



**THIS PRIME SPACE
AVAILABLE!**

Contact Office@NorthEndBreezes.com
for information on how to get
YOUR business noticed!

OFFICE@NORTHEMDBREEZES.COM | VOLUME 10 | NOVEMBER 2017 | WWW.NORTHEMDBREEZES.COM

THEY CARRIED THE TORCH

SUBMITTED BY BRIAN ROULSTON



At the time Lieutenant-Colonel John McCrea of Guelph Ontario did not realize the significance of the poppy as a lasting memorial symbol, he simply observed the poppies growing in an otherwise barren war field and among the graves of the dead soldiers. After writing the poem it is said he threw the poem away. Another soldier picked it up, eventually making its way to the London-based magazine Punch which published it on December 8th, 1915.

John McCrea would die before ever knowing how it inspired and helped so many, including his fellow soldiers during and after the war.

Two ladies took inspirations from that poem. Both were heavily involved in fundraising efforts for war veterans even before the U.S entered the war.

Moina Belle Michael (The Poppy Lady) was born to a wealthy family, owners of a cotton plantation in Good Hope, Georgia. Moina, a school teacher was in Germany when the war broke out, she went to Rome in order to get back to the U.S. While in Rome she assisted in helping more than 12,000 American

tourists get back home.

It was on the Saturday before Armistice Day November 9, 1918 while at a YMCA conference in New York City a young soldier placed a magazine on her desk which featured John McCrea's poem 'We Shall Not Sleep', later named 'In Flanders Fields'. It was the last verse that inspired Moina,

'To you from failing hands we throw the Torch; be yours to hold it high.

If ye break faith with us who die, we shall not sleep, though poppies grow in Flanders Fields'.

Just then 3 men came up to her with a cheque for \$10 in appreciation of her efforts during the conference...a pleasant surprise. She told the 3 men that she shall wear a poppy every year and told them why by showing them John McCrea's poem. The men asked permission to take the material up to the conference, later they returned asking for poppies to wear in memory of those who died in Flanders Fields. However, she had none, she told them if they would return later she would get them. She looked everywhere in New York, finally she found one large poppy for her desk and two dozen small ones fashioned after those in Flanders.

Because this was the first group ever to ask for poppies to wear in memory of the soldier dead, and since this group gave her the money (the \$10 cheque) with which to buy them, Moina Michaels always considered that She, then and there, consummated the first sale of the Flanders Fields Memorial Poppy.

CONTINUED ON PAGE 3

LET'S SUPPORT THE NORTH END BREEZES! LET'S HELP EACH OTHER!

SUBMITTED BY BRENDA DUKE, CO-ORDINATOR

So, we have an "ask" Can you help? Do you want to continue getting your news regularly? What do you know about the Breezes? Do you value what we do and look forward to the new issue each month?

The North End Breezes started as a small community newsletter over 45 years ago. A six page, typed document with hand drawn ads published in May of 1972.

Over the years, it grew, took on new designs and layout and continued to publish monthly. Bringing news of the North End to The North End. Many people, primarily volunteers, had a hand in that growth. Why? Because it was important to you!

The Breezes still exists today because of the volunteers who make it happen through contributions to our copy. Many of you still wait anxiously each month to see what Pam Winter wrote about, what Brian was busy researching, what books are popular with Kit and the book club and what Ken discovered on his "Walkabout". It exists because of the Community Partners who sponsor us yearly and it exists because we offer low cost advertising that promotes your business and attracts customers.

This is the time of year that we reach out to our Community Partners and ask for their financial assistance. And, we look for new Community Part-

CONTINUED ON PAGE 2

**We are here
to help you!**

**Andrea
Horwath**
MPP Hamilton Centre

20 Hughson St. S., Suite 200, Hamilton, Ontario L8N 2A1
905-544-9644 | ahorwath-co@ndp.on.ca

**THE
HAMILTON
STORE**

Hamilton Gifts, Souvenirs, Vintage
Custom Hamilton Gift Baskets

165 James St. N. 905-973-2932 thehamiltonstore.ca

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

dedicated to the core



LET’S SUPPORT THE
NORTH END BREEZES!
LET’S HELP EACH OTHER!

SUBMITTED BY BRENDA DUKE, CO-ORDINATOR

ners to join us. Email us at office@northendbreezes.com to find out what that means.

We also ask people who receive the Breezes delivered to their homes free of charge to consider a contribution. There is no set amount and we accept as much or as little as you are comfortable with. Tax receipts are issued for contributions over \$100.

Have you moved away but still carry the North End in your heart? We will happily mail you a copy each month but do ask that you contribute to the postage and supplies by sending us a contribution for your yearly subscription.

Does this sound like we are asking a lot? Consider the value you are receiving and consider what we, the publication team put in to give you that value.

We have changes happening in the North End. People are starting to recognize the potential of the North End and we are seeing a change in the demographics as people move in and bring their families. Changes in the development and changes in what we value to create neighbourhoods and community. Parks, green-spaces, recreation, adequate housing.

What does that mean for The Breezes? We need to change too! We need to bring the history of the past to new residents so they can appreciate the North End and we need to offer information to those who are still learning about the neighbourhood. You need to know what happened and what is happening now and how it might affect you and more importantly, where you can get involved to shape their future.

And that leads to your next question I’m sure. What

do we do? This year in December of 2017, we had to replace Wendy Collins who retired after thirteen years of putting it all together. And that is where I came in. A bit of experience in community publications and no knowledge of The North End.

But, I was tasked to take the Breezes to the next level and make it sustainable. Thankfully, I had those dedicated volunteers and people who shared their expertise to help me along. I shared my visions and we changed!

We now have a new size, still reader friendly but more space, we offer colour on the front and back pages, our logo is being revamped from the original designed by Ed Stewart but keeping the “flavour” of our Breezes. More articles are coming in that showcase what is offered in the North End and advertisers are noticing us.

And while I was finding my feet, our Board of Directors and our volunteers were busy too. Our web site was upgraded and redesigned, we have a new Facebook Page and our social media platform was expanded to include Twitter. The voice of the Breezes is well heard through social media and reaches beyond the North End and increasingly, that audience is a younger demographic.

Does all of this translate to sustainability so we can continue forever? Unfortunately, no. Our bottom line increases as we bring these changes about and we still need your help. Please consider joining us as we grow though one of the opportunities offered. We are happy to answer your questions by email at office@northendbreezes.com or through our website www.northendbreezes.com

“This has been a challenging year for the Breezes. The board has been a hands- on working board and each person has dedicated and contributed their valuable time and expertise during the transition. The new design was a vision that came to fruition because of persistence and passion. The volunteers worked hard to fold, deliver, submit articles, and spread the news of our fabulous community newspaper. I am proud to work with such dedicated and professional volunteers who give their time to the Breezes”. Sharon Clark, Chair, Board of Directors



PORT UPDATE:
POLLINATORS AT THE PORT

Hamilton Port Authority has planted its first pollinator garden on the port lands, with the help of the Pollinator Paradise Project.

A new garden featuring native and pollinator-friendly plants has been created adjacent to HPA’s boat storage and maintenance shop on Pier 15.

A sunny day in October provided the perfect conditions for planting day, and for this new partnership to take root. “We had a great experience with the Pollinator Paradise Project, and appreciated the team’s expertise and guidance along the way,” says Sharon Clark, HPA’s Manager of Community Relations. Location advice and plant selection were some of the services provided by the Pollinator Paradise Project, as well as help with planting.

With its first garden underway, the Port Authority is looking for more opportunities to create a network of native plantings that provide food and shelter for pollinators like butterflies and bees as they travel. “We are now scoping out more spaces where the port lands can contribute to a pollinator corridor in Hamilton,” says Sharon.

The garden serves as an educational vehicle for HPA staff, as well as a “demonstration site to encourage some of our tenant partners to come on board.”

The Pollinator Paradise Project is an initiative of Environment Hamilton and the Hamilton Naturalists’ Club, with support from the Hamilton Community Foundation. Learn more: www.hamiltonpollinatorparadise.org.



North End Neighbourhood Association Update

We are excited to introduce a new constitution. Thanks to everyone that worked hard to make it happen.

Our goal is to create a positive atmosphere for everyone in our wonderful neighbourhood. Connect with us online at northendneighbours.com or on Facebook for more information.

We meet in person the first Wed. of each month at 7:00 PM at the Bennetto Community Centre. Meetings will be approximately 1 hour long followed by some social time.

The next meetings will be:

- Wed. Nov. 1st
- Wed. Dec. 6th
- Wed. Jan. 3rd

Keep an eye out for a city update on the North End Traffic Management Plan and our neighbourhood survey where we will be looking for input from you. Looking forward to having you join us.

Curtis Biehler: nen.president@gmail.com

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 St N, Hamilton.

Donation amount: \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

OR monthly donation in the amount of \$ _____

Please complete the following form and enclose if donating by cheque:

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE NUMBER: _____

OR visit northendbreezes.com to make a donation through PayPal! Please make cheques payable to North Hamilton Community Health Centre. Tax receipt will be sent to address above within 30 days of receipt of donation. Please check this box if you agree to have your name included in the Breezes as a donor.[Charitable taxation #10392 9162 RR0001]

THEY CARRIED THE TORCH

CONTINUED FROM PAGE 1

Moina Michaels even wrote a poem, a worthy compliment to In Flanders Fields called 'We Shall Keep the Faith'.

Madame Guérin (Anna Alix Boulle) aka 'The Poppy Lady of France' was the oldest of two daughters born February 5, 1878 to farming parents in a small picturesque little village, a winter wonderland of sorts known as Vallon Ardeche, Rhine-Alpes in Southern France. Anna was a very independent, motivated, passionate, free spirited young lady. She could inspire everyone who heard her speak. Anna Guérin with two young daughters of her own ran a school for 12 years. Anna wanted nothing more than to see indigenous girls reach their full potential. She taught in Britain for 4 years. In 1914, she went to the U.S initially, as an 'Alliance Française' lecturer. She was passionate about the French culture, language and education.

On Oct 8, 1919 Madame Guérin addressed the Gold Star Mothers of Baltimore's 1st convention, many of these ladies were mothers who lost sons in France. First reading 'In Flanders Fields', she then proposed the idea of poppies being the "symbol befitting the heroes of the war". The proposal was accepted.

In September 1920, the American Legion was the first of the First World War inter-allied veterans' groups to adopt the poppy as a remembrance emblem – after Madame Guérin was invited to speak about her 'Inter-Allied Poppy Day' idea at their convention.

Veteran groups of the British Empire nations (the 'Commonwealth' today) followed. Canada's 'Great War Veterans Association' the predecessor to the Canadian Legion was the first of these Empire groups and, as such, set an important precedent to all the others. The Empire's first national Poppy Days began in November 1921, although New Zealand's was held a year later in April 1922.

Today, thousands of volunteers in more than 1400 Canadian Legion Branches across the country will head out in their local communities to distribute more than 21 million poppies and other materials to raise money for programmes such as help for service men & women adjusting to civilian life, mental health issues and PTSD (Post Traumatic Stress Syndrome), helping homeless vets and many more projects.

Please give generously so we may continue to Carry the Torch.

**NORTH END NEWCOMER:
WALK THE WALK**

SUBMITTED BY ROSE DIVECHA



We were out for our nightly walk along the water's edge when the little guy stopped abruptly in front of us, one foot scraping the pavement acting as a brake, the other planted firmly upon his scooter.

"I thought you were walking a goose!" he exclaimed. Our dog Bailey stood by my side panting and I looked down at him and considered how he might be mistaken for a goose - the long legs and top-heavy body, perhaps?

"No, just our dog." I replied trying not to laugh. I was struck immediately by the boy's confidence and open inquisitiveness, his genuine curiosity and lack of fear. We were strangers to him after all. He was roughly seven years of age and so I looked around for a parent or older sibling as was normally the case in the suburbs from which I came.

"He's not very friendly though." I warned as he took a step closer.

"Why not?" he questioned. "I'm not really sure." I answered.

"Maybe it's the food. Or maybe it's the family." He offered, trying to make sense of what might make a dog unhappy and therefore unfriendly.

"Yeah, it's probably the family..." I conceded, not really having given Bailey's grumpiness much thought up until then. Motherly guilt was slowly setting in.

"We had a cat once that hated us" he shared. "Maybe he hates you."

Well, that's a punch to the gut. I looked down at my dog who appeared to be patiently waiting for this pointless exchange to end. "Yeah, you might be right."

"Yeah, it's probably the family." Were the last words the boy spoke to us before pushing off on one foot and scooting away.

Wait! I wanted to yell after him. We're nice people! But it was too late. He'd obviously drawn his own conclusions.

The North End Breezes Team

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses. Contact us at 905-523-6611 ext 3004, by email at office@northendbreezes.com or on our website: www.northendbreezes.com

Published by:**North End Breezes Board of Directors:**

Sharon Clark, Paul Havercroft, Marie Mushing, Margaret Smith, Chris Pearson, Sarah Harvie, Annabel Krupp

Co-Ordinator: Brenda Duke

Layout and Design: Katie Fitzgerald

Ad Sales: Annabel Krupp

Circulation & Distribution: The Board, JoAnn Osti, Faye Grasley

The articles written represent the opinions of the individual and must meet the Mission and Vision of The Breezes and the Board of Directors as set out. Articles may be edited for length, tone, clarity and are subject to publication based on available space. We strive to publish articles based on these principles and the applicable time frame for the content.

Deadline for submission is the 15th of the month prior to publication. We appreciate an early notice by the 10th of the month if you want to reserve ad space and early submission gives us time to edit your articles. Pictures and logos are accepted and will be included as space allows.

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.

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

Help us grow your Breezes.

We are looking for ideas, submissions, advertisers. Please email your thoughts to office@northendbreezes.com or call 905-523-6611 x.3004. Leave your contact name and number and we'll get back to you.

Do you already contribute to our publication? Are you interested in sharing your thoughts about layout, design and content? Let's get together! I'd love to hear your ideas. Email or call and let me know. Thanks, Brenda



**David
Christopherson, MP**
Hamilton Centre



**My office is always
happy to provide
assistance with
Federal Programs
and Services.**

22 Tisdale Street South | Tel: 905-526-0770
Hamilton ON L8N 2V9 | hamilton@davidchristopherson.ca
www.davidchristopherson.ca

WALKABOUT

SUBMITTED BY KEN HIRTER



This month’s Walkabout finds me visiting my good friend Pam Winter whom many readers know here for her monthly column the ELDERBERRIES in North End Breeze’s at her new home at Dundurn Place. Pam enjoys our visits and is always entertaining.

The day of my Walkabout I was also my searching for the display model for the Tiny Home design in the area. This has been a general interest topic for myself and a unique way to build on a budget from homelessness to assist with a growing baby boomer generation as most of us are becoming senior’s in the next decade or so.

Here in Hamilton, City Council planning committee voted last month and the Tiny Home Movement comes to Hamilton. The home designs are to be no larger than 425 square feet (about the size of 3 parking spaces) and destined to be located in Hamilton’s lower escarpment.

I have seen throughout my years living here the plight of the homeless and the Senior Housing crisis. Could “tiny homes” be an answer? “No one should have to call a stone a pillow and the dirt ground floor a bed”. There are alternatives.

It’s great to be housing the homeless and I believe that Senior’s homelessness is also on the rise sadly. Many may lose their homes through downsizing and need to leave behind many lost mementos and cherished memories too.

Following the Tiny Home Movement moves from beyond the scope of how to build efficient housing. It was pointed out to me this week from someone in the community that a few of these tiny home’s have been built here in the North End of Hamilton.

Question: Do you think Hamilton and surrounding areas should move beyond and not just build for the homeless? Remember circumstances beyond some people’s or persons control find them losing their homes for a variety of reasons.

In closing, I am happy to see this tiny home movement has arrived here in Hamilton. Building a new foundation and homes to those in dire consequences/straits. Taking it in tiny steps and climbing to the next level. Wouldn’t this put Hamilton on the map as a fast moving forward progressive city? If you are on Facebook and are interested in Tiny Homes go to Tiny Homes Canada.....

Until next time, take care of yourself and those around you - Ken

ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY



PHOTO: YOU ME GALLERY

The Crossshop is open for viewing. A satirical look at The Cross as an early branding icon. I might warn you that It is not for the faint of heart or devout. When was the last time you were able to glimpse the crucifix in a retail-like setting? You can now.

- On the wall a few questions to ponder while taking in all the display in its entirety.
- Who needs an artist statement?
 - Why did I make this Crossart for the Crossshop?
 - Does this lapsed RC have a cross to bear?
 - Did I want to hurt, in making this art?
 - Is it OK to just let ideas out like diarrhea?
 - Shouldn’t we just all make happy art?
 - How many variations on the cross can I make?
 - Is this satire, simply puerile, juvenile play?
 - Can’t one make art about politics or religion?
 - Why didn’t I make art about Islam too?
 - Over whose couch could this stuff possibly hang?
 - Why am I asking all these smart ass questions?
 - Is the cross an early logo for the God brand?
 - Will I go to hell for making this shock value art?
 - Can one design a better cross, like a better widget?
 - Why not just leave well enough alone?
 - Am I the only one who thinks this is (great) art?
 - Will Bryce go to hell for letting me show this art?
 - Does God even know what this is all about?
 - Did you actually read this far?

So many questions, so few answers. The exhibit is featured at You Me Gallery by Artist/ Designer and lapsed Roman Catholic, Rene Price. The exhibit runs October 13th to November 5th. You Me Gallery www.youmegallery.com 330 James Street North, Hamilton. L8L 1H2 Hours: Wednesday through Sunday 12pm -5pm (905) 523-7754

Visit me on Facebook! www.facebook.com/tracee.leeholloway Find me in the Twitter-verse! <https://twitter.com/rockstarauthor> Check out my blogs! <http://followtracee.blogspot.ca/> <http://thetroublewithtracee.blogspot.ca/>

Tracee Lee-Holloway is an arts advocate and creative community builder here in Hamilton. A 2015 Hamilton’s Arts nominee for Arts innovations. A fervent supporter of the grassroots arts & music scene, her main agenda is helping and supporting others build momentum to get to the next level. When not sleeping she can be found every month documenting Artcrawl and every day on all the usual social media channels.

WHOSE HOUSE??

SUBMITTED BY KIT DARLING

We read about architecture and urban planning; about neighbourhood renewal and walkable neighbourhoods. But what do the individual homes in a neighbourhood have to tell us about our community.

Homes in the North End are not one consistent style of architecture. They are not all grand or of historical interest. But their stories, the stories of the people who resided there, can tell us a lot about the tapestry of our community.

As an example, my home is a typical late 19th century cottage - dash pebble stucco just like the one across the street. This house, like it’s mirror opposite, was built by Charles Lee in the mid to late 1870’s. Charles was described as a carpenter and his handiwork is apparent in the interior and in the strength of the wood framing. What this doesn’t explain are the 18 inch deep dressed stone foundations.

The inhabitants of the house generally reflect the main business of the city and the less built up nature of the neighbourhood. Early inhabitants included a sailor, a dairyman (who had a grand total of 4 cattle), a gentleman of no noted occupation (was he a black sheep being supported by his family?), a gardener / carter whose 2 horses presumably were useful in moving goods from the port to the city. Several glassblowers also resided here (which might explain some of the odd burns and scars in the pine floor planks) and who were within walking distance of the Burlington Glass Works at the corner of Burlington and Macnab streets).

In more recent years, the house was home to 3 generations of the Ormerod / Cameron family. Harry Ormerod emigrated from Yorkshire and resided at 548 Hughson North. His first job was cutting ice on the bay. The ice was stored in the local ice house and then delivered door to door by horse and wagon. His son-in-law William Cameron was an engineer with the Hamilton Fire Department from 1924 and also played with the Hamilton Tigers of the Ontario Rugby Football Union. His son Ron, was born in the front bedroom of the home and lived there until 1997. Ron rowed at Leander and was on several of the rowing teams over the years. He remembers drive sheds on the property, presumably for horses and later vehicles and other equipment. There are bits of evidence of these previous tenants around the house, quiet testaments to their lives. A small wooden box holding a small last and equipment for repairing shoes; a short leather whip for ‘encouraging’ horses; a gaff-hook for harvesting blocks of ice.

Every home has a story to tell about the people who inhabited it and a small window into their daily lives. What does your house have to tell you? The Local History and Archives department in the Central Library has a wealth of information to help you research your home’s history. There is a description of these resources at <http://lha.hpl.ca/articles/research-your-house>.

Brusey Awnings
Since 1929

Just a shade better...

Between You And The Sun Since 1929!

497 Hughson Street North, Hamilton, ON L8L 4N8

905-522-5625 /905-522-5881

Ask for Rick Brusey or Pat Curtis

HER MAJESTY'S ARMY & NAVY

96 Macnab St N, Hamilton
905-527-1000

A Canadian went into a Tom Horton's and noticed there was a "Roll Up The Rim To Win" Contest. So, he rolled up the rim of his coffee and started yelling, "I've won a motor home! I've won a motorhome!"

The girl at the counter said, "That's impossible. The biggest prize is a car."

The person shouted, "No, it's not a mistake. I've won a motorhome!" He handed the Cup to the girl who read:
"WIN A B A G E L"

UPCOMING EVENTS IN NOVEMBER

Nov 2, 2017 **Ted Burton**
Nov 9, 2017 **Blue Diamonds**
Nov 16, 2017 **Phil Myles**
Nov 23, 2017 **Lionel & John**
Nov 30, 2017 **Big John**

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 PM.

DARTS OPEN HOUSE ON SATURDAYS.

6 BOARDS AVAILABLE

WE ARE CLOSED SUNDAYS, BUT IT IS
NEGOTIABLE.

CALL 905-527-1000

ST. LAWRENCE CHURCH**NIBBLES & BIDS****Loonie & Toonie Auction**

FRIDAY NOVEMBER 3, 2017

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

Or the Parish Office at (905) 529-3921
stlawrencehamilton@hamiltondiocese.com

**ST. LAWRENCE CHURCH**

475 Mary Street, Hamilton, ON

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

Parish Pastor: Fr. Heinner Paucar, OMI

PARISH OFFICE HOURS

9:00 am - 4:30 pm Monday to Friday

Email:

stlawrencehamilton@hamiltondiocese.com

Contact us at (905) 529-3921

Use this number to contact a priest, book a
home visit for the sick, inquire about sac-
raments, request hall rental info and much,
much more!

Mass Times:

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

Join us for Adoration: Saturday's 6:30 - 7pm

Call (905) 522-9828 to arrange an appointment.

PARISH HALL FOR RENT

St. Lawrence Church

(Corner of Mary & Picton Sts.)

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

For more info, to obtain a copy of the Hall Rental
Agreement or to check availability, please call

(905) 529-3921

Or Email us at:

stlawrencehamilton@hamiltondiocese.com

CHRISTMAS TURKEY ROLL

FRIDAY DECEMBER 1st

Doors open 6 p.m. Draws start at 8 p.m.
St. Lawrence Parish Hall

3 spins for \$2

Come to WIN, WIN, WIN !!!

**Turkeys, Hams and
\$25 LCBO Gift Cards**

**HUGHSON STREET
BAPTIST CHURCH**

383 Hughson St N, Hamilton, ON

CONTACT INFO

905.527.3972

office@hughson.ca | www.hughson.ca

OFFICE HOURS: Mon to Friday 9AM - 4PM

SUNDAY MORNING SERVICE

BENNETTO SCHOOL 10:00AM

47 Simcoe St E, Hamilton, ON

Hughson Street Baptist Church has been a part of the North End since 1887. Each Sunday we gather for a lively time of worship with music, and relevant teaching from the Bible. There is a program for children who are babies right through Grade 8. During the week we have several Youth centered programs and our Coffee's On drop-in on Friday mornings. Give us a call, or check the website for details: www.hughson.ca

"Strengthening Marriage and Family Seminar with Bill & Pam Farrell, authors of the book, "Men are like Waffles, Women are like Spaghetti". Saturday Nov 11, 9am – 4pm Registration through the Hughson Street Website.

CWL Fall Penny Sale

St. Lawrence Parish Hall - Corner of Mary & Picton Sts.

Saturday November 25th

Doors Open at 11:30 a.m.

Draws start at 1:00 p.m.

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

Donations of new children's toys, small gifts and household items
For the Penny Sale are now being accepted and would be greatly appreciated.



The Heating & Cooling Professionals who CARE

Second to None

Offering Superior Customer Service and Competitive Pricing

- Furnaces
- Gas Lines
- Humidifiers
- Air Conditioning
- Gas Fireplaces
- Thermostats
- Air Cleaners
- Heat Recovery Ventilators
- Ductwork
- We Care Maintenance & Protection Plans



Residential & Commercial

979 Main Street East, Hamilton ON L8M 1N2
Tel 905 312 9644 langtonmechanical.com



BENNETTO COMMUNITY CENTRE
450 Hughson St. N.
905-546-4944
www.hamilton.ca/rec

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

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

WE ARE OFFERING A LEISURE SWIM (FAMILY)
Mondays - 5:30-6:30PM (FREE)
Fridays - 6-7PM (FREE)
Saturdays - 3-4PM (regular admit fee)

WE ARE OFFERING A LEISURE SWIM (FAMILY)
Mondays - 7-8PM (regular admit fee)
Tuesdays - 6:30-8PM (regular admit fee)
Wednesdays - 7-8PM (regular admit fee)
Thursdays - 7-8PM (FREE)
Fridays - 7-8PM (regular admit fee)
Saturdays - 1-2:55PM (regular admit fee)

PRESCHOOL GYM

***Come out and try our FREE Preschool Gym.
Lots of fun equipment to play with and staff
that are more than willing to have fun.***

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

***Are you an adult looking for some open gym fun?
Come out and try one of our adult open gym
(18+). Wednesdays from 12:00-2:00pm.***

FREE MOVIE NIGHT

Come and watch a Family movie on the Bennetto gym wall! There will be Popcorn and a small low cost concession stand for all your movie munchies!

November 24, 2017 & December 15, 2017

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

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

Westdale Law
Barristers & Solicitors, & Notaries
Public

David R. Simpson
James R. Simpson, QC
Real Estate, Wills and Estates, Powers of Attorney,
Mortgages & Small Business Law

FOOD DRIVE SUCCESS!
SUBMITTED BY CURTIS BIEHLER



Thank you for your donations! On September 30th, the Reckman and Biehler families got together to do a food drive in the North End in support of the Welcome Inn. This was our fourth year doing it and the generosity of the neighbourhood was fantastic.

We were really proud of our children ranging in age from 3 to 8 who went door to door and collected an amazing 1647 pounds of food and \$40.00. Thank you to everyone who donated showing again that working together can make a difference. We plan on doing it again next year so have a look out for us.

The Welcome Inn is a wonderful organization located here in our neighbourhood supporting a wide range of programs for everyone from children to seniors. One of the programs they organize is an emergency food bank which helps the growing number of families experiencing hunger. Visit welcomeinn.ca for more information on the services provided.

**HUGHSON CHURCH:
RELATIONSHIP SPECIALISTS**

Marriage brings us some of the greatest joys in life while simultaneously offering us some of our deepest pain. We long for our relationships to flourish but often don't know where to start. You grow distant from your spouse and don't know how to rebuild. The differences you thought were cute are now annoying. You spend so much raising kids that you have little time for each other. Hughson St Baptist Church is thrilled to be flying in international speakers and authors **Bill and Pam Farrell** (bio below) on **Saturday November 11th**. This will be an all day seminar held in the Bennetto School Gym from 9 am – 4pm.

Although the cost is \$45 per couple and \$25 per individual – we are offering the day for \$15 per person for North Enders (Discount Code for North Enders: HSBC383). Register through Eventbrite – check out our website www.hughson.ca for details and the link. Space is limited.

***Registration by November 7 is required
to be included in the lunch.***

Bill and Pam Farrel are relationship specialists. They are the co-founders and directors of Love-Wise and Farrel Communications, organizations that help today's couples and families develop relational wisdom. Their passion is to help others learn how relationships really work. Their approach is from a Christian perspective. The Farrels are international speakers and authors of more than 30 books, including their bestselling Men Are Like Waffles, Women Are Like Spaghetti (over 300, 000 sold), Red-Hot Monogamy, The 10 Best Decisions a Couple Can Make, and The 10 Best Decisions a Parent Can Make. The Farrels' books have been translated into over 16 languages and have sold more than a half million copies. Bill and Pam have been happily married since 1979 and are parents to three children, a daughter-in-law, and two granddaughters.



Welcome Inn Community Centre
40 Wood St. E.
905.525.5824
info@welcomeinn.ca

Are you a tween who loves art?
Do you have a creative side that needs some coaching?
Coming soon – Exploring Art in the North End
Open to all tweens ages 11-14.
Contact Gladys for more information and details on how to register. Gladys@welcomeinn.ca 905.525.5824.



Dates to Remember

- **Mon-Fri. LAF after school program:** Grades 1-8 from 3:00-5:00pm. Pick up Registration form at Welcome Inn.
- **Tuesdays Seniors Diner Club:** every Tuesday from noon to 2 pm
- **Wednesdays: LEAD Youth Drop in Program:** every Wednesday from 6- 9 pm
- **Thursdays: AL ANON** 7:30-8:30pm
- **Mon, Wed, Fri: Food Bank** 11:30am-2:00pm (Closed Oct 9 for Thanksgiving)
- **Nov 15: Good Food Box:** Pickup is Nov 15th from 2-5 pm. Pre-order for \$15 at Welcome Inn or NHCHC
- **Dec 15:** Christmas Open House

Volunteering at Welcome Inn!

Interested in assisting neighbours in your community access healthy food? Looking for creative ways to encourage affordable and environmentally friendly shopping experiences for clothing, books and other household goods? Want to become part of a community that feels more like family? ♥

Welcome Inn Community Centre & New Horizons Thrift Store are looking for volunteers to help in our Food Bank and at New Horizons Thrift Store.

No experience necessary. All training provided. Short-term opportunities available. The only thing you need is a little bit of time!

Connect with Ruth. 906-525-5824.
Ruth@welcomeinn.ca.

MOVEMBER
SUBMITTED BY BRIAN ROULSTON

It's been called many things from a sweeper to a lip rug or caterpillar to name a few. Some very famous people have sported moustaches just as famous as the people themselves such as Tom Selleck, Burt Reynolds, Chris Hadfield and Niel deGrasse Tyson.

It's Movember, originally started in Melbourne, Australia by Travis Garone and Luke Slattery while enjoying a beer at the local watering hole. They were reminiscing how moustaches have all but disappeared in recent fashion trends leading up to 2003. Inspired by a friend's mother who was fundraising for breast cancer they decided to make their fundraising about men's health and prostate cancer. They designed the rules of Movember which are still in place today and agreed to charge \$10 to grow a 'stache'. They sent out an email to friends, 'Are you Man enough to be my man?' They found 30 guys willing to take up the challenge and it was such a success in 2004 a decision was made to formalize the concept and was successfully run as a campaign across Australia with 450 men raising \$54,000 that year. Spain and the U.K became home to the first international Movember fund-raising campaign.

Today 21 countries around the world including Canada and the U.S participate in raising much needed awareness into men's health issues and funds to support these initiatives. Last year \$839 million was raised.

6 WAYS FOR YOU, FOR EVERYONE,
TO LOVE YOUR GARDEN
SUBMITTED BY CANDY VENNING



- 1) First let’s talk about the 3 B’s – and creating habitats for them
- Birds; planting species in your garden that support our feathered friends not only in the seeds a plant provides but also for spring foraging on insects and larvae (they need to feed their chicks in spring when there are no seeds) One good example; Arrowwood Viburnum – a caterpillar host that also bears fruit.
- Butterflies; provide larvae for birds and aside from being beautiful are diminishing in numbers and pollinate flowers. Consider adding Echinacea, Aster, Liatris, Chocolate Boneset, and the Monarchs all time fave, Milkweed/Asclepia – plenty of showy annuals work well too (email me for a bigger list)
- Bees – much has been written about the diminishing numbers of the approx 3 500 different native species in North America alone. (the European honeybee is NOT endangered) Neonicotinoids – a form of insecticide used widely for certain crops as well as habitat loss, are to blame. To counterbalance, consider providing pollen rich plants for bees. They are essential links in the food chain. E.G. Globe Thistle/Echinops is a fantastically architectural plant that bees thrive on, Hyssop, Chives, Ajuga, and don’t forget the spring bulbs like Winter aconite and crocus, email me for more!
- 2) Native species OK, you’ve heard this before, but why should you bother planting natives in the garden? 2 big reasons; they have already spent centuries adapting to the area they are native to, therefore requiring less water, less susceptibility to pesky infestations, and the number one reason; they have evolved alongside the very birds, bees and butterflies (see above) that need them for food and shelter. (& vice versa)
- 3) Beauty and mental health; Aside from making your neighbourhood more beautiful, seeing green makes us happier & even live longer. I don’t have the space here to explain but please ask your friend Google. It’s science so it’s real! Numerous studies have shown reduced anxiety, depression and aggression for those living near parks, mature trees or with ready access to a garden.
- 4) Growing your own, veggies & Herbs The satisfaction of picking herbs or veggies from your own garden is delightful and if you try it you’ll understand the reward. ‘Seedy Saturday’ held through the Hamilton Community Garden Network (HCGN) is a great event, a good heirloom seed source and where to go and find out how to get an allotment if you don’t have a garden of your own.
- 5) Harvesting rainwater – using the rain from your eaves troughs = free and your plants prefer it over our chlorinated drinking water. You save money and place a slightly smaller footprint on water usage / resources.
- 6) Trees – extreme weather, high winds and the loss of many of our beloved trees has refocused attention on these urban giants. Ever notice how the best streets and most desirable neighbourhoods have big mature trees? Consider planting a city tree (free through the City of Hamilton) or if space is limited try a smaller tree, Pagoda Dogwood, a multistem Serviceberry/Amelanchier or Redbud/Cercis canadensis (all shade tolerant btw) Bonus! Native trees provide food / habitat for native species.

FASHION FOR NOVEMBER 2017
SUBMITTED BY ALEXANDRA SEMPIE

“I like my money right where I can see it; hanging in my closet,” – Carrie Bradshaw.

The leaves are changing, the temperatures are dropping, snowflakes are falling, and the trends are ever changing. Nothing warms my soul like a trendy pair of boots paired with a stylish coat. Winter fashions are a beautiful thing because they allow us all kinds of different styles that summer just can’t do. Let’s take a peek at the latest trends hitting the runway and see what we can look forward to seeing on the stylish streets.

While floral prints are known for their Spring appearance (“florals for Spring? Ground-breaking.”) designers are now flocking to the well-known style for inspiration and are printing it on everything: dresses, coats, shirts, you name it. What a great way to enjoy a pop of freshness to your look than by slipping on a floral print this season.

With lower temperatures people are flocking to their closets for extra layers. One of the main problems with winter fashion is that it’s difficult to find a coat that is equal parts stylish and warm. Well that problem is now a thing of the past thanks to the latest trend; blanket coats. Designers all over the world are combining comfort and style with coats shaped, stuffed, and printed like our favourite bedspread. This season, roll out of bed and into your coat with the latest trend!



Blanket Coats- Photo Courtesy of British Vogue



Floral Prints - Courtesy of Glamour

In	Out
•Metallic Clothes	•Booties
•Polka Dots	•Ripped Jeans
•Multi-Coloured	•Neon Colours

Stay Beautiful!



ELDERBERRIES
SUBMITTED BY PAM WINTER

As I say and always believe – never a dull moment. As our readers know I have been at Dundurn Place, my well looked after facility for Seniors and friends who need some looking after and care could not possibly be better! Hats off to all of the staff who go the extra mile.

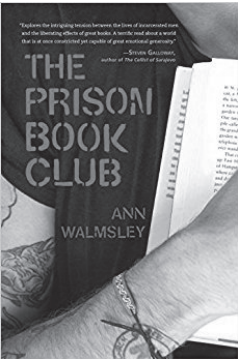
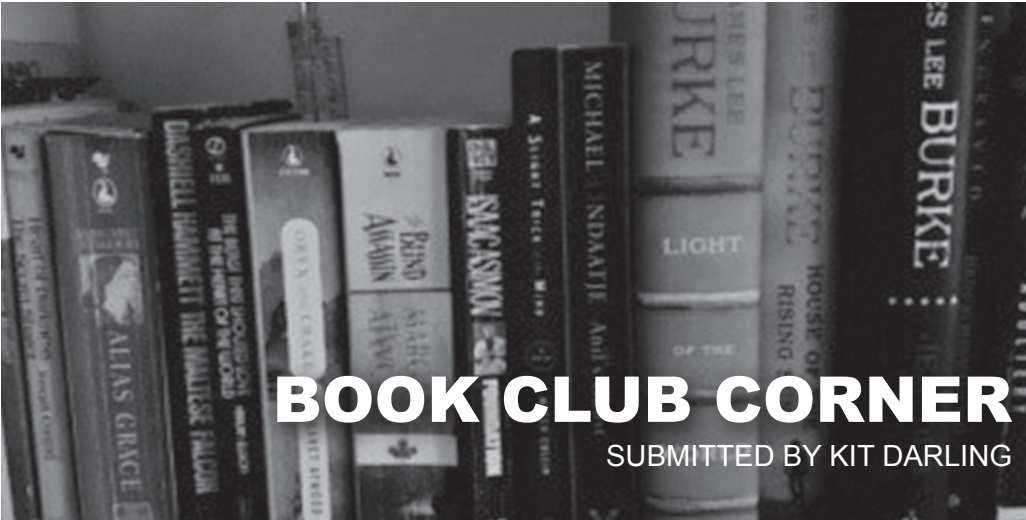
I don’t know how you weathered the heat on Thursday, Megs and I decided to sit out in our lovely garden, even that was too warm so we thought we would go back to our 3 Rd floor for snacks, but not meant to be. We were waiting for an elevator, and one of the staff got off, and “Thelma and Louise” got on with our walkers and our usual smiles. To our chagrin - no bells or whistles - we were stranded! Megs is diabetic and unfortunately no soft drinks or water in her bag – the elevator completely out of operations. We did have a cell phone. Fortunately, my daughter picked up in British Columbia, and she got in touch with Dundurn Palace. Talk about around the world in 80 days or so it seemed.

We had our legs pulled and now have new names “Thelma and Louise”. We had supper at Dundurn and once more laughed to tell the tale. I wish you, our readers, could visualize the two of us being helped out by elevator men. It could only happen to us but as we say it could be a surprising end to our day.

So please remember; be prepared as the boy scouts say. Fortunately we could site upon our walkers “ouch” after almost an hour or so and don’t forget to take some beverage especially during this weather.

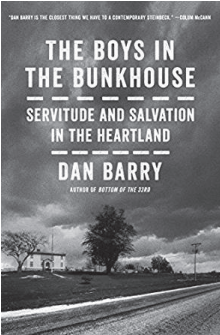
Our Welcome Inn said sad goodbyes to dear Mr. Allan Candy – a fine gentleman and how we used to enjoy those lovely summer picnics in Dundurn, Norma was such a wonderful hostess. You will be together and will be forever remembered – Happy Days.

So enjoy the season of fall and stay tuned to the Dynamic Duo, who don’t know that kids never grow up. Cheers!



At the first meeting of the Bay Area Book Club, we discussed *The Prison Book Club* by Ann Walmsley. The author is persuaded by a friend to accompany her to her monthly book club meeting with inmates at Ontario’s Collins Bay Institution. The reaction of our members was unanimously positive. Several commented on the careful reading of the books and the depth of the discussion. There was also much discussion about the role that mental health issues play in incarceration and the lack of significant treatment. Some members said that they had read the book twice and others were prompted to read books on similar topics.

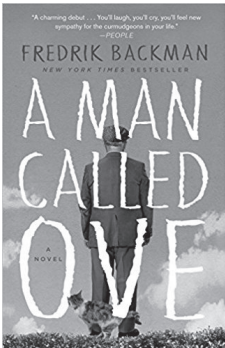
And here are some recommended reads from our members, most of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday (2:30 to 4:30) and Thursday (6:00 to 8:00).



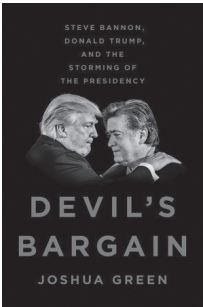
The Boys in the Bunkhouse by Dan Barry, non-fiction. This is the story of a group of “mentally retarded” men living in near servitude day after day, year after year, decade after decade. In 1966 they were young men when they were taken from the state school and sent to work for Henry’s Turkey Service. It was 2009 before they were “saved”. How did this neglect, exploitation, and physical

and emotional abuse happen at all and for so long?

New York Times journalist Dan Barry will keep you spellbound as he reveals this tragic tale. Paige Turner



A Man Called Ove by Fredrik Backman. Set in Sweden and featuring a grumpy old man who feels that everyone should live by his set of rules, he patrols his housing estate as a self-appointed manager. After the death of his wife, Ove decides that he will end his own life, but life intervenes in the persons of his new neighbours and a cat. Both funny and sad, ultimately a charming tale that was made into a movie. Kit Darling



Devil's Bargain: Steve Bannon, Donald Trump & The Storming of the Presidency by Joshua Green. Something so unlikely and so extreme as Trump’s election hap-

pended without anyone’s really seeing it coming. How could that be? National correspondent Joshua Green walks the reader through the story that will become a pivotal period in American history. Intelligent, insightful & fast-moving. Paige Turner

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

HOUSING CHALLENGES & OPPORTUNITIES IN HAMILTON

SUBMITTED BY EMILY FROM JVN/D

According to the Canada Mortgage and Housing Corporation, rents in Hamilton have increased by an average of 2.5 per cent every year over the past decade. In the past year alone, rents increased by 5 per cent to an average of \$967 per month. A low vacancy rate means that local renters are competing for fewer, more expensive apartments.

Recently released data from Statistics Canada’s Canadian Income Survey and the Realtors Association of Hamilton-Burlington shows that incomes in the region have remained stable over the past decade while the price of a detached home increased by 40 per cent. Average home prices rose by 20 percent in the past year alone, up from \$446,961 in 2015 to \$535,520 in 2016. For many Hamiltonians, buying a home seems like an impossible dream.

Even those who purchased their homes years ago and have paid off their mortgages are struggling. For example, seniors living on fixed incomes find it difficult to afford the rising property taxes on their homes. When real estate agents come knocking, many people decide to cash in and sell their homes. Surely, \$300,000 is an amazing offer for a home that cost \$70,000 when it was purchased decades ago! But often times, when these sellers look for comparable properties elsewhere in Hamilton, they find that home prices have risen in neighbourhoods across the city. Priced out of Hamilton, many people are moving to St. Catherine’s, Brantford, or Grimsby. It can be painful to move far away, separated from family, friends, and familiar social supports.

JvN/d: Making homeownership accessible to more Hamiltonians

Led by architect and urban planner John van Nostrand (born and raised in Hamilton), JvN/d is a housing development company that aims to address Hamilton’s housing needs and make homeownership accessible to a wider range of people. Through JvN/d, homeownership is possible for households earning \$30,000 per year and up. We have purchased a property in the North End at 468 James Street North with the goal of developing a mixed-income condominium building.

We offer flexible architectural and financial ways of achieving ownership:

- Help navigating the mortgage approvals process
- Down payment assistance
- Creative ownership options (purchase a unit with family or friends)
- Sweat equity options (purchase a partially unfinished unit for a lower price and do some of the construction yourself)
- Live and rent unit options (buy a unit, divide it, live in half, and rent out the other half to supplement your income)
- Alternative unit layouts (to accommodate groups of adults sharing, families sharing, or people using home as a work place and a residence)
- Unit flexibility (option for your unit to grow or shrink over time as you get married, have children, or age in place)

A changing housing economy in the North End

Many changes are expected in the North End in the coming years. The James Street Go Station will soon be offering full-day service to Toronto. The West Harbour plan for Piers 7 and 8 will bring major commercial and residential development to the waterfront. Several developments are also proposed for properties along James Street North, including Indwell’s new building at 500 James and JvN/d’s new building at 468 James. The character of the neighbourhood is changing as individual homes across the neighbourhood are put up for sale, older residents move out, and new residents move in. In the longer term, the provincial government projects that the neighbourhood’s population will grow from 10,200 people (2016) to 26,200 people (2041).

How will these newcomers be accommodated? How can displacements of existing North Enders be prevented? How can the neighbourhood remain affordable for all? Large-scale developments (like West Harbour) and mid-scale developments (like JvN/d’s building at 468 James Street North) will provide housing for some. But individual homeowners also have the opportunity to become small-scale developers and housing providers. For example, a homeowner might add a rental unit to her property by renovating her basement, building an addition, building a granny flat in her backyard, or splitting her home’s floors into multiple units. This rental unit would supplement her income, help her pay off her mortgage, and enable her to afford to stay in the North End, while at the same time adding to the neighbourhood’s

CONTINUED ON PAGE 10

AFFORDABLE, SUPPORTED HOUSING AT 500 JAMES ST N

SUBMITTED BY JOCELYN WEATHERBE



There’s something new developing in the neighbourhood! Hughson St Baptist Church purchased the former LCBO / Picton Library building at the north-east corner of James and Picton in 2011 with a plan to renovate it into a new church facility. In January 2016 those plans changed significantly as the need for affordable housing in the North End became apparent to the church members. Working with Indwell Christian Homes, the membership decided to add 45 units of supported, affordable housing to their new church plans. This means the demolition of the present building and building brand new. The new facility will house the church in the main floor and basement with the housing being on the 2nd, 3rd and 4th floors.

Indwell is a Christian charity that creates affordable housing communities that support people seeking health, wellness and belonging. Their programs pres-

ently support more than 400 households in Hamilton, Woodstock and Simcoe. Their team is working with the church in the building of this project and once completed, Indwell will oversee the operation of the housing portion of the new facility for the church.

Most of the apartments will be single bedroom units, suitable for independent singles or a couple, with a few two bedroom units. Indwell will have support staff on site to create a community atmosphere and help people with maintaining their general health and well-being. While being a part of Hughson Church will not be a requirement for living here, HSBC is looking forward to being able to offer programs and ministries during the week and on Sundays that will be specifically for the residents, or be inclusive for the residents to take part in.

After a delay this summer and into October, the project is moving ahead again and the preparation for demolition of the building will start at the end of October. This will mean security fences around the entire building, including the parking lot. The goal will be to receive residents at the end of 2019 or early 2020. lot

COUNCILLOR UPDATE

SUBMITTED BY JASON FARR



CityHousing Hamilton’s West Harbour properties of Jamesville and 500 MacNab St N will be undergoing a transformation redevelopment, shifting the conversation from social housing as a liability to social housing as a vital part of a complete community.

For Jamesville, CHH is intent on bringing together innovations in land-use planning, building design, financial structure and community benefit in a best-in-class redevelopment. A Request for Expressions of Interest (RFEOI), which sought to identify development concepts that would maximize social benefit and financial sustainability, closed in July 2017 with seven development teams having responded. Next steps already underway involve developing a procurement process that will further define the scope of the project and result in the selection of the ideal development partner. One on the key goals of the project is to maintain affordability in the new development, with approximately 50 social housing units being targeted as a minimum.

For 500 MacNab St N, CHH is embarking on a ground-breaking project to rehabilitate the 50 year old 17-storey apartment tower using an ultra-low energy retrofit standard. A feasibility study and business case have been created which outline the pathway to not just restoring the 146 unit affordable housing building, but upgrading it into high-quality affordable housing for seniors. Currently CHH is continuing work to find financial support to make this transformational full-building renovation possible.

CO-HOUSING

SUBMITTED BY JOCELYN WEATHERBE

Cohousing is not just an idea to save money but may be a way to save your life. Current studies have shown that loneliness and isolation are bad for your health and may even be killers. Sharing a home in some way will ease the stress of modern life. You will laugh more, eat better, be more active, and live longer. Hard to find fault with that. Cohousing, home sharing, cooperative living all have at their core finding compatible people to share and enhance your life.

Cohousing can be group of houses around a common area with a community centre. It can be as simple as several people buying a large house and retrofitting it to provide modern amenities and often individual bathrooms (we all want one apparently) or to the purchase of an existing apartment building where one or two units are renovated into a large common dining/living area/ guest suite.

The first step is finding your community of like-minded people who are in a position to join you in this adventure. This is the most important part of the process. And understanding that everyone is different is essential to success. There will always be issues but a commitment to the values and benefits of cohousing should allow people to understand and overcome them and grow stronger as a community.

Here are quotes from people living in cohousing:

“I think it functions fantastically well – not without problems, but with problems that I would much rather deal with than those one has in an ordinary isolated house.”

“The beauty of cohousing is that you have a private life and a community life, but only as much of each as you want.”

Cohousing is especially valuable as we age. We can help each other and we all benefit. Interested? Check us out on Facebook at CoHoHo – CoHousing Hamilton Ontario or on Yahoo Meet-up at Hamilton CoHousing Meetup

TINY HOUSES

SUBMITTED BY EMMA CUBITT

Small houses of different scales are being discussed in Hamilton as potential options for growth in our city. Do these approaches make sense for Hamilton?

I have spent ten years thinking about small housing. My architectural masters thesis was specifically on the potential for laneway housing in Hamilton. I’ve designed over 300 apartments that are under 500ft2, and I live in a small 700 ft2 house with my husband Graham.

Laneway houses hold the most potential for incremental intensification in Hamilton. With over 100km of laneways, Hamilton has 15,000 properties that abut its 800 back lanes. Most main houses are close to the front and occupy much less than 50% of the site, leaving the back of lots relatively unused. Based on my research, including most recently in Vancouver where 2,500 laneway house permits have been issued, Hamilton’s laneways offer huge potential for smaller, more affordable housing options for local households. They could also provide an income stream if rented out by the primary homeowner.

I am currently working with the Good Shepherd and SPRC to develop a “pocket housing” community off a laneway in the Central neighbourhood. It will have 26 small townhouses clustered around a central garden. The homes will range

SOCIAL & SENIOR HOUSING

- Did you know that the waiting list for social housing/geared to income housing is 7 to 10 years.
- Did you know the waiting list for senior housing and nursing home the waiting list is 2+ years. Sadly some of those with illnesses are living in hospitals till an opening comes available to a senior homecare facility.
- Did you know that in the Netherlands a community village of tiny homes were built for dementia patients with a general store, post office and onsite nurse & Doctor care.

JvN/d's

Home:Front is a Community Space!

Does your community group need a space to hold meetings or events?

Home:Front is available for booking, free of charge.

468 James Street North

Want to know more?
Contact: emily@jvnd.ca
Website: jvnd.ca



North Hamilton

Community Health Centre


BUILDING A GRADUATION NATION



Pathways

to Education

REGISTER NOW FOR THE 2017/2018 SCHOOL YEAR



NorthHamilton
Community Health Centre

905.523.6719
PATHWAYS@NHCHC.CA

Diabetes Kitchen @ NHCHC

Who:
-English speaking clients with type 2 diabetes or prediabetes
-Want to improve confidence in the kitchen (knife, stove, oven)



Learn What?:
- How to make healthy foods taste great!
- How to safely use and sharpen your knives!
- How to replace unhealthy ingredients with healthier options!
- How to use plant-based foods for your family

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

MANY SPOTS AVAILABLE for April-June 2017!

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

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



GOOD FOOD BOX


Pick up your box at Welcome Inn, or Eva Rothwell Resource Centre! Place your order by the second Wednesday of every month, and pick up on the 3rd Wednesday from 2-5!

High quality, fresh produce at a fair price!
\$15 for a large box (\$20 value)
\$10 for a small box (\$15 value)

Order at NHCHC or Eva Rothwell.
For more info call: 905-523-6611 ext 3007

Brought to you by:





HEALTH STARTS AT HOME

Are you caring for a family member or friend with a long-term health condition?

Want to learn about:

- Managing stressful caregiving situations?
- Staying on top of your care responsibilities?
- Tackling some of the common caregiver emotions such as guilt and anger?
- Linking with community resources? (CCAC, Adult Day Centres, Caregiver Respite)


Come to VON Hamiltons FREE 4-Part Caregiver Education Series: “From Stress to Strength”

<p>Dundas Family Health Team 133 King St. W. Suite 203, Dundas, ON (above Shopper’s) Fridays, Nov. 3, 10, 17, 24/2018 9:30 – 11:30 am</p>	<p>Dundas Community Services 2 King Street West, Dundas, ON Mondays, Jan. 15, 22, 29, Feb. 5/2018 10:00 am – 12 Noon</p>
<p>Shalom Village – Goldie’s Place 70 Macklin Street North, Hamilton Thurs., Feb. 8, 15, 22, & March 1/2018 6:30 – 8:30 pm</p>	<p>With enough notice, IN-HOME RESPITE CARE (a PSW comes to your home) can be arranged for your family member @ \$6 /hour so you can attend the workshops.</p>

TO REGISTER or for more information contact
Miriam Cahn at the VON:
Phone: 905-523-1055 ext. 408 Email: miriam.cahn@von.ca

Funded by the HNHB LHIN and other donations


Victorian Order of Nurses for Canada • Hamilton Site
400 Victoria Avenue North, Hamilton, ON L8L 5G8 | T: 905-523-1055 | Fax 905-527-6063 | www.von.ca
VON is proud to be accredited by Accreditation Canada | VON Canada Charitable Registration # 000000000000000000



Do you have a comment or question for The Breezes?

Tweet us!
@NorthEndBreezes

Just another reason to join our folding team!
Coffee & Donuts supplied by:



Hamilton, ON L8L 1J7
289-700-0905
Support our supporters!

HOUSING CHALLENGES & OPPORTUNITIES IN HAMILTON

CONTINUED FROM PAGE 8

rental stock and providing housing for someone in need.

If you are interested in learning how your property is zoned and the potential for you to build a rental unit on your property, you can visit Home: Front (located at 468 James Street North) to view our 3D computer model of the North End. This free tool allows you to zoom in to your property, view the zoning envelope for your property, and play around to see what kind of building is permitted on your property and an estimate of the associated costs.

Upcoming events at Home: Front

Home Buying 101
Tuesday, November 14, 2017 at 6:30pm

A free learning session on the home-buying and home-financing process, hosted by JvN/d and our financing partner, DUCA Credit Union.

November Neighbourhood Consultation
Tuesday, November 28, 2017 at 6:30pm

Every month we hold a meeting to provide updates to the community on our progress on the development at 468 James Street North. Come out to learn more about our affordable home-ownership options and to provide your feedback on our plans for the new building.

TINY HOUSES

CONTINUED FROM PAGE 9

in size, but are about 600 ft2, supporting women and children. “Pocket housing” projects typically include shared spaces to foster community; this project will have a common building along with the shared gardens.

The City is working on a new bylaw to permit alley-oriented housing. With appropriate standards to address privacy, access, and good design, these types of small houses can help increase the vitality of our historic neighbourhoods and create more sustainable infill potential without impacting the existing character and neighbourhood fabric.

Emma Cubitt is an architect and associate with Invizij Architects, with a focus on affordable housing solutions for our city. She is also the architect of the 500 James N. redevelopment with Indwell

STAY CONNECTED WITH THE NORTH END BREEZES

Have some North End news of your own to share?



FACEBOOK.COM/
NORTHENDBREEZES



@NORTHENDBREEZES

CONCERNS VOICED ON BASIC INCOME PILOT

SUBMITTED BY BOB WOOD

The Basic Income Pilot Project is up and running in Hamilton, Brantford and Brant County and Thunder Bay. It will soon start up in Lindsay.

This Project will make payments to eligible families or individuals to ensure a minimum income level, regardless of employment status. It will be given to anyone who meets the income eligibility criterion including those working but earning below the basic income level. It is anticipated that 4,000 participants will be directly impacted by receiving a basic income. It is a drop in the bucket of the entire Ontario population. But, this three-year pilot project could have major implications for social policy development in the province.

In October, the province held a media event in Hamilton to update the public on how the program is going so far. It is off to a slow start with only 400 signed on as of October 3rd.

What is more concerning though is that rules and regulations are not set in many areas. For example, one area that they haven't figured out yet is the issue of recipients being subjected to garnishments. They had no answers at the October 3rd media event. Premier Wynne had no answers either when pressed on it later in the day during Question Period at Queen's Park.

Hamilton MPP Paul Miller wanted the Premier to commit to resolving the garnishment issue. Miller referenced a position taken by the Hamilton Roundtable for Poverty Reduction (HRPR) earlier in the day.

As I write, the HRPR is not making referrals to the basic income application sessions until there is clarification on whether basic income is subject to garnishment. "We've become concerned that unlike OW or ODSP, participants in the basic income pilot could have their incomes garnished from creditors. This is particularly concerning for OW or ODSP recipients who may owe money to landlords, payday loan companies or other collection agencies, said Tom Cooper the Roundtable Director.

A Bigger Question: Perhaps a bigger question posed by Miller was as a follow up. What about the larger issue of social assistance reform, and why the province is stalling on Bill 6, An Act to amend the Ministry of Community and Social Services Act to establish the Social Assistance Research Commission? No answer to that one either.

This all matters to potential participants of the Basic Income Pilot. And these answers will matter eventually matter to all of Ontario. As will the bigger picture policy question MPP Miller posed about delays in establishing a much-needed Social Assistance Research Commission.

Miller's questions and the Premier's response can be found at http://www.ontla.on.ca/web/house-proceedings/house_detail.do?Date=2017-10-4&Parl=41&Sess=2&locale=en#P767_147206

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

NEW HORIZONS HAS A NEW PARKING LOT

SUBMITTED BY ANNABEL KRUPP



Joni Mitchell's famous lyrics "You don't know what you got till it's gone, they paved paradise and put up a parking lot" must have been going through the heads of staff and volunteers as they worked together to rip apart an old parking lot at New Horizons Thrift Shop at 520 James Street North. In its place is now 2000 square feet of permeable pavers and 10 garden boxes filled with native plants.

These permeable pavers are a thing of beauty. Called EcoRasters, they are made from recycled plastic bags; this small parking lot saved a whopping 190,000 plastic bags from the landfill. After laying out the pavers, volunteers filled the EcoRasters with a mix of high performance bedding and premium garden soil. A mixture of clover, sheep fescue and eco lawn seeds were then spread across the lot. In the spring, the community will have the opportunity to help by reseeding the paving system with creeping thyme and sedums.

The garden boxes were built with the help of the Hamilton Tool Library and will add much needed habitat for our pollinators. To get this project on the ground required a lot of work. 35 volunteers gave over 250 hours of planning and on-site work, and along with Green Venture staff and contractors ultimately removed 2000 square feet of compacted gravel and 525 square feet of asphalt. In another brilliant eco-move, the asphalt will be recycled into new roads.

Depave Paradise is a project by Green Venture and Green Communities Canada. The project is inspired by the forward-thinking City of Portland, Oregon. They have depaved over 100,000 square feet in their city and inspired many other communities to follow suit. The City of Hamilton is the perfect place to expand this project. The downtown core is known for its large number of surface lots, finding opportunities to depave some of these has numerous community benefits.

Depave Paradise's main focus is hard surfaces. Driveways, parking lots, and buildings interrupt the natural water cycle by preventing rain from soaking into the ground. This leads to flooding and poor water quality. Removing hard surfaces and installing low impact design solutions like this helps decrease the speed of water entering our rivers and storm water sewers, directly leading to reduced flooding. The filtration of water through the ground rather than over land also increases water quality and helps restore the natural hydrological cycle. With significant rain events and subsequent flooding becoming a frequent occurrence, projects like these become more important. The City of Hamilton declared at least two rainstorm disasters this year and that costs property owners and tax payer's money.

There are many ways you can help Hamilton and the North End depave paradise. Consider installing a green driveway at your home, or encourage your business neighbour, church, or local representative to support greening our community. You can also find out more at <http://www.depaveparadise.ca/hamilton>

FREE CLASSIFIED ADS

Ad content subject to approval by the Board of Directors in keeping with the Mission and Vision of North End Breezes. Call 905-523-6611 ext 3004 or email office@northendbreezes.com

Looking for a Personal Support Worker or equivalent, to work in my home for a few hours a week in the early evenings. Once or twice a week for 30 minutes and once or twice a week for supper from 5 PM to 6:30 PM. \$17 per hour. I am looking for someone who lives in walking distance of James and Burlington Street. Other hours available for PSW, mornings and night shift. \$17 per hour.

References and police clearance necessary. Please e-mail resume to lstoeten17@gmail.com

.....

Volunteer Opportunity – VON Hamilton is looking for volunteers to provide rides to medical appointments, deliver Meals on Wheels, and/or spend time visiting with seniors in their homes. Call 905-529-0700 or email voncsshamilton@von.ca to start helping your neighbours in the north end today.

.....

EMPLOYMENT WANTED: Office administrator with transferable skills in client service, telephone and communications, organization and office management. Part time or full time. Please call Susan at 289 527 3965 or email: sunedghill@yahoo.com

.....

Sewing & Dressmaking. Students and clients wanted. Lessons or alterations available. Ages 6 to 106! Expert in African apparel. Please call Hyacinth 289-308-6176

.....

Children's Birthday Parties. Make your child's birthday the talk of the neighborhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. Please call Earl at 289-439-0166

.....

Minion Parties, Costume Parties. Various characters. For kids and adults. Call Sandra at 289-925-5990

.....

Employment Opportunity. Local Hamilton Delivery company looking to hire mature adult for evenings and weekends. 24-32 hours to start. Please call 289-799-2560. No experience needed.

.....

TUTOR AVAILABLE: retired Elementary teacher available to tutor students in my home near Pier 8. I am also TESL certified to assist students with learning English. Please contact me at brockwm@gmail.com if you are interested or have any questions.

.....

LOST: Matte gold aviator Raybans, with brown lenses in a case that is a light brown colour. I believe that I lost them on Wednesday October 4 in the evening in the vicinity of Catherine Street near Strachan and Picton Street. They have a sentimental value to me. Please contact me at 519-532-5562.

YOUR MARKETPLACE





JUDY MARS SALES

REAL ESTATE LTD.

Brokerage

Patti Smith, B.Sc

Sales Representative

Sold on Hamilton

© 1988

905.522.3300 office 905.317.3431 cell

smith@judymarsales.com

Breathing Space Yoga & Wellness Services

Dina Pereira

541 Main St E

Hamilton, ON

289-680-9642(YOGA)

info@breathingspaceyoga.ca / www.breathingspaceyoga.ca



30 Year Member RAHB

Colleen Harrison

Broker of Record

Bus: 905-308-9777


Cell: 905-515-5102

Email: bluephoenixreal@hotmail.com

BLUE PHOENIX REAL ESTATE LTD.

Brokerage

12 Murray St. E., Hamilton, ON L8L 3E7



Fishers Pier 4 Pub

554 James St North

Novemburger is back! Be sure to come in and give ours a try!!

The Hacienda Burger

Homemade patty topped with guacamole, a fresh pico de gallo corn salsa, monterey jack and cheddar cheese, crispy jalapeños and an in house made lime cilantro mayo served with fries or salad or coleslaw. \$16

NOVEMBER 11th LEAST WE FORGET

Do your part and thank a vet or a military person.

TUESDAY WING NIGHT

\$2 OFF A POUND • 5PM TILL CLOSE • EAT IN ONLY

MONDAY TO FRIDAY 4PM -7PM

32oz pitchers \$10 tax included • Selection varies

IN THE MOOD FOR CHRISTMAS CHEER?

BOOK YOUR CHRISTMAS PARTY HERE

Book early to reserve your date.

Lunch and dinner reservations available

ADVERTISE WITH THE BREEZES

Are you looking to support your group and get low cost advertising for your business?

Connect with us at office@northendbreezes.com to learn more.

Your ad is automatically included, at no additional cost, as part of our on-line publication and Marketplace section at northendbreezes.com

NORTH END FARMACIA

3 Colbourne Street

905-526-6464

Patient Care... It's What We Do Best!

- Easy Prescription Transfers
- Free Pick Up & Delivery
- Free Medication Packaging
- All Insurance Plans Accepted
- Sigvaris Compression Stockings

New Patients Welcome!



Pharmacist/Owner: Nirja Sakhuja

Website Design & Support Services

Marie Mushing

16 Anson Ave.

Hamilton, ON L8T 2X3

905-387-1883

marie@peopleinconnection.com

Websites that Work!

www.peopleinconnection.com





Spread The Word – Keep Your Street Safe

Order a road sign for your home yard this week

30K

Try it

You'll like it.

30K

Saves Lives

30K

Saves Gas

30K

Good for Kids

30K

A street for People Like You.

Signs by Harbour West Neighbours. Get one for your own home. Call 905-769-0809