

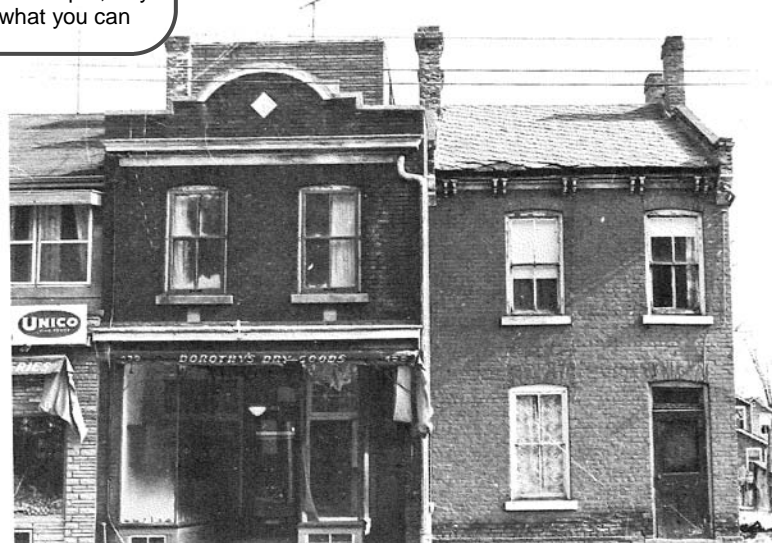


THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
SEPTEMBER 2016
EDITION

50th
Anniversary
Street Party
BBQ & Corn
Roast: Sept 24
from 2-7 pm; Pay
what you can

Welcome Inn Community Centre Celebrating 50 years!

The Welcome Inn Story: 1966 to 2016



Dorothy Dry Goods is the original Welcome Inn Community Centre at 428 James St N in 1966



Welcome Inn at 40 Wood St E 1983

Once Upon a Time: the beginning of our story

Let us tell you a story about how a special place in Hamilton's North End neighbourhood – a place where people from all walks of life found welcome and were loved unconditionally -- was born. In 1966, Herman Enns, pastor of Hamilton Mennonite Church, cast a vision to establish a place of refuge and care in Hamilton's North End community. Out of this vision came Welcome Inn Community Centre. Its first home was in an old store front on James St. North and was a place where men, women and children could drop in and experience community: a chat, make art, or share a meal. Lots of things have grown and changed at Welcome Inn Community Centre over the past 50 years, but the thing that has remained constant is that it is a place where people are valued and loved unconditionally. Welcome Inn is a place where children can learn and play safely; where teens and adults can receive training and develop new skills; where seniors do not feel the burden of loneliness; where people can share what they have and take what they need; and where there is always a friendly ear and enough food for everyone. Our model is unique: we are not a social service agency; instead, we are a safe space in which all people are empowered to give *and* receive. In doing so, we are a place where a resilient community of children, families, and seniors are created through our core values of:

- Welcoming and accepting all people as we are;
- Practicing kindness and respect for everyone;
- Knowing that we all have gifts of value to share and to receive;
- Being responsible to ourselves and to each other;

- Participating in building a healthy community; and
- Working together for peace and justice.

Welcome Inn is family – people working, playing, learning, and growing together as we create positive memories. Welcome Inn is a place for friendship, support and resources to help relieve stresses, renew determination and deepen resilience.

It's not what we do @ Welcome Inn Community Centre that makes us special – it's how we do it. Welcome Inn Community Centre is not a high profile social service agency in Hamilton. The phrase, "high profile social service agency" is precisely the opposite of the soul, spirit and social justice work of our community centre. Welcome Inn's purpose has always been to hold space to welcome folks of diverse backgrounds and experience to come together and collaborate. We (our staff, volunteers, program participants, and funders) create inclusive, healthy community in order to build capacity in individuals and a resilient community. Focusing on healthy food, social inclusion and empowerment, Welcome Inn strives to see a North End where people from all walks of life work together to alleviate poverty.

WE ALL HAVE A STORY. This is the unifying belief of the Welcome Inn community: every member of or community is a person of value who has gifts to share and to receive; who has an obligation to themselves and to others to practice kindness, peace, and justice.

New North End Breezes T-shirts
are now on sale at
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.

INSIDE THIS ISSUE

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Ice cream — 2016



LAF (Learning & Fun) After school — 2015

Changing Workplaces Review

Hamilton Community Legal Clinic

The changing nature of work and the workforce in the 19th century motivated workers to advocate for a shorter work week. Their efforts eventually resulted in a shorter work week and the creation of a national holiday – Labour Day.

Change is upon us again. Appropriately, then, the Ontario government appointed C. Michael Mitchell and John C. Murray to look at the 21st century work world and how legislation should be brought up to date. In July, they released an interim report called the Changing Workplaces Review. This report lays out 50 issues with 225 Options for public input that have been identified during public consultation.

It is a massive and thorough report and we won't claim to have read it all. We have taken a deeper look at the 5th Chapter which deals with the Employment Services Act (ESA) and would encourage readers too as well. https://www.labour.gov.on.ca/english/about/cwr_interim/index.php

As the authors point out the “*old definitions (of employees) are not well suited to the modern workplace.*” Currently 12% of Ontario's workers are, by their own account, self-employed. An unknown portion of these workers are thought to be misclassified. That is, they are actually employees as set out in the ESA. Their misclassification is a serious problem for them, their employers and the economy.

In Ontario, misclassified employees miss out on 4% vacation pay, approximately 3.7% of wages for public holiday pay, overtime, termination and severance pay. Many of these employees work in sub standard working conditions.

The report puts forward options including maintaining the status quo, increased education of workers and proactive enforcements.

We like this option: In disputes about whether a person is an employee, the employer has the burden of proving that the person is not an employee as covered by the ESA.

Going hand in hand with the misclassification issue is the fact that many companies have moved away from direct employment. Sub contracting, outsourcing, franchising and other methods are now quite common.

Compliance with employment standards becomes more of an issue as a result of this shift. Other jurisdictions are ahead of Ontario in addressing the problem.

It seems obvious to us that those who profit from worker's labour must have some level of liability for employment standards compliance. Making franchisors liable for employment standards violations of their franchisees is one idea that has merit.

The Changing Workplaces Review is an important initiative. Input on most issues is open until October 14th.

Bob Wood, Community Worker, Hamilton Community Legal Clinic



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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

ADOPT THE BREEZES

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

NORTH END BREEZES MISSION

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

VISION

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

CREDITS & CONTACTS

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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)

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)

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EDIAG (Every day is a gift)

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CRAFT CORNER with Shannon McCulloch



Epic water balloon fight

I had been out shopping and found boxes of water balloons on sale for two dollars a box. So I got two of them. I brought these along with me to the splash pad with us on our morning visits and the kids all seemed to enjoy them a lot.

One of our very hot mornings we were filling out a few and the local suppie at our park had the idea to fill up as many as we could with the kids. After we filled all the containers we had, we could have a big water balloon fight. We spent an hour and a half filling balloons; we even had my son Hunter run home

for more containers fill. Kids were all great about it. Filling the balloons off the splash pad and saving them in the containers. Not an easy thing for young ones (and some of the older ones) to delay gratification like that.

After all the containers were filled up, suppie and I placed them all over the splash pad and called the rest of the kids over (most had run off to play during around the end of filling the balloons). On the word of "GO" they all started whipping the balloons at each other, laughing and screaming.

It had taken an hour and a half to fill the balloons and it took the kids, ten minutes to break them all, but it wasn't disappointing. They loved every second and after the balloons were done they used the containers to throw water at each other for another forty five minutes.

After as the suppie looked around at the mess we had made of the park, I got to teach him the easiest way to clean up after large kids activities. Told the kids we were going to play one last game. Gave them all a container and told the one that brings me the most balloon pieces after all the balloons were cleaned up was the winner and would get a quarter. Took maybe fifteen minutes and then I told them the all did so good they all got a quarter. Cost me a dollar fifty to get it all cleaned up!



KID'S BOOK REVIEW with Sam Knight

Crunch the Crocodile

by Josephine Croser, Illustrated by Carol McLean-Carr

The book was called *CRUNCH THE CROCODILE*, and we got it from the thrift store one day. It was about the crocodile named crunch, who wanted to eat all the animals of a river. Every time he went to eat he said "Crunch and munch, crunch and munch. My name Crunch and I want my lunch". The other animals were all afraid of him, the birds, frogs, fish, snakes and lizards. They all felt they were too small to do anything. One day they had a secret meeting and made a plan. The next time crunch came, they all ran at him at once. And learned that he was not only a greedy crocodile but a scaredy crocodile.



TEEN'S CORNER with Hunter Knight

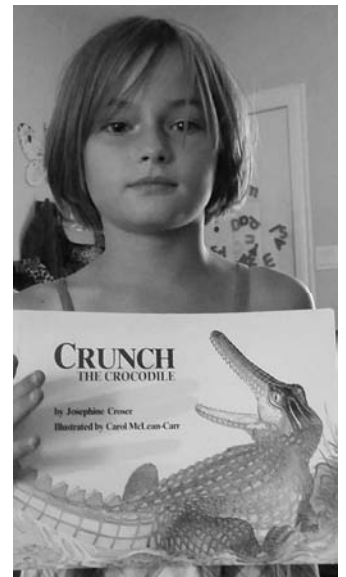
It's me Hunter with teen's corner once again. How is everyone's summers going? This summer was deadly hot. This year it seems like I complaining about everything like its too hot or cold but it seems to be that kind of year. Other than this heat it's been a great summer. I started fishing with my friends and found out it's really relaxing. I'm not the best fisher because I am not quiet and I move around a lot. I wonder how my friend that's a really big fisher puts up with me. I'm hoping to keep this hobby going.

This summer I have been playing a lot of Dungeons and dragons with my friends. My one friend who is also the suppie at Eastwood park is learning to be a dungeon master. His campaign is more of a fun one to sit down and do whatever is fun.

At one point me and my family went camping with our new camper. My mom, dad and sister slept in the camper and I slept in the bed of our pick up. We were camping for three days two nights. The black fly's sucked the one day. At one point my blond dog looked like she was black because of how many flies were on her. Most bugs don't bite me but these black flies were killer. Other than the black flies it was great. My favourite part was the last night it was a clear sky and you could see the Milky Way. As long as I can remember I've loved looking at the stars.

To be honest my favourite part of this summer wasn't D and D or the camping it was one of my friends calling me a brother because she said I've been there for her so much.

This has been Hunter with teens corner talk to you all next month.



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BOOK CLUB CORNER

Kit Darling

The Book Club members have been busy working in their gardens or travelling. Our next meeting isn't until October, so here are some recommended reads, all of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday (2:30 to 4:30) and Thursday (6:00 to 8:00).

The House of Twenty Thousand Books by Sasha Abramsky. Many of us have had the exhausting, sad and loving chore of emptying a relative's home. In this loving and readable account, Abramsky learns more about his grandfather, one of the world's greatest collectors and scholars of Judaica. Born in 1916 in Minsk Russia, he moved to Palestine in the thirties then later travelled and settled in Britain just before World War 2 where he entered the world of radical British politics. His home quickly became a meeting place for the leading British Marxist intellectuals, economists and historians of that era. What makes this book delightful is the account of the atmosphere accompanying this world of ideas: food, copiously and continually delivered by his wife, Mimi; ferocious arguments, debates; friends and family members scurrying about a home literally stuffed to the rafters with incredible treasures. This is a charming picture of a unique personality in the midst of vibrant world of ideas and beliefs; friends and foes, and above all family.

Extraordinary by David Gilmour. This is a bit of a crazy story. The narrator and his severely disabled sister reminisce, get drunk, and then he assists her in committing suicide all in the course of an evening. It sounds depressing but is not because the author has a very human voice and he writes about relationships better than most. If you haven't read Gilmour's other book, *The Film Club*, in which a father helps his floundering teen aged son by letting him watch movies while he misses months of school, I recommend that one too.

Eating Dirt by Charlotte Gill recounts her 20 years as a tree planter, reforesting after timber clear-cutting. She gives insight into global deforestation, the evolution of the planet's forests, the natural history of the trees that she plants and speculation about the future of our forests. Surprisingly entertaining and humorous as well as informative.

Eeny Meeny by M. J. Arlidge. A female serial killer is abducting pairs of victims, imprisoning and starving them. Only one of them can get free—if they choose to use a gun left in their prison to kill their fellow prisoner. Tautly paced, enthralling and horrifying, this debut novel has a surprising twist at the end.

ELDERBERRIES



Pamela Townsley-Winter



The goat family, Capricorn & Pices

Welcome back. What a summer and did we complain? Or say "too darned hot!" certainly a memorable one and I wonder just how many air conditioners were sold, bottled water by the case, the joy of cool showers, children loved it. Ice cream the favourite dessert, sleeping became fretful, whatever deodorant claimed to do, it didn't.

Who at City Hall decided to re-do Gore Park and instead of cool water, our park became yet another dust bowl. The floral display at City Hall was attractive with its trees of begonias, but how we missed our downtown oasis. Our new veterans park is lovely, and certainly a welcome sight, thank you to all those involved. It is appreciated for all of our veterans.

Megs and I had an unexpected trip, my daughter called, saying would we enjoy a trip to the interior and we were delighted. We flew West Jet from Mount Hope to Calgary (downside a 4 hour layover) then on to Kelowna, BC. Then a 3 1/2 hour road trip finally arriving at White Lake. We were happy to meet Milli who greeted us royally and beds looked inviting zzzzzz, we awoke to breakfast as we had arrived after dark. We oohed and aahed at the dream home right on the lake, a garden full of flowers, birds including an eagle. And oh, those mountains towering over the lake, no wonder that they love the life. Our first day took us into Salmon Arm where Gee (my daughter) dropped us off at the dock while she attended to some business—incidentally there are no stores in White Lake, but a bus that goes every Thursday for 2 hours—so shop fast and hope you didn't forget the toilet paper or bread! And Milli's dog treats.

The scenery is spectacular and we crammed as much as we could—loved to stay a month. Our most favourite trip was to visit Halcyon which is near Revelstoke. There is a ferry boat (free) to take you to your destination and there are many natural hot springs in the area. The Inn at Halcyon offers brunch and then the delight of various pools, each at various temperatures and outside—imagine lying back in a hot mineral spring looking at very tall mountains—snow capped—we could have stayed for ever and felt like movie stars!

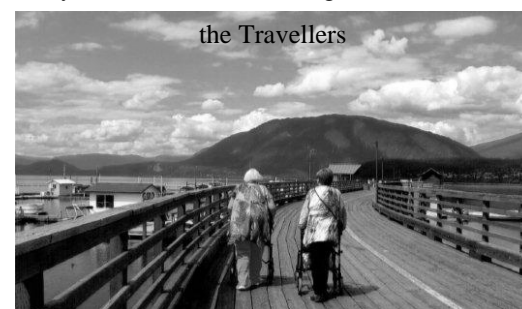
Looking along the beach area where the ferry docks and there are many Inuksuk. These are copies of ancient Cana-



dian Inuit structures built in the image of man; they are the signature of the arctic landscape of a hunter who has previously passed away. It was fascinating and made us feel part of Canada and its people. What a feeling of appreciation to all who made the first footsteps in forming our great land!

All too soon our trip flew by and it was time to say goodbye and go home. As we flew over Hamilton it was lovely looking at our view of the horseshoe by night—we don't realize how lucky we are. We had the photo of us and named it the Travellers and I'm certain we will be travelling again. Thank you to West Jet—and all of your kind staff.

Incidentally, my return home I looked at my Community Health Centre Award which I received on community health day in 2005 and it said "Promotes a sense of belonging." I loved that award and it's dear to my heart. Wishing you all the joy of re-uniting with loved ones, friends, neighbours who weave a wonderful tapestry into our lives. Hoping our Syrian friends are beginning to share what Canada means to us. With appreciation, your very weary travellers...Pam & Megs



Relaxation

Bev Hill



Photo by Sonya deLant

I relax every night by listening to my music. Especially my boogie music, *I will Survive* from the 70's. A fellow waiter at the Running Pump, Ben, used to like this one too. And YMCA by the village People, Les Fallis enjoyed singing that one. My Mom liked *Spanish Eyes*. Music helps bring back great memories to reflect on—favourites are

from the 60's. I like to relax doing the word search puzzles and the fill-ins; I usually come across words and places I've never heard of before in the word searches. I can't do the crosswords anymore. Irene Bogian, from Her Majesty's Club, just loves doing the word search puzzles too! When she comes to play darts at the club, she sits there doing the puzzles. I remember when she had her hip replacement, I would go and see her in the hospital and we'd do the puzzles together. She's in her 80's. No matter what age you are, you'll enjoy them. Just go to the nearest dollar store; they are cheaper there.



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Fashion for September 2016

Alexandra Sempie

"Fashion is about something that is within you,"
-Ralph Lauren.

As we wave goodbye to summer 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, let's have a look at what we can expect to see in the world of fashion this season.

Fall is upon us, and what better way to celebrate with a pair of new boots? Boots are a critical statement in any fall fashion piece, whether you pick ankle boots (booties) or knee highs (my personal favourite!) boots are a great way to look fantastic and chic. This season, chunky boots are all the rage. From neon, to sparkles, to good old black, chunky boots are all the rage and a great way to give your wardrobe a blast from the past.

Want to stand out and make a fashion statement? This season, it's easier than ever, with the new trend hitting the runways; tinsel inspired clothes. Wearing tinsel inspired clothes is a great way to add that little something special to your outfit and shows that you're not afraid to stand apart from the crowd.



Tinsel Dresses. Photo courtesy of Elle Magazine

Throughout the fashion world, there has always been a love-hate relationship with ruffles. One year, they're in, the next they're out. This fall season, ruffles are all the rage with designers. On sleeves, pants, or dresses, ruffles are a big staple in the fall fashion world.

What's hot and what's not:

Hot

- Shearling bomber jackets
- Velvet
- Puffy jackets

Not

- Cross-body bags
- Skater shoes
- Anklets



Chunky boots. Photo courtesy of Elle Magazine

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Fear of flying

Travel — Sam Ion

In today's world, passengers look around carefully at the other passengers when they board. I once looked around at the passengers at the departure gate and saw four huge men pouring vodka from duty free into orange juice containers. They were already rowdy in the lounge. Sure enough, they were on my flight seated just behind me. I called a flight attendant over and told her what I'd seen. My colleague sitting beside me was horrified. "Now we'll be late, and it is your fault." The flight attendant tried to confiscate their booze, which created a huge uproar. Eventually the police escorted them off the plane. Everyone of the crew came to say thank-you, including the captain.

Maybe they were just jerks, but it could have been that they were afraid to fly. Research has shown that one in six adults suffers from aerophobia.

One of my favourite editors was afraid to fly.

He got over it when his wife, a.k.a. "she who must be obeyed," said, "Start packing, we're going."

He did, and they had a wonderful time in Cuba.

I can relate. For years I was terrified of being in the air.

I once had the misfortune of sitting beside a pilot, who criticized the captain's every move. It didn't help to hear things like, "He should have had the flaps down by now."

There was the time my daughter, then age two, was with us on a small plane showing us the scenery. The entire time she screamed, "I don't wanna fly like a birdie, I want out, now!"

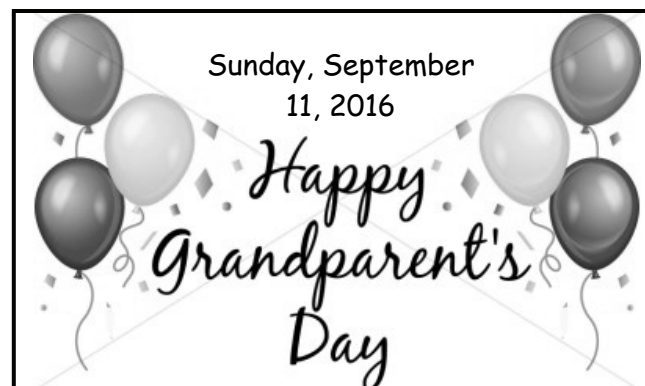
She grew up to fly around the world, and now lives in Australia.

For me, growing up took longer. I realized my fear was over when I casually looked out of a small plane taking us to teach native children in the far north, and thought, "Oh, this is interesting, we're going to miss the tarmac." We did, and landed safely on the flat, frozen ground beside it.

Since then I've flown in small planes, seaplanes, large planes, even helicopters. You name it, I've been on it, including one very scary ride in a press preview for an air show, and we flew so low over Toronto's University Avenue I swear I could look in the windows of the Royal York. And that was before we flew in formation over Lake Ontario and the pilots did a roll over. My proudest moment was not throwing up, just as I promised. What happened? Experience - and going para-sailing didn't hurt either.

Go to Google and do what I did, which is type in "help for fear of flying, and you have a multitude of choices from a chat line for fellow sufferers to on-line seminars for hypnosis.

Much of what I've read on line I have been using for years and it works. I figure if I can get rid of my fear of flying, anyone can overcome it.



The second Sunday in September is **National Grandparents' Day** in Canada. This holiday was recognized in 1995. It emphasizes the importance of grandparents to the structure of every family and in the nurturing, upbringing and education of children.

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Kristen Dickhout

Leading a healthy, active lifestyle can be easy and fun to do. Getting the whole family involved is a great way to stay physically active and have fun! It is recommended that children should get at least 60 minutes of moderate to vigorous physical activity per day. If you are looking for new ideas to get your family active, check out what the City of Hamilton has to offer: At **North Hamilton Community Health Centre** (NHCHC), we offer some fun programs for children and their families to enjoy.

-“**Grub Club**”: Students between 6-13 years are welcome to participate and learn how to cook, garden and get active! See our website for more details on how to sign up www.nhchc.ca/pages/index/Grub%20Club

-“**Hamilton Community Garden Network**”: Families can try out their green thumbs and learn to garden as part of a community effort to improve food security and enhance the garden network. Visit www.hcgn.ca for more information about participating.

The **Bennetto Community Centre** is conveniently located in the heart of the north end, right beside NHCHC. This centre offers a number of programs for the family to enjoy at no cost!

-“**Family Gym**”: Parents or guardians and children can use the gym facilities for free from 6:00pm-7:00pm every Wednesday in an unstructured, but safe gym setting.

-“**Family Swim**”: Parents or guardians and children can swim and play in the pool for free on Wednesdays and Fridays from 6:00pm-7:00pm.

The **City of Hamilton** has a beautiful landscape filled with many hidden parks, trails, and beaches to discover! With approximately 400 parks scattered around the city, there is a lot of green space for you and your family to play, picnic, or peruse. In addition, the city of Hamilton owns over 50 kilometers of trails for the whole family to enjoy! Whether you are a leisurely walker, passionate hiker, or avid cyclist, trails are a great way to see the natural beauty Hamilton has to offer. If you are looking for a place to cool-off during these hot summer days, bring the family to one of Hamilton’s beaches for a swim. The water quality is tested each year to keep your family safe; be sure to check that the beach has been marked safe before you wade in! For more information about the parks, trails, and beaches Hamilton has to offer please visit <https://www.hamilton.ca/parks-recreation/parks-trails-and-beaches>.



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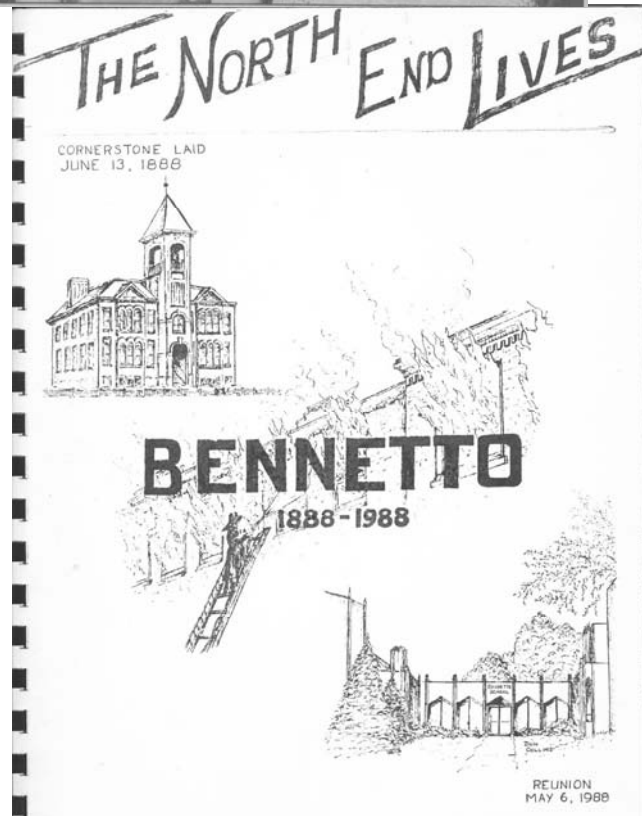
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Top left:
Rick Rogers 1972, Mother, Lorraine Rogers 1954, Grandfather Jack Shields, Laura Rogers grade 4 and Richard Rogers, grade 2 in 1988



Historic material supplied by Mary Clairmont. Photo by Mark Fraser, from the Spectator article by Rick Hughes, 1988. *Bennetto's Alumni have a century of memories*

Hamilton Prenatal Nutrition Project (HPNP)



Would you like support during your pregnancy? Join a **FREE** weekly prenatal nutrition group to learn about having a healthy pregnancy and taking care of your baby! The Hamilton Prenatal Nutrition Project (HPNP) has 9 weekly groups. Join one group that’s close to where you live while you are pregnant. Participants learn about healthy eating during pregnancy, labour and delivery, and breastfeeding in a group setting, led by a Public Health Dietitian and Public Health Nurse. Each week, participants receive 2 bus tickets, a \$10 grocery gift card and a healthy snack, and assistance with prenatal vitamins is available. There is free child minding for children aged 1-6. You must be pregnant to join, and you do not need to register in advance. We look forward to meeting you at HPNP, run by the City of Hamilton’s Public Health Services and North Hamilton Community Health Centre, with financial contribution from the Public Health Agency of Canada.

For more information, please call Health Connections at 905-546-3550 (Monday-Friday, 8:30 am – 4:30 pm), and visit www.hamilton.ca/prenatalgroups or www.facebook.com/HealthyFamiliesHamilton or watch our YouTube video at <https://www.youtube.com/watch?v=H35fRSevK>

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

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

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

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

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

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

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

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



Port Update: The Future of Hamilton's Working Waterfront

The Hamilton Port Authority is currently reviewing its Land Use Plan. Input from port stakeholders and neighbours is a welcome part of this process.

Scope

The mandate of a port is to facilitate trade and to support the regional economy. For the Port of Hamilton, this means serving as an essential link in several supply chains: steel-making, agri-food, construction materials, petrochemicals, and manufacturing. HPA's updated Land Use Plan must seek to maximize efficient transportation services to these industries.

A port is also an industrial community, comprising a network of companies. Port strategies may include initiatives that contribute to a more integrated, sustainable and efficient port community.

Ideas

A port is a regional economic asset, and also a local landholder. Port land uses contribute to the character and perception of Hamilton Harbour, and the city of Hamilton. The updated Land Use Plan should include our community's best ideas to maximize the port's economic contribution, while contributing to a healthy, vibrant waterfront and city.

We want to hear from you. Please share your thoughts through our online survey, found at www.hamiltonport.ca/landuseplan. Or you may e-mail us directly with your comments, questions and ideas at LUP@hamiltonport.ca.

Events Calendar SEPTEMBER 2016

North End Breezes SEPTEMBER 2016

August 27 & 28, September 3 & 4 2016, Garage Sale—at 270 Parkdale N. 9am to 5pm. Proceeds going to NASA (National Association for Social Advocacy) and COST (Change Our System Together)

Salsa on the Waterfront 2016 by SalsaSoul Productions August 30. 7:00 p.m. - Beginner lesson. 7:30-10:30 - Social dancing Pier 8 - 47 Discovery Drive, Hamilton (near the Williams' Coffee Pub) These events are FREE and open to all—even those who may be too shy to put on their dancing shoes!

Tuesday, August 30, 2016. Happy Birthday, HMCS Haida! Presented By: Parks Canada Celebrate HMCS Haida's 73rd birthday! HMCS Haida National Historic Site. www.pc.gc.ca

August 31, 2016 "Rockin The Waterfront" Cruise Nights. Brought to you by the Shriners of Hamilton and our great sponsors. Live entertainment and door prizes. Vehicles are limited to pre-1980 vehicles only, unless granted an exemption. Pier 4 Park, bottom of Bay St. N. & Guise, Hamilton, Ontario every Wednesday evening. 5:30 p.m. to Dusk. www.rockinthewaterfront.ca.

Sept 10 City Kids Garage Sale Eastwood Park. Sat 8am to 3:30pm. 25 plus vendors

Free Senior Tai Chi class—Saturdays 10am to 1pm at Beasley Community Centre 145 Wilson Street. Please call: Molly 905-741-6321 or George 905-549-6777.

September 9 to 11, 2016. James Street Supercrawl 2016. James Street North www.supercrawl.ca

Friday Nights Rolling in the Park September 2016. Outdoor Skating Rink at Pier 8, Roller Skating Evening with DJ 7-11 pm. 47 Discovery Dr., Hamilton 905-523-4498, www.hamiltonwaterfront.com/event/friday-nights-rolling-in-the-park-35/ information@hamiltonwaterfront.com

Smooth Saturdays September 2016, Outdoor Skating Rink at Pier 8, Roller Skating Evening with DJ 7-11pm 47 Discovery Dr., Hamilton, 905-523-4498, information@hamiltonwaterfront.com, www.hamiltonwaterfront.com/event/smooth-saturdays-16/

Rewind Wednesday - Rollin at Pier 8 September 2016, Outdoor Skating Rink at Pier 8 Roller Skating Evening with DJ 7-10:30 pm 47 Discovery

Dr., Hamilton 905-523-4498, information@hamiltonwaterfront.com, www.hamiltonwaterfront.com/event/rewind-wednesday-rollin-at-pier-8-36/

September 11 to 24, 2016, Festitalia 2016 The mission of Festitalia Corporation is to develop and promote, in the City of Hamilton, a festival of significant impact that shares and promotes Italian culture and heritage with the community-at-large. www.festitalia.ca/

September 24, 2016 Sidewalk Sale Ottawa Street Shopping District Shop till you drop! Discover fabulous food, fashions & finds outside on the sidewalk. From Barton to Main 9:00 am to 5:00 pm. Location: 204 Ottawa St. N. 905-544-5822 info@ShopOttawaStreet.com www.shopottawastreet.com/events/sidewalk-sale

September 25, 2016 Family Fun Days - Fall Colours Art Gallery of Hamilton 123 King St W, Hamilton. Pre-registration is not required. Family-Time Tours: 1:00 p.m. to 1:25 p.m. Hands-On Art Making Fun Drop in between 1:30 p.m. and 3:30 p.m. AGH Members: Free Non-Members: \$5 per family (up to 4 children) 905-527-6610 info@artgalleryofhamilton.com www.artgalleryofhamilton.com

September 29, 2016 AGH BMO World Film Festival - Trailers and Teasers Launch Party. Your first opportunity to purchase tickets to individual screenings and redeem 10 & 20 packs for individual tickets. 123 King Street West, Hamilton. www.artgalleryofhamilton.com

Weather

Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional weather word.

F O R E C A S T Y W F O G R T O
D P C W N T R T I N V T E B H D
R I T H O T E N H E N T S L E A
I S H G O N D M R U E U F I R N
Z U G N H Y S C P M N A S Z M R
Z I U I P E A H O E H D C Z O O
L S O N Y S I R U R R I E A M T
E L R T T R A E E M M A L R E P
I E D H S B U N N A I L T D T F
E C O G R O H O N A A D I U E R
N O O I A E R U P U C M I A R E
O L L L I T S F Q N T I R T H E
L D F T N T A S H O W E R O Y Z
C Y T I L I B I S I V O E R T E
Y T I M O N S O O N O N D L U S
C C L O U D S E I R R U L F S H

BAROMETER	FLOOD	ICE	STORM
BLIZZARD	FLURRIES	LIGHTNING	SUNNY
CELSIUS	FOG	MIST	TEMPERATURE
CLOUDS	FORECAST	MONSOON	THERMOMETER
COLD	FREEZE	OVERCAST	THUNDER
CYCLONE	FROST	RAIN	TORNADO
DOWNPOUR	HAIL	SHOWER	TSUNAMI
DRIZZLE	HOT	SLEET	TYPHOON
DROUGHT	HUMIDITY	SNOW	VISIBILITY
FAHRENHEIT	HURRICANE	SQUALL	WINDY

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>
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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



Jason Farr—Councillor, Ward II

Hello, Breezes readers. Welcome to the new year. September is back and so are the kids in our Bennetto and St. Lawrence classrooms. All of them eager to soak up all that knowledge and sign up for all that extracurricular activity. Really, you don't even need to charge their devices because they're too tied up with books and basketball. :)

City Hall is back in full swing as well. With our 2017 Budget meetings looking to properly manage to the tune of 1.6 billion and it is all hands on deck with important files like LRT implementation and West Harbour development.

With LRT, there has been a great deal of engagement to date and all of us in the Ward 2 office have been excited by the progress being made by the City of Hamilton and Metrolynx. After more than ten years of discussion and planning things are really coming into focus on the b-line.

Nice to see the old Hunter Street train station humming along at full capacity as well. The GO station is home to our LRT office as an addition to the spot where you can by your HSR passes or hop on a train or GO bus. There's also a good lunch joint in there.

West Harbour engagement has been robust for some time now. Meetings have taken place at least monthly for over a year now, and staff say that we are still on track for shovel-ready sensible development on Pier 8 for 2018.

After receiving many positive comments on the Discovery Drive Pier design (opened this summer), we are working harder at making a positive impact along your North End shores. We look to expedite the "public realm" projects for Piers 7, 6 and 5. All part of the approved plan to greatly improve the water's edge and make it a place for all people to gather.

Of course, there is much more to do this September. From our Plan Local results where Ward 2 residents developed and voted on safe-street projects to the soon-to-be opened phase 2 of the Gore Park Pedestrianization development.

Until next time, Breezes readers. Happy New Year and enjoy all that this fall has to offer. 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



From Hamilton to the World of Puppets

Brian Roulston

Diane Dupuy (ne Thornton) was born in Hamilton, Ontario as Sept 8, 1948. Diane has helped change the lives of many developmentally challenged people and has shown the world that they can achieve high levels of self expression and accomplishment through both guidance and encouragement.

She uses a magical combination of European puppetry and black light theatre; she is the founder and director of **Famous People Players** based in Toronto.

Puppets have been used in virtually all human societies and cultures on every continent for both entertainment and ceremonial purposes such as rituals, holidays and other celebrations at places like carnivals and fairs. Scholars have traced the origin of puppets to ancient India where some 4000 years ago, the main character in a Sanskrit play was known as "Sutradhara", "the holder of strings".

Diane lived with her parents, Mary Gioberti and Stanley Thorton married in 1943, along with her brother Robert on Hamilton Mountain. She attended Sacred Heart Elementary School. Diane consistently got poor grades and even failed grades 3, 6 and 9, she just wasn't interested in what was going on in class and couldn't focus. Later Diane attended the Loretto Academy where she did much better through the help of a nun, Mother Bertillo. Still, school was difficult for her and she dropped out of school after grade 8 without going to high school.

Diane's father owned 'Stanley Signs'. Diane loved to visit her father's store where she was fascinated by all the colors, brushes and the characters that her father would create, draw and paint including Elsie the Cow & the Planters peanut man which he produced for grocery stores. At 6 yrs old Diane's mother gave her a Puppet Theater which would change her life, it was simple enough, and there were no batteries, keyboards, mice or joysticks. It was just made out of cardboard with 3 little hand puppets Punch, Judy and Elsie the Cow. The only requirement was an imagination which she had plenty of. For awhile she and a friend did gigs by putting on puppets



shows at birthday parties and bar mitzvahs. That friend was Doug Henning who later went on to become a world class magician.

In 1971 Diane did her first Major puppet gig at the Toronto's Canadian National Exhibition (C.N.E) doing 16 puppet shows a day. Then one day Diane got a call and was asked to perform before a group of 50 developmentally challenged children at the Surrey Place Centre in Toronto. She was apprehensive at first thinking the audience was going to be violent, ugly and crazy. It was anything but... they laughed, cheered and clapped. Suddenly, in the middle of the show a girl took an epileptic seizure, the other children all got up to help and made sure she didn't hurt herself. The fact that the children loved the show made Diane feel good, she then started working with the developmentally challenged. In 1974 Diane got a \$15000 Opportunity's for Youth Grant from the government which she used along with her wedding money to support Famous People Players for the first three years.

Famous People Players have a diversified repertoire of puppets. Today, it operates through donations and many celebrity sponsors, tickets and food sales. Performers require a high level of strength and fitness as it takes 3 puppeteers to handle each of the life-size puppets. They also learn the restaurant trade working in the kitchen, delivering food to the tables, cleaning-up as well as setting up the theater. The performers learn life skills as well. Being a puppeteer at Famous People Players is a much sought after job, giving the developmentally challenged dignity, a sense of worth and a much deserved place in society. The players who range in ages from 21 to 40 years old are usually 'hidden' covered from head to toe in a black velvet jump suite with a hood on stage where they skillfully make huge fluorescent puppets and props magically float and dance through the air to music, under ultra-violet lights.

In Toronto in 1974 Liberace loved the show so much he jumped on stage grabbed a microphone and invited Famous People Players to open his show in Las Vegas, which they did on/off for 10 years. They've performed in China, Vietnam and several countries around the world. Famous People Players were the first to perform at the Peace Memorial in Hiroshima during a ten year run in Japan along with a televised performance seen by over 12 million Japanese viewers. Famous People Players were featured on the Emmy Award CBS Movie of the Week "Special People", starring Brooke Adams, based on the founding of the Famous People Players Company.

Along with 5 honorary awards Diane has been awarded the Order of Canada and the Queen's Jubilee medal for her work in Theatre and her dedication to the developmentally challenged.

Diane continues to this day to put smiles over frowns with Famous People Players.



Williams
Fresh Cafe
Open Daily
8am to 11pm

on Hamilton's Waterfront
47 Discovery Drive, Hamilton
www.hamiltonwaterfront.com



Fishing at Discovery Drive Pier

BEASLEY NEIGHBOURHOOD PLAN PROGRESS UPDATE

OBJECTIVE:
Enhance Pride
& Ownership
Through
Beautification

BEASLEY

THE ALLEYWAY PROJECT

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

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

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

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



OBJECTIVE:
Fundraising
& Event
Planning

ANNUAL BEASLEY BBQ, WINTER FESTIVAL & BEASLEY FAIR

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

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

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



Beasley Neighbourhood
Association
www.ourbeasley.com



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

August Community Update

It's hard to believe that the summer is over all ready! Which sadly (for the kids at least) means school will be back. We wish all the kids a successful transition back to school. It is a particularly good time to be aware of our speeds when travelling through the neighbourhood. Especially through the neighbourhood's school zones. It's also a good time to remind our children about the importance of road safety rules when walking or cycling to and from school.

On a related topic, NEN will be hosting a traffic meeting in the early fall. City of Hamilton staff will be on hand to answer any questions and give updates on the North End Traffic Management Plan. At this meeting we'll also be discussing the new neighbourhood signage. We and the city will be looking for feedback from you in relation to visual and textual messaging of the sign.

We'd also like to remind you that NEN will be holding its annual AGM in October. We have a few current vacancies on our board. So if you or someone you know is interested in serving as a board member, please send an email to nenchair@gmail.com to let us know and have you added to the ballot.

Grain dust emissions from Parrish & Heimbecker have been a concern in the neighbourhood lately. If you have an experience you'd like to share, want to learn how to file a report, or have any other questions, contact us at nenchair@gmail.com.

If you subscribe to the NEN mailing list, keep an eye on your inbox for meeting dates and location updates. If you aren't currently on our mailing list, please visit www.northendneighbours.com and add your name and email address to Mailing List form. The form is located on the right hand side of the home page.

Please contact any of the board members for more information or to advise us of your neighbourhood concerns.

NEN works to ensure the interests of our community are being protected and to develop and foster a positive community spirit.

Contact Information: Phone: 905 527 1697 (Sheri, secretary) sheri.selway@gmail.com or Carmen Cooper, Chair: nenchair@gmail.com

Email: nenchair@gmail.com

Website: www.northendneighbours.com

Facebook: North End Neighbours

Twitter: @nenhamilton



Summer 2016 photos by Shannon McCulloch

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



CANADA



**David
Christopherson, MP**
Hamilton Centre

Please contact my office for
assistance with any
federal matter.

22 Tisdale Street South
Hamilton ON L8N 2V9
Tel: 905-526-0770

hamilton@davidchristopherson.ca
www.davidchristopherson.ca

BENNETTO COMMUNITY CENTRE

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

BENNETTO WILL BE CLOSED FOR ANNUAL MAINTENANCE:

MONDAY, August 29th TO MONDAY, September 5th
Re open TUESDAY, September 6th at 9:00am

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

Please pick up our most current Swim schedule at the front desk or feel free to call for the most current swim times.

PROGRAM REGISTRATION INFORMATION

DROP OF YOUR REGISTRATIONS by 8:00 pm on Thursday August 18th, 2016 OR

REGISTER ON LINE Friday August 26th 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.

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 September 30, 2016

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 or Cardio Dance** classes.

Registration is now open and classes will start the week of September 19th 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, Musical Theatre, 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 19th and run for nine weeks.

Red Cross Babysitting Course

When: Saturday, October 22nd, 2014
Time: 9:00 – 5:00 pm
Ages: 11-15 years
Cost: \$40.43
Course Code: 172382

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



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!!



NEW HORIZONS

520 James Street North
905-529-6891

Store Hours: Mon – Sat, 10-5

www.newhorizons.welcomeinn.ca

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.



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

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



ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

Contact us at (905)393-8336

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

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

On Twitter @St.LawrHamilton

Or visit our Website at stlawrencehamilton.ca

COME AND JOIN US!

New Parishioners are always welcome

Join us for Mass

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

CHILDREN'S LITURGY PROGRAM

(for children age 4 - 10)



Come and join us every Sunday during the 10:30am Mass, where children 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.



NIBBLES & BIDS

Loonie Toonie Auction

Friday November 4th, 2016

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

We are now accepting donations!

We are looking for Gift Cards, Gift Certificates, Gift baskets and prizes for our Auction.
We are also accepting monetary donations and those wishing to advertise in our program.
All funds raised will go to our Parish Building Fund.
For more information or to donate, please contact Alissa at aadenham@hotmail.com or 905-308-1576.

MARK YOUR CALENDAR FOR THESE OTHER UPCOMING FALL & WINTER EVENTS!

- Nov. 4, Nibbles & Bids Loonie Toonie Auction
- Nov. 19, CWL Fall Penny Sale
- Dec. 2, Christmas Turkey Roll
- Dec. 11, CWL Christmas Bake Sale

**WELCOME INN
COMMUNITY CENTRE**

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



**Welcome Inn Turns
50!!**

STREET PARTY

To celebrate our
50TH

ANNIVERSARY

come and enjoy

**Refreshments, Food, Drinks,
Games and Music**

PAY WHAT YOU CAN

September 24th 2 - 7 PM



40 Wood Street, Hamilton ON

**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. 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



Dates to Remember

LEAD Youth Drop in Program : Starts Sept. 7th every Wednesday from 6- 9 pm

Seniors Diner Club: Starts Sept 13th, every Tuesday from noon to 2 pm

Good Food Box: Pickup is Sept 21st from 2-5 pm

50th Anniversary Street Party BBQ & Corn Roast:

Sept 24th from 2-7 pm; Pay what you can

Computer Classes – Wednesday Sept 21st 10-11am

Cranksgiving: Oct. 8th @ Gore Park

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

Seniors Diners Club at Welcome Inn!

Looking for a fun way to kick-off your fall?

All seniors are welcome to join us for our Welcome Back BBQ on September 13th @ 12 – 2 p.m. Enjoy great grilled burgers and the wonderful folk music of Kim Aitkins.



Volunteering at Welcome Inn!

We have lots of great opportunities to get involved and become part of this really fun, inclusive community.

If you have any interest in:

Preparing and serving food!

Assisting in the food bank with packing boxes and organizing food.

Gardening

Working at New Horizons Thrift

Store. (receiving & sorting donations, cashiers)

Visiting Seniors in the neighbourhood.

Driving Seniors on Tuesday's.

Driver to help with picking up food for the Food Bank.

Assisting folks to learn how to cook.

Answering phones & just generally being a welcoming

person to people who walk through the door.



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

Computer Classes for Beginners



Join us for 4 classes designed for beginners. Each Wednesday starting on September 21st at 10-11am.

Only 3 spots still available. FREE!

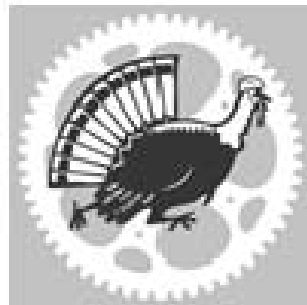
Call Krista to register

905 525 5824

Topics include: computer basics, email, social media, safe computer use.

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 Cranksgiving event on Oct 8th. 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!



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**



Her Majesty's Army & Navy

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

SEPTEMBER ENTERTAINMENT

One advantage of talking to your self is that you know somebody is listening.

Thursday	Sept. 1st,	2016	Phil Myles
Thursday	Sept. 8th,	2016	City Kidz
Thursday	Sept. 15th,	2016	Neon Moon
Thursday	Sept. 22nd,	2016	Big Johnny Blue
Thursday	Sept. 29th,	2016	Big John & The Night Trippers.

A police officer jumps into his squad car and calls the station. "I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped." "Have you arrested her?" asks the sergeant. "No, not yet. The floor's still wet."

**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.**

**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



Children's Breakfast Club

Starting Monday, September 12th, 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 - 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

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



FREE CLASSIFIED ADS

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

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

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

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

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

Lawn Gardening, grass cutting—small cleaning. Call: 289-237-5959
Babysitting—LOOKING FOR A BABYSITTER? I am a Mother of three and I am willing to babysit in my home only! Located just 1 block from Bennetto School. Rates are negotiable! Please call: Crystal Hachey-Brown at: 905-393-6416, 289-925-5970. Please leave a message & I will get back to you!

Babysitting—Are you looking for a nice place for your kids before and after school? I could be the person for you. Nice home, walking distance to school. After school activities and help with homework. Call Shannon at 289 339 6019

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

Reflexology—Relaxation Services by Brenda. Feel great and relieve stress. Reflexology, a specialized foot treatment and Shiatsu-Swedish back massage. Certified and experienced practitioner. Senior's discount. By appointment only. Phone: 905-525-3693

Walkabout with Ken Hirter

It might as well rain until September (Carol King) hopefully not on September 9 to 11, 2016.

Supercrawl is the Music and Arts Festival held the second weekend in September here in beautiful Downtown Hamilton on James Street N and some surrounding streets. Please note that the regular Art Crawl (founded by: Tim Potocic) is held year round on the second Friday of each month.

With 250,000+ in attendance over the course of 3 days—this makes it the largest tourist attraction in Ontario last year. James St. N. buzzes and comes alive showing that Art is the New Steel here in Hammer town.

Enjoy street vendors, street performers, talented musicians, the many colorful faces of artists and artisans and craft makers peddling their wares. There are many fun filled activities for the children—face painting and a designated play area by the Hamilton Public Library (HPL) on Bay Street so the parents/parent can take a break.

This year will mark my 4th year attending and partaking in this wonderful event. The streets are full with the sounds of music and laughter that rings throughout the progressive changing face of James Street North, not the James Street North of 30 years ago. The splashes of color on the sidewalks to the street murals Picasso even would have liked and fancied. All the galleries and different venues are open to the general public.

If art and music is not your scene then if you like fashion and food this weekend is for you. Or architecture; James Street North still has that unique feel of old town charms with many beautiful architectural buildings like Christ Church and the beautifully restored Lister Block in 2012. Hamilton is being compared to Brooklyn of New York City; the New Queen Street West of Toronto right here in Hamilton,

Moving? Need a vehicle for a short time or a short trip? Need an inexpensive way to build an insurance record? Contact: (905) 543 4411, (905) 526-7022 or www.HamiltonCarShare.ca

Free

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

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

Wanted

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

Announcements

Free Senior Tai Chi class—Saturdays 10am to 1pm at Beasley Community Centre 145 Wilson Street. 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.

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

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

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

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

Ontario.

Fingers crossed for no rain; last year it rained on all 3 days and some vendors barely broke even despite their dedication and hard work.

Please go to tourismhamilton.com or the Internet under Supercrawl (Wikipedia Official website) for a complete list and line up schedule of the performers. Remember take care and to those around you.

I have to include a plug for the *Breezes*: North End Breezes T-shirts are on sale now at Grandad's Donuts, at Fisher's Pier 4 Eatery, at New Horizon's and at James North General Store (Hamilton's mini Drake Hotel) they've moved to 95 James Street North. T-shirts sell for only \$10 each and are available in sizes (L & XL only). This is a 2K fundraiser to keep this positive, informative little newsletter in circulation serving and informing Hamilton's North End since 1971. I am also a proud supporter of this little paper with miles and miles of heart.....

Cheers till next month's Walkabout for October. *Ken*

YOUR VOICE.YOUR SUPPORT.YOUR COMMUNITY.

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

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

Please complete the following form:

Name: _____ Address: _____

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

Phone: _____

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

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

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

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

Charitable Taxation #10392 9162 RR0001



DONORS 2015-2016

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

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