



THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
JULY/SUMMER 2016
EDITION

NORTH END — ON THE WATERFRONT THIS SUMMER

HAMILTON PORT AUTHORITY Operation Safe & Sober



Summer sailing season is finally here, and the Hamilton Police Service Marine Unit (HPS) and Hamilton Port Authority Harbour Masters Office/Port Patrol (HPA) are reaching out to recreational boaters with a new safety information campaign. The campaign, dubbed 'Operation Safe & Sober' is a refresher on safety practices all boaters should know, like wearing a life jacket, and not drinking and boating.

The campaign also addresses an issue that is particularly relevant to Hamilton Harbour: how to safely share the harbour with large commercial cargo ships.

Close to 600 large commercial vessels sail into Hamilton Harbour each year. "Recreational boaters, especially those visiting from elsewhere, may not be used to seeing or navigating around the big ships," said Hamilton Harbour Master Vicki Gruber. "These vessels are massive and obviously not as maneuverable as small craft. Our message is: stay alert and steer clear."

100 in 1 day

On June 4, Hamilton's '100 in 1 day' encouraged positive works, large and small, from organizations and individuals.

INSIDE THIS ISSUE

Pg. 5 Summer Fashion
Pg. 6 Keep fit this summer
Pg. 7 JULY/SUMMER Community Events Calendar
Pg. 10-11 Community Event Listings

In taking part, the Port Authority opened the doors to its 6th floor boardroom, offering a unique panoramic view of Hamilton's



Sailboats get too close for comfort with a laker in Hamilton Harbour

evolving waterfront.

Able Sail

HPA is proud to support the Royal Hamilton Yacht Club's Able Sail program, which provides a sailing experience for individuals age 8 and up with a physical or developmental disability. HPA contributed to this magical day by providing four suites of sails for the Able Sail boats.

New website

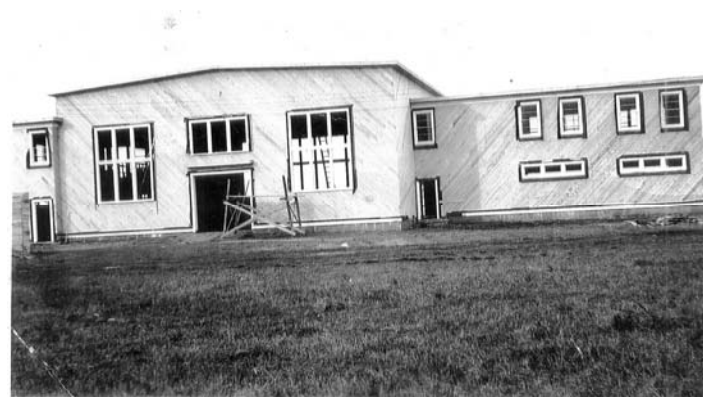
Please visit our new website at www.hamiltonport.ca. Information about the Port is now more detailed and easier to access, and new stories and events are posted on our blog. What's that ship in the harbour? Visit our 'Ships in Port' tracker to find out.

The Royal Canadian Sea Cadet Corps

31 LION has just finalized its 99th year with their Annual Inspection that was held on 5 June 2016. The cadets that are at the blue and white building at the bottom of Catharine Street North (595) have been a fixture in the North End community for almost a full century.

RCSCC LION involves youth from ages 12 - 18 with varying backgrounds, abilities and interests. The program includes teaching and enhancing skills in areas such as leadership, citizenship, physical fitness, seamanship, teamwork and deportment. Training in the areas are often done on their regular parade nights which are held on Wednesdays from September to June (1830 - 2130). Through this training year, cadets also take part in weekend camps at the building, weekly team practices or also training away. This year, LION sent cadets to British Columbia for orcha training and in recent years have sent cadets and staff to various exchanges and opportunities in Halifax, Bermuda, Sweden and throughout the United Kingdom. During July and August, LION continues to offer a sail program on Wednesday evenings and the Navy League Hamilton Branch also offers a sail school for a nominal fee each week. The cadets that are not enjoying their summers here in Hamilton can be found at HMCS ONTARIO (Kingston), CFB Blackdown (Borden), CFB Connaught (Ottawa) and for some more fortunate ones at HMCS Quadra (BC) or HMCS Acadia (NS). Cadets who attend these summer opportunities are selected and then paid a training bonus for attending.

The cadet program in general is no cost to join and with minimal



Wayne Balsdon supplied this photo of the Navy League building at 595 Catharine St. N. under construction in 1949 or 1950

costs throughout their time with the program (associated only for extra activities). Cadets are given a uniform that they are expected to maintain and exchange as needed but ultimately give back at the end of their membership.

The 2016-2017 training year is one that is extremely exciting for both RCSCC 31 LION and the city of Hamilton as it marks the first sea cadet corps in Canada to reach its 100th anniversary, with all years active in between. LION is preparing a number of different events to involve the community, alumni and supporters to celebrate its achievement.

With over 80 cadets enrolled in the program, a goal for their 100th is also to have 100 cadets in the program. If you are interested in receiving more information please visit their website www.lionseacadets.com or email directly at lionseacadets@gmail.com

Sailing school program



Stop Street Checks Now

Hamilton Community Legal Clinic

Our Clinic is concerned about the endemic issue of carding or street checks by the Hamilton Police Service.

Recently, Staff Lawyer Marla Brown appeared before the Hamilton Police Services Board (HPSB) and called for an immediate stop to the practice of street checks.

"We should not wait for the Police Services Act regulations restricting this practice that come into force and effect on January 1, 2017. Our community cannot afford to wait," Ms. Brown told the HPSB.

Police say they are doing very few street checks these days.

Yet, in that context, how does one explain the shameful display of anti-Black racism that took place in April against City Councillor Matthew Green? Ms. Brown suggested that this incident, where Green was racially profiled while waiting for a bus in broad daylight, would suggest that such stops are a widespread practice among the Hamilton Police.

"One can only surmise how many of our youth and economically marginalized have experienced this dehumanizing, psychologically damaging and illegal practice and have kept silent," Brown said.

This practice is a form of racial profiling defined by the Ontario Human Rights Commission (OHRC) as:

"Any action undertaken for reasons of safety, security or public protection, that relies on stereotypes about race, colour, ethnicity, ancestry, religion, or place of origin, or a combination of these, rather than on a reasonable suspicion, to single out an individual for greater scrutiny or different treatment."

Racial profiling is based on stereotypical assumptions. Criminal profiling, on the other hand, *"relies on actual behaviour or on information about suspected activity by someone who meets the description of a specific individual,"* notes the OHRC in a fact sheet.

Clearly, the new regulations are a step in the right direction. But they don't require police to inform those stopped and not under arrest that they have a right to walk away from a "voluntary police encounter." They don't require that documentation of the reasons for a stop be provided to street-checked individuals or entrench the requirement that youth have the opportunity to speak with their parent or a lawyer if stopped. Most troubling, perhaps, is that improperly collected data of Hamiltonians can be kept indefinitely by police.

Do street checks work in solving crimes? No evidence of their value has been put forward in Ontario and, in fact, research from the United States and Great Britain suggests that street checks don't produce results.

Racial profiling is just the tip of the iceberg to larger systemic issues of racism in Hamilton. In our city and elsewhere racial profiling and a lack of service by the police towards their racialized and Indigenous community members often go hand in hand.

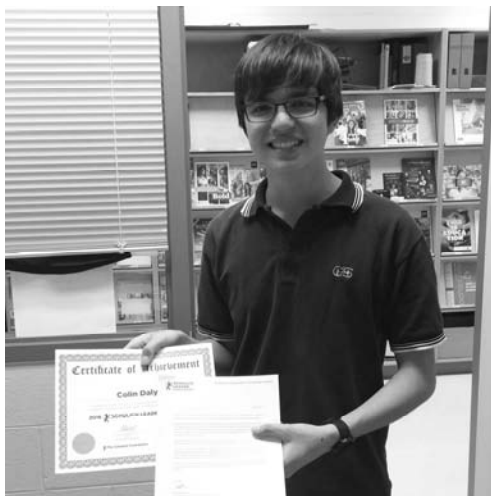
Without changes, there will be a continued lack of public confidence in the police and the administration of justice.

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)



Colin Daley, a Cathedral student was awarded \$80K Schulich Leaders scholarship.

"This scholarship means the world to me," says Colin. "It opens up so many opportunities that I will not take for granted."

Colin will be entering Waterloo's Software Engineering co-op program in September. Congratulations Colin!

Civic Holiday in 2016

August 1st is a Civic Holiday. This is not a Federal holiday – it is an optional holiday, so provincially regulated employers are not required by law, to give this day off. Most retail stores are open on this day.

It is known by various names across Canada: British Columbia Day in BC, Heritage Day in AB, Saskatchewan Day, in SK, Terry Fox Day in MB, and Natal Day in Nova Scotia. It is commonly referred to as the August long weekend, August Holiday, or Provincial Day, but each municipality that determines to celebrate the holiday, can give it a name, which is why it is a 'civic' holiday, where cities have the authority to declare it.

Enjoy our Provincial Day on August 1st and celebrate with Family and Friends!

ADOPT THE BREEZES

Help keep the "Breezes afloat" by making a charitable donation to North End Breezes this year. (see page 12) Now on our website: PayPal. www.northendbreezes.com Twitter: @northendbreezes

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.

CREDITS & CONTACTS

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

438 Hughson Street North. Hamilton, Ontario L8L 4N5

Phone: 905-523-6611 ext. 3004

E-mail: collins@nhchc.ca

www.northendbreezes.com

North End Breezes Board of Directors

Sharon Clark, Paul Havercroft, Ken Hirter, Margaret Smith, Chris Pearson and Michelle Wyndham-West

North End Breezes is Published by:

North End Breezes Board of Directors

In the Breezes committee: Edna Barker, Susan Brooks, Wendy Collins, Ken Hirter, Shannon McCulloch, Brian Roulston and Alexandra Sempie Proofreading: Edna Barker

Layout and ad sales: Wendy Collins

Circulation & distribution: Wendy Collins,

Jessica Crowe, JoAnn Osti and Margaret Savoie

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

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

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!



Mind over Mood

Twelve week self-management program for Depression

Mind over Body

Fourteen week self-management program for Chronic Pain

Break Free

Nine week self-management program for Anxiety/Panic

Freedom to Be

Six week program for Mindfulness Meditation

TADA (The Artistic Dreams Academy)

Bi-weekly Drop-in Art for mental wellness

EDIAG (Every day is a gift)

Bi-weekly support group for mental wellness

FREE BUS TICKETS

NORTH HAMILTON COMMUNITY HEALTH CENTRE
438 HUGHSON STREET NORTH

FOR MORE INFORMATION
SIB PRYCE 905-523-6611 EXT 2014

CRAFT CORNER with Shannon McCulloch

Rain Makers

I ran across this one on Pinterest a while ago, but it took time to save up enough paper towel tubes. I plainly don't clean my house enough.

Need:

Paper towel tubes

Sticker/crayons/paint/or anything else you like for decorating the tubes

Wax paper

Foil

Elastics

Hot glue gun

Beans of some sort (I used black beans)

To make your rain maker with kids, give them a paper towel tube and have them decorate it anyway they would like. My guys used markers and stickers. After it's all decorated, you want to cut a rectangle of wax paper and fold it in half (you want the paper doubled or it rips too easily). Place this on one end using an elastic band around it to hold it in place (this will be your bottom). As you're doing that you can have the kids take a large piece of foil and scrunch it up into a long snake-like shape. I gave them each a piece of foil as long as my arm and told them to make it as scrunched up as they could.

After they are done scrunching it, have them wind it up in a spiral (like a piggytail) and place the spiral in the tube. You want the spiral to fill the tube.

Then add about a handful of black beans. Place a doubled-up square of wax paper over the top just like you did at the bottom. Cut off the extra wax paper sticking out from both elastics and run the hot glue gun around the edges of the wax paper as the kids like to shake it nice and hard after they are done listen to how it sounds like rain. If you wanted to turn it in to science, you could have them make a few, using different size beans or tighter and looser foil inside and hypothesize about how these changes will change the sound.

The kids loved this one and they sound rather nice.



Kid's Book Review with Sam Knight

Riding the Tiger

by Eve Bunting with wood cuts by David Frampton



This was a weird book. It was about a boy riding a tiger that was very suspicious. The boy makes the mistake of going with the tiger because it seemed fun, but the tiger was a stranger, and he should have known that's bad. Everyone they

run into tells him he shouldn't be with the tiger that getting off a tiger is hard once you get on, but at first he doesn't think they are right, he thinks he can get off any time. Then he starts to see how mean and bossy the tiger is, how people are scared of him. The boy finally decides to get off the tiger and help someone that's hurt even though the tiger threatens him not to.

My mommy told me the book had the tiger standing for things like how hard it is to get off drugs or out of a gang. It was to show how you should think before you do things you might have a hard time undoing. Like I said it was okay, but weird.

TEEN'S CORNER with Hunter Knight

Hi it's me Hunter with teen's corner once again.

I like this heat to a point but I'm missing the cold a little. As I'm writing this article there are three days and ten hours before my first exam. Yay. I don't know why, but this semester seemed to go faster than last. I guess that's a good thing but it feels like I wasted a lot of time in classes because it's gone by so fast.

I don't walk the three dogs any more but I do have a new job. I've started babysitting for a family friend when they want to go out on the weekends. I'm only watching their two kids while they are sleeping so it's not hard.

I'm also helping Scott water the gardens at the health centre every Friday after school. Scott doesn't understand that I'm helping because I want to, not for any hours. Scott is a great guy you can always find him helping out around the Northend. Come to think of it, there are a lot of great people around here. That's one of the great things about the Northend, the people. Take Gladys, she works at the Welcome Inn and every kid and teen knows they can talk to her. There's also all the people that run this news paper. I'm not talking about me at all I mean everyone else. Most don't get paid for it, they just do it because they want to. That's how most of the great things work here, because great people want to make others happy. This has been Hunter with teen's corner. Have a great month!



Pathways to Education - NHCHC

Congratulates
All
2016

Graduates

*Believe in yourself – you have shown
there is something inside you greater
than any obstacle.*



NorthHamilton
Community Health Centre

Pathways
to Education



BAYVIEW
MASSAGE THERAPY

Tom Komaromi
Registered Massage Therapist

(905) 966-0166

massageguy.tom@gmail.com
bayviewmassagetherapy.ca

48 Guise St. E., Hamilton, ON L8L 4L9

Relax | Refresh | Revive



NorthHamilton
Community Health Centre

Pathways
to Education

(905) 523-6719

PATHWAYS@NHCHC.CA

REGISTER NOW
for the
2016/2017 SCHOOL YEAR



marchese
your health... our care

A full-service pharmacy
providing exceptional,
compassionate health &
wellness support since
1961.

MARCHESE HEALTH CARE
316 James Street North, Hamilton ON
905-528-4214
www.marchesehealthcare.ca

Travel — Sam Ion

Screw-ups happen, but it is how you fix them that matters. So, thank you Air Canada, you did a great job. When I hear people rant and rave about Canadian charter carriers, I am, to say the least, not sympathetic. I've never had a bad flight on Sunwing or Air Transat. And I fly dozens of times in the course of a year, mostly on charters.

Unfortunately, if I'm going to have problems it is usually on Air Canada. I need to acknowledge here that Cam Norton, my late husband, died in the Vancouver Airport on route to Australia, and we were flying Air Canada. From faulty information at the Toronto airport to the treatment at the Vancouver airport it was a mess from start to finish. Now in fairness to AC, years later I'm not sure anything could have made me grateful at that point.

I could go on, and on.

If you're wondering, my passport name is nothing like my writing name, and Air Canada has no idea I'm a travel writer when I'm travelling. And I don't do the "Don't you know who I am?" routine.

This time I was flying to join 150 travel agents on a Palace Resort Fam to Cancun.

The check-in agent looked at my file on the computer and said, "You need to go to the next agent to your right."

"You have no seat," said the next agent, "but don't worry, we'll get you out today." I thought she was joking.

I'd never flown Rouge before.

Went to the gate, and waited, and indeed there wasn't a seat for me, and others too.

"We'll get you out today," she said, before searching for a flight. "Oops, there isn't another flight today. Please go to customer service."

I can do an amazing rant when rage overtakes me, but I spoke sternly to myself all the way to customer service.

I explained my situation calmly to the agent. "Well, there is no other flight today."

My choices were grim. I could do a number of hops, and land in Cancun after midnight. Finally I said, "Can you get me on the same flight tomorrow?"

"We'll try," was the response. I know I'm weird, but when I have a ticket I assume I'm going on that flight, and there would be a seat for me. "We'll try", doesn't quite do it.

Then, the agents, three of them had a chat and returned to say, "We'll send you \$800 for your inconvenience." That cheered me right up.

Then they said, "This is our fault, so we'll put you up for the night, pay your transfers, and \$32 to cover three meals."

"Did you know you don't have a seat?" said the agent the next morning. It turned out I did have a seat, in business class, and for the return too.

I had fallen asleep in those comfy seats, and landing with everyone else behind me waiting to get off was a rush.

I got to my room and realized my computer was under the seat on the Rouge Aircraft. My life is in that MacBook, so sheer horror.

I called the front desk, and they were amazing. "We'll stay on the phone in case you need an interpreter. Don't worry, we have the number."

Air Canada listened and said the plane hasn't left yet, we'll send someone on to check. Ten minutes later, it was on its way to me in a cab.

Thank you, Air Canada.



CONGRATULATIONS goes to Bev Hill on receiving her 35 year award in recognition and appreciation of her volunteer work at the General hospital.

"Volunteers are paid with a six-letter word: SMILES"

ELDERBERRIES



Pamela Townsley-Winter

Pam's Elderberries Column from July 2012

It is 2 am and I think our first warm night, I went to bed but tossed and turned and eventually gave in to my *muse*, so here I am, and have a feeling it will be a quilt of memories and happenings. In my teens I was fortunate to be an usher at our local cinema. They really did not have to pay me; I would have cheerfully done the job for nothing. There were no bad movies in my ratings only the fact some were better than others, and with the advent of cinema I was hooked, lines and truly sunk in the magical worlds that flashed before me. Musicals were my favourites and most movies were shown for three days only, so if we received a weekly by the end of its showing I knew all the words and stood at the back of the auditorium and lip synched to the songs – between customers or patrons as they, the public were called. There were moments of pure joy and absolute beauty. I'm sure you remember "Ryan's Daughter" and those breathtaking shots of the west coast of Ireland, David Lean, the producer, loved flowers and there was a scene where our heroine, besotted by the love of an English Army Officer, creeps out of the house for a liaison and the garden is full of lilies nodding their heads in the midnight breezes, as she brushes past, the rich pollen clings.

How about Yul Brenner taking Deborah Kerr into his arms as the King of Siam "Shall we dance?" Truly *goose-bumps* and the trend for bald-headed men began then. Dr. Zivago or Lara's theme playing as the Russian winter is coming to an end and suddenly the world or the steppes are ablaze of yellow daffodils and one look into Omar Sharif's eyes and we melted like the snow. By the time intermission came we were all gasping for the Ice Cream after fighting in the desert with Peter O'Toole in "Lawrence of Arabia". How ethereal he was on his camel and white flowing robes. Movies to remember, thank you Mr. Grimaldi for bringing young girls fantasies to life and to cheer us up on the most miserable day. Gene Kelly and Debbie Reynolds and Donald O'Connor "Singing in the Rain". Most of these oldies can be rented at the library and on a fall day or miserable weekend, lay back with a bar of chocolate and get transported away.

Until I had two knee and a hip operations I carried on ushering at Theatre Aquarius and enjoyed every produc-

The list goes on, most of the actors long gone but the melodies linger on. Enjoy the local venues, often free – try a new play, even the high school productions you will be pleasantly surprised and the memories will last a life time. To all of you, dear friends enjoy your get-aways, you have worked hard and now its play time – start local you will be amazed at the history, eateries, and of course Stratford even a day trip replenishes the soul.

Just travel light, drive safely, come back renewed. Your dreamer of dreams, and the Muse!!

Pam & Megs

(Just back from holidaying out west...stay tuned for the story in the September 2016 *Breezes*!)



NORTH END REUNION

Saturday, July 9, 2016

12 noon to 4pm

Macassa Bay Yacht Club
80 Harbour Front Dr, Hamilton



Photo from Ed Stewart of reunion 2014. Northender-of-the-year 2014, Norm Long, is kneeling.

Dawn Blackman
Sales Representative
905-667-8877

PAULS
JIM PAULS REAL ESTATE LTD. BROKERAGE
dawn@jimpaulsrealestate.com
www.jimpaulsrealestate.com

Jim Pauls Real Estate Ltd. Brokerage

Brusey Awnings
Established in 1929

Residential & Commercial Awnings
Aluminum Awnings & Railings
Repairs to all Canvas Products

905-522-5625 905-522-5881

Fashion for JULY/SUMMER 2016

Alexandra Sempie

"Dressing is a way of life," -Yves Saint Laurent. Summer is an important time in the fashion world. Designers are playing with different ideas for how to stay cool and look even cooler, so the styles are raging. The most popular design is the classic floral dress, but there's only so many times a floral dress can be re-designed, so designers are staying on their toes to come up with some new ideas and looks to make sure you stay great and stay cool as you strut your stuff on the beach or on a night out. Let's have a look at the looks and styles we can expect to see hitting the streets and beaches this month.



Suede dresses. Photo courtesy of Elle Magazine

This month, have some summer lovin' with a hot new dress inspired by the 1970s. The biggest dress trend many designers have gone towards is 1970s inspired suede dresses. Suede dresses allow the wearer to stay cool and comfortable while still knowing at they look good. To really top the ensemble off, why not accessorize with a matching suede headband? You'll look fantastic with this groovy dress!

Everyone knows the struggle of carrying a heavy bag. Your shoulders hurt, your hair gets caught in the strap, and it's impossible to find things at the bottom. Well fear not, for this season, backpacks are all the rage. Designers are creating stylish backpacks so you can carry all your belongings in style. The most popular backpack designs include military style and leather backpacks. So toss your stuff in your backpack and head on out, your shoulder will thank you!



Leather backpack. Photo courtesy of Glamour Magazine.

In

Gold jewelry
Aviator sunglasses
Lightweight denim
White shirts

Out

Overalls
Large floppy hats
High ponytails
Tiny sunglasses

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



FROM JUNO TO JUPITER

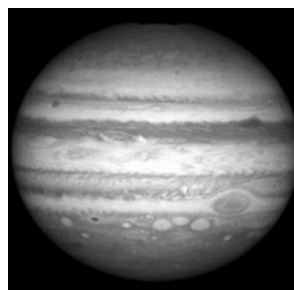
Brian Roulston



The JUNO (Jupiter Near-polar Orbiter) spacecraft was launched from Cape Canaveral on August 5, 2011 aboard an Atlas-V rocket. It has been on a five-year-long journey to the 5th planet from our sun. It will be the second such spacecraft to visit Jupiter following the Galileo spacecraft in 1995-2003. JUNO will have traveled some 2.8 billion kilometers at an average speed of 26.9 km/s. This also includes Earth's flyby 3 years ago which enabled Earth's gravity to sling-shoot the spacecraft to the giant planet some 588 million kilometers away.

While many Americans will be celebrating their country's birthday on July 4, 2016, NASA engineers will be busy commanding JUNO to slow itself down in a 35 minute burn of its main rocket engines in order to place itself into a North-South polar orbit. Each orbit around the Jovian planet takes 14 days and it will do this at least 37 times during the 20 month long mission. JUNO will study the giant gas planet's magnetic field and look for clues about the planet's formation. Huge storms such as the famous Red Dot first seen some 400 years ago can pack winds up to 643 km/h. JUNO will look at the effects of these mammoth storms on the planet.

Jupiter is the largest planet in our solar system, easily 11 times larger than Earth and is slightly younger by about 40 billion years. It has 67 confirmed moons with three very faint rings similar to Saturn's however, not as pretty. JUNO will study Jupiter's gravity which is much stronger than ours. A 45kg (100lb) person on Earth will weigh 2 1/2 times heavier on Jupiter. Jupiter's poisonous atmosphere is mostly made of helium and hydrogen. It is so heavy it can turn a gas into a liquid and crush a steel spacecraft like a paper cup. The surface temperature is about -108°C.



Screen for Life Coach

Cancer screening sees what you can't

✓ Breast
For women
50-74 years

✓ Cervix
For women
21-70 years

✓ Colon
For men
and women
50-74 years



**Come in now for your
FREE appointment**

www.hnhbscreenforlife.ca

Call: 905-975-4467 or 1-855-338-3131

www.facebook.com/screenforlifecoach

CCO Hamilton Niagara Haldimand
Brant Regional Cancer Program
in partnership with Cancer Care Ontario

A Brief History of Ice Cream

Brian Roulston

There are almost as many theories as to how or when ice cream was invented as there are flavors of ice cream. Some suggests the Chinese invented it in 3000 BC. Another fascinating story says King Charles I who ruled England, Scotland and Ireland from 1625-1649 until his execution is said to have paid silent money to a royal cook named DiMarco. DiMarco came up with the recipe for ice cream and was paid to keep it a secret and only serve it at the King's Royal table or events.

According to Unilever Canada, the producer of Ben & Jerry's Ice Cream in Canada New Zealand has the highest consumption of ice cream in the world. Australia is a close second with Canada in 6th place. Ice Cream is so popular in the U.S that former U.S President Ronald Reagan even proclaimed the third Sunday in July 'National Ice Cream Day'.

The first Canadian to start selling ice cream in Canada was a confectioner named Thomas Webb of Toronto in 1850. Nielson Dairy (William Nielson) produced the first commercially made ice cream in Canada in 1893 in Toronto. There are three companies who claimed to have invented 'Soft' ice-cream. Tom Carvel of the Carvel Ice-Cream franchise claims he had a flat tire while delivering ice cream in Hartsdale N.Y on Memorial Day 1934. He sold all the melting ice cream he had on his truck to vacationers driving by, thus soft ice cream was born. Dairy Queen says they developed soft ice cream in 1938. Margaret Thatcher former British Prime Minister worked at J Lyons as a chemist during the 40's when they along with an American company Mister Softee were jointly developing soft ice at the time. It is unclear what, if any role she played in the process.

What are the most popular flavors in Canada? The top 3 are in order vanilla, chocolate, strawberry.



**Website Design
Computer Service/Lessons
Business Network Connector**

Office: 905-387-1883

**www.peopleinconnection.com
www.canadian-directories.ca**

Bill & Marie Mushing - Hamilton Ontario



Keeping fit in the summer

Warm and sunny days are here! What better time than this to be physically active? Living an active life is one of the most powerful things you can do to help ensure good health and a great quality of life. Here are some tips for exercising safely in the summer heat:

- Time of day: Avoid exercising outside in the hottest parts of the day—early morning is the best time.
 - Ease into your workout: Slowly increase the pace and duration of your workout as your body adapts to the warmer weather.
 - Stay hydrated: Carry a water bottle with you to ensure you are drinking enough fluids. Drink plenty of water before and after your workout.
 - Wear light-coloured lightweight clothing: Dark heavyweight and tight-fitting clothing will make you heat up more quickly. Wear loose clothing to help with air flow to keep you cool.
 - Listen to your body: Stop immediately if you feel dizzy or light-headed.
 - Work out indoors: Enjoy your exercise routine in the comfort of NHCHC—the North Hamilton Community Health Centre climate-controlled gym.
- We have many ways for you to become active, and all of them are free for people who live in the North End. Our health wellness team offers individual fitness programs supervised by our kinesiologists. Home exercise programs are provided for those who are unable to get out of their home.

SIT and FIT is an exercise group for anybody living in Hamilton. It's an hour of physical activity done seated in a chair. We start with a short warm-up, then muscle strengthening with resistance bands, then finish with stretching to relax. All sessions are led by a certified fitness instructor, and all are open to people of all levels of fitness.

For individuals living with diabetes we offer group exercise activities through our diabetes physical activity program.

Aqua fitness: Exercises are done at the Bennetto Rec Centre pool. Easier on joints and good for those who have trouble with balance or walking. The water provides lots of resistance. It's a full body workout.

Yoga and Tai Chi classes: taught by certified instructors. Tai Chi is a form of traditional Chinese mind-body exercise that uses slow sets of body movements and controlled breathing. Tai Chi and yoga help improve balance, flexibility, muscle strength, relaxation and overall health.

Call us at NHCHC to find out how you can take part in our programs and services at (905) 523-1184

Congratulations to Dave Stephens on winning the Betty Blashill Environmental Award 2016!



On June 8, Dave Stephens was the proud winner of the Betty Blashill Environmental Award at the Environmentalist of the Year Award Banquet. Dave is active in the community and indeed, he sees the whole City as his community! Dave has been active in many ways in the North End – in the neighbourhood association for 5 years, volunteering for the *Breezes*, Adopt-a-Park (several parks), Sunset Garden, and the Land's Inlet Nature Project to name a few. He was instrumental in getting a dog park on a piece of land on Strachan by the Mary Street bridge which is well used by the community and working generally for a safe, neighbourly community.

In his capacity as an Adopt-A-Park volunteer, Dave has worked tirelessly at the Jackie Washington Park, especially during the 2008 Extreme Park Makeover.

Dave continues to be involved in Open Streets, Complete Streets, and 100 in One Day and is a volunteer at the 294 James Street North Evergreen Centre. He is a Co-chair of the Jamesville Hub.

Sheri Selway

Anne Marie Pavlov

ICE CREAM!



Many of us have fond summer memories of the thrill of a trip to Stoney Creek Dairy or Hewitt's or the Dairy Queen. Our vibrant and

up-and-coming neighbourhood is now teeming with spots to grab an ice cream, providing many opportunities for summer evening fun!

1. A&J Sugar Bowl - 124 MacNab Street North at Cannon. Nancy the owner is in her third year of operation. This sweet little gem of a spot is open every day from noon to midnight, with the exception of Fridays and Saturdays, when she stays open until 1 AM! The counter is spotless, without a fingerprint to be found on the sparkling white walls. She features real waffle cones and Chapman's ice cream, as well as homemade crepes, spring rolls, bubble tea and cotton candy. Here is local singer Tony T enjoying Super Hero ice cream in a sprinkled waffle dish! There are 6 tables, plus board games. The parlour is hopping and joyful. She even sells baby clothes!



2. The Harbour Diner - 486 James Street North at Picton. Friendly owners Jessie and Darryl are now featuring Hewitt's ice cream. They serve vanilla bean ice cream with their pies now. Rumour has it that they may be investing in an ice cream maker to make their own! They are now open every day from 8 AM until 9 PM, except Fridays and Saturdays, when they stay open until 10 PM.

3. Waterfront Scoops - behind Williams at the foot of Hughson Street North on Discovery Drive - Open Daily until September 5 from noon until 10 PM. They feature Hewitt's ice cream and Cottage Country candy, nuts and trail mixes.

4. Hutch's Harbourfront - 325 Bay Street North. Open daily 11 AM until 9 PM. They serve Stoney Creek Dairy's original recipes, which are now owned by a company called St. Clair. What a treasure to have in our neighbourhood!

11 High Cost Home Inspection Traps You Should Know About Weeks Before Listing Your Home for Sale

Hamilton – According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared, which identifies the eleven most common of these problems and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home.

If you wait until the home inspector flags these issues for you, you will most certainly experience costly delays during the sale process or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection your-

self, if you know what you're looking for and knowing what you are looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with these issues before their homes even come up for sale, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled, which explains the issues involved.

To order a FREE Special Report, visit www.InspectionTraps.info or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-687-0634 and enter 2009. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Maggie Abril, Broker, Sutton Group About Town Realty Inc. Brokerage. Not intended to solicit buyers or sellers currently under contract. Copy right © 2016

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

HAMILTON ARTS WEEK

Walkabout with Ken Hirter

This month's walkabout took place during Hamilton Arts Week, which ran from June 4th to June 11th, 2016. I went to two separate events and studied the perspective of 4 separate artists and the different views on their artwork. Old School vs. New School; I based it on 3 simple subjects—the artists, their topics, and their passion.

The first event, titled *751 Presents: The Art Awakens*, promised to be "An Art Force to be reckoned with." The artist, 18 year-old Chanese Reid and her piece, *Heritage Watercolor/ Country Style*. Her passion is to go to college for the arts.

18 year-old artist MacKenzie Powell and her piece the *Queens 90th Birthday*. Her passion is sketching & graphic arts/ graphic design. These artists are from Cathedral High School, one of seven Secondary Schools that took part in this event. Congratulations to both artists.

Art Awakens did not disappoint. These amazing students/ artists are talented.

My next stop was at the Gooderham Gallery and Fine Art Studio's open house. I met up with 2 amazing artists at the gallery that day. The first artist was Tzvia Devor, with "Talisman Series." The topic was Talisman as an object, a symbol, a colour, or all of the above providing personal protection and good luck. The second artist was Eva Ivanov (owner of Gooderham Gallery along with her husband Wayne Gooderham). Her topic was Watercolour and her passion is images of underwater, beauty tranquility, & peace. I love paintings with expressionist landscapes and all natural elements that include water. The Gooderham Gallery and Fine Art Studio is located at 141 Catharine St. N. here in Hamilton.

The love for art never leaves you whether your 18 or 80. It stays with you whether you're a professional artist or enthusiast. Some artists will go to College and University in their applied and given fields, while others will move on with other careers, life interests, and may eventually will go back to the arts in later years.

You're never too old or long in the tooth to ever pick up a brush again.

To the parents, let your children find their calling and vocation in life and let their voice guild them in their future life's endeavours. Remember, Art is the New Steel here in the city of Hamilton.

Till next month, take care and those of others.

Events Calendar JULY/SUMMER 2016

North End Breezes JULY/SUMMER 2016

Canada Day Military Tattoo July 1, 2016—Dundurn National Historic Site. Come and enjoy a spectacular evening of military musical celebration and experience a tradition that extends back over a century. 7:00 pm. FREE event. 610 York Blvd. 905-546-2872 dundurn@hamilton.ca, www.hamilton.ca/dundurn

3rd Annual Canada Day Pier 8 Skate Jam. Fri. July 1, 4-11pm. 47 Discovery Dr. 289-808-7877

Salsa on the Waterfront - Pier 8 Park - July 5, 19 - August 2, 16, 30. Free, 7 p.m. More events to come! See YOU on the dance floor!

Canada Day Celebration & Fireworks July 1, 2016. City of Hamilton. Bayfront and Pier 4 Park! www.hamilton.ca/events

It's Your Festival - July 1, 2016 to July 3, 2016. Hamilton Folk Arts Heritage Council. It's Your Festival Hamilton, celebrating Canada's Birthday in beautiful Gage Park, Hamilton. FREE ADMISSION. Gage Park. 905-525-2297, info@hamiltonfolkarts.org, www.itsyourfestival.ca

Historical Perceptions Tours, Civil War Tour July 2, *Art Crawl Tour* July 9, *Masonic Tour* July 16, *Women's Tour* July 23, *War of 1812 Tour* July 30, *Civil War Tour* August 6, *Firefighters Tour* August 20, *Power of the City Tour* August 27. Join us for a lively, informative tour of selected grave sites in historic Hamilton Cemetery. No reservations necessary. Rain or Shine. Free. 777 York Boulevard, Hamilton. 905-544-9559. robin_mckee@hotmail.com, www.hamiltonhistory.ca

Afternoon Sightseeing, Cruises Hamilton Harbour Queen, 12 to 2pm Saturdays and Sunday's June through August Adults – \$20.00 + HST Seniors / Groups – \$18.00 + HST Children (12 and under) – \$10.00 + HST. Online ticket purchase available. (905) 524-3311, at Pier 8, 905-524-3311, info@hamiltonharbourqueen.ca, www.hamiltonharbourqueen.ca

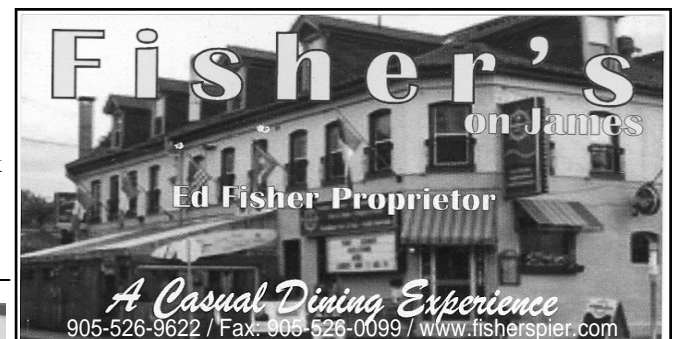
City Kidz Garage Sale August 6 at Pier 4 Park
Gore Park Summer Promenade, Downtown

Hamilton Shopping District, Gore Park. July 6 to 8, July 13 to 15, July 20 to 22, July 27 to 29, August 3 to 5, August 17 to 19, August 24, to 26, August 31 to September 2, 2016. This year the Gore Park Summer Promenade will take place on the roadway in the newly redone Veterans' Place section of Gore Park. Games and a variety of local vendors showcasing handcrafted jewellery, artwork, and clothing will be in the park daily. Some of Hamilton's best food trucks will rotate through the park Wednesday and Thursday. 905-523-1646, info@downtownhamilton.org, www.downtownhamilton.org

2016 Music on the Waterfront Join us every Thursday evening from June 30 to September 1 for a FREE concert! Don't forget to bring a lawn chair! Donations for this Free Event are greatly appreciated! 7-9pm (weather permitting) Waterfront Stage – Pier 8. 47 Discovery Dr. www.hamiltonwaterfront.com

Pawz in the Park Dogs with Jobs July 09, 2016 to July 10, 2016. A family fun filled day with dog agility shows throughout the day, live music, vendors from around the area, and delicious food trucks. Come join us and bring your furry family members too, everyone is welcome to this fundraiser for PTSD. 10 am – 5 pm all ages. Cost: No admission fee. Eastwood Park, 110 Burlington St. E. www.pawzinthepark.ca/

Hamilton Harbour Fishing Derby 2016 August 13. Hamilton Waterfront Trust. 8:00am – 12:00pm Pier 8, 47 Discovery Drive, Hamilton. Adults and kids fishing derby - 1000 Free Fishing Rods for Children 12 and under. No registrations required. 47 Discovery Drive. www.hamiltonwaterfront.com



Fisher's
on James
Ed Fisher Proprietor
A Casual Dining Experience
905-526-9622 / Fax: 905-526-0099 / www.fisherspier.com

HAPPY CANADA DAY

To all of our fabulous customers!

DINING & WINE TASTING EVENT

Sat. July 16th

Hosted by JACKSON TRIGGS

Live music with local musicians,

"NYLON DREAMS" with Kris Fisher & Jorge Lasso
6pm to 10pm

Call today for reservations 905-526-9622



GO JAYS GO

Game Time Special

Bucket of MGD \$20

Let us be your #bluejayheadquarters

TUESDAY WING NIGHT

\$2 off/lb.

Eat-in only, 5pm to close

Drink of the MONTH

FRESH STRAWBERRY MINT MOJITOS

handmade THE REAL WAY!!

Join us on our patio for one today

follow us on TWITTER: @Fisherspier

Kindergarten
class at
Bennetto
School,
1966

Photo
from
Mary
Clairmont



Susan Brooks

August is Family Mealtime Month – What an excellent time to prioritize your family!

Taking time around a family meal, can be an warm and wonderful springboard to growing healthy children, bonding, building self-confidence and strengthening family relationships. It can be much more than TV Time together, and can become an opportunity to check in with each other about the day's activities, plan daily events, and solve individual issues.

Besides using this time to talk and connect, family meals prepared at home allow better opportunities to build better nutrition habits, while giving children time to learn about healthy portion sizes. It is an opportunity to build your own family taste patterns, by introducing family food traditions.

Eating with your family increases family stability which studies show, can decrease the chances of obesity and give children tools to make better choices regarding activities such as drinking or smoking.

Meals eaten at home saves the family money, as it is less expensive to purchase groceries and put your own meals together. Taking time to teach cooking skills and to train your children how to cook is to help build a life-time skill that builds self-confidence, self-reliance, and overall well-being. Getting everyone involved can be Fun!

Eating together as a family, enables children to learn and to practice conversation skills, social skills and table manners – important skill sets for building children both socially and professionally. It can also be a wonderful time to broaden children's horizons by introducing new and different food groups and how to eat and enjoy a broad ranges of food: ethnic foods, different cooking techniques, and exotic new foods.

In order to maximize the benefits of family mealtime, determine to turn off the TV and turn on the conversation. You might develop a set of conversation cards, to liven up your conversation: What one thing did you learn today? What was the Best (and most challenging) thing that happened to you today? What would be your first three choices for a family holiday? Who are your top 3 friends and why?

August is an excellent month to begin to target family togetherness around the meal table and beginning with one more meal at home, per week. Planning ahead can substantially help you with mealtime successes. Things like making a double or triple portion of food on Monday, will help with dinners later in the week. Bulk cooking and freezing, can be like a Bank you can tap into, later in the month, or use mid-week when time is at a premium.

Checking out Tips, such as Bulk cooking or Once a Month Cooking on the internet, can not only help you bring order to your family dinner table, it can also save you a lot of money, and ridiculous amounts of time every night. In an era where both parents work, families are contenting with multiple individual activity schedules plus the volunteer commitments, home cooked meals have fallen out of style. However, social media is challenging that norm, as people turn to you tube or Pinterest to whip up new recipes and learn new cooking techniques, and take Selfies to prove it!

Starting a new family tradition of making and eating meals together, provides a whole new canvas to paint family fun on, and build rich memories of family togetherness, that you will celebrate in decades to come. Let's start

with one more family mealtime per week, as we celebrate Family Mealtime Month, and look for ways to build stronger families and more confident children.



A rock in the Sunset Cultural Garden...

Two days ago I found a rock, quite large, rounded edges, lived a life, some greenish patches like it had known water or water's edge. Probably sixteen inches every direction. It doesn't sound large, but I couldn't lift it. I tried, a few times. Eventually I spun it round and round across the gravel screening that is the centre of one of the circles of the Sunset Cultural Garden and moved it to a place at the edge, just beyond the poetry and the paving stones.

It's funny how, unless you're told or have been a part of it, you wouldn't know the journey that something has taken. Sometimes a long and complicated journey. But I knew a little about the journey of this rock without being told.

Because two days before, Sandra and I had been working in the garden, as we often do.

Sandra is Sandra Hudson and she and I have headed up the group that rescued the Simcoe Tot Lot from development (4 years ago!) and installed the Sunset Cultural Garden in 2015, including two giant garden ovals with plaza-like centres, concrete benches and poetry in twelve languages, reflecting some of the multicultural nature of our neighbourhood. Most locals are now familiar with the garden. Many stroll through with their kids or dogs, strollers or soup from the Sally Anne truck. All are welcome.

There are also some three thousand square feet of garden that a few volunteers tend. (We are always looking for more volunteers!) So we were out working in the garden when a neighbour wandered up. He commented on how nice the garden was looking this year and we chatted for awhile. Then I mentioned that we'd like some more dimension to the garden. Really we'd like some large stones. Because they are good for the garden. Help to keep moisture in and also just look good. But we can't afford any right now. This year, until we find a way to generate more money, we are pretty much down to the nickels and dimes. Just enough to pay for mulch and water.

The neighbour then mentioned that he would sometimes take his boat across the bay and bring back the occasional stone and he'd keep an eye out for us. I laughed and said, "Well, don't sink your boat on our account!"

Then two days ago I was strolling through the garden, pulling out the odd weed and enjoying the alliums, sage and milkweed (great for the butterflies) and looked down... and there was the rock.

And today... I found another rock...


Rae Pemberton, MacNab St. N. Proud Northender and gardener. If you would like to volunteer in the garden please call Sandra at 905-528-6497 or drop by 11am to 1pm on any Sunday.





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




Hamilton Waterfront Trust
Connecting You to the Water's Edge
hamiltonwaterfront.com
905-523-4498


Williams Fresh Cafe
Open Daily 8am to 11pm



**OPENING MAY
LONG WEEKEND!**

Waterfront Tours
Hamiltonian Tour Boat
Harbour-West Trolley Tours

Food Services
Waterfront Scoops Ice Cream Parlour
Waterfront Grill

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

BEASLEY NEIGHBOURHOOD PLAN PROGRESS UPDATE

OBJECTIVE:
Enhance Pride
& Ownership
Through
Beautification

BEASLEY

THE ALLEYWAY PROJECT

Alleyways are consistently areas used for dumping and other acts that shouldn't happen in public spaces. In the Neighbourhood Plan, residents identified alleyways as an area in need of improvement. The BNA held a neighbourhood engagement night to kick off this special project to make the alleyway a safe and vibrant place in our community.

With the help of our fellow neighbours in Ward 2, the Beasley Neighbourhood was able to secure funding through the Participatory Budgeting process. We have up to \$200,000 for the improvement and beautification of the Elgin and Mary St. Alleyway running north from Cannon to Barton.

In Sept. 2015 the giant steel Beasley sign went up for the first ever Gallery Alley market party! An exciting event with art vendors, musicians and free BBQ.

Phase 2 of the project is underway on designing and constructing the Beasley Weather Station.



OBJECTIVE:
Fundraising
& Event
Planning

ANNUAL BEASLEY BBQ, WINTER FESTIVAL & BEASLEY FAIR

The BNA hosts the annual Summer BBQ and Winter Carnival in Beasley Park since 2006. Thanks to the help of our Charter partners such as Good Shepherd, Boys and Girls Club, the Downtown Mosque, Wesley Urban Ministries, Hamilton Recreation Dept and the Hamilton Police Services the BNA is able to put on full scale carnival events in the park with free food, fun and games for all ages!

Some other ongoing traditions that happen in Beasley and McLaren Parks include creating the Beasley Park Ice Rink and decorating the Beasley Park Fountain for the Winter Carnival and holding regular movie nights in McLaren Park.

The Annual Beasley Fair, held in the Dr. Davey Gym, this event gives the residents an opportunity to come and find out what's going on in their neighbourhood! And to connect with all city services, places of worship, organizations and local business that serve the Beasley Community.



**Beasley Neighbourhood
Association**
www.ourbeasley.com



North End Neighbours
The neighbourhood association for
residents of the North End.

Formerly: North End Neighbourhood Association

Plan Local Ward 2: VOTING took place for the safe street solutions for all of Ward 2 at the end of June. 24 sites throughout Ward 2 were on the "short list". The winning sites will be announced on the Plan Local web-site and we will also put them into the September Breezes! www.planlocal.ca/ward2

"100 in 1 Day" was a great success in the city and several activities happened in the North End. St. Luke's Church was open for visiting and a plant sale was outside. The Port Authority building was open for viewing of Hamilton Harbour. Peter Ormond gave away 100 pear trees on Picton Street and Speakeasy was open for coffee and jazz on Ferguson. Tai Chi and Yoga were held at Bayfront Park along with a cycle photo booth and goldfish racing. The only complaint was no one could do all the activities!

NEN, along with Welcome Inn, North Hamilton Community Health Centre, the Breezes and the Benetto Playground Initiative participated in the Open Streets festival on June 19. It was a fun event to encourage friendliness, active transportation, healthy communities, and fun.

"PLEASE MIND YOUR SPEED" lawn signs are available. We are hoping to get them installed around the neighbourhood, in high traffic areas, such as Ferguson Street, John Street, and MacNab or anywhere you think they are needed. For information, please contact us (below).

During June, many residents attended meetings at 500 James North and Welcome Inn to discuss 2 separate initiatives – an affordable housing building being planned on James North by Indwell and Hughson Street Baptist Church, and a small senior residence around the Welcome Inn location also being planned by Indwell. More information will be coming out on those projects.

Congratulations to Dave Stephens for winning the Betty Blashill Environmental Prize for 2016!

Have a Happy, Safe, and Fun Summer! See you in September!

About North End Neighbourhood Association:
Membership is FREE for residents. Just email or phone to let us know 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 is the Neighbourhood Association for the North End. Its mission is to advance 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 or Carmen Cooper, Chair nenchair@gmail.com

Email: nenchair@gmail.com

Website: www.northendneighbours.com

Facebook: North End Neighbours

Twitter: @nenhamilton

PAGE 9
North End Breezes JULY/SUMMER 2016



The grand opening of the Pier 7 boardwalk, transient docking station and breakwater structures took place on **Monday, June 20** in front of William's Coffee at 47 Discovery Dr.

The new breakwater structures, boardwalk and transient docking station at Pier 7 are the first projects to see completion as part of the transformational plan for the waterfront. *Photo supplied by Werner Plessl.*



More transformation in the works at Pier 8.
Photo by Shannon McCulloch



**David
Christopherson, MP**
Hamilton Centre

Please contact my office for
assistance with any
federal matter.

22 Tisdale Street South
Hamilton ON L8N 2V9

Tel: 905-526-0770

hamilton@davidchristopherson.ca
www.davidchristopherson.ca

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca

JULY-AUG 2016



PICK UP A SUMMER PROGRAM THAT STARTS
THE WEEK OF JUNE 30th, 2016

Please enjoy your
FREE FAMILY SWIM every Wednesday and
Friday, 6 to 7pm
June 30 – August 28, 2016

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
SATURDAY 1:00-2:55PM

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

We will be closed on JULY 1, AUGUST 1
AUGUST 29 TO SEPTEMBER 5 FOR MAINTENANCE



Don't forget to check out our gyms as well!

FREE FAMILY GYM AND OPEN GYM ON WEDNESDAYS!!!!



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**.

Come out and make some new friends or join your already existing ones.



Bennetto Community Centre In the Gym

TUESDAY	WEDNESDAY	THURSDAY
Book Mobile 2:30-4:30 pm		Book Mobile 6:00-8:00 pm
	Family Gym FREE (Families ONLY) 6:00-7:00 pm Starting June 30th	
	Open Gym FREE (All Ages) 7:00-8:00 pm	



This summer at NEW HORIZONS

520 James Street North

905-529-6891

Store Hours: Mon – Sat, 10-5

www.newhorizons.welcomeinn.ca

Pop-Up Sales happen when you least expect them; stay tuned to our Facebook Page for last minute announcements. Our latest sale June 13th featured "Fill A Basket For a "Tweonie", \$3.00 chairs and tables, and 25% off shoes and purses. You just never know what we will do next...

Xmas in June on Wednesday June 29th ALL XMAS DÉCOR and winter clothing will be deeply discounted, come check us out!

Weekly Silent Auction Every Monday morning we feature a few special items for silent auction bidding. Sign up bid sheets are with our cashier at the front desk, and you can bid as often as you like until bids close at 4pm on Saturday. If there are two or more people on site in the store who wish to go live with their bids at that time, the item will go to the highest bidder and MUST be paid for on the spot by cash or debit. No credit cards or cheques. Gift certificates do not apply. Previous items have included cameras, rare books, antique silver and china, jewelry, art work and collectable sets. We try to post photos on our Facebook page by noon each Monday.

Summer Student Assistant Manager Join us in welcoming Paul for 8 weeks this summer as he works to support our team and fine tune his people skills. He is a charming and smart fellow, who brings excellent research and stats skills, and has previously volunteered for after school kids programming at The Welcome Inn.

Volunteers Needed Our volunteers come from everywhere and bring a wide variety of skills and talents to the busy hive at New Horizons. We teach one another and everyone learns something from everyone else as we seek to serve our community in all the best ways. We are so good at what we do that volunteers usually end up leaving us for paying jobs, and we are proud to contribute to their futures with fellowship and training here. But this also means we need new team members to join us and keep us growing. We have positions at the sales desk, in the showroom, sorting and pricing in the receiving room, and even a couple of muscle-y jobs shifting donations and managing recyclables. ALL WELCOME. You can contact our Volunteer Coordinator Ruth at Welcome Inn 905-525-5824, ruth@welcomeinn.ca or New Horizons Manager Suzanne Suzanne@welcomeinn.ca 905-529-6891 Hope to see you soon at New Horizons 520 James St. N. Mondays through Saturdays 10am-4pm. Have a wonderful Summer Season!



ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

Contact us at (905)393-8336

Use this number to contact a priest, book a visit, inquire about sacraments, request hall rental info and much, much more!
(Messages will be checked each morning, Tuesday to Friday)

Find us on Facebook at
www.facebook.com/stlawrencehamilton

On Twitter @St.LawrHamilton

Or visit our Website at stlawrencehamilton.ca

Email: stlawrencehamilton@hamiltondiocese.com

COME AND JOIN US!
New Parishioners are always welcome

Join us for Mass

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

Confessions available Saturday's 6:30pm - 6:50pm

St. Lawrence Feast Day Festival

Sunday August 7th, 2016



Mass at 10:30 a.m.

Followed by a procession to the
Statue of St. Lawrence

Come out to join us in celebration
of our Patron Saint's Feast Day.

Enjoy some great conversation and a community
potluck picnic lunch in the garden.
Everyone is invited!



NIBBLES & BIDS

Loonie Toonie Auction

**Mark your calendar for
Friday November 4th, 2016**

Doors Open at 6pm Auction Starts at 7pm
Admission is just \$5.

We are now accepting donations!

We are looking for Gift Cards, Gift Certificates, Gift baskets and prizes for our Auction.
We are also accepting monetary donations and those wishing to advertise in our program.
All funds raised will go to our Parish Building Fund.

For more information or to donate,
please contact Alissa at
aadenham@hotmail.com or 905-308-1576.
Tax receipts are available.

WELCOME INN COMMUNITY CENTRE

40 Wood Street East
www.WelcomeInn.ca
905-525-5824



Welcome Inn Seniors Diners Club

The Seniors of Welcome Inn are switching it up a bit this summer. We will be having BRUNCH together on many Tuesday mornings @ 11:00 in the summer. Everyone is welcome to join us. It's a great way to get together and connect with friends. Cost: \$3.50



Brunch Dates:

July 5, 12, 19, 26, August 2 & 16.

We will resume our regular lunches on Tuesday Sept 13th @ noon.

Any questions? Call Ruth @ 905-525-5824



Summer is a great time to kick back and try something new. Meet new friends.

Try a new skill. Build your resume. We have lots of great summer opportunities to volunteer and become part of the Welcome Inn Community.

- Helping in food Pantry.
- Assisting with Gardening
- Cooking & baking.
- Assisting with grocery shopping.
- Helping at New Horizons Thrift Store.
- Day Camp leadership in July.

Connect with Ruth to get the conversation started!
905-525-5824 or ruth@welcomeinn.ca

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 St. Lawrence Church, 475 Mary St.

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

\$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.

For more info, to obtain a copy of the Hall Rental Agreement or to check availability, please call
(905) 393-8336

Or Email us at:
stlawrencehamilton@hamiltondiocese.com

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 3-5pm September – the end of June. If you are over 18 contact Gladys at gladys@welcomeinn.ca to apply.



Learn how to set up SOBI bikes.

July 21st. 1-2 p.m

Call Krista for details @ 905-525-5824.

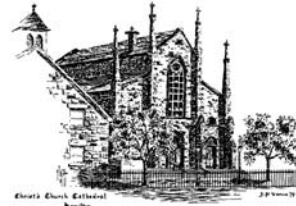


Dates to Remember

- **Good Food Box:** fresh fruits and veggies, a \$30 value for only \$15. Pickup is July 20, August 17. 2—5pm
- **Canada Day Food Drive & Fireworks:** July 1. We'll be collecting non-perishable food items. Stop by the Welcome Inn Truck to say hi and drop off your food donation.

Christ's Church Cathedral

252 James Street North
905-527-1316



July 3 – September 4

Holy Eucharist

- Tuesday 7:30 am (*July only*)
- Wednesday & Thursday 12:15 pm
- Sunday 9:30 am

*Cathedral open for self guided tours
Wednesdays & Thursdays 10-2.*

www.cathedralhamilton.ca

Maker's Market July 8, 2016 August 12, 2016

Come and join us in the courtyard of the historic Christ's Church Cathedral as we celebrate our 10th season. The Market is open during the Art Crawl, the second Friday of the month May through August. All of the vendors at the Makers' Market have been juried to ensure a wonderful mix of locally crafted work by both new and returning artisans. 7pm to 10pm. Christ's Church Cathedral, 252 James St. N. Website: www.makersmarket.ca



NorthHamilton
Community Health Centre

Join this fun new program for seniors

SIT and FIT Program

Tuesdays & Thursdays at 11:00 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
Drop-in program**



North End Breezes JUNE 2016

PAGE 11



Pier 8 work.

Photo by Shannon McCulloch

Her Majesty's Army & Navy

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

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

Euchre Tuesdays 2pm \$2

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.

A historic building

There is a historic building in the centre of downtown Hamilton that is about 125 years old. This building, is on the corner of MacNab St. N. and Vine St., is called Her Majesty's Army & Navy Club, a veteran's club and a social club. If you are a veteran you can join us as a full member. If you are not a veteran or related to one, you can join as a social member.

This club has a lot of activities. On Tuesday at 2:00 p.m. they have euchre for \$2, then they have darts. Anyone can join.

Every Thursday from 3:00 to 7:00 p.m. they have bands and anyone can come and enjoy. This gives people a chance to meet others and see old friends. You can rent the hall upstairs and sometimes you can have the celebrations downstairs in the club.

Shelly McKinnon is our president and she is always friendly with the public and so is her executive.

The bartenders are there to help you. Elmer is the oldest; he knows a lot of people. Then there is Dennis, our new bartender. He is also very willing to help you. Another friendly member is Shelly Smith; she loves meeting the public.

I have been a club member for 36 years. Whenever you are downtown come and visit us. We will be happy to see you!

Bev Hill



Creating Hope and Homes - Indwell

Several times over the last few years I have been at the Perkin’s Centre on Main Street East for events, conferences or meetings. The last time I was there, I noticed a building going up across the street – the Rudy Hulst Commons, a distinctive and beautiful building, which is just opening. I decided to find out more about the group doing this project – Indwell – so I attended the meeting sponsored by Hughson Street Baptist Church on June 1 and Indwell’s “Hope and Homes” banquet on June 2 at Liuna Station.

From a small beginning of a group home on Locke Street over 40 years ago, Indwell, a Christian charity, has expanded its housing options. It now provides supportive housing to over 250 tenants in Southern Ontario, mostly Hamilton and Woodstock.

Indwell creates affordable housing communities that support people who need health, wellness and belonging. I was intrigued – belonging? Communities? We all need to belong, but sometimes finding that sense of belonging is difficult. How would this work?

At the banquet, the “community” and “belonging” part came out loud and clear. One of the main speakers was a resident. The speech wasn’t about how wonderful her apartment was, or about how great Indwell was, but it was about the people in the building who have become her friends and support network. That was what impressed me the most. She felt she lived in a community.

But that wasn’t all. The fundraising at the banquet was for furniture. Evidently Indwell thinks of more things than just housing, supports, fitness, communal eating, groups, etc. They made a “deal” with a furniture store to provide NEW furniture for a set price! Wow! If you have ever been “couch surfing” or living in provided housing, you may not have much furniture, or what you do have, has seen better days.

So why should I care? Why should any of us care? As I look back on my life, I realize just how fragile it all is. What if I hadn’t been accepted to Teacher College? What if my mom didn’t send me

\$15/week to help with groceries for me and my daughter while I was in school? (40 years ago \$15 bought a few more groceries than today!) What if I hadn’t been hired (I was a single mom, I couldn’t afford to be without work)! What if. . . What if. . .

Medicine Hat, Alberta became the first city in Canada to eliminate homelessness. Providing housing is the cheapest, most humane way of treating people. The ‘Housing First’ strategy found that it not only saved money - drug use, alcoholism and mental health issues actually went down.

Indwell seems to provide more than housing. By providing housing and supporting their tenants, and having the tenants support each other, Indwell is leading by example.

Sheri Selway



LET'S GROW TOGETHER

AT THE 19TH ANNUAL

Park N' Party

FREE COMMUNITY BBQ

438 Hughson Street North

WEDNESDAY

JULY 20TH 4-7PM

JOIN US FOR AN EVENING FULL OF:

- GAMES/ACTIVITIES
- ENTERTAINMENT/MUSIC
- FOOD/BEVERAGES



YOUR VOICE.YOUR SUPPORT.YOUR COMMUNITY.

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

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

Please complete the following form:

Name: _____ Address: _____

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

Phone: _____

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

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

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

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

Charitable Taxation #10392 9162 RR0001

CLASSIFIED ADS

Next deadline for North End Breezes is the **15 of August 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

SEARS Craftsman Radial arm saw. \$125. Call: 905-528-2010

Services

Music Lessons, Garageland Music At Halo (341 James St. N.) A new music space, a better approach to learning music. Learn guitar, bass, drums, keyboards or vocals, play in a band, rehearse and record, all at Halo. garageland@halomusic.ca

Lawn Cutting, hole digging by shovel, general landscaping. Thank you to my customers for their support. Call Hans: 905-525-1659

Lawn Gardening, grass cutting—small cleaning. Call: 289-237-5959

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!

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

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

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

TENNIS BUDDY – looking for tennis buddy to play once or twice a week on local courts. Fairly clean hitter; mostly rallying. 905-525-2496

Certified Personal Support Worker Wanted Looking for certified PSW for home care 1 to 2 nights per week plus occasional morning shift from 10 AM to 1 PM. Personal care, meal preparation and light housekeeping. References and police clearance necessary. Please send resume or inquiries to: lstoeten17@gmail.com Located James and Burlington Street area.

I Buy Appliances, working or not working. \$5 each. Washers, dryers, refrigerators, stoves etc. Call Scrapman: 289-922-9153

Announcements

Dear Seniors: “**A Simple Hello Could Lead to a Million Things.**” Feeling alone? Wish you had someone to talk to? The Friendly Calling program can help! We will match you with a friendly caller who will call you once a week to see how you’re doing, lend a friendly ear and keep you up to date on what’s happening in the community. For more information about the Friendly Calling program please call **Dundas Community Services @ 905-627-5461.**

SACHA – Call a SACHA counsellor: 905-525-4573, sacha@sacha.ca. 24 Hour Support Line 905-525-4162. sacha.ca.

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

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!!

donor names are published with their permission