



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

GIUSE STREET CO-OP CELEBRATES 30 YEAR ANNIVERSARY



Congratulations and happy birthday to the Guise Street Housing Co-operative which turned 30 years old last month. In celebration of its 30th anniversary, there was an open house held at the Macassa Bay Yacht Club, which was attended by the public and members of the co-op. There were some guest speakers, among which was MP David Christopherson who made an impassioned speech about the virtues of co-op housing. Following the speeches was a buffet and cake cutting. In the 1980s, Hamiltonians planned to create a community run and owned apartment building in the North End. The land they got was prime real-estate overlooking the harbour and was coveted by many. All the different parties vying for the same plot of land culminated in a dispute against the Harbour Commission Board, in which the Co-op had to fight for its right to exist. The Ontario Municipal Board eventually sided with the Co-op and now, 30 years later they are the standard that other co-operative housing solutions look up to.

By John Pasion

A personal letter from Pastor Dwayne Cline:

The recent murder in our community touches all of us to the core. Some of us are moved because we knew the victim. Some of us are moved because we know his family. Some of us are angry because the victim had barely entered adulthood. Some of us are angry because it happened so close to home. And all of us know something is tragically wrong. Young men aren't supposed to be killed. Mothers shouldn't bury their children. Communities can't thrive

when they cower in fear.

We want to be safe in our neighbourhood. We want our children to play freely. We want to walk and cycle our streets at liberty.

I love this community. I have lived, volunteered and worked here for over 20 years. Aimee and I are raising our four children here. I know there will be efforts towards change, and the efforts will help. Committees will be struck. Ideas will be generated. Some will be implemented.
(continued on page 8)

Courage, Strength, And Grace Under Pressure



Who Are The People In Your Neighbourhood?

Anne Marie Pavlov

STACEY NOVA is the full time day bartender at Our Corner and is a very warm and friendly presence in our neighbourhood. She is a beautiful soul who very recently had a very scary episode that ended up proving to everyone the depth of her courage, strength, and grace under pressure.

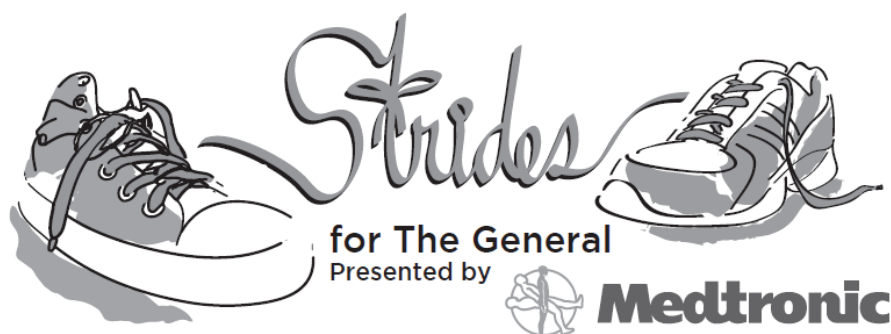
Around noon on August 10th, loyal customer Ronnie

Boyce was enjoying some breakfast at Our Corner, and Stacey was on the bar. Ronnie very suddenly went into medical distress, and Stacey sprang into action. Someone called 911, and she performed CPR mouth to mouth, and administered chest compressions until an ambulance arrived. He was transported to Hamilton General Hospital, where he was treated for a heart attack. The paramedics told her that if it wasn't for her lifesaving emergency response, Ronnie would have been gone. Stacey deserves an award for her quick action and clear thinking. Her bravery and courage will not go unnoticed in this community. She is a local hero and a shining example of the heart that the North End is famous for. If you have a moment, go in and give her a hug and a thank you, and if you can, learn how to perform CPR in case someone ever needs you to save their life. Thank you Stacey!



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Eviction for landlord's own use

Hamilton Community Legal Clinic

If a landlord is acting in good faith, it is perfectly legal to terminate a tenancy "for their own use." This is allowed under section 48 of the Residential Tenancies Act (RTA). "Own use" means that the landlord wants to have the unit for residential purposes for himself, his spouse, parent, spouse's parent, or a person providing personal care services to these individuals. The landlord must issue a N12at least 60 days prior to the proposed termination date.

Landlords don't always act in good faith, of course. In some cases, terminating the tenant provides an opportunity for higher rent charges, for example. If the landlord is not acting in good faith, the tenant can refuse to move out. The tenant then needs to bring an application to the Ontario Landlord and Tenant Board and force the landlord to prove good faith.

The tenant needs to present evidence at a hearing such as that the landlord has put the property up for sale.


In a situation where the landlord *is* acting in good faith, the tenant has some options which can at least delay the eviction for an extended period. That is because, under section 83 of the RTA, the Board is given authority to have "regard to all the circumstances." Recently Clinic Staff Lawyer Marla Brown was successful in arguing that a 25-year tenancy not be terminated as it was determined that the tenant would not be able to find alternative housing in the area at a comparable price and that the termination would have a "dramatic and stressful effect on the Tenant."

It is important to note that the landlord's circumstances must also be taken into account. If a tenant moves out but believes that the landlord has acted in bad faith or terminated their tenancy on false pretence, they can bring a T5 application against the landlord. If successful, the tenant will likely receive financial compensation but probably not get their unit back. A former tenant has 12 months to do this.

Reform is in order. We'd like to see the RTA changed to catch bad faith by landlords. An amendment to the Act to provide tenants more time to find a new place would be a good idea as well.

This short column has covered a complex area in very brief form. For more information, refer to the Clinic's Fast Facts page (www.hamiltonjustice.ca) or call us at 905-527-4572 for advice.

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



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The North End – Banding Together to Improve Health Care

By Michael Cordeiro

From food drives to community clean-ups and everything in between, the North End has a great reputation for taking care of its own.

Having recently joined Hamilton Health Sciences Foundation, I have seen the difference small communities can have on the greater region—and an upcoming event will give our neighbourhood the opportunity to have a great impact once again.

Growing up, my relatives were usually sent to Hamilton General Hospital whenever they had a medical issue. The General was always the first thing that came to my mind when someone mentioned the word "hospital." In fact, as the regional centre of excellence for cardiac and vascular care; neurosciences; trauma and burn treatment; stroke; and rehabilitation, I bet a lot of readers have a loved one who was treated at The General.

On September 19, The General's biggest fundraiser, *Strides for The General*, will be held at our very own Bayfront Park. I will be in attendance and will take pride in seeing my North End neighbours there as well. We will come together at this family-friendly event to help provide better health care. We will make a difference on a regional level, and in turn, let the 2.3 million people in our region know that we are proud of our great neighbourhood.

I look forward to seeing you there!

LOVE

Love is sharing, caring. The waiting,
the wondering
It could happen out of the blue
Beyond life's dreams
It maybe for you
Maybe not

Precious laughter & tears, that come
with the years
Gracefully born with wings, &
shines with wondrous
things, this is love

Hesitating, knowing
That all self is giving
We know that love
in itself
Is the reason for living.

By Mary Manner

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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)

Young Adult Writing Workshop Announcement

Do you have a story you would like to share with the community, but you're not a fan of writing? Do you want to see your name printed in black and white for the whole town to see? Are you interested in becoming a journalist but you don't know where to start? The answers to these questions and more can be found at the new Young Adult Writing Workshop!

The Writing Workshop will give teens the information they need about how to write for newspapers, from proper grammar to story structure and more! The Writing Workshop is located in the Community Room at the Health Centre and will be taught by a professionally trained journalist. Come on down for an evening of writing, story telling, and lots of fun! Who knows, your story could be the next front page article.

Young Adult Writing Workshop:

Wednesday, September 16, 5pm-8pm

Contact: 905--523-6611 ext. 3004 or

collin@nhchc.ca for more information

North End Breezes, 438 Hughson St. N. Hamilton



NORTH END BREEZES MISSION

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

VISION

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

NEVADA PULL TICKETS

Nevada Tickets are on sale at James Milk.

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

CITYKIDZ BUSES KEEP ROLLING



Age doesn't really matter. When the calendar changes to September anticipation fills the air. At CityKidz things are no different. The staff and volunteers are ready to roll—anticipating the smiles, hugs and high fives from their “kidz”. The big red buses are returning to neighbourhoods near you, ready to transport the “kidz” to their Saturday programs. From Kinder Kidz to CityKidz the excitement is high because they know that after the summer break they are in for Saturdays filled music, laughter, love and food. Saturdays where everyone is included, where everyone is important, where everyone is given the gift of hope.

“CityKidz - you are so awesome because you like to act on the stage and you are hilarious. Your games are fun too. When I go to CityKidz I feel happy and special!” (Tim, 7 years old)

“Not only do you get to sing at CityKidz, you get to sing on the bus too! It's amazing!” Tiffany- happy the program is starting again.

CityKidz Youth (City Youth) will again gather on Wednesday evenings, spending time with mentors, talking about life situations and gaining the confidence to know they can rise above their circumstances. In a community where they feel that each of them is important they learn to trust and they become stronger and more resilient.

Even though the weekly programs stop for July and August CityKidz does not stop caring about their “kidz”. Home visits, done every week by route captains and Junior Leaders reminds over 2000 “kidz” and their families that CityKidz is always there for them and they are never forgotten.

CityKidz summer program “Summer to Remember” (S2R) works alongside local camps and activity centres to provide children with the opportunity for new, life-changing, memory making experiences. The big red buses, driven by dedicated volunteers, transported over 625 City Kidz to day camps, overnight camps, special activities and on special excursions. At the end of the day or week happy, smiling “kidz” jumped off the bus filled with forever memories of fishing, campfires, roasted marshmallows, songs and skits, crafts and games, unexpected surprises and new friends.

THANK YOU to all who made S2R possible!

Yes, it's September and the amazing new program is starting. CityKidz will once again reach out to Hamilton's children with the message that they are amazing, they have a purpose, they matter, are loved deeply and they really can dream big.

Check out the website www.citykidz.ca

CRAFT CORNER — Fun Fails

Shannon McCulloch



Well not all crafts or experiments can work out the way we plan them.



I found a recipe for easy-to-make polymer clay:

2 cups baking soda, 1 cup corn starch, 1.5 cups water
food colouring and cookie cutters
Put soda, starch and water in bowl and mix; add food colouring.

It was supposed to dry to look like porcelain, and the kids were supposed to make all kinds of stuff with it. We chose charms. So I got all the stuff for it and we started pouring and mixing. Well all the kids took what charms they would like to make using the cookie cutters. (I picked them up from the dollar store.) After mixing it all up we took a small hand full each and tried moulding it, but it just kept melting between our fingers. If set it out on the table it melted and ran everywhere. In the bowl it was hardish and rubbery. We did not make our charms but it seems we had made Flubber. The kids very much liked the feel of it and really enjoyed picking it up and running it through their fingers and letting go back in the bowl.

My 15-year-old son, who had come to help me do the craft with the kids, seemed to have the most fun with it. When the younger ones had lost interest and moved on he got a cup and spent an hour playing with it. Scooping it up and pouring it back. Placing the cup on top and watching the stuff slowly suck it in. It made quite a mess. The stuff we tried on the table and the stuff that got away from us all cleaned up easy enough with a bit of warm water. It was truly a Fun Fail.

After trying to see what went wrong, it seems I should have cooked it after mixing on medium heat till it was too hard to stir with a spoon. We'll be trying again some day!

Hunter Knight

Hi it's Hunter with teens corner once again. Hope you all are having a great summer, I know I am.

My summer is going good. But I feel bad because all the days seem to blend together and because of that I missed the day I was support to go volunteer at the Welcome Inn. So to the Welcome Inn I'm sorry that I missed that day. I'll be there next time.

There's some good things I like. There is a Pathways member teaching me and a few of my friends to play dungeons and dragons. It's a fun thing to learn. I am really into it and My grandfather in North Bay sent me all his old stuff to get started, and I have picked up a few starter things since at the game store in Jackson Square, with the money I have earned walking dogs.

I like this heat more then I liked the cold. In this heat I can bike without having to wear a lot of layers of clothes. I bet most of you feel the same way as me. It's just too bad the beaches close to home are no good for swimming.

The summer is great for going on vacations. Me and my family went on an eighteen-hour drive to see our family in New Brunswick for a week. It was my first time out of this province, and my first time seeing and going in the ocean. It was a really fun time.

I'm wondering is if the schools are going to go on strike. Will it would just be elementary schools or high schools too. That would mean more time having summer. But how will school be when we get back? Will the days be longer or what? Because they have to do something so all the students get the same amount of school time.

This has been Hunter with teen corner. Talk to you next month. Hope you enjoy the rest of your summer.



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Volunteer View with Maryam Niaz Muhammad



What do you enjoy about volunteering with the programs at North Hamilton Community Health Centre?

Firstly, everybody is so friendly—I feel so welcome and everyone is so kind. I also like all the kids that come to the program.

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

I remember one time we were making tacos—it was my first day and I was very shy. One of the staff encouraged me to eat the food. I felt welcomed and the program helps the kids to feel welcome—I like that.

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

The Health Centre is the best thing about the North End. For example, the Park n' Party brings out the whole community—I really like it!

What inspires you?

I am inspired by Health Care—I really want to go into Health Care in the future. I am also inspired by my mom. She got her degree and she inspires me to further my education.

What is your favourite quote/saying?

If there is any hope for the world it can only be in small acts of personal kindness

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

NORTH END REUNION NORTENDER OF THE YEAR:



MORLEY BALINSON was this year's "Northender of the Year". His award was presented to him on Saturday, July 11th at the North End Reunion at the Macassa Bay Yacht Club. (Photo by Ed Stewart)

ELDERBERRIES



Pamela Townsley-Winter



Welcome back! Where has our summer gone? Mother Nature tried with global warming which gave us a strange mix of highs and lows – no matter or rhymes and reasons—very hot days, and most

nights quite cold and out came the blankets.

I love hot weather and as it was a case of 'stay-cation' it meant no long journeys, no air travel, so Megs and I planned lots of local trips, most on our doorsteps, and we enjoyed our get-aways. I would like to share with you one surprise. Right in the heart of downtown behind City Hall, lies the McQuesten Home and Garden, and every Wednesday from noon until 2p.m. there is indeed a secret garden, behind high walls there is a place full of flowers and shrubs with live music, everything from Dixieland, jazz and folk. There are staff dressed, Downton Abbey style, umbrellas and tables set on the lawn and tea served in the best china cups and saucers, lemonade served in a large punch bowl. Home-baked cookies 2 for a dollar and unlimited cups of tea or lemonade for 1 dollar. An air of gayety, fancy hats and a joyful buzz in the air of conversation and meeting new friends. I must admit this became our favourite start to the week—thanks to the city for this wonderful idea, see you next year.

Just a hop, skip and a jump took us into the Art Gallery and the annual picnic and barbecue taking place in the garden of statues, this year was a special treat—the green space was covered by a large tent draped in white and graced by half a dozen chandeliers and spotlights all very elegant and a lovely respite from the heat, especially for the little ones.

Once again we enjoyed those talented dancers from the Ballet Jorgen displaying what is to come for the Nutcracker at Christmas. So we went from a grandiose setting to viewing some art displays followed by a talented bubble artist. Amazing display climbing high to 7 feet tall. We were kids again, and saying, how does she do it? More magic on our doorstep.

We travelled on our old-fashioned trolley down to our Bayfront, so happy to see the *Harbour Queen* all spic and span and ready for local cruises and amazing sunsets to watch. Oh, and don't forget the fireworks display over the bay and the matched music dancing in the sky above to the *1812 Overture*—fabulous. Thank you, Boris Brott and those talented musicians. It was great sampling the variety of restaurants, one favourite in particular, the Wild Orchid on James at Barton—sit on the patio and

dream of warm Portuguese nights, sangria and mussels.

We tried out some of the newer movies and were given a promotional pack of popcorn, pop and candy. Thank you, Landmark Cinemas.

We window shopped on James Street North, sampled the bakery—great for compiling your own picnic basket, around the world choices and once again on our doorsteps. Another couple of best picnics, the North End Annual Reunion at Macassa Bay—great friends keeping North End memories afloat. The Health Centre's annual Park n' Party picnic bringing many new faces and colourful clothing with a festive air plus the soccer balls to celebrate the Pan AM Games and certainly there will be lots of both sexes saying, "Look out Beckham and players—here we come."

The list has only been scratched and I sincerely hope we all hold up our heads and say we are proud to be from the Hammer. Enjoy preparing the families for back to school and to add it doesn't cost a fortune to have a stay-cation. Support our local library to read all about those faraway places—and enjoy the ones we have right here. Let's support our local market, it is a sheer delight for sights and senses.

It's wonderful knowing the thrill of the Blue Bikes and plan to discover our area whether it be by water or good ole shanks pony and we are blest to be living here, we are so fortunate and you are the folks who make it happen.

Pam & Megs



Mature Adult's Writing Workshop Announcement

Have you ever considered writing for North End Breezes but decided against it because you feel your writing could be better?

Want to get your message out there, but you think people won't read your article? If you answered 'yes', then come on down to the Writing Workshop in the Community Room in the Health Centre!

The Writing Workshop is a session in which people from the community will be taught how to write like a professionally trained journalist by a professionally trained journalist. Community members will learn about proper formatting, grammar and punctuation, as well as what newspapers look for in a story they want to publish. Learn how to write naturally and be comfortable with your words.

So come on down to the Community Room in the Health Centre for a class of writing, story telling, and fun! Maybe your article will make the front page.

Adult Classes: Thursday, September 17th, 9am-12pm
Contact: 905--523-6611 ext. 3004 or
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VOLUNTEER CORNER

Become a Land's Inlet Steward! The Hamilton Naturalists' Club is a volunteer based charitable organization that has been protecting nature and promoting public awareness of the natural environment since 1919. Help us maintain habitat for birds and butterflies by caring for this large wildflower planting site. We'll be meeting each month to weed, spread wood chips, clean up garbage and add new plants (spring and fall). Join us at 7:00pm on the 2nd Thursday of each month, beginning September 13th. Work gloves and training are provided. Fun for all ages! For more information please contact Jen Baker at 905-524-3339 or land@hamiltonnature.org.

SACHA - If you are woman identified and would like to help survivors of sexual violence, consider becoming a crisis line volunteer. Once trained, you volunteer from home. We are now screening candidates for our next training program beginning September 2, 2015. As part of SACHA's work against racism and other oppressions, we strive to reflect the diversity of the communities we serve. Cisgender (non-trans) women and trans women who are First Nations, Métis, immigrant, refugee, lesbian, bisexual, women from racialized communities and women with disabilities are encouraged to apply. For more information, please contact Miriam at (905) 525-4573 ext 222 or clvol@sacha.ca. Information is also available on our website at www.sacha.ca.



BOOK CLUB CORNER

Kit Darling

The Bay Area Book Club is taking a break for the summer in order to tend to our gardens and catch up on our summer reading until our first meeting in October. In the meantime, here are more recommendations from the book club members. Most of these titles are available at the Hamilton Public Library. Visit the Bookmobile during its Tuesday 2:30-4:30 or Thursday 6:00-8:00 stops at Bennetto Community Centre.

Gray Mountain by John Grisham. The story is set in Virginia in the heart of Appalachia. A New York City lawyer, Samantha Kofer, goes to work at a legal aid clinic in a small town. She finds herself caught up in the dangerous world of coal mining and the fight against Big Coal.

Mary Janeway: The Legacy of a Home Child and Whatever Happened to Mary Janeway by Mary Pettit are the story of Mary Janeway, born in Scotland in 1884. At 8 Mary was sent to an Ontario farm as a Home Child to be a domestic. The books chronicle her life and hardships on the farm and later in Hamilton. Ultimately, her inner resolve and indomitable spirit brings her life a quiet joy.

Etta and Otto and Russell and James by Emma Hooper. After reading the first paragraph of the fly-leaf blurb, it is impossible to stop reading all the way to the end of this first novel by Emma Hooper. "Eighty-two-year-old Etta has never seen the ocean, so, early one morning she takes a rifle, some chocolate, and her best boots and begins walking the 3,232 kilometers from Saskatchewan to Halifax." Along the way, she meets up with a talking coyote named James who accompanies on her journey. In turns funny, sad, poignant and uplifting, this is a must read.

And now for 3 tales from the prolific pen of Donna Leon. *Falling in Love*. A room full of yellow roses doesn't sound threatening but for opera star Flavia Petrelli it is ominous. Someone has been showering her with roses on stage at the end of performances in London, St. Petersburg and now in Venice, where she is performing the title role in *Tosca* at La Fenice. In Venice, she returns to her dressing room at the end of a performance to find the room filled with glass vases full of yellow roses. There is no note. Events become more sinister and violent, and Commisario Guido Brunetti finds himself facing escalating violence as he tries to unravel the mystery and prevent harm coming to Flavia.

Sea of Troubles. On the small island of Pellestrina in the Venetian Lagoon, a boat burns and sinks. The next day the bodies of two men, father and son, are discovered by police divers. The men have been murdered. The community is small and close-mouthed with strangers, even other Venetians. To solve the mystery, the clever and beautiful Signorina Elettra, the secretary of Brunetti's boss, volunteers to visit her relatives on the island and see what information she can gather. The story ends with a violent and gripping climax.

Jewels of Paradise. Caterina Pellegrini, is a scholar of baroque music, is unhappy in her post at an English university. She accepts a temporary job in Venice. Her employers are two cousins, both shady in their motives and their reputations. Two trunks belonging to an early baroque composer have been unearthed at a religious order. The cousins believe that the trunks contain riches and would provide proof that they were the legitimate heirs. Their lawyer, who hired and supervises Caterina, has hidden motives. In the end, the much anticipated jewels are not what the cousins expected. As always with Leon's novels, Venice is also a star—the canals, the food and the history.

Fashion for 2015

Alexandra Sempie

"You can never be overdressed or overeducated," - Oscar Wilde.

As we wave goodbye to summer and say a friendly "hello" to fall, we also wave goodbye to our summer wardrobe. Out with our tank tops, bikinis, and shorts and in with our sweaters, jeans, and boots. As the leaves change colour and we switch from lemonade to a pumpkin spice latte, lets have a look at what we can expect to see in the world of fashion this season.



Car-wash pleated skirts. Photo courtesy of Elle Magazine

It's too cool for shorts and it's too warm for jeans, so what's the best option for staying comfortable and looking great? A knee length skirt of course! But if you think a knee length skirt is a little bland and outdated, fear not, because this season car-wash pleated skirts are all the rage. Whether you're taking the business world by storm or meeting your friends for coffee, the car-wash pleated skirt is your go-to piece for any occasion.

Hands up if you love your combat boots! I don't think I could go a week without my boots, they go

with anything and everything. Following the harsh winter we had, many designers are taking to the classic black combat boots, perfect to stop through all that snow. While combat boots come in a large variety of colours, what's hot this season is the black combat boot, perfect for spotting against the snow. Bonus points: black goes with everything, so don't be afraid to mix and match your colours!

What outfit would be complete without the perfect accessory? Sometimes the accessory is what makes the outfit. Start raiding your grandmother's jewelry box, because brooches are making a huge comeback. Whether you wear them on your shirt, coat, or even your pashmina, brooches are a beautiful eye catching piece that says "hey world, retro is always in style!"

What's hot and what's not:

Hot
Sparkly jewelry
Stacked kitten heels
Box bags

Not
String bikinis
Oversized jewelry
One shoulder dresses



Combat Boots. Photo courtesy of Elle Magazine

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Family Health and Fitness

This month we are looking at ways to connect the family through health, wellness and fitness. We all know that keeping active is important, but it's often difficult to motivate ourselves to exercise. The best way to stay active is to do something you love with the people you love! Research has shown that a family that does activities together, even as simple as eating around a dinner table instead of the TV, lives happier lives. Spending quality time with your loved ones will increase your energy levels, mood, and motivation to keep active. Show your family the importance of patience and nurturing by planting your own fresh vegetables at one of the North End's community gardens. Involving children in meal preparations will help them grow into responsible adults, as well as creating memories that you will all cherish forever.

While we're on the topic of food, gather the family and head on over to the North Hamilton Community Health Centre's Breakfast Club to enjoy a fun and free breakfast! After eating a healthy breakfast, make sure you burn off all those calories at one of Hamilton's recreation centers.

The Recreation Fee Assistance program makes it fun and easy to bring the kids to the pool to beat that summer heat, or to get active in the community. Hamilton is also home to one of the largest collections of waterfalls in the world found along the Bruce Trail and the Niagara Escarpment. A picnic at one of the Hamilton Conservation Areas can be an excellent way to get everyone in the family back in touch with nature. Hamilton has a great many things to offer to all ages, and so many secrets waiting for you to uncover. Get out there and make memories that you and your family will never forget!

Kurtis Marvyn, NHCHC



The importance of vaccination

Getting your children vaccinated is the single best way to protect their health. Vaccines are made with a tiny amount of dead or weakened germs. You can help your children stay healthy by ensuring they get vaccinated on time and by keeping their shots up to date. Vaccines help the immune system learn how to protect itself from harmful germs and develop the necessary defences to fight disease and stay healthy.

Many parents of young children have not seen serious vaccine preventable diseases, so some are more concerned about side effects related to vaccines other than actual diseases that the vaccines prevent. Some people believe that getting the disease is safer than the vaccine. It is important for parents to realize that a child's immune system is strong and has no problem handling weak or dead germs. However, if unvaccinated, the child may catch the real disease and the result can be very serious or fatal.

Vaccines work best when children are young. Children are vulnerable to disease and the consequences can be serious. What doesn't make an adult sick may make a child sick. The vaccination schedule is designed to protect your children before they are exposed to preventable diseases.

Routine vaccination for children is free across Canada. Get your children vaccinated by your healthcare provider or look in the phone book for a local public health unit.

Justine Cole, RN, NHCHC



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

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Liberal



“Remember when the mailman came to your door...?”



By the time you read this my home delivery from the mailman will be gone, gone like the milkman, breadman and assorted other quaint home deliveries of long ago.

I am in Ward 7 on the mountain, where this non-delivery, pick-up-your-mail will be gone and the large

mailboxes down the street will have arrived in Hamilton. Eventually it will happen to you good folks in the north-end of Hamilton too, so enjoy it while it's still there.

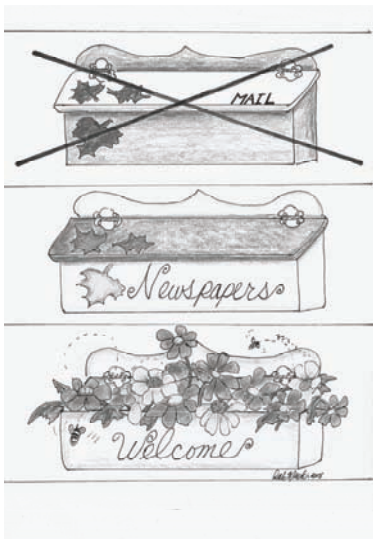
I tried to fight it. I signed the petition and placed my, “Save the mail delivery” sign on my lawn. I took it for granted that my mail would always be delivered, but alas it was not to be.

I turned 60 last week. I will cherish the memories I have of getting my mail from the postie.

I do clearly remember the popcorn man with his little red cart, the knife sharpening man clanging his bell up and down the street. The Fuller Brush man, Watkins deliverers pitching their products long before Avon made a call or placed their booklets in the mailbox. Do you remember your parents buying a vacuum cleaner or encyclopaedia from a guy who came calling at your door? That vacuum picked up dirt well but weighed a ton. I think my mother cursed it the day Dad bought it, and boy it wasn't cheap. The encyclopaedias, which included medical books, children's stories and dictionaries came in very handy for school projects. It was like a library in your home.

So what do I do with my mailbox, with my painted on it? Do I repaint it and change it to “Flyers and Newspapers”? I wonder if there will be a long list of mailboxes for sale or free on kijiji. Of course I could always line it, fill it with dirt and turn it into a planter. Ah progress...sigh

Hamilton artist/ writer, Deb Mack



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 September 2015

North End Breezes SEPTEMBER 2015

September 11 to 13, 2015, Art Crawl September - Super Crawl. Please join us at the Tourism Hamilton Information Centre from 9 am to 11 pm for Super Crawl. Details TBA as we participate in the Super Crawl. Where: Tourism Hamilton Information Centre, 28 James Street North, Lister Building, Hamilton.
www.tourismhamilton.com/?s=art+crawl

Canadian HARD of HEARING Association events:
Saturday, September 12, 4 pm, Nine & Dine FUNdraising Golf Tournament Oak Gables Golf Club, Ancaster L0R 1R0. \$65 includes golf, cart & BBQ To register or info: wpc@netinc.ca, (905) 628-6539 or www.chha-hamilton.ca
Wednesday, September 16, 7 pm, Topic: Tinnitus – Sound Therapy as a treatment Location: South Gate Church, 120 Clarendon Ave. Hamilton L9A 3A5. Registration: chhahamilton2@gmail.com or 905-575-4964
Members – no charge, Guests - \$5.00 donation. Real time captioning available, refreshments

September 12, 2015 80's Night: Awesome 80's Cruise. Hamilton Harbour Queen “I Love the 80's” is the theme for our final dance party cruise of the season. Light Fare Menu included. Pier 8, 47 Discovery Drive, Hamilton, On. 9:30pm – 12:00am. Adults – \$28.00 + HST
Please call 905-523-4498, ext. 28 to reserve tickets.
www.hamiltonwaterfront.com

September 12 and 26, 2015, Pirate Lore & Harbour Walks. Hamilton's waterfront has seen many changes since it's days as a hub o' shipbuilding; not all o' them good! If ye look closely, ye can still see remnants o' the old ways. Starts from: In front of Williams Fresh Café (47 Discovery Dr., Hamilton) www.pyratesimage.com.

SUNSET CULTURAL GARDEN IS A SUCCESS!

It has been a lovely summer at the cultural garden with people using the paths and stopping to read the poetry and to rest on the benches, to watch the sunset over the bay, and admire the garden's indigenous plants and design.

Thank you to all the great people and organizations that made this happen, to our partners, our previous donors, Friends of the Parkette, Councillor Farr, and to all the hard working volunteers with the building, planting and watering.

Special thanks to the garden's most recent donor, the Hamilton Port Authority, for their generous donation. We are pleased to have them on board. This is consistent with their charitable efforts in the City and their connection to the neighbourhood.

SAVE THE DATE for the *Moon Festival Celebration* at the Sunset Cultural Garden, Bay and Strachan. Saturday September 26th, 6-8pm (rain date Sunday September 27th, 6-8 pm) for the Sunset Cultural Garden's second annual Moon Festival Celebration.

Join us for Chinese dancers, Tai Chi, poetry, and fun for all ages.

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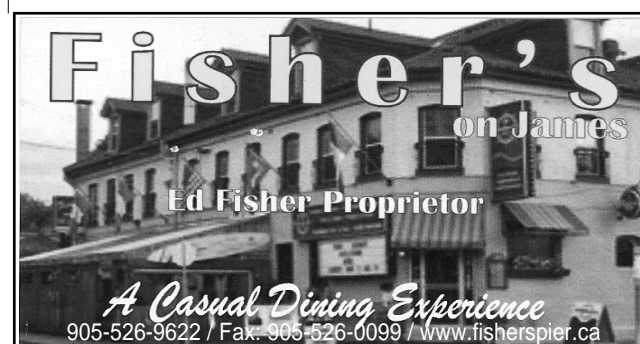
Thursday, September 17, 2015. Take Back the Night, an annual event organized by SACHA — Sexual Assault Centre (Hamilton & Area). 6pm – We Gather, 7pm – We Rally, 7:30pm – We March. Hamilton City Hall – 71 Main Street, Hamilton ON. Who: Women-Identified Folks and Children are welcome! Join the conversation on Twitter using the hashtags #TBTN2015, #WeBelieveSurvivors & #HamOnt!

Saturday, September 19, 2015 – Strides for The General – 5K and 10K walk/run in support of Hamilton General Hospital at Bayfront Park. Register or donate online at www.hamiltonhealth.ca/strides

September 5 to 6, 2015, Historic Garden Tours at Dundurn National Historic Site. Dundurn's historic Kitchen Garden catered to the nutritional needs and aesthetic desires of the MacNab family 150 years ago. Hours: 12:30 p.m. - 1:30 p.m. All ages welcome. Free outdoor event. Regular admission rates apply to the museum.
www.hamilton.ca/museums

September 17, 2015, AGH BMO World Film Festival. The full 2015 AGH BMO World Film Festival program will be revealed at the Trailers and Teasers Launch Party. There will be a cash bar, and admission is free! Held at the Art Gallery of Hamilton from 7:00 p.m. to 10:00 p.m. Film lovers are strongly advised to arrive early as admission is first-come, first-served.
www.artgalleryofhamilton.com

September 25 to 27, 2015, 8th Annual Hamilton Music and Film Festival 2015. (HMFF) is a 3-day festival that brings over 500 attendees, and screens films and videos in between performance sets from live bands. Venues and Times: TBA. www.hmff.com



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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

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Jason Farr, Councillor Ward II

Hello Breeze Readers,

As you well know, the summer of 2015 has seen a handful of well publicized and very unfortunate incidents involving guns in our inner-city. It is clear from the recent communications that our residents have had with the Ward 2 office that people want to talk about this worrying trend. Residents have questions, comments and concerns.

We are therefore holding a 'Community Conference on Gun Violence'. We have engaged the John Howard Society (Youth for Risk), Hamilton Police Services and various City of Hamilton staff from Housing, Recreation and Neighbour Strategy who have confirmed their interest and involvement.

Community Conference on Gun Violence Thursday, September 3 Bennetto Recreation Centre (Auditorium) 6:30pm – 9:00pm

For the most part, this conference will offer the opportunity for residents to ask questions and share comments and concerns.

At this time I would like to express my heart filled sympathy to the family, friends and neighbours of the North End Community for this unfortunate situation.

Jay



dedicated to the core

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



It's Fall Fair Time Again in Ontario....

by Brian Roulston



It's time for cotton candy, ferris wheels, demolition derbies, grandstand entertainment, and great tasting country food. It's also a great excuse to get out, take a drive, and enjoy the fall colors. Thanks to many hard-working volunteers, fall fairs give us a chance to get up close and personal with all kinds of farm ani-

mals. For many people, it can be their first encounter with a cow, pig, horse, or a chicken. Farmers, city folks, and children take part in raising animals, growing crops and creating crafts which they are proud to display and compete in competitions of the biggest, the best and the fastest for bragging rights each year.

No one is exactly sure when or where the first fair was held but today there are more than 3,200 fairs held in North America annually, most of them being held from August to November. There is a scripture record in the book of Ezekiel 27:12 which mentions the existence of fairs as early as 500 B.C. There are claims that the first American fair was held in 1765 in Windsor, N.S., which has been held every year since 1815. America's first fair was held in the historic old Town of York in 1765.

There are more than 230 fall fairs held yearly in Ontario. Here in the Hamilton area we are privileged to be surrounded by many communities like Simcoe, Ontario where the Norfolk County Fair is in its 175th year and The Rockton's World's Fair in its 157th year. Both continue to attract well over a 100,000 visitors each year.

Closer to home are the Caledonia, Ancaster, Binbrook, and Paris fall fairs and the Six Nations Fall Fair and Powwow each over a 100 years old, with their own unique history. The baby of the bunch is the now amalgamated Smithville and Lincoln County Fairs now known as the West Niagara Fair in their 3rd year in their new home on Mud St. W in Grassie.

Grab the kids, a warm sweater, and leave Fido and Fluffy home and head to a fall fair for an afternoon or evening of fun.



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hamiltonwaterfront.com
905-523-4498

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Food Services
Waterfront Scoops Ice Cream Parlour
Waterfront Grill

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

(Continued from page 1)

Hughson St Baptist Church

www.hughson.ca
905 527 3972

A personal letter from Pastor Dwayne Cline:

But I know of another community. A community within a community. A community where peace and grace rule. A community where hope and love reign. A community where fear and death have been vanquished. A community whose leader is always fair and just. A community that cares for the more marginalized by placing them at its center. It's not a perfect community but it is a transformed one. It's a community that knows the grace and love of God.

I invite you to come one Sunday and check out our community. We meet in the Bennetto School gym at 10:00 a.m. as broken people, learning about God and His grace each week. Childcare and programming are available for children from newborn to grade 8. Starting Sunday September 13 I will begin a series on what God intended when He created His community, the church. You can also join us on Sunday, September 6 at 10 a.m. as we thank and send off our youth pastor, Mike Kleinhuis, and his family as they have moved to Lindsay to plant a church.

Because of grace,
Pastor Dwayne

Fashion History Museum

Alexandra Sempie

After months of packing and relocating, the Fashion History Museum in Cambridge reopened on June 27th and is ready to show off what was fashionable throughout history. The museum's current main exhibit is called "Back to the Eighties" and features everything from Swatches to neon tank tops and everything else that was the key points in 80's fashion.

"Back to the Eighties will be up until the end of the year," said chair and co-founder Kenn Norman. "In gallery one we have 'Treasures from our Collection', it's an exhibition of our oldest and most interesting items."

The Fashion History Museum was founded back in 2004 and has a collection of nearly 100,000 different garments and accessories. Some of the items date back to the late 1600's. The Fashion History Museum moved from its previous location in Southworks Outlet Mall, into the old Hespeler Post Office. The location was chosen by Construction Specification Canada student competition. The students selected the Fashion History Museum and the old post office as an inspiration for student design. Students said it was an inspiration to see how an older building can be brought back into the community.

"In gallery three we're starting off with 'What to do With an Old Post Office'," said Norman. "Partly to explain our journey of finding Hespeler's old post office as far as a location for the Fashion History Museum."

If your looking to see how fashion has evolved throughout the ages or if you want to shop and give your look a vintage makeover, stop by and check out the new Fashion History Museum.





North End Neighbours NEN The neighbourhood association of the

Hello neighbours! It's been a great summer and fall is soon upon us! New schedules at Bennetto Recreation Centre, Welcome Inn, and back to school for the kids! Which reminds me of a slogan on a t-shirt I saw recently: "Slow down, pay attention, be patient—is that so hard?"

NEN did not meet over the summer. Our first board meeting is scheduled tentatively for September 10, second Thursday in September after Labour Day. We will spend some time discussing and planning the upcoming annual general meeting, hearing about and discussing the many events at Pier 4 Park this year, and Light Rail Transit.

It was nice to see so many people attend the annual Park n' Party at the Bennetto field. Many community groups were there as well as free balls given out to the kids and lots of games and activities. It was a lot of fun and wow, great weather! Thanks to North Hamilton Community Health Centre!

The Pan Am Games heralded the opening of the west harbour GO station on James North. Although it was rather busy during the games, it is still running with fewer trains. Construction is continuing to complete the station and parking facilities. Another GO station is planned to be completed by 2019 in the Centennial Parkway area which will be connected to this GO station, funded by the province.

Sheri and Rob attended the General Issues Committee (GIC) in August to hear the presentation about the Light Rail Transit (LRT). The Government of Ontario announced over \$1 billion to build LRT in Hamilton, which will run from McMaster University to Queenston Circle. As part of this announcement, a 2.3 km LRT extension will be built from King Street to the Waterfront although the stops are not yet developed.

The plantings at the Sunset Garden have really taken off. Stop by and sit on a bench and enjoy the sunset! A lovely spot! A Chinese Moon Festival will happen in September. Watch for details!

Evergreen Cityworks opened up a storefront focusing on the West Harbour on the east side of James North near Barton. Lots of interesting maps on the wall. Stop by and have a look!

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.



Waterfront photo by Shannon McCulloch

Walkabout The Neighbourhood

By: Ken Hirter

Hamilton, Ontario's Twin Towers Marina Towers, Summer 2015.

A blast from the past, a brief history. Marina Towers was built in the early 1970's and was the vision of Aristotle Onassis. Nestled by Hamilton Bay, they were originally designed to be luxury condominiums. From the marble lobbies to the now abandoned dusty mural by the long empty swimming pool, you can almost hear the summers of yesterday. The once luxurious four unit penthouses housed a beauty salon, a barber shop, and a convenience store; so cool!

By the 1980's it was near empty with 12 tenants over more than 100 empty apartments and many units did not even have doors. An old story says that there were two sister who lived separately in 3 bedroom apartments and had the whole floor to themselves. Eerie but so cool. The apartments had no doors and both women lived between the units. Talk about luxury! Where else could you live with 4 balconies, 6 bedrooms, 2 kitchens, 2 dining rooms and more than 2 bathrooms? I guess that was squatting in class.

In the late 1980's and early 1990's with the Dofasco closures, a tougher Northend saw mailmen dodging golf balls being thrown off the balconies with rough times from drug dealers and other unsavoury characters.

The 2000's brought a Marina Towers restoration and along with Hamilton Bay restoration and today there are new doors and windows.

What else is in store? Only time will tell.....maybe the pool will be filled once more and the wall murals cleaned up and the splashing and laughter will resume.

Maybe Aristotle Onassis' vision may become a reality 40 years later.

Housing in the North End

John Pasion

In the past couple of months I've talked to a few different people about the North End and what it means to them. I've heard it described as more than just a home for them, but a community that they love, one that they grew up in and one that they hope that their kids, grandkids and great grandkids could grow up in as well. I've also heard a common concern for the future. Affordable housing is hard to find and the people who made this community, many of whom are now seniors, are finding it a struggle to keep up with the living costs for the homes they have owned for years.

I've heard stories of people who've had their families separated by the new living costs, of kids and grandkids who've had to move away to find more affordable housing. I've heard of people losing their friends, either because they've sold their homes or had to move into one of the less than stellar senior housing options outside of the North End. I've heard people complaining that the new restaurants and new boutiques that have popped up around their neighborhood aren't affordable for the people who live there.

But above all, louder and more passionately than the negativity, I've heard people describe why they love the North End. How important it is that everyone knows everyone by name. How lucky they are that their friends will check up on them and make sure they're ok. How, especially for families and seniors, that the security and safety that the community provides is one that they're proud of.

The gentrification of the North End has been on the minds of a lot of people in the past few years. I can't offer a solution to it, and I'm not sure if anyone can yet. I think it's important that we at least talk about and keep it in our minds. Remember why we love the North End and why we don't want to let it go.



Having fun in the sun at Ontario Science Centre — WICC Summer Day Camp.



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Fax: 905-544-5152
ahorwath-co@ndp.on.ca





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

Happy Fall!



Cranks giving is an annual event that takes place on the weekend of thanksgiving; this year it will be held on Oct 10th at Gore Park. Cyclists gather at the Park with their bags, bike locks and at least \$15- \$20 to purchase food items. Riders are supplied with a shopping list of specific items needed by Welcome Inn Community Centre's food access centre, plus a map of stores along a specific route from which to buy items. The riders then set off to compete for the finish line while purchasing food on their way. All food collected will benefit the **Welcome Inn Community Centre's Food Access Programs**. Last year an amazing 871 lbs of food (worth \$1,606) was raised for our food bank!! It's a terrific way to kick off the holiday season and be out on your bike, doing something good with the community alongside your fellow cyclists. Stay tuned for details at: www.facebook.com/cranks givinghamilton

Volunteers needed! Do you like to cycle? Are you passionate about food justice? Do you simply love a good time?

We need volunteers to help us with the Cranks-giving event on Oct 10th. People of all cycling abilities (including non!) are needed. It is a great way to give back to your community. Let this become part of your family's Thanksgiving tradition!! **Call 905-525-5824 to find out how you can get involved!**



LAF Mentors Needed for the School Year

LAF (Learning and Fun) After School is looking for mentors for the fall to work with area children who need extra reading and math help. The program runs Mon-Fri from 3:00 - 5:00 pm starting October 5th till the end of June. If you are over 18, contact Gladys at gladys@welcomeinn.ca to apply.

Join the Conversation

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



Check out our website for volunteer opportunities, program details, upcoming events and more!! www.WelcomeInn.ca



New Horizons Thrift Store

520 James Street North
905-529-6891

Monday – Saturday 10 – 5
905-529-6891

New Horizons is the place to be for all your Back-to-School needs: We have backpacks and binders, shoes and sweaters, uniforms, sports equipment, lunch boxes and more! Interested in some treasure hunting this fall? Our volunteer team would be happy to serve you. We have amazing deals on a huge selection of unique items!!

There are new fall clothes arriving daily - for both adults and children.



Summer Day Camp 2015 has wrapped up for another year but not without creating amazing memories that will last a lifetime for both staff and campers alike! This year the summer camp crew celebrated the Pan Am Games happening in our own backyard with sports, games, crafts, songs, swimming, theme days, and even our very own torch run and closing ceremonies. Our weekly trips included visits to Bronte Creek, Christie Lake, Gage Park, and the Ontario Science Centre in Toronto. This year campers especially loved the Counsellor Challenges where they got to cheer on their favourite camp staff as they competed in a variety of contests. Camp counsellors included 27 youth from all over Hamilton who contributed over 2000 volunteer hours in one month to help make this year's day camp a total success. Here's to celebrating another year filled with laughter and community.

A special thank you to all of our supporters and partners including parents, private donors, Ben-netto Recreation Centre, The Hamilton Spectator Summer Camp Fund, Ontario Science Centre, YMCA Summer Jobs for Youth, and Canada Summer Jobs!! We could not have done it without you!



Event the rain could not dampen our spirits at Christie Lake! Can't rain on our parade.

Dates to Remember

LEAD Youth Drop in Program : Starts Sept. 9th every Wednesday from 6- 9 pm

Seniors Diner Club: Starts Sept 8th, every Tuesday from noon to 2 pm

Good Food Box: Pickup is Sept 16th from 2-5 pm

BBQ & Corn Roast: Sept 25th from 5-7 pm; Pay what you can

LAF after school program: Starts on October 5th from 3:00 - 5:00 pm

North End Method @ Studios at the INN: Starts Sept. 30th, every Wednesday from 6 – 8 pm

Cranks giving: Oct. 10th @ Gore Park



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Sunday at 10:30 am

New Parishioners are always welcome!

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Or email stlawrencehamilton@gmail.com

Find us on Facebook at

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Or visit our Website at stlawrencehamilton.ca

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

COME AND JOIN US!

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 their own personal reflection during mass. No registration required.

SACRAMENTAL CELEBRATION MASS

Saturday October 17th - 7pm

Have you received a sacrament at St. Lawrence in the last 125 years? Then you and your family are invited to attend this celebration mass and blessing! In honour of our Anniversary we invite everyone who has been baptised, made their first communion or confirmation, or been married in the church to come out for this evening mass, then stay for snacks, refreshments and some fellowship in the parish hall.

NIBBLES & BIDS LOONIE TOONIE AUCTION

Friday November 6th (Admission \$5)

Doors Open at 6pm - Auction Starts at 7pm

We are now accepting prize donations! We are looking for Gift Cards, Gift Certificates, Gift baskets and prizes for our Auction. Also accepting monetary donations. All funds raised from the Auction will go to our Building Fund.

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

MARK YOUR CALENDARS FOR THESE OTHER UPCOMING PARISH EVENTS:

- Oct. 17, Sacramental Celebration Mass
- Nov. 6, Nibbles & Bids Loonie Toonie Auction
- Nov. 19, CWL Fall Penny Sale
- Nov. 22, 125th Anniversary Time Capsule Event
- Dec. 4, Christmas Turkey Roll
- Dec. 13, CWL Christmas Bake Sale
- Dec. 17, Christmas Memorial Mass & Tree Lighting



BENNETTO COMMUNITY CENTRE

450 Hughson Street North
905-546-4944

www.hamilton.ca

BENNETTO WILL BE CLOSED FOR ANNUAL MAINTENANCE:

MONDAY, August 24th TO MONDAY, SEPT. 07th
Re open TUESDAY, Sept. 08th. at 10:00am

Try something new in the gym or the pool this Fall at your neighbourhood Recreation Centre!
Or enjoy some of your favourite returning programs!

PROGRAM REGISTRATION INFORMATION

DROP OF YOUR REGISTRATIONS
by 8:00 pm on Thursday August 20th, 2015
OR

REGISTER ON LINE Friday August 28TH starting at 7:00 am. (Please obtain your Family PIN and Internet Login ID information prior to registering on-line, contact our receptionist for assistance)

Missed Registration Day, not to worry, feel free to contact the facility for program availability.

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 September 25, 2015

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

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

Are you an adult looking for some fitness or fun?

Come out and try one of our **cardio kickfit, pilates, yoga, tai chi or Zumba®** classes.

Also brand new this year **PiYo and FitStart** classes.

Registration is now open and classes will start the week of September 22nd and run for nine weeks.

Why not continue those active summer lifestyles!! All fitness levels accommodated!

New Preschool, Children and Youth Classes

Come out and try **Hip Hop, Acro, Gymnastics, Muscial Theratre, Drawing, Guitar or Baking** classes.

Also brand new this year **Sports Blast** classes.

Registration is now open and classes will start the week of September 22nd and run for nine weeks.

Red Cross Babysitting Course



When: Saturday, October 3rd, 2014
Time: 9:00 – 4:00 pm
Ages: 11-15 years
Cost: \$38.86
Course Code: 162777

Looks great on a resume, when looking for a job!!

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 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

September Entertainment

Thurs. Sept. 3	Ted Bertin	3 to 7pm
Thurs. Sept. 10	City Kids	3 to 7pm
Thurs. Sept. 17	Lionel & John	3 to 7pm
Thurs. Sept. 24	Phyl Myles	3 to 7pm

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

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

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



Photo by
Shannon McCulloch.

Little Free Library on a Wood Street front lawn. Right across from Fishers Pub. Library went up on May 17th and has already had a bunch of books borrowed.

The official website of this organization is
www.littlefreelibrary.org.



FALL BBQ & CORN ROAST

Friday Sept 25th
5-7 pm

**hot dogs - corn on the cob -
music - games - fun -
laughter
P.W.Y.C. \$ event**



WANTED

BEAD OR ALIVE



**ONE, REAL
CHRISTMAS TREE**
to be the centrepiece

Do you have a tree you want removed from your property? Why not donate it to St. Lawrence Church and get rid of it for free?

We're looking for a Christmas tree that is:
♦ At least 16-18 ft. tall & in good condition
♦ Easily accessible for the landscape company to cut and move

The selected tree will be cut in early December, the site cleaned and tree transported to the church; at no cost to the owner.

The tree will be installed on the front lawn of the Church, decorated with lights and kept lit throughout the Christmas season, in memory of all of our deceased loved ones.
A Memorial Mass & Tree Lighting Ceremony will take place on Thursday December 17th, at 7pm.
All North End Neighbours are invited!
For more information
or to report your Christmas tree,
please contact Alissa at (905)308-1576 or
email us at stlawrencehamilton@gmail.com

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

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 SEPTEMBER 2015.

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

For Sale

Rocker/recliner chair - light beige velour, in excellent condition (used by a lady.) \$100. Call: 905-631-9442

Men's new Calvin Cline coat - black winter jacket, 3/4 length with enclosed zipper, size XL. \$125. Call: 905-631-9442

Sofa - Clean, FREE. You pick up, well made but older. Call Deb after 10am at: 905-528-7779

Bunny - Very cute, small mini rex bunny for sale \$30. Call 905-522-8555.

Services

Babysitting, LOOKING FOR A BABY-SITTER? 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

Nar-Anon, Never Alone - Hope In Hamilton, Family group meetings for anyone dealing with an addict. Monday's @ 7pm (Except for holidays) HARRRP Community Center 705 Main Street East @ St Clair, Hamilton. Entrance from St Clair - Lower Level, Street Parking. All Welcome!!

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

Free

Free Pick-up old appliances & scrap metal Call Carl Lazar: 905-540-1742

Recycling, Free Removal, Scrap vehicles by flatbed. Underground removal. Cash for clunkers, towing & recovery. Call: 905-544-6807

Employment Opportunity

We are looking for a couple people to deliver beer / alcohol to people's homes from the Red Hill to McMaster University. You will need a cell phone, Bluetooth would be good too, your own vehicle and you must have a float of at least \$150-200 to start each shift. Please call 289-799-2560 from 10am to 8pm and leave a detailed message if no one is there. Someone will get back to you and set up an interview. You can also check us out on line at www.spiritsdelivery.com to find out more information and how we work.

Start your day off right: Have a balanced breakfast!



NorthHamilton
Community Health Centre

Breakfast Club: Supporting children and families in the North End

Research has shown some mixed results, but many systematic reviews of observational studies have found that adults who skip breakfast are more likely to have a higher body mass index (BMI) and be overweight or obese more than adults who regularly eat breakfast. Consuming breakfast is also associated with a lower degree of weight gained over time. (PEN Nutrition, 2011)

Your brain also needs energy to perform. Without breakfast you will probably have trouble concentrating, and over time you may notice your energy level dropping.

The ideal breakfast contains a good balance of carbohydrates, protein and small amounts of healthy fats. This provides the nutrients your body needs and can help prevent overeating later. Eating as soon as you can seems to show improvement in overall metabolism for the rest of the day, yay!

Have foods from each section to have a balanced breakfast. For example, 2 eggs, 2 slices of whole-grain toast with some peanut butter and an orange. Or a bowl of fruit with cereal, a sprinkle of almonds and some low-fat milk.

Carbohydrates: fruits, vegetables & whole grains Provide fuel for your brain and muscles. Less processed versions contain important vitamins, minerals, fiber antioxidants, and phytochemicals, which help prevent disease and can help manage carbs you may already have.

Healthier examples include: whole fruits, vegetables as leftovers or in an omlette, whole-grain breads, high-fibre cereals, whole-grain pita and leftover whole-grain rice or pasta.

Protein: helps normalize blood sugars, makes us feel alert, provides a feeling of fullness, helps maintain and build muscles, are great for bone health and is important organ functions. Healthier examples include: egg whites (limit egg yolks to 2 or 3 times a week if you have high cholesterol), leftover chicken, beef, fish or pork, beans, nuts, seeds, low-fat milk, yogourt and cheese.

Healthy fats: normalize blood sugars, provide a feeling of fullness, taste great and do not contribute to heart disease or stroke risk. Do watch how much you eat, as healthy fats have the same amount of calories as unhealthy fats and can lead to undesired weight gain.

Healthier examples include: nuts, seeds, plant-based oils or non-hydrogenated soft margarines instead of butter or lard.

Cory Ma, RD, CDE Registered Dietitian - Diabetes Program

There are many reasons a child might not eat a healthy, balanced breakfast in the morning. It may be a parent's hectic work schedule that doesn't allow time for a morning meal. It might have to do with issues of poverty or access to affordable, healthy food. Sometimes it's just difficult for children to eat early in the morning, when they are still tired and sleepy. These, and many other reasons, can make eating breakfast a challenge for many children and families.

But how does skipping breakfast or being hungry affect children's lives? Studies have shown that not eating breakfast before school can hurt children's academic performance and cause them to be less focused and be likely to make errors in their work. Children who arrive at school hungry are also more likely to experience hyperactivity, emotional problems and be absent from or late to school. Children who do eat a healthy meal in the morning, on the other hand, tend to perform better academically (especially in math), have better overall nutrition and are less likely to be overweight or obese in the long term.

Because we recognize the importance that a nutritious breakfast can have in a child's life, North Hamilton Community Health Centre offers Breakfast Club, a free before-school program for all children living in the North End. Breakfast Club runs every school day at St. Luke's Parish Hall (76 Macaulay St. E) from 7:45 a.m. until school starts. Breakfast Club offers more than just a healthy meal. Students can play games, get homework help or just hang out with their friends. There are also lots of special events and field trips to look forward to throughout the year, like a visit from the Hamilton Ti-Cats and trips to McMaster's Child and Youth University. Parents, caregivers and siblings of students are always welcome at Breakfast Club. Many find it's a great way to meet their neighbours or get connected with other community resources.

Breakfast Club will be starting up for the 2015/2016 school year on Monday, September 14, at 7:45 a.m. For more information on this free before-school program, please feel free to contact me! *Monica Palkowsk, Community Development Worker*

Children's Breakfast Club

Starting Monday, September 14th, 2015!

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 - Twisted Tuesdays! Pancakes, Breakfast Tacos, Smoothies...something new each week!

Wednesdays - Scrambled Eggs & Toast

Thursdays - Breakfast Club McMuffins

Friday - Pizza Bagels and Yogurt Parfaits

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

Questions? Please call or email:
at (905) 523-6611 x 3007 or palkowski@nhchc.ca



NorthHamilton
Community Health Centre

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.

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