacancy, as well as Committee Members.

Currently the Board governs through the following Committees:

### Governance, Community Relations, Quality and Safety, Audit and Executive

For over 28 years North Hamilton Community Health Centre has worked in partnership with the North End community and special populations, living the Vision of "No Obstacles to Health" and the Mission of "Enabling Health through Healing, Hope and Wellness".

We are one of 75 Community Health Centres across the Ontario, which focuses on five service area: Primary Care, Illness Prevention, Health Promotion, Community Capacity Building, and Service Integration, within the Broad Determinants of Health Framework.

North Hamilton Community Health Centre serves over 14,000 clients in Primary Care, Health Wellness, Feet First and Pathways to Education Programs.

If you are interested and would like to become a Board Member or Committee Member, please apply by forwarding a letter indicating your interest and experience and a resume if available, by **Wednesday, July 08, 2015** to the following address:

**Tony Di Silvestro, Governance Committee, Chair**  
c/o North Hamilton Community Health Centre  
438 Hughson Street North  
Hamilton ON L8L 4N5  
or by email to [grguric@nhchc.ca](mailto:grguric@nhchc.ca)

For additional information about North Hamilton Community Health Centre we invite to visit the Health Centre website at [www.nhchc.ca](http://www.nhchc.ca)



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[hamiltonwaterfront.com](http://hamiltonwaterfront.com)  
905-523-4498



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**Recreational Activities**  
**Waterfront Outdoor Rink & Skate Rental**  
**Waterfront Wheels Bike Rental**



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**[www.canadian-directories.ca](http://www.canadian-directories.ca)**

**Bill & Marie Mushing - Hamilton Ontario**





## North End Neighbours NEN The neighbourhood association of the North End Summer Neighbourhood Update

Hello friends, it is sure nice to see so many people out and about in the warmer weather. One of the reasons I love the neighbourhood, is just plain saying "Hi" to people walking by!

At the last NEN Board meeting we were pleased to have Wayne Baker from "The Bridge" come and speak to us about the program "From Prison to Community". He also asked us to inform our residents about a "Wingfest" as a fundraiser for the program. WINGFEST: August 5, 4pm – 8 pm at the Royal Canadian Legion, 12 King Street East, Stoney Creek. Tickets: \$12 advance or \$15 at the door. Contact 905-522-0283 or go to: <http://www.kijiji.ca/v-events/hamilton/wingfest-for-the-bridge/1078688397>

May was a busy month for the North End! A review of the Downtown Hamilton Secondary Plan is underway. On May 26, a couple of North Enders attended a "Community Meeting and Workshop" on tall buildings — to establish where to put tall buildings, and how to mitigate their impact. More information can be found on the City Website: <http://www.hamilton.ca/city-planning/planning-community/downtown-hamilton>.

Two days later another Community Workshop took place sponsored by Evergreen. Evergreen want to see improved public engagement. They are exploring ways to increase the number of people who know about and participate in planning decisions in the North End and West Harbour area. A report on the meeting with recommendations is expected.

June 6 was busy in many areas of Hamilton with community engagement activities for the 100 in One Day. In OUR neighbourhood, we saw the GRAND OPENING of Sunset Community Garden! At least 100 people showed up to see the dancers, hear the poems, and celebrate this beautiful space at Bay and Strachan. Please come by and sit. Watch the Sunset! There are *so* many people to thank for this wonderful space, but a special thank you to the organizers and all those people who lent their energy to make this garden happen.

June 26, Pan Am Party at Welcome Inn. 6 – 8 pm.

July 22 is Park N' Party this year! 4 – 7 pm. This year's theme is 'Having a Ball' and EVERY family gets a ball! See you there – at Bennetto Field.

July 25 & 26, A Waterfront Cultural Festival will be held at Pier 4 Park to celebrate the Pan Am Games. The broadcast of the games will be at 1pm on both days and 6:30pm on Saturday to see the Woman's final. On Sunday there will be fireworks!

North End Neighbours wishes to extend our thanks to Hughson Street Baptist Church for allowing us to use their space for our board meetings both in April and May and to Welcome Inn for the meeting space in June. At this time, We have no scheduled Board meetings for July and August. The September date will probably be scheduled for after Labour Day.

Happy Canada Day to all!

About North End Neighbours: Memberships to NEN for the 2014 – 2015 year are FREE. Just email or phone to

let us if you wish to be a member and so you will be on our email list for updates and notifications of meetings and events.

NEN advances the social, physical, and cultural interests of the residents of our community, through the identification and research of issues affecting our community, the education of residents and the promotion of their active involvement in the democratic process to ensure that the interests of our community are protected as a Child and Family-Friendly community. NEN works 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.

Phone: 905 527 1697 (Sheri, secretary)

Email: [nen.president@gmail.com](mailto:nen.president@gmail.com)

Website: [www.northendneighbours.com](http://www.northendneighbours.com)

### Make a difference with youth in Hamilton



For more information or to  
volunteer: contact Nicole at

905-523-6719

[pathways@nhchc.ca](mailto:pathways@nhchc.ca)

[www.nhchc.ca](http://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



## David Christopherson, MP Hamilton Centre



Please contact my office for  
assistance with any  
federal matter.

22 Tisdale Street South  
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Tel: 905-526-0770

[hamilton@davidchristopherson.ca](mailto:hamilton@davidchristopherson.ca)  
[www.davidchristopherson.ca](http://www.davidchristopherson.ca)

## COMPUTER TECH



### John Pasion

Hello North End! We've all been the victims of viruses, malware, spyware and junk mail in the past. Everyone at some point has wondered exactly why our computers behave poorly, why our computers are slow or what programs are harming us without even knowing it. I have two easy tips to keep your computer running smoothly.

The first thing is a free program that you can find online by searching for it called *CCleaner*. It's simple to install and will automatically delete junk off of your computer, fix any broken registry files and cleans unwanted cookies. Which basically means that it will clean your computer of any unwanted clutter running in the background that is slowing it down or taking up space on your harddrive and keeps unfamiliar websites from saving your password information without your permission, all with the press of a button. It's not an anti-virus though and won't clean your computer of any viruses so you'll still have to be careful when you're online.

But what if something terrible happens and your computer starts acting funny? Maybe you've got a weird new web browser or suspicious programs keep popping up asking you to install some shady software? As long as you catch it early, there is a simple trick to brining you back to a time when your computer worked. All you have to do is type "system restore" in your start menu's search bar the restore point menu will pop up. From there, you can choose a point in time to roll back to. Your computer should automatically save a point every week so if your computer stops working, you can just roll back to last week when it did. This won't affect personal files so you don't have to worry about losing any important documents but can be a big help when a virus suddenly installs itself and won't go away. Just go back in time before you had the virus in the first place!

## 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)





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COMMUNITY CENTRE**  
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www.WelcomeInn.ca  
905-525-5824

Connecting people and building resilient  
**COMMUNITY:** It's a two-way street.

### LAF Mentors Needed for Autumn

LAF (Learning and Fun) After School is looking for mentors for the fall to work with area children who need extra reading and math help. The program runs daily 3-5:15pm September – the end of June. If you are over 18 contact Gladys at gladys@welcomeinn.ca to apply.



### Get INNvolved RUN A FOOD / FUND DRIVE

Every month our food access centre serves over 400 households of our community. You too can partner with us in stocking up our food shelves and ensuring that our families have nourishment. We invite you to use your creativity, skills and knowledge to organize a food or fund drive for your office, school, community group or organization. They are fun and easy way to give back to the community! For more information on how we can help you organize a food/fund drive please call 905-525-5824 OR donations can be made directly at Welcome Inn Community Centre at 40 Wood Street East, Hamilton.

### VOLUNTEER YOUR TIME TO HELP

Welcome Inn Community Centre offers rewarding and challenging volunteer opportunities that make a significant difference to those we serve. We have various volunteer opportunities available to match your skill set in our different programs. Join our amazing team of volunteers and make an impact. If interested please contact Mubashra at 905-525-5824 or Mubashra@welcomeinn.ca Check out our website for volunteer opportunities, program details, upcoming events and more!!  
www.WelcomeInn.ca

### Seniors Coffee/Snack Social Time

Starting from July till August, Welcome Inn Community Centre will be hosting Seniors Coffee/snack time twice a month. Seniors are welcome to attend, just drop in and have some fun! This is a wonderful social with an opportunity to meet and/or make new friends and enjoy each others company. All senior members are invited to join us!! Mark your calendars for the following time and date: July 7<sup>th</sup> and 21<sup>st</sup> from 9:30am to 11:00am  
August 4<sup>th</sup> and 18<sup>th</sup> from 9:30 am to 11:00am  
For more information contact Elizabeth, Seniors Program Coordinator at 905-525-5824 or Elizabeth@welcomeinn.caJ

### Join the Conversation

Join the conversation with us and share your thoughts. Find us on twitter at @WelcomeInnCC or Facebook at [facebook.com/WelcomeInnCC](https://www.facebook.com/WelcomeInnCC)



**New Horizons Thrift Store**  
520 James Street North  
905-529-6891  
Mon – Sat. 10-5



**Interested in doing something new this summer?**  
Consider joining our volunteer team and getting to know folks in your neighbourhood.

It's lots of fun, a great way to meet new friends, and enhance your job skills, while you are at it. If interested, call



Ruth @ 905-529-6891 & get the conversation started.

### Looking for some great ideas to make your summer fun?

Stroll through our book section & find the perfect book for the beach.

Pick up some glasses & plates for the party you are hosting.

Get some new toys for your kids.

Find lots of interesting treasures for your garden....or your campsite....or your house.

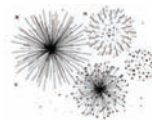
Whatever your reason for stopping by....our volunteer team would love to see you.



**AND keep your eyes peeled for summer BBQ's in the parking lot.**



Celebrate Canada Day festivities and fireworks on July 1<sup>st</sup> at the Bayfront Park and support



your community! Welcome Inn Community Centre's Food Bank will be on hand to collect cash donations and non-perishable food items at the Bayfront and Pier 4 Information Tents. Please donate generously and join us in building a resilient community. Every little bit helps!!

### Dates to Remember

**Good Food Box:** fresh fruits and veggies, a \$30 value for only \$15. Pickup is July 15, August 19. 2-5pm.

**Canada Day Food Drive & Fireworks** - July 1st. We'll be collecting non-perishable food items and cash donation. Stop by the Bayfront and Pier 4 information tents to drop off your donation.

**Art with Brenda:** Every Monday of the month @ 10:30 am

**Walking Club:** Every third Wednesday of the month @ 10:30 am. July 15<sup>th</sup> and August 19<sup>th</sup>

**Book Group:** Every fourth Wednesday of the month @ 10:30 am; July 29<sup>th</sup> and August 26<sup>th</sup>.

**HUGHSON STREET BAPTIST CHURCH**  
383 Hughson Street North 905-527-3972



Hughson Street Baptist Church [HSBC] will be running four separate camps this summer. Our first camp, **BACKYARD ADVENTURES** is for children going into *Junior Kindergarten to Grade 2*. It will run Monday to Thursday, July 20-23 from 12:30-4:00. Children will enjoy Lunch, Snack, Crafts, Singing, Bible Stories and Games. Our full-day camps, **CROSSTRAINERS**, are for children in *Senior Kindergarten to Grade 5* and will run Monday to Friday, 9:00 AM-5:00 PM August 10-28.

Children will experience a full camp experience at the fictitious Camp Whatchamacallet. This camp includes: Breakfast, Lunch, Snacks, Crafts, Sports, Games, Drama, Songs, Theme Days and Bible Stories all at a cost of only \$25 per child per week. *Space is limited so register early.*

We also have a full-week overnight camp available through Camp Widjiitiwin in the Muskokas from August 2-8 for children 8-12 years old. If you are interested in any of the camps you can contact HSBC by calling 905.527.3972, e-mailing diana@hughson.ca or visit their website at [www.hughson.ca](http://www.hughson.ca).

**NorthHamilton**  
Community Health Centre



**Wednesday July 22nd 4-7pm**  
**North Hamilton Community Health Centre**  
**HAVE A BALL** at the 18th Annual

# PARK N' PARTY

### Free BBQ!

**Meet your neighbours & staff at NHCHC**  
**Games, Music, Face Paint, Info Booths, Prizes**  
**Fun for every age!**





**BENNETTO COMMUNITY CENTRE**

450 Hughson Street North  
905-546-4944  
www.hamilton.ca  
JULY-AUG 2015



Please enjoy your  
**FREE FAMILY SWIM** every Wednesday and Friday,  
6 to 7pm. June 29 – August 23, 2015

*Pick Up a Summer Program That Starts the Week Of  
June 29, 2015*

**Public Swims**

Monday 1:15-3:00pm and 7:00-8:00pm  
Tuesday 1:15-3:00pm and 6:00-8:00pm  
Wednesday 1:15-3:00pm and 7:00-8:00pm  
Thursday 1:15-3:00pm and 6:00-8:00pm  
Friday 1:15-3:00pm and 7:00-8:00pm

**Senior Swims**

Monday 10:15-11:00am  
Tuesday 10:15-11:00am  
Wednesday 10:15-11:00am  
Friday 10:15-11:00am

**Adult Swims**

Thursday 11:05-11:50am  
Saturday 12:00-1:00pm

**Waterfit**

Monday 11:05-11:50am and  
8:00-8:45pm  
Tuesday 11:05-11:50am  
Wednesday 11:05-11:50am and 8:00-8:45pm  
Friday 11:05-11:50am



**Lengths**

Monday 12:00-1:00pm and 8:00-8:45pm  
Tuesday 12:00-1:00pm  
Wednesday 12:00-1:00pm and 8:00-8:45pm  
Thursday 12:00-1:00pm  
Friday 12:00-1:00pm  
Saturday 1:00-2:55pm One Lane Only

**Family Swims**

Monday 6:00-7:00pm  
Wednesday 6:00-7:00pm (Free)  
Friday 6:00-7:00pm (Free)  
Saturday 3:00-4:00pm

**IN THE GYM**

TUES.	WED.	THURS.	FRI.
<b>Book Mobile</b> 2:30-4:30 pm		<b>Book Mobile</b> 6:00-8:00 pm	
<b>Family Gym FREE</b> (Families ONLY) 6:00-7:00 pm		<b>Family Gym</b> (Families ONLY) 6:00-7:00 pm	
<b>Open Gym FREE</b> (All Ages) 7:00-8:00 pm	<b>Open Gym</b> (All Ages) 6:00-8:00 pm	<b>Open Gym</b> (All Ages) 7:00-8:00 pm	<b>Open Gym</b> (All Ages) 6:00-8:00 pm

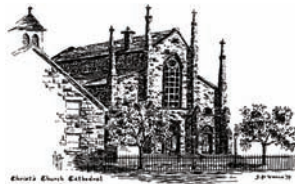
**We Will Be Closed On** July 1, August 3, August 24 to  
September 7 for Maintenance

**Check out our afterschool program for fall!**

The program runs Monday to Friday from 3:00pm to 5:00pm and  
is **FREE!**

For ages 6 to 11 years old, we do fun things like sports, crafts,  
challenges, games, board games and swimming  
(Tuesdays and Thursdays).

Each day a healthy snack is *provided*.

**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

**Her Majesty's Army & Navy**

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

**July/August 2015 Entertainment**

Thurs. July 2 Crystal Creek 3 to 7pm  
Thurs. July 9 Phyl Myles 3 to 7pm  
Thurs. July 16 Ted Bertin 3 to 7pm  
Thurs. July 23 Lionel & John 3 to 7pm  
Thurs. July 30 City Kids 3 to 7pm

Thurs. Aug. 6 Neon Moon 3 to 7pm  
Thurs. Aug. 13 Crystal Creek 3 to 7pm  
Thurs. Aug. 20 Phyl Myles 3 to 7pm  
Thurs. Aug. 27 Ted Bertin 3 to 7pm

**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.

**"FINDING YOUR BALANCE"**

**WHAT:** 12-week program  
consisting of education  
and exercise

**WHO:** Led by an occupational  
therapist and a  
physiotherapist

**WHEN:** Every Thursday  
**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

**ST. LAWRENCE CHURCH**

475 Mary St. N, Hamilton, Ontario

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

**New Parishioners are always welcome!**

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

**COME AND JOIN US!**

**"Where Faith Builds Community"**

**St. Lawrence Feast Day Festival**  
**Sunday August 9<sup>th</sup>, 2015.**

Join us for mass at 10:30am followed by a proces-  
sion to the statue of St. Lawrence and a community  
pot-luck picnic lunch. Everyone is welcome and  
invited to attend.

**CHILDREN'S LITURGY (for children JK - G6)**

Come and join us every Sunday during the 10:30am  
Mass, where children aged 4-10, are welcomed to  
join our Program Leader in a Children's Gospel,  
prayer, song and an activity; giving parents time for  
their own personal reflection during mass. No  
registration required. Our last session will be June  
28<sup>th</sup>, but the program will return again in September.

**HALL FOR RENT**

Need a place to host a 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  
call or e-mail 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.

**The Parish Church of**  
**ST. LUKE**  
**Founded in 1882**



454 John St North, Hamilton,  
Parish Hall at 76 Macauley St. E  
Telephone: (905) 529-1244  
Sunday: English Mass, 10:00am

*Book of Common Prayer*

**PARISH HALL FOR RENT**  
**76 MACAULEY ST. E.**



## CLASSIFIED ADS

### For Sale

**Bissell 3-way Magic Vac.** \$20.  
Call: 905-525-6829

**50' Garden Hose**, heavy duty with brass fittings--\$25 O.B.O. Call (905) 528-3122

**Garden Hose Rolling Cart**, heavy duty plastic, holds 100'--\$30 O.B.O. Call (905) 528-3122

**Pond Liner**, kidney shaped, heavy duty plastic, approx. 5' x 3'--\$50 O.B.O. Call (905) 528-3122

### Services

**Landscaping** - residential lawn care, property maintenance and gardening services. Extremely competitive rates, call or email Rob at 905-730-

6086 or enfieldrobert1@gmail.com for a free, no obligation quote!

**Lawn cutting** – Raking, etc. Reasonable rates, special rates for seniors. Thank you to my customers! Call Hans at: 905-525-1659

**Housekeeping**, cleaning, companionship for seniors, will accompany to appointments & shopping. Reliable and experienced. Please call: 289-887-3144 after 6pm

**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!

**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



Hamilton Civic Stadium — 1930

## 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

**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

**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

Next deadline for North End Breezes is the  
15 of August 2015.

North End Breezes, 438Hughson St. N.  
Hamilton, ON L8L 4N5,  
905-523-6611 ext. 3004

Fax: 905-523-5173, collins@nhchc.ca,  
www.northendbreezes.com

## EMPIRE GAMES OF HAMILTON

### BRIAN ROULSTON

With the Pan Am Games in Toronto and the soccer events in Hamilton fast approaching, it might be appropriate to reflect on another great moment in Hamilton sports history: The Inaugural British Empire Games. Now known as the Commonwealth Games, the Inaugural British Empire Games were held at the newly built Civic Stadium, later modernized and renamed Ivor Wynn Stadium, which is presently, the sight of Tim Horton's Field.

Then Hamilton Spectator sportswriter Melville Marks (Bobby) Robinson, born April 8, 1888 aka “as the little Napoleon of sports”, was a highly influential man who had a dream: both his own and the British Empire athletic officials to bring together athletes throughout the British Empire in “friendly competition”. Hard work and persistent efforts paid off. Bobby persuaded athletic officials to not only hold the games in Canada, Hamilton as well. Canada having never hosted a sporting event of this magnitude before had its chance to shine in July 1930. The City of Hamilton with just a population of 116,000 people, then the fifth largest city in Canada, welcomed over 400 athletes from 11 different countries. Canada, winning 54 Medals, 20 of them gold had to settle for second place overall. England played the spoiler by taking home 60 medals, 25 them gold. Ironically, England almost never made it to the games. During the late 20's, the Great Depression, declining international stocks hit England hard and they could not afford to send a team. England was on the verge of losing its superpower status to the Americans. This would've been a major blow to Bobby Mark's dream. Bobby Marks threatened to go with the United States instead and with the City of Hamilton ponying up \$30,000 to help send teams to the games, England was convinced to come.

A capacity crowd of 20,000 people endured hot summer weather during the opening ceremonies and to see Olympic gold medalist Lord David Burghley, a 25-year-old athletic sensation of the time, compete in the inaugural games. David Burghley who later became the inspiration of Lord Lindsay in the 1981 movie ‘Chariots of Fire’ did not disappoint the crowd winning a Hurdling double, a 110 yard, and 440 yard competition in commanding fashion.

Then another full stadium was on hand for the closing ceremonies and events in pouring rain.

The success of the Empire Games was to be one of Hamilton's proudest moments.



Thank you North End Breezes donors for your very kind donation. The funds raised will go towards ongoing operations at North End Breezes. You are making a difference!

Joan & Morely Balinson, Harold & Betty Baynham, Richard Bull, Ryan Pipe, Larry Bomford, Mary & Vic Coomber, Bill Curan, Tim Denham, Edward Gleeson, Joanne Lederer, Rev. William Mackinnon, Roy O'Grady, Peter Ormond, Evelyn Ropel-Morski, Edward Stewart, Teresa Spencer, David & Barbara Stewart, Larry & Pat Taggart, Joan A Thompson and Robert & Mary Young

CENTURY Club donors

Alan Bruce, BUNGE, Anna Paris & Lillian Brown, John & Gladys Glen, Mr. James Gow, Robert & Marlene Gregson, Patricia Gudlaugson, Paul Havercroft, Marie Manchuk, Bill & Wendy Oblender

THANK YOU DONORS 2015

\*Donor's names are published with their permission.