



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

## RUN FOR YOUTH

WITH FREDERICK DRYDEN



photo: Gary Yokoyama, Hamilton Spectator

**“Youth need us, I never want to turn away a youth”** – Frederick Dryden

On October 14<sup>th</sup>, Frederick Dryden, founder and director of Liberty for Youth, began a 650km run from Ottawa to Hamilton. He is running a marathon a day over the next three weeks and will arrive home in Hamilton on November 5<sup>th</sup> where he will run the last 10km in the *Road for Hope*.

The run is part of a three-year campaign to raise \$650,000 for the programs of Liberty for Youth, a non-profit organization based in Hamilton. Frederick is hoping to raise awareness and create sustainability for its programs which are geared to helping at-risk youth.

Sadly, the vision for the run was born out of a very deep loss. During the last two years, Liberty for Youth tragically lost two of their youth who had participated in their program. After funding cuts and reduced programs it meant they could no longer participate. Still

today, some youth who really need help have to be turned away.

**Liberty for Youth** started in 2003 out of the basement of Frederick and his wife's home. Frederick always knew that he would do something to help young people as he understood the challenges of navigating a difficult life as a youth. One thing people learn about Frederick when they first meet him is his passion and heart for young people, especially those in crisis or conflict with the law. **Liberty for Youth** has been evolving for over 12 years now thanks to the integral partnerships and donors who have invested their time and money. They are based in Hamilton and run several programs for kids aged 12 to 25.

If you'd like to cheer Frederick on when he arrives home in Hamilton, come as he runs the last 10km in the *Road for Hope*. This will be on Nov 5<sup>th</sup>. For more information or to track him on his journey, visit:

**WWW.RUNWITHFREDERICK.COM**  
**LIBERTY FORT YOUTH**

### Remembrance Day, November 11, 2016

By Brian Roulston

On the 11<sup>th</sup> hour, of the 11<sup>th</sup> day, of the 11<sup>th</sup> month, Canada's Military and Civilians will pause for two minutes of silence to remember those who lost their lives fighting for our freedom—the ultimate sacrifice.

Hamilton, with a population of 101,000 was less than 70 years old in 1914 when the Great War, World War I, broke out. During those years even the coveted Grey Cup Game was suspended until 1920.



Hamiltonians participated in the First World War mainly as combatants due to Col. Sir Sam Hughes' mobilization plans for the Canadian Expeditionary Forces. There were no major battles associated purely with Hamiltonians. The Royal Hamilton Light Infantry would later receive battle honors in four consecutively numbered overseas battalions of the C.E.F.

In 1939 Hamilton, by then a well establish industrial city with a population of 155,000 people, once again became a major player in another war - World War II. This time not only with soldiers, but by training both civilians and armed forces personnel. The men were trained in flying, wood-working and sheet metal pattern making. The women took up sewing, using power operated sewing machines, all of which would help the men overseas.

Otis-Fensom (Otis Elevators) constructed in 14 weeks what would become the largest anti-aircraft gun plant in the British Empire. They also produced  
(continued on page 4—REMEMBRANCE...)



**FUND RAISING SPECIAL**  
**North End Breezes T-shirts. Buy one and help keep the Breezes afloat!**



Grandad's Donuts, Fisher's Pier 4 Eatery, New Horizon's and James North General Store. T-shirts sell for \$10 each and are available in sizes L & XL only.

### Hamilton Community Legal Clinic

#### We Need Postal Banking in Canada

Do you have ideas to improve our postal services?

An independent task force has just produced a discussion paper on Canada Post. The paper (*Canada Post in the Digital Age*) is intended to present viable options for the future of the Crown Corporation.

Stakeholders were engaged in the process of putting this paper together. The paper will be the basis for informed public dialogue as Phase 2 of the Review to be led by a Parliamentary Committee will make recommendations to the federal government. The clinic has a particular interest in what the report has to say on the idea of postal banking. We believe post offices could provide banking services that are affordable and accessible.

Good communities ought to provide residents and businesses with easy access to reasonably priced financial services. But banks have been exiting the downtowns of big cities like Hamilton and small towns for years. Many small communities and neighbourhoods have no banks or credit unions at all. In many cases, the only financial services available are offered by predatory lenders like Money Mart and the Cash Store.

The task force report is pessimistic about postal banking. *"Full-scale postal banking is unlikely to succeed within the Canadian context,"* they write. We have to ask, "why does postal banking succeed in many other countries?"

The task force does suggest consideration of *"a partnership model with banks or credit unions in corporate post offices in select under-served remote communities."* These partnerships could be part of a *"community hub"* option. Under this option services would be offered in select communities assuming *"financial institutions have an interest in this initiative."*

It seems to us that this kind of thinking comes out a misplaced idea that our postal service is primarily about making money. However, most Canadians believe Canada Post is, and should remain, a vital public service.

Canadians had access to postal banking for more than one hundred years. When the Post Office Savings Bank ceased operations in 1968, nearly 300,000 accounts closed down. At its peak in 1908, deposits in the bank totalled \$47.5 million (equivalent to \$1 billion in today's money). Meanwhile, postal banking is thriving in other parts of the world. Japan Post Bank, for example, has \$2 trillion in assets.

Postal banking is an idea whose time has come again.

You can read the task force report at <http://www.tpsgc-pwgsc.gc.ca/examendepostescanada-canadapostreview/rapport-report/consult-eng.html>

We plan to be involved in the Phase 2 dialogue and hope North End Breezes' readers will too.

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic



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## North Hamilton Community Health Centre

### North Hamilton Community Health Centre Volunteer Opportunities

Everyday North Hamilton Community Health Centre volunteers share their time, skills and talents with our community.

We are currently looking for volunteers for the following programs:

#### Children's Breakfast Club

Volunteers help to prepare and serve a healthy breakfast to children in a fun and interactive environment.

#### Pathways to Education

Volunteers are positive role models who tutor high school students in a supportive and engaging environment.

For more details please contact:  
Diana 905-523-6611 extn. 3008  
[www.nhchc.ca](http://www.nhchc.ca)

### 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](http://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](mailto:collins@nhchc.ca)**

**[www.northendbreezes.com](http://www.northendbreezes.com)**

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

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

### 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

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## The North End Breezes Job Posting - New Coordinator

As reported last month, Wendy Collins, our long-time Breezes Coordinator, has retired. The Breezes' Board is now ready to engage a new part-time Coordinator for the Breezes. This will be a paid position for 10 hours weekly. If you are interested in this position, please forward your resume and letter of interest to:

**The North End Breezes**  
438 Hughson Street North.  
Hamilton, Ontario L8L 4N5  
or: [collins@nhchc.ca](mailto:collins@nhchc.ca)

### JOB DESCRIPTION

The North End Breezes is seeking a part-time co-ordinator to administer the publication and production of the monthly newspaper and to grow our digital brand. You will bring a fresh approach that keeps our print readers engaged and develop ways to boost our digital presence. Candidates must have excellent communication, problem solving, organization and follow-up skills.

The co-ordinator is responsible for the production process, editing all content that goes into the publication, leading and providing oversight to volunteers, and for the timely submission of accurate, informative, and relevant news and feature stories.

### RESPONSIBILITIES

- Coordinate the publication and production process for our monthly newspaper and digital venues
- Perform a variety of editorial duties, such as layout and design and revising the content of written materials and photographs in preparation for the final publication.
- Oversee our volunteers regarding placement and emphasis of news stories, photos and videos
- Oversee our volunteers who help in the preparation of the paper for publication and the final distribution of the paper
- Maintain and monitor website and social media, including the quarterly traffic analysis
- Regularly distribute social media posts on Facebook, Twitter and Instagram
- Co-ordinate all the marketing, advertising, production and delivery of the newspaper
- Proofread and edit stories to detect and correct errors in spelling, grammar and punctuation prior to publication,

### REQUIREMENTS

- Excellent written, oral and interpersonal communication skills
- Strong organizational skills and ability to work with deadlines
- Proficiency with social media applications and Microsoft Office Suite
- Strong layout and design skills. Familiarity with preparing content for web and print formats.
- Team player with demonstrated ability to work effectively with various stakeholders, including advertisers, volunteers and community partners.

If you would like more information on this posting, please contact the Breezes Board by leaving a phone message at (905)523-6611 ext. 3004 or by e-mail at [collins@nhchc.ca](mailto:collins@nhchc.ca)

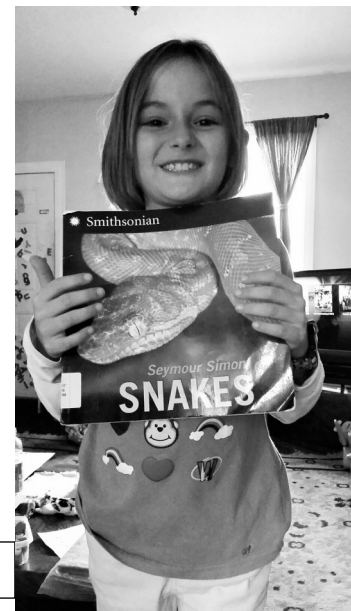
## KID'S BOOK REVIEW By Sam Knight

### Snakes, by Seymour Simon

I got this book from my school library. This book has a lot of writing in it, so I asked Mom to read it to me. It's a non-fiction book all about snakes. It's full of very interesting facts and I learned a lot from it. Did you know that the biggest snake in the world is an Anaconda? It can grow to be about 3-4 times as long as my dad is tall, and he's a really tall guy! He's six foot six.

I really liked this book, because I got to learn so much from it, and each page had a great photo of a different snake on it. Which was cool!

PAGE 3  
North End Breezes NOVEMBER 2016



## TEEN'S CORNER with Hunter Knight

Hey it's me, Hunter, with Teen's Corner once again.

Today I had to say bye to Gladys from the Welcome Inn Community Centre because she's off to have a baby soon. I wish her all the best. Tom, the guy that's taking over for her, is a great guy but still a newbie, so I want to wish him good luck as he gets started.

I'm enjoying school. Most of my classes are still easy but I'm getting homework for once. At least its only one or two questions at a time. Pathways is happy to see me doing homework and not just sitting around doing nothing for the few hours I'm usually there. I can't wait till the pathways Dungeons & Dragons (DND) starts again. The guy that was the boss of that game was really fun.

I'm now the leader of my own DND game, and it's really hard thinking of the story and dealing with all my friends. It's fun making a story my own though, just more work then you would think.

Last week I went camping with my family. It was great and we went fishing. I slept in the bed of a pickup truck while my family slept in a camper (my choice). I like it that way. To me sleeping in a camper isn't right, but my mom loves it and my dad needs to because of his back. The ground is too much for him. I don't know what my sister really thinks, she was only in a tent once in her life so far. We were at Inverhuron Provincial Park for four days and it was great.

(editor's note: Inverhuron is located on the shores of Lake Huron beside the small village of Inverhuron, Ontario, near Tiverton, Ontario, Canada. The Park opened in 1956, featuring 351 campsites, nature trails and beaches)

I'm kind of happy that its getting a little colder. I'd rather have this weather than the heat and the really cold days.

This has been Hunter with Teen's Corner. Have a good month!



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# PAGE 4

## North End Breezes NOVEMBER 2016

### BOOK CLUB CORNER

#### Kit Darling

At the first meeting of the Bay Area Book Club, we discussed **Between Gods: a memoir** by Alison Pick. The book covers a period in her life when she was suffering from depression and attempting to convert to Judaism after discovering that her father's grandparents had converted to Christianity after their escape from Nazi occupied Czechoslovakia. Reaction was mixed; 6 like it, 5 disliked it, and 3 were 'MEH!' Some found her description of clinical depression enlightening. Others questioned her motive for writing the memoir and asked why there wasn't more about her husband and her mother. In the end, it is up to the individual reader to come to their own conclusion about the book.

And here are some recommended reads from our members, all of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday (2:30 to 4:30pm) and Thursday (6:00 to 8:00pm).

**The Girl You Left Behind** by Jojo Moyes. There are two time periods in this book. The book opens in occupied France in 1916. Sophie Lefevre's husband, an artist, is fighting at the front. Sophie's portrait, painted by her husband, hangs in her hotel and is admired by a German Kommandant. The second time frame in the book is 2006 in London when the portrait is in the hands of Liv Halston, a wedding gift from her husband. Moyes spins a good story around the history and ownership of the painting. She draws your interest to the two main characters and the times in which they live.

**Year of Wonders** by Geraldine Brooks. In 1666 plague strikes a small village in England. The villagers decide to quarantine themselves to stop the spread of the disease. As the death toll climbs and the community disintegrates, our heroine, Anna struggles to survive. A captivating read.

**The Hemingway Thief** by Shaun Harris was described by Publisher's Weekly as a "stunning debut". A writer of vampire romance novels contemplates killing off his pseudonym in order to write a "serious novel". A disgraced U.S. cop running a down-at-heels bar in Baja; a small time thief on the run from thugs trying to recover a stolen first draft of Hemingway's *A Moveable Feast*; A handy-man with a dubious past; various drug lords, hired killers and other bad guys people this light hearted romp of a story. A fun read.

*Have you read any of our recommendations? Liked any of the same books we talked about or disagreed totally? Let us know at bayareabookclub@bell.net.*



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## ELDERBERRIES



### Pamela Townsley-Winter

Greetings readers! Wasn't our Thanksgiving just gorgeous? I've always been a sun bug but found this one to be a bit too humid and longed for cooler evenings.



Pam & Meg

We have so much to be thankful for, not only the weather, but the joy of our great outdoors, it was a gift indeed. Our fields laden with crops, the delight of our farmer's produce in the Market, and oh! that corn, a meal unto itself!

The joy of our lake, when at dusk a feeling of peace comes across the water, or if you are in cottage country, that special cry of the loon. I get goose bumps readily and feel, as night creeps over the water, like a shimmery blanket, all is well in our world. Ah, if only we could share it with countries that don't have this luxury as, sadly, battles seem to be on-going. I'm sure our Syrian friends appreciate why we value our country.

Our Thanksgiving hosts outdid themselves, and tables just groaned from its feasts. Meg and I give thanks for the various meals we enjoyed. We were invited to 5 in total and the cooks excelled in their wonderful dishes. Above all, we give thanks for families spending time with the children and building leaf camps for hide and seek. The latter part of the evening was spent around a camp fire looking up at the moon and a few stars in the inky sky. It was a time to cherish those from our past and when we add it all up we are blessed.

Our North End Breezes T-Shirts have been selling well, just a few Large and X-Large left now (it must be the Turkey we ate). They make great sleep shirts or to send to someone now living out of town. It's an inexpensive gift but stirs up many good memories.

Our "NETT" Group is working hard to bring a fine Extravaganza in December to the Welcome Inn. Come join the fun. One of our craft members has been keeping us on tenderhooks as a gift of a first baby is due any day now, and so our family grows. Our blessing to Gladys as you too had the joy of Thanksgiving with your new baby son.

So the year will soon be at the end, the days pass quickly as the time of Autumn leaves drifts by our windows. Pack away the summer clothes and it's a special feeling to be shopping for special gifts as Christmas is just around the corner.

Finally a reminder to stay safe. As we were waiting for the HSR bus a motorcycle performed a "pop wheeley" driving up past Liuna Station into town. Quite a feat, but a dangerous demonstration. Sorry, but we value our local families too much to let this go un-noticed.

Our thanks to all the volunteers at the Welcome Inn and what would we do without the folders of the Breezes? We couldn't do it without you—whatever transpires you never, ever, let us down. You are a stellar bunch.

Please remember, smile every day, some one will love you. Wendy we miss you!!

## A McMaster Student's Night on James Street North

by Kyle West

James Street North is full of wonderful local spots that can lead to a fruitful and fun night on the town. Some of my favorite places to go are local art galleries, pizza restaurants and record stores -- all with a very welcoming attitude leading to a great night out in Hamilton's North End.

If you want to start off with viewing some art, you can go to Hamilton Artists Inc., located at 155 James St N. Hamilton Artists Inc. is a local gallery that is artist run and supports the local arts community. Founded in 1975 by artists in Hamilton, it is intended to provide exhibit space for local artists. Hamilton Artists Inc. has staff that are always willing to chat about the artwork on display in order to help you enrich your knowledge of art and the local art community. This gallery is also very active in community events, such as Super Crawl.

Then after spending some time at the gallery looking at art, I get a little hungry and head over to Knead Pizza. Located at 274 James Street North it is not a long walk from the gallery and a great place to get a meal as it serves all kinds of pizza from the classics to BBQ inspired pizza with smoked brisket. The atmosphere is also fun as they have arcade games.

Finally, after having a meal I will go look at some records at the local Cheapies, which has been featured in an Arkells music video! Located at 67 King St E, Cheapies is just off James Street North and has a vast selection of music, movies and some memorabilia.

Before I sign off, however, I should mention Super Crawl. Super Crawl is, perhaps, one of the best known events that takes place on James Street North. Every September thousands of Hamiltonians and people from outside of Hamilton converge upon the North End to hear a line-up of established and up-and-coming bands. As the photo shows, I had a great time listening to the Strumbellas this year. *This is what I do on a night out in the North End, how about you?*



Photo by Kyle West

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## Fashion for November 2016

Alexandra Sempie

"The best things in life are free. The second best are very expensive." – Coco Chanel.

Winter is a very important time in the fashion industry. With dropping temperatures, designers are rushing to make new lines of coats, boots, and stylish sweaters. While many people compromise style for warmth, there are many different ways too look good and keep the chill away.

Let's have a look at what we can expect to see hitting the streets this November.

One of the staples in winter fashion is a good coat. While you need a coat to stay warm and comfortable, there are many different styles to choose from so you'll look as good as you'll feel. One of the biggest coat trends this season is a monochromatic style. Whether you pick a trench coat or a pea coat, a monochromatic look is a great way to stay stylish and warm this winter season.

Coco Chanel once said 'you can never be overdressed or underdressed in a little black dress'. A little black dress is a classic go-to for any fashionista's closet. No matter the occasion, or weather, a black dress is a knock-out. This season, black velvet dresses are all the rage among designers all over the world.

What outfit is complete without a kicking pair of shoes? This season, platinum shoes are all the rage all over the world. Whether you pick a boot or a sneaker, you'll catch everyone's eye with these rocking shoes!

In  
Open-toe booties  
Breton Stripes  
White fur

Out  
Cropped sweaters  
Leggings as pants  
Suede Shoes



Monochromatic style. Photo courtesy of Vogue Magazine



Platinum shoes.  
Photo courtesy of  
Vogue Magazine.

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## MOVEMBER - FOR MEN'S HEALTH

Ken Hirter

Movember is upon us, which means for many Canadian males it's time to search for a moustache style as they grow out their facial hair to raise funds in support of prostate cancer research. Grow a 'mo' in November!

### Prostate Cancer Statistics:

- Prostate cancer is the 3rd most common cancer in men in Canada.
- 24,000 men will be diagnosed with Prostate cancer.
- 4,100 will die.
- on average 66 men will be diagnosed with Prostate Cancer daily.
- sadly an average 11 Canadian men will die everyday.
- 5 year relative survival (estimates for 2006-2008) is 96%
- Prostate cancer cases make up 24% of cancer cases in men in 2015

(from Oct 13<sup>th</sup> 2016 "The Huffington Post" CANADA.)

Self examination is of the upmost of importance. Don't be embarrassed.....Your life depends on it. For more information please refer to:

Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca) 1-888-939-3333

### Movember Supporters:

- Architect Hair Design @324 James St. North will be donating \$5.00 from every haircut during the month of November
- Burlap and Twine @259 James Street.
- James Street General @95 James Street North (All natural products) from Bearded Nomad & the Grown Shaving Company.

Self care, looking and feeling good are all a part of the regime and essential parts of the movement towards men's health. Join in the movement this MOVEMBER!

"Remember again, Prostate Cancer is nothing to be embarrassed about."



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North End Breezes NOVEMBER 2016

PAGE 5

**REMEMBRANCE DAY CONTINUED (from page 1)**  
the largest supply of war posters and signs. Even the Hamilton born Win Mortimer, who would later go on to ink some of the most iconic Superman and Batman comic book covers and sequences, was honing his skills in the plant.

Westinghouse was retooled and expanded to produce anti-aircraft guns as well as parts for the Mosquito bomber. They also devised a system for producing cheaper and faster methods of creating aluminum. International Harvester made parts for Canada's first Lancaster Bomber. Arcelor-Mittal, then known as Dofasco, created a highly specialized steel plate used for armor. By the end of 1941 all the armor plate produced in Canada came from Dofasco. Stelco and Dofasco would produce half the steel in Canada near the end of 1945.

National Steel Car was involved in both wars. The Toronto plant fabricated steel bodies for trucks used during the first war. In 1939 it started an aircraft division in Malton, Ontario, building a reconnaissance aircraft known as the Westland Lysander III. The Hamilton division produced both artillery shells and parts for tanks as well as other military vehicles.

Firestone made both aircraft and vehicle tires including the hard rubber tires used as tank suspensions. Firestone also made self-sealing cells used in aircraft fuel tanks.

Even the women in Hamilton were busy making jams for the hospitals, refugees and evacuees in Great Britain. Almost 1.1 metric tonnes was shipped overseas by mid-1940. The women of Hamilton also packed P.O.W. parcels at a property leased by the Red Cross in Hamilton's downtown core; a staggering 3 million boxes at a rate of 10,000 boxes a month.

Hamiltonians, through many other impressive wartime achievements, certainly lived up to it's nickname of 'The Ambitious City'.



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## Craft Corner

By Shannon McCulloch

### Baby Sewing

So this one's not mine, but I was so impressed with it I wanted to share it with others. I asked Ms. Jeannette from Bennetto's Learning Resource Center (a play and learning group for parents to bring their kids 0-6 yrs of age) if she would mind if I wrote about it, and she said yes. So here goes.

It is a threading activity for little hands. Works great for the 1-4 age groups. You take a pool noodle and cut it up so the circles are about a finger or two thick. And then you want to cut about two feet length of ribbon and tie one end to one of the circles you just made. Once this is done they are ready to use.

You can do a few of the ribbons tied to different circles if you have a few kids that might want to do it at once. Then the kids can take the ribbon and thread it through the other little circles. Because of the size of the hole in the noodle pieces and the thickness of the ribbon, it's easy for little hands to work with. Also the texture of the noodle pieces gives a feeling the young ones seem to enjoy and encourages them to play with it. You could even find a nice soft silky ribbon to add more texture.

It was such a simple idea and yet in all my years of watching kids I had never thought of it, and really want to pass on this great idea. It's also a rather cheap thing to do, because you can get all the stuff at the Dollar Store or Walmart for only about 10-15 dollars.



Photo: Shannon McCulloch

## ROWING ON THE HARBOUR

By Graham West

It's 4:30 in the morning and you can't see anything except what is right beside you. All you can hear is the blades churning the water as the boat slowly creeps it's way closer and closer to the finish line. It's minus 5 degrees out but you feel like a furnace as the calm but vicious motion of rushing up the slide and rowing gives you the warmth you need. Watching the sun rise over the Burlington bridge or rowing



past families of swans, there's nothing quite like rowing whether it's fall, summer or spring. And there's no place to do it in Hamilton quite like Leander boat club.

Leander offers a range of programs from school rowing to recreational rowing to competitive rowing. It's a great place to go for beginners or experienced rowers of all ages. With phenomenal exercising equipment to amazing boats, Leander is well equipped for anyone who might want to come and row. It's located right in the North End and is a great place to go if you're interested in trying a new sport. It backs onto the Hamilton harbour, a beautiful place for people to go on the water and try out rowing.

There isn't anything quite like launching the boats and the feeling you get when you finally break into the harbour. It's a unique kind of freedom. You are free to go anywhere you'd like and you feel the jolting but refreshing wind brushing across your face.

It's on the harbour where you find some of the best athletes in Hamilton. There aren't many places where you can find the amount of hard work and dedication of rowers. Getting up at 5 a.m. and rowing for two hours is not an easy task for anyone. There's something special about all these people coming together and working this hard to support the same cause. That cause is— regatta or races.

The intensity and concentration that goes into the beginning of a race is the culmination of months of hard work and comes together at this explosive pinnacle. The silence of dozens of rowers all in their own boats waiting for that starting bell, then the incredible sound of blades entering the water as the coxswain commands the boat -- everyone rushing towards a common goal.

Finally, one boat crosses the line in victory!

**Fisher's**  
on James

Ed Fisher Proprietor

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**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 and beans.

**THURSDAY:** Baby Beef Liver smothered in  
caramelized onions, bacon & gravy with  
garlic mashed potatoes & vegetables.

### WING NIGHT

Tuesday: 5pm to close—\$2 off a pound

### \*EVERY NIGHT\*

10oz. New York Striploin Dinner  
Cooked just the way you like served with  
garlic mashed potatoes & vegetables

**NOVEMBER 11<sup>TH</sup> - THANK A VET!**

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

## DAVID REID SIMPSON

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Barristers, Solicitors & Notaries Public

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James R. Simpson, Q.C., Counsel

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

Make a difference with  
youth in Hamilton



For more information or to  
volunteer: contact Nicole at

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

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



## SEEKING ADULT VOLUNTEERS

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

**Pathways**  
to Education

**North  
Hamilton**  
Community Health Centre



### Port Update Learning Greenhouse Celebration

HPA is pleased to support the North Hamilton Community Health Centre's new Learning Greenhouse, which celebrated its official grand opening recently.

HPA contributed \$60,000 to the establishment of a new greenhouse on the grounds of the North Hamilton Community Health Centre, which is being set up with the help of horticulture students from Niagara College. The new greenhouse will enable NHCHC to offer horticultural therapy programs, build community partnerships that increase neighbourhood access to fresh local food, and grow seedlings for NHCHC's other community gardens.



### Operation Safe & Sober Success

The Hamilton Police Service (HPS) Marine Unit and Hamilton Port Authority (HPA) Harbour Masters Office/Port Patrol joined forces this boating season to help improve recreational boater safety in Hamilton Harbour. Operation Safe & Sober was underway from May 1 through September 30, with a focus on increasing awareness of safe boating practices, sober operation, and safe navigation around commercial vessels.

Of the 337 boaters stopped during the campaign, 131 (39%) had 1 or more violations present. Many of the issues police found were minor and were dealt with by way of verbal warnings and education. A total of 185 warnings were given, representing 85% of cases. Several boaters who received warnings upon initial inspection were stopped later in the season and found to be fully compliant.

**Have Your Say on the Port's Land Use Plan Update**  
Consultations continue on the update to the Port's Land Use Plan. Please visit the website at [www.hamiltonport.ca](http://www.hamiltonport.ca) to read what the plan is all about, and provide your feedback via the online survey. Watch for information about upcoming public meetings.

## NOVEMBER in the North End

PAGE 7  
North End Breezes NOVEMBER 2016

**LEAD Teen Drop-In @ the Welcome Inn**  
Wednesdays 6:00-9:00pm

**Junior High Impact @ Bennetto School (operated by Hughson Street Baptist Church)**  
Tuesdays 7:00pm—8:30pm call 905-527-3972 for details

**Junior High Girls Gathering @ Hughson Street Baptist Church (500 James St location)**  
Tuesdays 7:00-8:30pm call 905-527-3972 for details

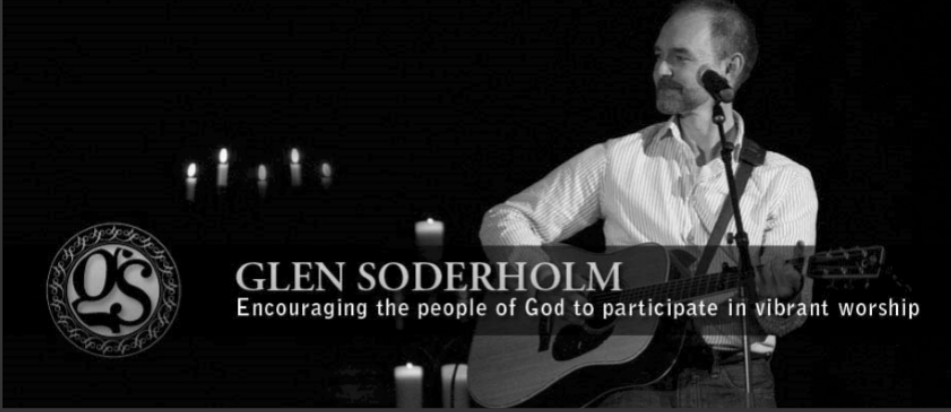

**Free Senior Tai Chi class @ Beasley Community Centre 145 Wilson Street**  
Saturdays 10am to 1pm. All exercise are low impact and can be adjusted for those with mobility challenges, and when exercising, please dress properly, wear comfortable clothes and shoes. Please call: Molly 905-741-6321 or George 905-549-6777.

**Karaoke Nights (adults) @ Our Corner (James & Picton)**  
Saturdays at 9:00pm

**West Harbour Community Conversation @ Evergreen (James St N, across from BMO)**  
Thursday November 24, 6:30pm

**St. Luke's Anglican Church Annual Bazaar  
at the Church Hall 76 Macauley St. E.**  
Saturday November 26th, 10am to 3pm.  
Gift Items, Bake Table, Crafts, Draws and more.  
Chili, Hot Dogs and Empanadas.

*Would you like your groups event listed here? Email [collins@nhchc.ca](mailto:collins@nhchc.ca) with your details. We'll put them in as space allows. Preference is given to events happening in the North End or in walking distance from here.*

	
<p><b>Saturday, November 12, 2016 @ 7:00 p.m.</b></p> <p><b>FREE ADMISSION</b></p>	
<p>A free-will offering will be received in support of Presbyterian World Service &amp; Development and Refugee Aid Program.</p>	<p>Central Presbyterian Church 165 Charlton Avenue West Hamilton, Ontario Telephone: 905-522-9098 E-mail: <a href="mailto:info@cpchamilton.ca">info@cpchamilton.ca</a> <a href="http://www.cpchamilton.ca">www.cpchamilton.ca</a></p>
<p>Central Presbyterian Church Celebrating 175 years of Christian Ministry in the City of Hamilton 1841—2016</p> 	





## 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.



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



### Bennetto School 50th Anniversary Tuesday December 13th Time: 4-6pm 47 Simcoe Street East

Come and join us as we celebrate the **50th Anniversary of Bennetto School!** The location of this event will be in the main hallway and small gym by the office. If you have any Bennetto memorabilia (i.e. pictures, buttons, awards, etc.) that you would like to share or donate for us to display, please drop them off at the office in an envelope with your name and contact information.

Just a friendly reminder- since this is an after school event, all children must be accompanied by an adult

### Hamilton's Tool Lending Library

by Susan Brooks

Doing renovations and need some tools to do it? Have an event happening and need some equipment to pull-it-off? Wanting to finish up with the garden and need some equipment? Hamilton Tool Library can make your day!

## THE HAMILTON TOOL LIBRARY

*Our Hamilton's Tool Library*, located at 575 King Street East, has a variety of tools and equipment that you can borrow to fix up the house and get those items from the Honey-Do Jar **DONE!** Small annual fees give you access to thousands of tools. There are tools to help you dig, and prune, and build what you need for the garden (including sawdust for 'Lasagna Gardening'!) If you have an event, you can borrow some equipment to help the good times roll such as: An Outdoor Jenga game, Snow Cone Machine or a Pop Corn Popper (a fee applies to Event rentals).

If you have thought about a painting project, building an addition, or starting a wood based hobby (kayak building?) and need the tools or the space to work -check out what HTL has to offer for you. There is space available to rent as you work on your projects, with tools and knowledgeable help available.

The HTL has classes for you to learn new skills in a variety of areas: renovations, woodworking, and clay, to name a few. If you have a skill and are interested in teaching, HTL would love to hear from you. Or if you are downsizing (or have a friend who is) and are willing to share your collection of tools for the betterment of Hamilton, please give them a call!

They are also looking for volunteers and taking cash donations. For each membership purchased, they give one membership free, to a family in need. HTL is carrying on a tradition of neighbor-helping-neighbor. If you want to help make Hamilton a better place for others, please drop by or call 289-489-6498 for more ideas. Look for them on Facebook and Twitter: [@hamtoollibrary](https://www.facebook.com/hamtoollibrary)

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

Please contact us at:  
905-523-6611 ext. 3004 [collins@nhchc.ca](mailto:collins@nhchc.ca)  
[www.northendbreezes.com](http://www.northendbreezes.com)  
Facebook: North End Breezes

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

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

[www.facebook.com/screenforlifecoach](https://www.facebook.com/screenforlifecoach)

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



You are invited to the

## Remembrance Day Ceremony

at the “Lost Monument”  
in the Hamilton Cemetery

November 5, 2016  
11:00 AM

Wreath laying,  
singing of anthems,  
and a moment of silence

(Wreaths supplied)

The Hamilton Veterans Tour to  
follow the ceremony.

Contact: Robin McKee  
905-544-9559  
robinmckee3@gmail.com



## Travel

with Sam Ion

North End Breezes NOVEMBER 2016

When a Mexican banker set out back in 1968 to find a beach that could be developed into a resort that would result in tourist dollars, the Bank of Mexico had stringent requirements for this new development. It took a thorough search before a slender tongue of land shaped like the number seven was selected. The quality of beaches and sand was extraordinary; the climate was temperate and stable, there was a highway less than ten clicks away; the mosquitoes weren't bad, and the lagoons fed by the Caribbean were gorgeous.

Millions of tourists know the rest of the story.

Cancun has a well-earned reputation as the place to party. Nightlife gets started about 10 pm and continues until the new day is well under way. Getting around is easy; just take a cab down the strip or catch the tourist bus that comes by every five minutes or so and costs a buck. But there is more, lots more. Shopaholics will adore it. It has all kinds of malls stuffed with goods from around the world. There are also several great flea markets.

A millennium before Columbus set sail, the Mayans enjoyed an advanced civilization on the Yucatan and in Cancun you're close to several important archeological sites. Chichen Itza, Tulum and Coba are all easily seen on day trips and there is even a small site right in Cancun. Eco-tourism also thrives in this region. There are nature preserves where flamingos and sea turtles come to nest and manatees and dolphins frolic, and the lush interior is a birders' paradise.

Yes, the beaches are indeed fabulous! And when you tire of swimming or sunning, there is plenty of fun under the water or above it. Diving and parasailing are both big attractions.

South down the highway is Playa del Carmen, a tiny fishing village when I first saw it, now a fun town that continues to grow, and grow. Tom and I spent a month right downtown a couple of years ago. Were we worried about safety? Not really. Tom was sometimes so comfortable with our little bachelor apartment he forgot to lock the door.

From Playa del Carmen you can take a ferry to Cozumel where under the water lies the world's second largest coral reef system.

North of Cancun is developing as well. On the mainland, ferries head off to Isla Mujeres, (island of Women) a totally different experience with so far a quiet laid back feel.

On the mainland north of Cancun, there are many resorts being built.

The banker had great foresight!

## From the “How it used to be file”



Cutting ice at the foot of Bay Street in the 1890's



**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

North End Breezes NOVEMBER 2016

## BENNETTO COMMUNITY CENTRE

450 Hughson Street North  
905-546-4944

[www.hamilton.ca/rec](http://www.hamilton.ca/rec)

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!

### Family Swims:

Mondays 5:30-6:30pm (FREE)  
Fridays 6:00-7:00pm (FREE)  
Saturdays 3:00-4:00pm (Regular admit fee)

### Public Swims

Mondays 7:00-8:00pm (regular admit fee)  
Tuesdays 6:30—8:00pm (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 24<sup>th</sup> 2016.
- On-line Registration Date: For Bennetto is Friday

### 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 25<sup>th</sup>**

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

Gyms are on Wednesdays 11:00am to 12:00pm. Ages 0-5 years with a parent.

**Are you an adult looking for some open gym fun?** Come out and try our **adult open gym**. Wed. from 1:30pm-2:30pm.

Looking to rent a space for your next event?

Baby shower, bridal shower, birthday or reunion. Why not try one of our many rooms?

Please call and inquire about our affordable hourly rental fees for our Community room, Common room, Auditorium and Gymnasium!!

#### Book Mobile

Tuesday 2:30-4:30pm Thursday 6:00-8:00pm

## BENNETTO COMMUNITY CENTRE

450 Hughson Street North  
905-546-4944

Looking to rent a space for your 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 and Gymnasium!!

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

## ST. LAWRENCE CHURCH

# NIBBLES & BIDS

# Loonie & Toonie Auction

**FRIDAY NOVEMBER 4, 2016**

Doors open 6 p.m. Auction begins 7 p.m.

St. Lawrence Parish Hall  
corner of Mary and Picton Streets  
**Admission \$5.00**  
(incl. light food & refreshments)

JOIN US FOR A CHANCE TO WIN!

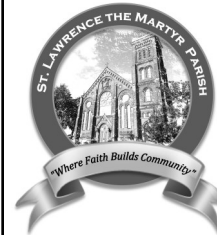
Gift Certificates  
& Gift Cards

Prizes of all  
shapes & sizes

Cash  
Prizes

Gift Baskets

For event tickets or for more information please contact Alissa at 905-308-1576 or email [aadenham@hotmail.com](mailto:aadenham@hotmail.com)



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

### Parish Pastor

Fr. Heinner Paucar, OMI

## NEW PARISH OFFICE HOURS

(Located in the Parish Hall)

475 Mary Street

8:30 am - 4:30 pm Monday to Friday

## Contact us at (905) 529-3921

Use this number to contact a priest, book a visit, inquire about sacraments, request hall rental info and much, much more!

Find us on Facebook at

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

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

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

### Mass Times:

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm Sunday: 10:30 am

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

## COME AND JOIN US!

**New Parishioners are always welcome**

# CWL Fall Penny Sale

St. Lawrence Parish Hall—475 Mary Street

## Saturday November 19th

Doors Open at 12 p.m. (noon)

Draws start at 1:15p.m.

Lots of Prizes—Bake Sale—50/50  
Special Draw—Lunch & Snack Foods

### Christmas Turkey Roll

Friday December 2<sup>nd</sup>

Doors Open at 6 pm - Draws Start at 8 pm

### CWL Christmas Bake Sale

Sunday December 11<sup>th</sup> (following 10:30am mass)

### Christmas Memorial Mass & Tree Lighting

Thursday December 15<sup>th</sup>

Mass at 7pm with Tree lighting, Carol Sing and Social to follow.



## WELCOME INN COMMUNITY CENTRE

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



### Seniors Diner's Club at Welcome Inn

Everyone is welcome to join us each Tuesday 12 – 2 for a hearty meal and some form of fun entertainment or learning.  
Cost: \$3.50  
Questions? Connect with Ruth  
@ 905-525-5824 or  
[ruth@welcomeinn.ca](mailto:ruth@welcomeinn.ca)



### Volunteering at Welcome Inn!

We have lots of opportunities to get involved and become part of this really fun, inclusive community. No experience necessary. We provide all the training. It's a great way to experience something fun, while building new skills, friendships and even your resume.  
If you have any interest in:

- Preparing and serving food
- Grocery shopping.
- Assisting in the food bank with packing boxes and organizing food.
- Working at New Horizons Thrift Store (520 James Street N). We are on the look-out for cashiers and folks willing to sort and/or price donations.
- Visiting Seniors in the neighbourhood.
- Driving Seniors on Tuesday.
- Washing dishes on Tuesday afternoon.
- A driver to help with picking up food for the Food Bank.
- Assisting folks to learn how to cook.
- Answering phones and just generally being a welcoming person to folks who come to visit.



Connect with Ruth to get the conversation started!  
905-525-5824 OR [ruth@welcomeinn.ca](mailto:ruth@welcomeinn.ca)

### New Horizons Thrift Store

520 James Street North  
905-529-6891

Monday – Saturday 10am – 5pm

New Horizons for November  
Winter's on its way...and we have what you need to bring in the season with some creative new looks that are both affordable and fun.  
Warm sweaters, crock pots, hot chocolate mugs, jackets, blankets, seasonal decorations, and lots of great books to read.



#### Remember this Date

**Good Food Box:** Pick up November 16<sup>th</sup>  
2-5pm at the Welcome Inn

## Coffee's On Fridays



### Hughson Street Baptist Church @ 500 James St N

(NE corner of Picton & James)

9:30AM—11:00AM

Join us for coffee, conversation,  
and if needed, receive some  
groceries from our Food Bank  
once a month.



**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**



### 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*



North End Breezes NOVEMBER 2016

### Her Majesty's Army & Navy

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

#### NOVEMBER ENTERTAINMENT

*Procrastination is the art of keeping up with yesterday*

Thursday	Nov 3 <sup>rd</sup>	Phil Myles
Thursday	Nov 10 <sup>th</sup>	Neon Moon
Thursday	Nov 17 <sup>th</sup>	City Kidz
Thursday	Nov 24 <sup>th</sup>	Big John & The Night Trippers.

*A woman came home to find her retired husband waving a rolled up newspaper around his head.*

*Wife: "What are you doing dear?"*

*Husband: "Swatting flies—I got 3 males and 2 females"*

*Wife: "How on earth do you know which gender they were?"*

*Husband: "Easy - 3 were on the beer and the other 2 were on the phone."*

WE HAVE LOTS TO OFFER.

THE BEST BAR TENDERS. GREAT MEMBERS AND FRIENDS YOU HAVE NOT MET YET.

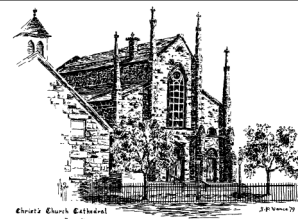
Join us for EUCHRE Every Tuesday at 2:00 pm.  
DARTS OPEN HOUSE on Saturdays. 6 Boards available.

WE HAVE A GREAT HALL FOR RENT. \$250.00.  
WE ARE CLOSED SUNDAYS BUT IT IS  
NEGOTIABLE.

**CALL 905-527-1000**

### Christ's Church Cathedral

252 James Street North  
905-527-1316



Holy Eucharist

- Monday, Wednesday & Thursday 12:15 pm
- Tuesday 7:30 am
- Sunday 8:30 am

Choral Eucharist

- Sunday 10:30am
- Everyone Welcome!

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



*Get Fresh  
With Us!*

**Williams**  
Fresh Cafe

Open Daily  
8am to 11pm

on Hamilton's Waterfront  
47 Discovery Drive, Hamilton  
[www.hamiltonwaterfront.com](http://www.hamiltonwaterfront.com)



### Children's Breakfast Club

Breakfast Club is a FREE before school program for students and their families. We offer a nutritious breakfast, games and activities, and homework help every morning before school.

**Who?** All Bennetto, St. Lawrence, and homeschooled students and their families are welcome at Breakfast Club!

**When?** Breakfast Club is open every school day, from 7:45 am until school starts.

**Where?** St. Luke's Parish Hall (76 Macaulay St. E.) - on the corner of John St. N and Macaulay St. E.

#### What's for Breakfast?

**Mondays** - Freshly Baked Muffins

**Tuesdays** - French Toast

**Wednesdays** - Scrambled Eggs & Toast

**Thursdays** - Toast Thursdays

**Friday** - Pizza Bagels and Yogurt Parfaits

**EVERYDAY** - Hard boiled eggs, fresh fruit, cereal, oatmeal, milk, and juice.

Questions? Please call or email:

Jenna at (905) 523-6611 x 3007 or  
[mchugh@nhchc.ca](mailto:mchugh@nhchc.ca)

Scott at (905) 523-6611 x 3006 or [paige@nhchc.ca](mailto:paige@nhchc.ca)



### Walkabout with Ken Hirter

The downtown **Hamilton Public Library** (HPL) is located at 55 York Street here in beautiful Hamilton.

It all started in February 1890 at a downtown location with the Barton Street location opening in 1908. Sadly the branch location in the North end had to close a few years back but have no fear as little pop up take a book libraries have been appearing on some of the side streets here in the North end.

The HPL has a bookmobile located at the Bennetto Community Center parking lot on Tuesday and Thursdays, check their ad for the times. The Welcome Inn Community Center located @40 Wood Street has a mini Library as well as a little take a book replace a book little depot.

Andrew Carnegie funded a new main library which opened in 1913. It was replaced by a new location to the present six storey Central library in 1980. For a listing of services from free movies in their auditorium, community of calendar of local events and list of branches check out their great website.

Who doesn't remember the right of passage as a child of receiving your first library card and the responsibilities entrusted in your hands? For myself, it was peace and quite as I worked on class projects. As a reward for completed projects I would take out a book or 2 (biographies for me) and of course record albums to play at home.

Not much has changed in 45+ years. I still read my biographies and although record albums have been replaced with new technology and designated computer areas, the cost is still FREE. Perhaps the only change over the years is an increase in late fees.

Check out the beautiful downtown Hamilton location with it's beautiful mural as you enter it's main foyer/lobby. On a recent visit a tourist from Vancouver asked me where the books were. I indicated at the back as we stepped out of the elevator. She loved this library and I had a nostalgic flashback to Vancouver when in the summer of 1985 when I applied for a job as a librarian.

Hence to say I didn't get the job and I moved to Toronto in the fall of 1985. Some 30 years later I now make my weekly or bi-weekly trek for my biographies, movies and/or television series—my entertainment for the upcoming weeks—and yes, the cost is still FREE.....

So take a stroll to your local public library today and let's all make reading a book popular again!

Till next month's Walkabout - take care of you and those around you. Cheers and make it a good day!

### 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](http://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

## FREE CLASSIFIED ADS

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

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

#### 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](mailto:garageland@halomusic.ca)

**Personal Support Worker wanted** for morning shifts from 10 AM to 1:30 PM. Personal care and meal preparation. \$17 per hour. Please e-mail resume and questions to [Istoeten17@gmail.com](mailto:Istoeten17@gmail.com)

**Minion Parties, Costume Parties**, Various characters. For kids & Adults. Call Sandra at: 289-925-5990

**Earlee the Clown** For best birthday party only \$75.00 per hour  
Call 289-439-0166 for details

**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](http://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

**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](mailto:sacha@sacha.ca). 24 Hour Support Line 905-525-4162.

**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!!

**Employment Opportunity:** Local delivery company, looking to hire a mature adult for evenings and weekends to deliver beer and alcohol to customers homes from the Beer and LCBO stores. Supplement your income, steady work and it is getting busier as the weather gets cooler. Great for retirees or someone who just needs extra spending money. If you are interested, please call **289-799-2560** during the hours of 10am to 8pm or leave message. No experience is needed, we will train you.



### DONORS 2015-2016

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

Joan & Morley Balinson, Harold Baynham, Lillian Brown & Anna Paris, Alan (Tubby) Bruce, Jim Davies, Mary & Vic Coomber, Kathleen Flood, Edward Gleeson, Hamilton Community Legal Clinic, William MacKinnon, Clarence Maitland, Clayton Mitchell, SIR Administrations, Shoppers Drug Mart, Edna Snelling, Ed Stewart, Larry & Pat Taggart, Joan A. Thompson and Robert & Mary Young

#### Century Club donors (\$100+)

Robert Gregson, Patricia Gudlaugson, Stan Obremski, Sheri Selway, TCA/Their & Curran Architects Inc. and Anne Tennier

*donor names are published with their permission*