



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

By Elise Desjardins,
NHCHC Volunteer

Nordic Walking Group Strolls Through North End

If you're out and about on a Wednesday morning in the North End and see a group of people walking with ski poles, don't worry, they're not getting ready to hike through the typical 4 feet of snow that hits Hamilton every winter! North Hamilton Community Health Centre has started a Nordic Walking Group to encourage residents to exercise outdoors while exploring the natural beauty of our neighbourhood.

Nordic walking is a total-body version of walking that uses walking poles similar to ski poles. This is particularly beneficial for walking on uneven terrains, like sidewalks or near the Bayfront, because the poles provide extra support. With the use of the poles, you also get a core and cardio workout as you push through your



strides with each step.

Studies have shown that walking 25 minutes a day at a brisk pace can add up to seven years of your life. This form of exercise provides many benefits to improve health: it is an anti-depressant, improves brain function, and reduces risk of heart attack and stroke. Considering a person walks an average of 3,000 to 4,000 steps a day, being conscious of walking at a brisker pace at some point in your day is a really simple way to improve your health. As an added bonus, no gym membership is needed to enjoy a walk outside!

Walking groups are also a great way to make new friends and feel part of your community. Whether you're telling jokes or recommending fun things to do in the neighbourhood, connecting with others in a shared activity always refreshes the mind and boosts the spirit. Joining the Nordic Walking Group will also give you a chance to discover new areas of your neighbourhood.



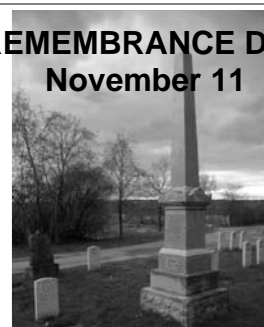
Cranksgiving Food Drive

Yet again, a great Thanksgiving Food Drive this year! A huge thank you to all of the volunteers, sponsors and cyclists with special thanks to Heidi and Reuben for organizing such a great event! Over 1,000 pounds of food was raised for Welcome Inn's food bank. We are ever so thankful!!



If you are interested in joining the group, they meet weekly to walk for an hour along various routes in the North End. For more information, please contact Jenn at North Hamilton Community Health Centre at 905-523-6611 ext 3006 or friesen@nhchc.ca. No experience necessary and all equipment is provided.

REMEMBRANCE DAY November 11



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ODSP is the Ontario Disability Support Program

Hamilton Community Legal Clinic

It is becoming increasingly difficult for people with disabilities who are eligible for social assistance to receive that assistance.

"People who meet the criteria for ODSP, can't get on it. As well, there are way too many hoops to jump through," says Mary Marrone, Director of Advocacy and Legal Services for the Income Security Advocacy Centre (ISAC).

ODSP is the Ontario Disability Support Program. This program is designed to help people with disabilities who are in financial need pay for living expenses, like food and housing.

An important part of community legal clinic practice is ODSP casework.

While the clinics have always done this kind of work, the proportion of caseloads made up of ODSP work has changed considerably over the years.

A little history is in order.
The Old Family Benefits program was changed to ODSP by the government of Mike Harris nearly twenty years ago.
At that point qualifying for the program became a big issue.

Let's go back to 1997-98. When ODSP was set up, the total ODSP caseload for Ontario clinics was 185,479. That sounds like a lot of people, you say. Well, not really. By 2013 that number had escalated to 314,033.

People who apply for ODSP and are denied have an option of requesting an Internal Review. If that request for an Internal Review is denied, the next step can be to file an appeal to the Social Benefits Tribunal (SBT). The Social Benefits Tribunal is an administrative body that deals specifically with appeals regarding social assistance.

In 1997 ODSP appeals represented 14% of the total clinic practice. These days 67% of all new cases opened in the southwest region of Ontario that our Clinic is a part of are for ODSP appeals.

This shift in clinic practice means that people who want services in other areas of law we are mandated to provide may not be able to get these services.

We're pleased that those appeals to the SBT are twice as likely to be granted as denied. However, these successes are an indication that reform is required.

"Too many resources are needed to get to the right decision," says Ms. Marrone.

As a result clinics are being forced to reduce their ODSP work.

Recently our Clinic developed a new resource called **Getting Ready for Your SBT Hearing**. A youtube video and a handout can be found on the clinic's website at <http://www.hamiltonjustice.ca/ontario-disability-support-program.php> and in French at <http://www.hamiltonjustice.ca/fr/posph.php>

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



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THE TREE

I wake up to the sounds of singing
The chattering and scurrying going on up above
The sun shining its warmth on me
The wind blowing parts of me away
I shade those who wish shade
I offer beauty to those who appreciate nature
I provide protection from the elements,
and give off oxygen, so living creatures may breathe
I am home to many small animals
I am home for a child's special hiding place
I have heard and seen many things, for I have lived a long time
And if time permits and progress down not tear me down
I will hear, see, and be enjoyed
For a long while more

Poem and photo by Deb Mack



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

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

NORTH END BREEZES MISSION

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

VISION

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

NEVADA PULL TICKETS

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James Milk.

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



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CRAFT (Canning) CORNER Canning

Shannon McCulloch



I normally do a craft or science article, but this month I wanted to write about something we did as a family that turned out to be such a great family adventure. We introduced our kids to canning. My husband has many happy childhood memories of his grandparents doing canning and wanted to share that with our kids.

The first thing he made with our daughter was Spaghetti Sauce. He and Sam put all the tomatoes and extra veggies into the blender and mashed them up. As they were doing this, he talked to her about all the ingredients going in and

why this was healthier than the canned spaghetti sauce bought from the store. He explained how this also helped local farmers and what additives were. It was interesting to watch her realize what goes into the food she eats. At one point she looked at us and said "Wow, I didn't know Spaghetti sauce is made with tomatoes."

Sam is a very picky eater, so it was such a joy to me to see her putting in all kinds of great veggies; onion, peppers, beets, tomatoes etc. without flinching. My husband put the heated mix in the cans as it was all really hot by then.

Next the whole family worked together to make pickles. The kids cleaned the cucumbers and poked holes in them with a fork. My son crushed all the garlic so they would release more oils while pickling. We all added the cucumbers, dill weed, garlic and spices to the mason jars. My husband and I added the hot liquid and then explained to the kids about vacuum sealing and how to check the lids to make sure they have sealed.

Since then, we have done peaches and beets as well. It was such a great thing to do as a family. It

opened up so many great topics to talk about, from the memories my husband had to share, to the science being used. It was some of the most fun we have had all together and everyone looks forward to doing more.

Children's book review *Jungle Drums* by Graeme Base

Review by Sam Knight

My Mommy read me the book *Jungle Drum*. She got it from our thrift store. I loved the pictures in it. They were so so so so beautiful. The book was about a little warthog that was being teased by the other animals for being small and plain. So he got magic drums and made a wish. The wish did not work right and mixed up all the

animals. They blamed each other and fought with each other. The other animals learned to like themselves more for who they are and to like others more. So the little warthog wished them all back to what they were and no one made fun of him anymore. I liked the lesson to like each other even if we are all different.

My mommy read me this one because it was a little long for me and all the names of the animals were weird and confusing. Even my mom had a hard time saying them.



Teens Corner

Hunter Knight

Hi,

It's me Hunter with teen's corner once again. Hope you are having a good November.

Good thing it is still warm outside because my bike had a flat tire. As good as the weather is I find it too warm for October. School is going good. Hope all your jobs and or school work is going good also. I'm a teen so there has to be something wrong with something. For me for now is it seems school is too easy for the most part. I keep getting yelled at for doing my Math faster than she plans for. I made a shelf in construction and got only a 75 because I put a part on backwards. In Auto we are working on brakes on a four wheel truck. In Careers we are looking up jobs we might want in the future. Then we are going to write a paper on it. I am looking up Steamfitters. Like everything there are some bad days where I seem like I'm brain dead.

I am amazed at how many programs there are for teens to just go and hang out in the north end. I've started going to a teen program at the Welcome



Inn on Wed. nights. I think it is a great teen group environment and the two people that run it are great to, they are fun and relate well to the teens. It is also a place where if you needed help with problems you can talk to people.

Are you looking forward to Halloween? I know I am and my sister is to. Hope you all had a great thanksgiving with all your family.

This has been teens corner have a great month talk to you all next time.

The Leonid Meteor Shower is close to making its appearance

The Leonid Meteor Shower is on its way to our night skies! Radiating from the constellation Leo the Lion, the annual Leonid meteor shower will peak past midnight on November 17 and dawn on November 18th. Typically, it produces 10 to 15 meteors per hour. It occurs when Earth crosses the orbital path of Comet Tempel-Tuttle, which, like all comets, litters its orbit with bits of debris. It's when this comet debris enters Earth's atmosphere, and vaporizes, that we see the Leonid meteor shower. The Leonid Meteor Shower is famous for producing some of the greatest meteor 'storms' in history recurring every 33 to 34 years. The largest such storm in recent memory occurred in 1966 when thousands of meteors were seen streaking across the late night-early morning sky. So head on outside and look to the heavens for a breathtaking sight!

Brian Roulston

Image from Wiki-pedia



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Who Are The People In Your Neighbourhood?

By Anne Marie Pavlov

THE HARBOUR DINER HAS NEW OWNERS! Please join me in welcoming DARRYL BEACH and

JESSIE SHANNON to our friendly and close knit community. A quiet transaction took place in September that turned this lovely young couple into restaurant owners, after careers out west working for the Earl's Kitchen chain. Darryl is a "Red Seal" certified chef, as is their other culinary genius team member Jenna. Having this seal means that they can apprentice and train others who wish to become chefs. The staff of six is the same, and the turnover could not have happened so smoothly and happily without them.

This couple is very neighbourhood and family oriented, with their young blond sons Conner (8) and Wylie (5) often on site greeting customers, passing out menus, and bringing you the debit machine! This is a family of charming, sociable, smiling extroverts, with a mandate to add to the community strength of the North End. They want to be a vibrant part of the renaissance of our corner of the city. And they already are proving themselves to be!

The menu has changed slightly, with a refreshing emphasis on REAL food, HOME COOKING, and making everything from SCRATCH! Already popular dishes have been kept, and others imbued and tweaked with a new flair. There are special daily features, which are posted on their Facebook, Twitter:

@theharbourdiner and Instagram pages, usually by noon. They are happy to accommodate vegetarians, and sensitive to food allergies. The carrot cake is a feature dessert, made daily in house (to DIE FOR!) and local singer and celebrity Tony T just raves about the panko crusted shrimp and crab cake with apricot coulis! Please pop in soon to witness for yourself the palpable enthusiasm and love with which they have entered their new venture. Welcome Darryl and Jessie!



ELDERBERRIES

Pamela Townsley- Winter

Those autumn leaves. Wasn't our thanksgiving spectacular? How lucky we were to attend fall fairs under blue skies and the warmth of the sun. Yes indeed we were blessed.

Thanksgiving is a time to celebrate with families and friends to think how fortunate we are and to stop and reflect on the past year and perhaps the changes going on around us. Can you believe the number of high rise condos being built? The stadium with our Tiger Cats doing extremely well, perhaps the Grey cup will come this way. There are new additions to the team to eventually get us there and finally the stadium is completed. I admire it when I pass by on the bus. A pair of young friends was lucky recently to win a ticket draw, they were very thankful at the \$95 tickets; I always say little fish are sweet!

We give thanks for the safe birth of Ethan, the bouncing baby son of Sarah and Adam. What a celebration for the family, finally another man to add to the group. Congratulations and joy ahead.

Our autumn leaves are hanging on and in our gardens, I feel guilty having to pull still flowering plants but have enjoyed the ongoing blooms—what about the tomatoes, they have excelled, truly a harvest when there are many in this world who have less. I gave thanks that I could find a new winter jacket, I'm such a cold mortal I need warmth, that goes for bed sheets as well. So another week or two will see me resplendent in Royal Blue complete with faux fur trimmed hood, looking rather like Nanook of the north. I may look a bit peculiar but at least I will be warm! It's down filled and I feel rather like a large comforter—cosy! Just call me Big Blue. Suggestion: there's a grand selection at Sears at Eastgate, all shapes and sizes and going like hotcakes. So the kids say, you snooze, you lose!

My sidekick Megs is keeping well in her new location which she loves, she hosted an early Thanksgiving Party for friends from the Welcome Inn and we shared a happy evening. On Tuesdays our luncheon goes by so quickly we don't get a chance to talk as much as we like, I know isn't that a shame so on that night we made up for it, and two of the ladies did cleaning up and doggie bags were available upon request.

Now Halloween is fast approaching so everyone take care and stay on the sidewalks, check all of your goodies because sometimes people play tricks, rather than treats. I wish they invented a rear-view mirror for walkers, sometimes it's hard to tell if someone is behind you. Coming off the bus and walking home I heard heavy breathing behind me, he was a jogger but out of breath too. We both laughed about the incident but as my granny would say, be safe, not sorry.

So dear neighbours and friends thanks for your support to keep our Breeze afloat, and our Xmas wish is if you have any penny jars collecting dust we would appreciate donations however small. Postage has increased again and we want to keep

our paper coming to your home or local store, so it sounds like others especially the endless phone calls, but we believe we are worth it, and if some of our articles are informative, or make us smile, then that means we are doing our best.

See you in November (I'm the one in the blue coat, right?) God bless and ain't we lucky to live and laugh in Canada, our home.

Pam & Megs

NaNo WriMo—National Novel Writing Month

In November, folks sign up to write a whole novel, of at least 50,000 words. You have the thrill of writing along with everyone else and if you get writers block, everyone can assist with creative ideas to questions that stump! Check them out at: <http://nanowrimo.org/>

A Blast from the Past at the Toronto Vintage Clothing Show

Alexandra Sempie

With vintage clothing making a roaring comeback, Toronto hosted its Vintage Clothing Show at Exhibition Place. People from all over the greater Toronto area came out for an afternoon of shopping through various stalls hoping to find that one treasure from the past. Chanel, Prada, Gucci, the Vintage Clothing Store had a wide selection of name brands from the early 1960's onward.

While 'retro' has always been a style chosen by people with an eclectic taste or those looking to add a little something classic to their look, vintage clothing has made a huge statement in the looks of young people.

"I feel like it's [vintage clothing style] been a building trend throughout the 2000's," said vintage store-owner Kalman Andrasofszky. "Vintage was pretty quiet in the late 1990's. There was a vintage boom in the early 90's because the 70's came back with grunge and everybody was interested in old stuff. With hipster culture, it [vintage fashion] came back strong and a lot of people who were teenagers in the 90's are in their 30's and 40's now and have the buying power to get all the stuff they dreamed about as teenagers."

While the Vintage Clothing Show had a wide variety of clothes, shoes, and accessories to sell, there were also a few stalls selling antique furniture and figurines.

"I feel like I'm at my mother's house," said shopper Marie Sopko. "My mother has all these antique cups and figurines in her living room!"

The Toronto Vintage Clothing Store has two exhibitions a year, one in the spring and one in the fall. For information about the Toronto Vintage Clothing Show, visit: <http://www.torontovintageclothingshow.ca>



Photo by
Alexandra Sempie

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Fashion for 2015

Alexandra Sempie

“To me, clothing is a form of self-expression-there are hints about who you are and what you wear”- Marc Jacobs

As we say adieu to fall and brace ourselves for winter, one can't help but wonder what will be in style this season, can one? By far, winter is my favourite season: the snow, the ability to drink hot chocolate without confused glances, but most of all, the fashion. Winter fashion can seem like a bit of a challenge; do I want to look nice or be warm? What if I told you that you can be both fashionable and warm at the same time. Who doesn't want to have their cake and eat it too?

No colour can go with everything like black. Black can make any style look polished and sexy, whether you grab a black sweater, black boots, or black gloves. This season, expect to see a lot more black taking the stage. Black is known to be the go-to colour in the fashion world, following Coco Chanel's favourite item of clothing, the little black dress. Not only is this colour stylish and sexy, but black absorbs sunlight, making you warmer for longer. So grab some black clothes and head out confidently into the snow, knowing you'll be warm and easy to spot against the white.

What better way to stay warm than a nice fur stole? But if you're like me and love animals too much to wear them, we're in luck because faux-fur is back in style! Looking good without hurting animals, what could be better? No matter the colour, faux-fur stoles are a great way to give your style a touch of elegance. For a more modern look, shrug it over your shoulder and make it your own.

In

Buttoned coats
Puffer coats
Extra pointy collars



Out

Kitten heels
Purple hair
Fringed jackets

Stay Beautiful!

Photos by Glamour Magazine



Adventures in Sicily

Travel—Sam Ion

Our friends can't wait to hear about our travels. No, not about the fabulous restaurants, famous sites, shopping, and scenery we've seen; about the screw-ups we make. Our month in Italy this year provided lots of entertainment. The morning we left Venice Tom left his daypack on a Vaporetto. In it were his prescription glasses. “Not to worry,” said my husband the optimist “I'll wear my sunglasses for driving.”

I love Sicily, and knew Tom would too, so we decided to spend a week there. “You have to rent a car,” said travel industry pal Dale Pushing.

“There's no traffic, you'll be fine.” She didn't know that Tom gets lost in a swimming pool and I have no sense of direction.

“We'll upgrade you to a SUV” said Hertz. Always lock your car. Cars left on the street are at a higher risk of being stolen: a whole page of “Don'ts.”

I had allowed four hours of getting lost on the 100 km trip. Good plan, we took the wrong turn-off and that added an hour. The highway was easy, and then we reached Avola. An hour later we parked in the main square because we couldn't find the street we were looking for. Four men of a certain age were discussing world politics, or maybe the soccer scores, but took the time to explain, in everybody's best sign language that where we parked we'd get an expensive fine. Park over here, and then one of them went and stood in the spot to save it for us. We knew we were close but an hour later could not find our new home. A staffer in a pharmacy took pity.

“Come with me I'll take you”.... And he did, after going the wrong way twice. We were fifteen minutes early to pick up our key.

An earthquake destroyed Avola, in 1693 along with the south-eastern side of Sicily. It was rebuilt on a modern grid of perpendicular streets within a hexagonal perimeter. Add one-way streets, and alleys that curved in every direction and you'll understand why driving was a nightmare, we left time everyday to be lost getting home. We were on what we would call an alley that was off three other alleys, but a stone's throw from the main street. Good thing their local wine was cheap, excellent, and ready for us when we finally did find our way home.

It became clear that the SUV was far too big to manoeuvre around the narrow alleys. There was parking though, in the alley.

On day two, we left the house to find a flat tire. After a number of phone calls, a service man arrived to put a donut replacement on. We had options, but the smartest one was to drive back to Hertz at the airport for another car. So, we had a take-out lunch at the airport, asked for a smaller car, and drove home again. Close to the turn-off to Avola, we discovered we'd left my reading glasses and Tom's iPad in the SUV. A number of calls later, yes, they had both.

We had take-out at the airport again.

Back in Avola, we had to figure out how to eat. We were in the centre of the old town; a place where the roads are empty and the stores are closed from 12-4pm. There were lots of pastry shops, coffee places, gelato and bars. There were lots of pizza places too, but they didn't seem to open till late afternoon. It got dark around 8pm., and the restaurants didn't open till 9ish. Wearing sunglasses wouldn't work in the dark, and I wasn't driving along the narrow streets, where cars stopped in the middle of the street to have a chat, and motorcycles flew out of alleys.

We discovered the bigger grocery stores on the edge of

town had longer hours and great fresh pasta, and pasta sauces. We could manage beautifully adding the fresh fruit and veggies from the vendors who set up a little market at every corner.

Stay tuned for the next adventures in Sicily.

RECIPE

Becel Buttery Garlic & Parsley Mashed Potatoes

1½ cups (750g) potatoes unpeeled and cut into chunks.
1/3 cup (75 ml) Becel margarine
2 cloves garlic, finely chopped
¼ cup (60ml) skim milk
2 tbsp (30ml) finely chopped fresh parsley leaves



In a medium saucepan, add potatoes and cover with water. Bring to a boil over high, reduce heat to low and simmer 20 minutes or until potatoes are very tender. Drain. In same saucepan, melt Becel margarine over medium heat, cook garlic, stirring for 1 minute or until fragrant.

Return potatoes to saucepan, stir in and mash the remaining ingredients. For more recipes and for complete nutrition information, go to Becel.ca.

From Linda Ireland

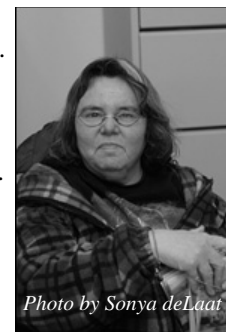


Photo by Sonya deLaat

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Photo by Alexandra Sempie taken at the Fashion History Museum



NOVEMBER IS DIABETES MONTH

What is diabetes?

Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels, and nerves. The body needs insulin to use glucose as an energy source.

More than nine million Canadians live with diabetes or prediabetes. An estimated one million Canadians live with undiagnosed type 2 diabetes. Every 10 seconds, two people develop diabetes, globally.

There are three main types of diabetes. Type 1 diabetes: means no insulin is produced and usually affects children and adolescents. Type 2 diabetes means not enough insulin is produced or insulin is not properly used by the body and usually affects adults but more children are being diagnosed as well. Gestational diabetes is diabetes during pregnancy

Risk factors for diabetes include: being overweight, having family history of the disease, being a member of a high-risk group (Aboriginal, Hispanic, South Asian, Asian, or African descent), having been diagnosed with pre-diabetes, high blood pressure, cholesterol or other fats in the blood.

Diabetes can lead to serious health complications and can reduce life expectancy by between 5 and 15 years. The cost of diabetes in Canada is approximately \$13.5 billion and is expected to rise to \$17 billion by 2024. Individuals can delay and even prevent the symptoms and complications of diabetes from simple lifestyle changes like eating more healthfully, becoming more physically active and losing a few extra pounds.

For the majority of people, regular physical activity, healthy eating, and maintaining a healthy weight can help prevent and manage the complications of diabetes. Exercise can help manage three risk factors related to diabetes—your weight, your blood sugar level, and your sensitivity to insulin. Regular medical tests are needed for prevention.

Be smart to your heart by learning and managing the ABCDEs of diabetes management; the A1C test, Blood Pressure, Cholesterol, Drugs to protect your heart health, Eat healthy/exercise and Stop smoking. It is important to know and monitor your ABCDE's by talking to your health care provider about diabetes management and to keep your heart healthy.

Naheed Raja, Physician Assistant CCPA, NHCHC



Diabetes Month

Dietary Management is crucial to helping control diabetes. Many people think that by avoiding “sugar” they will control their blood sugar but few people look at carbohydrates on the food label. Carbohydrates are composed of sugar, starch, and fibre. Fibre does not make blood sugar go up or

down, but does have good health benefits. Diabetics should include foods with fibre on a daily basis in their diets. Solu-

ble fibre found in chickpeas, lentils, oatmeal and some fruits and vegetables actually capture sugar in food and prevent it from being absorbed into the blood stream. The starches and sugars are two types of carbohydrates that influence a diabetic’s sugars.

Food labels do not list starch in the Nutritional Listing. Foods such as fruit and milk have natural sugars. Foods such as cereals, cookies and drinks have added sugar. It is recommended that added sugar be no more than 50 grams / day. For example, a can of regular pop has 39 grams of carbohydrate, all as sugar. One can of Fruitopia has 33 grams of added sugar. These sugary drinks will influence blood sugar.

Reading labels can assist diabetics in making better food choices. There is no fibre in Corn Flakes so there is nothing to slow down the absorption of sugar into the bloodstream. A big bowl of Corn Flakes could make a diabetic’s sugars go too high.

Total	Carbohy- drates	Fibre	Starch	Sugar
Raisin bran 1 cup portion	44 grams	6 grams	23 grams	15 grams
Corn flakes 1 ¼ cup portion	24 grams	0	21 grams	3 grams

The total amount of carbohydrate in a meal or snack will determine how high one’s blood sugars rise. Portion control with label reading will assist in stabilizing blood sugars. Try measuring the portion size of cereals, rice, and other grains to assist in managing the amount of carbohydrate at any meal or snack.

Gwyneth Xagoraris RD CDE
NHCHC



Diabetes Kitchen

- Who:**
For any English speaking person with type 2 diabetes or prediabetes who would like to improve their confidence in the kitchen
- What:**
- Learn how to make healthy foods taste great!
 - Learn how to safely use and sharpen your knives!
 - Learn how to incorporate healthy ingredients into your lifestyle!
 - Learn how to make healthy substitutions for normally unhealthy ingredients!

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

MANY SPOTS STILL OPEN!

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

Contact:
Cory at 905-523-6611 ext. 3047



FLU SEASON

How many diseases are important enough to have their own season? Not many, but we do have one, and it strikes every year: Influenza also referred to as the flu.

Arriving in the fall and exiting in the spring, flu season strikes with the predictability of clockwork. For some the flu might be a mild inconvenience, perhaps embraced as a way to stay home and get a few days couch side wrapped in the unpleasantness of high fever, aches, sniffles, and their favorite movie. Yet for others, usually the elderly or those with compromised immune systems, the flu can be deadly. It can lead to hospitalizations, pneumonia, and sometimes death.

So with the flu season approaching flu prevention becomes important. The best way to protect yourself from the flu is to practice proper hand washing and to get a flu vaccine every year. The flu vaccine is safe and effective and it is recommended that everyone older than 6 months of age should get a flu vaccine.

Why should you get a flu vaccination? To protect you if you are exposed to the virus, it may stop you from getting very sick and it prevents you from passing on the virus to others.

Why is it needed yearly? The effects of the flu vaccine can wear off, so you need a booster every flu season. The flu virus usually changes from year to year, so the vaccine must be updated to protect people fully.

Most healthy people recover from the flu in a week or 10 days. But as mentioned others may develop serious complications that can lead to lengthy hospital stays. Prevention is the key and asking your health care provider about the flu vaccination is the first step to a happy healthy flu free season.

Marie Oliver
Registered Practical Nurse
NHCHC



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



Questions? Want to order?
905-523-6611 ext 3007



“FINDING YOUR BALANCE”

- WHAT:** 12-week program consisting of education and exercise
- WHO:** Led by an occupational therapist and a physiotherapist
- WHEN:** October 29, 2015 (start date)
- TIME:** 1:30p.m. – 3:30p.m.



To register or for more information please call
Osiris at(905) 523-1184

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



BOOK CLUB CORNER

Kit Darling

At the October meeting of the Bay Area Book Club we discussed *The Underpainter* by Jane Urquhart. Moving between New York state and the north shores of Lakes Ontario and Superior, this story explores the tension between the artist as observer and the artist as a feeling human. As always, Urquhart's prose is beautiful and keeps the reader engaged even while we find the protagonist emotionally cold and ultimately unlikeable. As his life nears its end, Austin Fraser reflects on his unusual childhood and his relationships with other artists and friends. A worthwhile read.

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

The Girl in the Spider's Web by David Lagercrantz. The book continues Stieg Larsson's Millennium Trilogy that features Lisbeth Salander, the girl with the dragon tattoo. Lagercrantz does a good job following the story and style that Larsson created. I find Lisbeth one of the best fictional characters in a long time. It's a page turner.

The Shepherd's Life by James Rebanks This book started as a Twitter account of the author's life as a shepherd in the Lake District. The book makes us reexamine what we consider a successful career path and of course there is everything you would like to know about the Lake District and sheep. Fascinating.

Let Me Explain You by Annie Lontas is the rollicking tale of Stavros Stavros Mavrikakis, a Greek immigrant and owner of the Gala Diner. Stavros decides that he is about to die in 10 days and embarks on a fruitless effort to tell his 3 daughters and 2 ex-wives how he expects them to live their lives and honour his memory – to little avail. Lontas makes the characters live and breathe on the page, and delivers a satisfying story of tribulation and triumph and the ultimate victory of love and forgiveness.

In the Language of Miracles by Rajia Hassib. This tells the story of Samir and Nabla Al-Menshawy and the effect of a terrible tragedy on their family and on their ability to feel accepted in their adopted home. One year after their eldest son kills his ex-girlfriend (the daughter of their neighbours and closest friends) and then commits suicide, we meet the family attempting to deal with the tragedy each in their own way. Samir, the father, wants nothing more than to have everything return to normal – as it was before the event. His wife has descended into a spiral of depression and self-blame and their other two children each attempt to cope with the fall-out and with the fracturing of their family. Some comic relief and compassion is provided by the character of the grandmother, who has come from Egypt to help her daughter and her family with mixed results. A good read.



Join this fun program for seniors
SIT and FIT Program

Tuesdays & Thursdays at 11 a.m.
(Lower Level - Basement)

This exercise program is designed to help seniors from all walks of life improve their balance, posture, strength and overall health.

Program is FREE
905-523-1184



Events Calendar November 2015

North End Breezes NOVEMBER 2015

Saturday, October 31, 8am-2pm. **Halloween**, Ottawa Street Shopping District. Moms and tots 'trick or treat' on the Street. Various locations along Ottawa St N. 905-544-5822, info@ShopOttawaStreet.com, www.shopottawastreet.com

November 2 to 8, 2015, **10th Annual Hamilton Film Festival**. Born out of the Staircase Theatre, nurtured by filmmakers, made for filmmakers, we aim to earn the "HAMILTON" in our title. Details: TBA, Various Locations. www.hamiltonfilmfestival.com

November 4, 2015, **Thomas Keefers Birthday. Hamilton Museum of Steam & Technology**. Celebrate the birthday of Thomas C. Keefer, designer of the 1859 Hamilton Waterworks and a founder of Canada's civil engineering profession. Free event and museum admission. 900 Woodward Ave. steammuseum@hamilton.ca; 905-546-4797 www.hamilton.ca/steammuseum

November 6, 2015, **Diabetes Friendly Community Cooking** Demonstration with Kate Park. Hamilton Farmers' Market. 12:30 p.m. - 1:00 p.m. Free event. Free samples, recipes and resource sheet for all participants, and a chance to speak with a registered dietitian in the Community Kitchen. To reserve your spot, please contact 905-667-4862 x309 or Nutrition.Groups@HamiltonFHT.ca

November 7, 2015, **Hamilton Film Expo**. We are movie makers, movie exhibitors, and movie lovers! This Expo runs alongside the 10th annual Hamilton Film Festival! Spice Factory, 121 Hughson St N, Hamilton 10a.m. to 5p.m. www.hamiltonfilmexpo.com

November 11, 2015, **Remembrance Day**. Canadian Warplane Heritage Museum. Canadian Warplane Heritage Museum. 10:30 am - 12 noon. Parking and admission are free but donations to the Museum are greatly appreciated. Weather permitting, the Museum's Lancaster will flypast. Broadcast live by CHCH Television. 9280 Airport Rd. 905-679-4183, museum@warplane.com

November 13, 2015, **Art Crawl November** www.tourismhamilton.com/?s=art+crawl

Saturday November 14, 11am to 4 pm, **Afri-Can Market**. Dundas Community Centre, 10 Market St. S. Dundas. There will be hand-crafted items, Artisan tables, African food sampling; recipe kits; cards; silent auction; and a tea room. Proceeds go to the Stephen Lewis Foundation for Grandmothers in Africa.

Saturday, 14 November 2015 from 12pm to 4pm (EST) **Brewery Open House, Collective Arts Brewing + Nickel Brook Brewing** Hamilton. Craft beer lovers and curious neighbours alike are invited to come down to the brewery. Admission to the Open House is FREE, with beer and food available at hospitable prices. Guests can tour the facility, learn about the brewery process from the brewing team, and fill their beer 'Passport'. For tickets go to: https://www.eventbrite.ca/e/brewery-open-house-tickets-19020591100

DAVID REID SIMPSON

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David R. Simpson
James R. Simpson, Q.C., Counsel

Wills & Estates; Real Estate, Mortgages

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

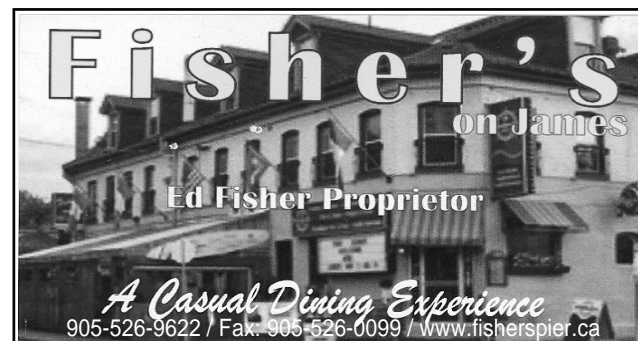
November 14, 2015, **Veterans Tours**. Historical Perceptions Tours. No reservations required. The tours commence from the entrance to the Hamilton Cemetery, 777 York Boulevard (across from Dundurn Castle), at 11am and last for about two hours. Call 905-544-9559 or visit our website. 905-544-9559, robin_mckee@hotmail.com

November 27, 2015, 9-4 pm. **PA Day Camp: Wordless Mini-Comics** at the Workers Arts & Heritage Centre. Kids will learn to tell stories using only images, and make mini-comics about work and workers to keep and trade! \$20; subsidies available and lunch included. Registration deadline is November 25. (905) 522-3003 ex. 29 www.wahc-museum.ca

October 23 to November 1, 2015. **The Mum Show**. Lots of free parking! Gage Park Greenhouse—9am to 7pm daily. www.hamiltonmumshow.com.

Wednesday, December 2nd, An evening with D. J. Demers! Presented by CHHA. D.J. DEMERS is a stand-up comedian and the host and creator of 'The D.J. Demers Show' on AMI-tv. 7pm to 9pm. South Gate Church, 120 Clarendon Avenue, Hamilton. Members—no charge, Guests - \$5 donation. Free parking in rear. Real Time Captioning and infra red system available. Contact: 905-575-4964 or chhahamilton2@gmail.com

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



NFL & Ti-Cat Action
Game Time **SPECIALS**
Great TV Viewing!



MONDAY Spaghetti & Homemade Meatballs With Garlic Bread

TUESDAY Bacon-wrapped Meat Loaf, topped with Gravy, Crispy Onions with Garlic Mashed Potatoes & Vegetables

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

THURSDAY Baby Beef Liver Smothered in Caramelized Onions, Bacon & Gravy with Garlic Mashed Potatoes & Vegetables

WING NIGHT

Tuesday, 5 to close—\$2 off a pound

EVERY NIGHT

10oz. New York Striploin Dinner
Cooked just the way you like it served with Garlic Mashed Potatoes & Vegetables

November 11th.....THANK A VET!

905-526-9622 / Fax: 905-526-0099 / www.fisherspier.ca

Jason Farr, Councillor Ward II

Hello, Breezes readers! It is great to back on a page in this prodigious publication that explores all things North End. This issue, I would like to share an update on our West Harbour and the ongoing public engagement that you may be interested in taking part in.

Setting Sail is a land use plan for the West Harbour. The Plan includes the waterfront, Barton-Tiffany and the Ferguson-Wellington corridor. The entire area is bounded by York Boulevard to the west, Cannon Street to the south, Wellington Street to the east and Hamilton Harbour to the north.

The Secondary Plan has been over a decade in the making and seeks to bring attractive public space improvements along with thoughtful private development. It is all about promoting year round enjoyment and appreciation of our wonderful waterfront and was approved by the OMB on December 27th, 2012.

Recently, City of Hamilton staff along with our friends at Evergreen has begun to welcome folks to monthly conversations at the West Harbour Engagement Hub, 294 James St. North just across the road from Jack and Lois (great restaurant by the way). The next open meetings will occur on the last Thursday of October (the 29th) and November (the 26th). In fact, if your calendar does not accommodate meeting up with all relevant staff from a vast assortment of City of Hamilton departments associated to this project, the West Harbour Engagement Hub is open like any other James Street shop and will always invite you in for conversation.

A website directly associated to the West Harbour will be active very soon, if not already. Also, westharbour@hamilton.ca is where you can ask anything you like via email and respecting the past, present and future of our West Harbour area. Or, phone 905 546 2424 extension 2085.

So, as you can see, City of Hamilton staff and Council are very interested in what you have to offer by way of input and with respect to the future of our West Harbour. Please consider taking the time to share via the many opportunities both live and in person, online or on the phone and as always, I am available any time.

Until next time,
Breezes readers.
Smooth sailing.

Jay



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



SANTA CLAUS PARADE

Saturday, November 21, 2 pm

Brian Roulston



(image from K-Lite FM)

The Hamilton Santa Clause Parade has become the official start of the Christmas season for shoppers, merchants, and children. In fact, the very first Santa Clause Parade took place in 1919 with Santa just walking to Robinson's Department Store on King St. from the Toronto, Hamilton, and the Buffalo Railway (TH&B) Station downtown. Outside of Canada and the U.S., Christmas Parades are often referred to as Christmas pageants.

The Toronto Christmas Parade has the distinction of being Canada's oldest parade. However, the modern "Department Store" Christmas parade as we know it today got its start in Peoria, Illinois in November 1887. A parade consisting initially of boats and derricks that floated up the Illinois River and was both a part of construction and a celebration of the building of the new Upper Free Bridge. The following year another parade was held, this time on land to celebrate completion of that new Bridge. On Christmas 1889, Frederick Block of the Schipper and Block Department Store (later Block & Kuhl's) sponsored the parade that followed the same route and it featured Santa Clause. It was copied by many communities worldwide and is still the oldest continually run Christmas parade in the world.

November 1953, Santa Clause rode into town aboard a special train to the TH&B Station where he was then met in Gore Park by well over a thousand excited youngsters eager to share their Christmas lists.

In 1970, Santa Clause flew into Hamilton airport from the North Pole aboard a Nordair flight so his reindeer would be well rested for the big night.

The 1996 Hamilton Santa Clause Parade saw its largest crowd ever with an estimated 70,000 people. This parade joined the Grey Cup parade that year and was televised live across Canada on CBC to coincide with the Edmonton Eskimo's taking on the Toronto Argonauts for the coveted Grey Cup.

This year the excitement continues with the 2015 Santa Clause Parade on Sat. Nov 21, 2 pm downtown James St., King to York streets arrive early and dress warmly.

MOVEMBER

Since 2004, the **Movember Foundation** charity has run Movember events to raise awareness and funds for men's health issues, such as prostate cancer and depression, in Australia and New Zealand. In 2007, events were launched in Ireland, Canada, Spain, the United Kingdom, Israel, and the United States.

For more information visit:
<http://ca.movember.com/>



Alzheimer's Disease Awareness Month

Ken Hirter

Alzheimer's Disease is the 6th leading cause of death in Canada. The sad reality is; this devastating disease robs many a great minds and silences many voices. I have experienced this up close and personal for the past decade when my parent's generation started to fall victim to this terrible disease.

Here are 2 good video sources: *Famous Faces of Alzheimer's and other Dementia's* compiled by Toni R. Wombaker and *Sum It Up* by Pat Summitt.

The first person diagnosed with Alzheimer's was Auguste Deter (1850-1906). From painter Norman Rockwell (1894-1978), to *Charlotte's Web* author E.B. White (1899-1985) and actress Miss Rita Hayward (1918-1987). Hayward's daughter brought Alzheimer's out in the open throughout 1984 and 1985, when Hollywood tabloids were calling Miss Hayward a drunken has-been. Miss Hayward was the face of Alzheimer's, but at what cost? In the early 1960's the aging process, confusion, agitation, and the aging of the mind was called senility.

Our friends in the Netherlands have built a town dedicated to Alzheimer's Patients, called Hogeweyk, for 150 people. It is government funded with over 3 acres and 23 homes with doctors and nurses on staff. They have their own grocery stores and shops and the residents live with dignity and grace and die with piece of mind in a little town of acceptance.

Here in Hamilton there are two phone numbers listed: Alzheimer's Society of Hamilton & Halton, (905)529-7030, Alzheimer's Society of Ontario, (905)529-3787 or contact your family doctor.









OPEN DAILY

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



North End Neighbours NEN The neighbourhood association of the North End

The neighbourhood association of a Caring,
Friendly Community

November Neighbourhood Update

On October 9, we welcomed Bill Freeman to Hamilton. Bill is the Author of *Their Town: The Mafia, The Media and The Party Machine* (1979), which is available only in the library. Bill spoke about his new book *The New Urban Agenda*, which outlines possibilities of mixed income development and how our current round of "revitalization" relates (or doesn't) to urban renewal of the 1960's and 70's. Bill outlines the need for a new way of city-building and argues what is needed is active and engaged citizens who are informed about governance, planning, and the development changes we need in order to build more vibrant, sustainable, and inclusive cities.

The City is hosting a monthly "West Harbour Community Conversation" to feature the City projects taking place in the area defined as the West Harbour. This is a great opportunity to learn and participate in an informal setting. Many City staff are there to provide updates, answer questions, and hear our thoughts, ideas, and concerns. All meetings take place at the West Harbour Community Engagement Hub - 294 James Street North - the LAST Thursday of the month at 7pm September, October, November, and January. All welcome to attend.

Huge thanks go to the following residents who volunteered to served on the Board of NEN during the 2014-2015 year. This past year, the Board was fortunate to have

residents from all parts of the neighbourhood, east to west and north to south, working together. Thanks go to Curtis Biehler, Thom Davies, Richard Bull, Carol Hoblyn-Winn, Jon Davey, Rob Fiedler, Sheri Selway, Mike Borrelli and Dave Stephens.

Elections for a new Board will have taken place at the Annual General Meeting October 22.

NEN's final board meeting for 2014 - 2015 took place on October 1. The "new" Board of Directors will decide on officers at the first 2015 - 2016 meeting and will schedule new meeting days. A big topic of discussion at the last meeting was planning for the Annual General Meeting and thinking ahead about the next year. All are welcome to attend NEN Board meetings.

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 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.

Phone: 905-527-1697 (Sheri, secretary)

e-mail: nen.president@gmail.com. Website:

www.northendneighbours.com

Facebook: North End Neighbours

Construction of a new lake terminal at the Port of Hamilton

WINNIPEG, Oct. 13, 2015 /CNW/ - G3 Canada Limited (G3), a newly formed Canadian agribusiness, announced today that it will construct a new lake terminal at the Port of Hamilton to originate grains and oilseeds out of Southern Ontario for export to global markets.

"G3 is excited to announce this major investment in the Port of Hamilton as part of our vision to create a coast-to-coast Canadian grain enterprise," says Karl Gerrand, CEO, G3. "Grain exports from Southern Ontario have been increasing for some time now. We look forward to expanding our relationship with farmers in the province, and will work hard to establish G3 as the partner of choice in marketing their grain."

The 50,000 metric tonne facility will be located at Pier 26 in the Port of Hamilton, just off Queen Elizabeth Way. Grains and oilseeds will be loaded on to vessels for transport to G3's facilities on the St. Lawrence River. From there, they will be shipped onwards to export markets around the world.

"The Port of Hamilton is one of Ontario's primary agricultural gateways, with agri-food tonnage exceeding 2 million tonnes in 2014. Direct access to the Great Lakes St. Lawrence Seaway system means the port is ideally located for agri-food exporters," said Hamilton Port Authority President & CEO Bruce Wood. "The Port of Hamilton welcomes major investments such as this one and looks forward to continue our close working relationship with our partners at G3."

Construction on the facility is already underway and is slated for completion prior to the 2017 harvest.

INTERNATIONAL MENS DAY November 19



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www.canadian-diretories.ca

Bill & Marie Mushing - Hamilton Ontario

Big Dreams – Big Dream Banquet

Dreaming big dreams is central to the DNA of CityKidz. At the heart of their mission, is the belief that by inspiring dreams, individuals will become equipped to rise above their circumstances, live with great purpose and break the cycle of poverty in their lives. So it's not surprising that each year CityKidz celebrates with a Big Dream Banquet. This year it's being held at the Convention Centre on November 19th. Not only do the staff and volunteers inspire the "kidz" to dream big but they inspire each other.

CityKidz walks beside their "kidz" from age three to sixteen and then through Roadmaps to Dreams on to eighteen years of age. They transform lives but they dream of doing more. At the banquet their dreams of "more" will come true. They will officially launch the CityKidz Education Fund so that they can continue to walk beside their youth as they move on to post-secondary education. Thanks to a grant of \$60,000, spread over three year, from the Weston Foundation CityKidz can now offer scholarships to young people who have come through the CityKidz program, have graduated high school and are going further with their education.

For many CityKidz youth barriers to achieving their big dreams can be limiting. CityKidz knows that they cannot eliminate all barriers. They can only strive to reduce them. The new CityKidz Education Fund is one vehicle for accomplishing exactly that. Today more than ever before, education is a key link in achieving dreams; however, education can be expensive. The new CityKidz Education Fund is intended to respond to specific needs identified by CityKidz Youth.

At this year's Big Dream Banquet they will celebrate three young people who, through CityKidz, have learned to hope and believe that possibilities are there for them to aspire to. Surrounded by the love of CityKidz they have come to understand that their circumstances don't define them. These three, the first to benefit from the Education Fund will gratefully and proudly accept their awards.

Over a thousand people attending the banquet, supporting the mission of CityKidz, will not be able to stay seated. They'll understand how important the gift from the Weston Foundation is. They'll understand how Todd Bender's dream, started with one soccer ball can't be stopped. They'll understand that there is always something more to achieve. They'll understand that when the mission is right, other partners will be waiting to support the dreams of CityKidz.

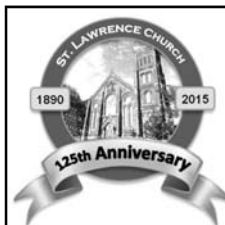
The CityKidz Education Fund is one more way for CityKidz to say to the "kidz" - YOU CAN DO IT! Dream big and we'll dream with you. You'll get there and we'll celebrate with you.

Please visit our website at www.citykidz.ca

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





ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

New Parishioners are always welcome!

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

Find us on Facebook at

www.facebook.com/stlawrencehamilton

Or visit our Website at stlawrencehamilton.ca

**Your Catholic Church
in the North End of Hamilton**

COME AND JOIN US!

"Where Faith Builds Community" CHILDREN'S LITURGY (for children age 4 - 10)

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

MARK YOUR CALENDAR!

their own personal reflection during mass.

NIBBLES & BIDS

LOONIE TOONIE AUCTION

Friday November 6th (Admission \$5)

Doors Open at 6pm - Auction Starts at 7pm

TICKETS ARE NOW ON SALE or buy them at the door. For more info, contact Alissa at aadenham@hotmail.com or 905-308-1576.

CWL Fall Penny Sale

Thursday November 19th

Doors Open at 6 pm - Draws Start at 7:30pm

125th Anniversary Time Capsule Event

Sunday November 22nd - Mass at 10:30am

Blessing and burial of the time capsule to follow.

To commemorate the 125th anniversary of the Church's official opening on November 23rd, 1890.

Christmas Turkey Roll

Friday December 4th

Doors Open at 6 pm - Draws Start at 8 pm

CWL Christmas Bake Sale

Sunday December 13th (following 10:30am mass)

Christmas Memorial Mass & Tree Lighting

Thursday December 17th

Remembrance Day

November 11th, 2015

"Lest we forget"



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



Join the Conversation

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



Volunteer Opportunities

We need your help!

We are looking for people to join with us and help build our positive team. Various volunteer positions are available in our programs and training is provided. Recruitment is ongoing. Join the dedicated team of Welcome Inn volunteers and you will see how your contribution will make a difference in the lives of Hamiltonians. If you are looking for a place to connect and help create a warm, respectful place then this is it!! Please contact Krista at 905.529.6891 or Krista@welcomeinn.ca to find out about volunteer opportunities.

Fall BBQ & Corn Roast

On Sept. 25th Welcome Inn Community Centre hosted Fall BBQ and Corn Roast for the community.

It was an amazing evening with perfect weather, perfect company of friends and family enjoying music, eating hot dogs, sweet corn, roasting marshmallows and playing games. Thanks to everyone who came to our Fall BBQ and to all the volunteers who worked so hard to make it a success.



Dates to Remember

- **Good Food Box:** Nov 18: 2-5pm
Pick up for pre-registered orders at Welcome Inn
- **Art for Relaxation:** Every other Monday of the month from 10:30am to 12:00pm
- **Book Readers Circle :** Third Wednesday of each month @10:30
- **Special Needs Support Group:** Every third Thursday of the month from 12:30 – 2:30 pm

Horizons Thrift Store
520 James St North
Hamilton ON
905-529-6891



OPEN: 10-5, Monday – Saturday



Getting ready for winter does not have to cost a lot of money.

Let New Horizons help. We have everything you need to keep warm, as the days start getting colder.

Lots of sweaters, coats, hats, mittens, boots, blankets.....and lots more of all that good stuff. Our volunteer team would welcome you to stop by and browse. We are happy to help.



Would you consider joining our volunteer team?

Lots of positions available. It's a great way to get to know your neighbours, and to do something meaningful in the community.

It is also one of the best ways to gain experience for your resume.

Call Ruth @ 905-529-6891 to get the conversation started!



Enjoying music!! Roasting marshmallows!!



Kids having fun during the BBQ!!



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

COME ON IN AND PICK UP A FALL/WINTER PROGRAM GUIDE!

As the weather gets colder, it's easy to stay at home and do nothing. Remember our Pool is maintained at 84-86 degrees, with a tropical air temp of 86 degrees or higher! So get off the couch, bundle up, and pay us a visit. Exercise will keep you fit, give you energy & lift your spirits!

We are offering a Family Swims on:
Monday's from 5:30 – 6:30 pm. **(FREE)**
Friday's from 6:00-7:00 pm. **(FREE)**
Saturday's from 3:00-4:00 pm (regular admit fee)

We are also offering Public Swims on:
Monday's 7:00-8:00 pm (regular admit fee)
Tuesday's 6:30-8:00 pm (regular admit fee)
Wednesday's 7:00-8:00 pm (regular admit fee)
Thursday's 7:00-8:00 pm **(FREE)**
Friday's 7:00-8:00 pm (regular admit fee)
Saturday's 1:00-2:55 pm (regular admit fee)

WINTER REGISTRATION

Registration forms can be dropped off at Bennetto no later than closing on Thursday November 26th 2015.

On-line Registration Date:
For Bennetto is Friday December 4th, 2015 at 7:00 am

On Land and In The Gym

FREE Movie Night

Come and watch a Family movie on the gym wall!

There will be **Popcorn** and a small low cost concession stand for all your movie munchies!

Friday November 27, 2015

Doors Open At 5:30pm
~~~ Movie Starts At 6:00pm  
Cost: **FREE!!!**

Children MUST be accompanied by a Parent Or Guardian (18+)

**New Preschool Gym**

Come out and try our **Pre-school Gym**.

**Lots of fun equipment to play with and staff that are more than willing to have fun.**

Gyms are on Wednesdays from 11:15am to 1:15pm.  
Ages 0-5 years with a parent.

**Are you an adult looking for some open gym fun?**

Come out and try one of our **adult open gym**. Wednesdays from 1:30pm-2:30pm.

Why not continue those active summer lifestyles!!

Looking to rent a space for you next event; baby shower, bridal shower, birthday or reunion.

Why not try one of our many rooms?

Please call and inquire about our low hourly rental fees for our

Community room, Common room, Auditorium and Gymnasium!!

**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

**November Entertainment**

|                |            |          |
|----------------|------------|----------|
| Thurs. Nov. 5  | The Tunes  | 3 to 7pm |
| Thurs. Nov. 12 | Ted Burton | 3 to 7pm |
| Thurs. Nov. 19 | Neon Moon  | 3 to 7pm |
| Thurs. Nov. 26 | Phil Myles | 3 to 7pm |

Sat. Oct. 31 **Halloween Dance** \$5 a ticket  
With City Kids, 4 to 8pm.

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

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

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



**Hamilton-Wentworth  
Catholic District  
School Board**

**Parenting & Family  
LITERACY CENTRES**

**ST. LAWRENCE CATHOLIC ELEMENTARY SCHOOL**

88 Macauley Street East  
Hamilton, ON, L8L 3X3

Monday to Friday  
8:30 am—12:30 pm

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

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

**ST. LAWRENCE CHURCH  
CHRISTMAS  
TURKEY ROLL**



**FRIDAY DECEMBER 4<sup>th</sup>**  
Doors open 6 p.m. Draws start at 8 p.m.

**St. Lawrence Parish Hall**  
corner of Mary and Picton Streets

**3 spins for \$2**  
**Come to WIN, WIN, WIN !!!**  
Turkeys, Hams and \$25 LCBO Gift Cards

**Make sure to get your 50/50 tickets!!!**

For more information  
please call the Church at 905-529-3921

**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 contact us.

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

**St. Lawrence Parish Hall**

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

Email: [stlawrencehamilton@gmail.com](mailto:stlawrencehamilton@gmail.com)

**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

Next deadline for North End Breezes is the 15 of NOVEMBER 2015.  
North End Breezes, 438Hughson St. N.  
Hamilton, ON L8L 4N5,  
905-523-6611 ext. 3004  
Fax: 905-523-5173, collins@nhchc.ca,  
www.northendbreezes.com

For Sale

**Men's Jacket**—Calvin Kline brand new XL black winter 3/4 length jacket. Grey satin lining with slash pockets. \$100. O.B.O. Call: 905-631-9442  
**10" Craftsman Radial Arm Saw** with storage cabinet base and extra blades. \$140. Call Chris: 905-2-528-2010  
**1979 M.G. Midget** (fun car). Back from the cottage. Runs great. Original paint. 1500 c.c. motor. \$5900 Cert. Call Chris: 905-528-2010

Services

**Babysitting**—Are you looking for a nice place for your kids before and after school? I could be the person for you. Nice home, walking distance to school. After school activities and help with homework. Call Shannon at 289 339 6019  
**Babysitting**—LOOKING FOR A BABYSITTER? I am a Mother of three and I am willing to babysit in my home only! Located just 1 block from Bennetto School. Rates are negotiable! Please call: Crystal Hachey-Brown at: 905-393-6416, 289-925-5970. Please leave a message & I will get back to you!  
**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  
**Reflexology**—Relaxation Services by Brenda. Feel great and relieve stress. Reflexology, a specialized foot treatment and Shiatsu-Swedish back massage. Certified and experienced practitioner. Senior's discount. By appointment only. Phone: 905-525-3693  
**Moving? Need a vehicle for a short time or a short trip?** Need an inexpensive way to build an insurance record? Contact: (905) 543 4411, (905) 526-7022 or www.HamiltonCarShare.ca

**Announcements**  
**SACHA** — Women's Group for Survivors of Child Abuse. Help break isolation, recognize your strengths, learn new coping strategies. Starting in Sept. 2015. 75 MacNab St. N. 3<sup>rd</sup> floor, Hamilton. Call a SACHA counselor: 905-525-4573, sacha@sacha.ca. 24 Hour Support Line 905-525-4162. sacha.ca.  
**Nar-Anon, Never Alone**—Hope In Hamilton, Family group meetings for anyone dealing with an addict. Monday's @ 7pm (Except for holidays) HARRRP Community Center 705 Main Street East @ St Clair, Hamilton. Entrance from St Clair - Lower Level, Street Parking. All Welcome!!

**TOPS, Take Off Pounds Sensibly**—meets Monday nights from 7 to 8 pm at St. Luke's Parish Hall. Call: 905-528-1979  
**Employment Opportunity**  
**1 or 2 Northerners wanted** to help with removal and/or rebuilding a new deck. 20' x 20' approx. Call Chris: 905-528-2010

**Delivery driver**—Local company looking for a Delivery Driver for below the escarpment in Hamilton. You will deliver from the Beer/LCBO stores to customers homes. Paid per trip, tips and extras you keep. Steady work, if you are interested, please go to website: spiritsdelivery.com and read all about us. You can also call 289-799-2560, 10am to 8pm and if no one answers, please leave a detailed message. Preference will be given to those who know the city.  
**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



**Senior-Youth: Connecting Community.**  
North End Breezes has exciting news to share with our readers! The *Breezes* and North Hamilton Community Health Centre will be offering workshops on many topics over the next 11 months—Creative Writing, Art, Photography, Computers and Technology and more. All for the purpose of bringing generations together in our community. So please keep your eyes open for announcements in the paper, notices on the billboards around our community or go to our web page: www.northendbreezes.com and Facebook: North End Breezes Group for when classes are available. This month we are offering workshop on:

**PHOTOGRAPHY**— Wednesday, NOVEMBER 11, 4-6pm. In the Main Floor Conference Room at North Hamilton Community Health Centre. (accessed in the hallway beside the staircase.)

A FREE workshop!

*Chad Johnston took this picture of a car in front of Fishers. This car was in the police car show.*



**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

WALKABOUT with Ken Hirter

The NHCHC Green house – Vision 2015-2016  
A few weeks ago I was asked to be part of a focus group to discuss the future of the new NHCHC greenhouse.  
The greenhouse was made possible through a donation from the Port Authority here in Hamilton, Ontario. A labour of love, the green house has taken 5 years to complete. It's been a cool experience to witness of the construction of this wonderful greenhouse. As I am a lover of green space and community gardens; it was right up my alley. I loved the talk lively and the excitement that this greenhouse has been built here in the North End of Hamilton.

When we go back over time, the first supermarket to open was in 1946 and before we had our gardens, we had the milkman and the butcher (for those of us who still remember home delivery.)

With the high use of GMO's in our food, more health conscious people and health advocates were attending the meeting and the afternoon captured many concerns. Mainly the group was conscious that children should learn about a greenhouse experience.

The ideas at the meeting were in abundance just like Mother Nature herself. Here are just a few ideas people came up with: to teach children/adults how to garden, a meditation workshop, having a Senior Advisory com-

mittee tea social in the garden, to harvest vegetables, and to supply the Grub club.  
The day ended on an exciting and positive note; that this new community greenhouse be so fittingly housed at NHCHC, bringing hope, awareness, fitness and rehabilitation as well as medical and social programs to all.  
On a sad note: the big old tree next to greenhouse was damaged in the recent windstorm a few weeks and had to be removed. The greenhouse looked so wonderful next to this mighty old tree and next door to the community outdoor gardens.  
So, it will be exciting to be a witness to the happenings at the NHCHC greenhouse, all that is missing is the piped-in music and falling into the zone.

Till next month's walkabout...  
Cheers, Ken

